



|| *Om Nithyānanda Paramaśivoham* ||



Working on the Body

The SPH Nithyānanda Paramashivam

Select Meditation Techniques From Meditation is For You



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THE FLOWERING OF BODY INTELLIGENCE

Working with your body

Your body has an independent intelligence

which can run your life beautifully

without your interference.

*Whether you accept it or not, whether you believe it or not,
that tremendous intelligence is operating every single moment.*

Trust that intelligence and relax.

Living in harmony with your natural intelligence

is living a spiritual life.



BODY MEDITATIONS

Many of you are making your first conscious contact with your body!

Body meditation is a very deep, powerful and intimate way of connecting to your body intelligence. Understand, it is a purely individual experience, just you and your body. So even if you are doing these techniques in a group, stay with yourself.

How to optimize your meditation:

Wear loose, comfortable clothing where you can move your limbs with ease.

As far as possible, be barefoot during the practice. Staying in contact with the earth helps keep the body energies in balance.

Use a blindfold so that you are focused on what is happening inside you, not outside, not on the movements themselves.

Make sure your stomach is empty. Your last solid meal should be at least 2 hours before your practice.

After the meditation, give at least 15 minutes before consuming any liquids and half an hour before eating solid food.

What to watch out for:

Be prepared for a lot of changes in your system!

When your body is being suddenly flooded with energy, it can be like an electric shock.

But don't worry about over-energy! Many people feel afraid when they experience a sudden flood of energy inside. Over-energy can only be good for you. Over-energy means extra wellness, that's all. Only if you go into fear about it, then you cause trouble for yourself.

You are so used to moving in the same pattern! You even take the same route from your bed to the bathroom every morning. Now you are going to move your body in unexpected ways. You are going to surprise your body. Naturally it is also going to respond in new ways. Allow and cooperate with these changes.

Throughout the practice, listen to your body signals. Be sensitive to your body. Learn to push to your maximum without overdoing it. Take a break when you really have to. Small aches and pains for the first few days can be ignored.

If you are on medication, or have recently had a surgery, it is strongly recommended that you consult a qualified medical doctor before practicing these techniques.



The meditation techniques in this section include:

DYNAMIC TECHNIQUES

Dynamic meditation techniques use extreme physical tension to enter into meditation! When your body is at maximum tension, a sudden break in tension can make you go directly into deep relaxation.

See, it is difficult to straightaway relax the body.

You are so used to being in a state of tension!

Just observe your body.

You will be continuously carrying mild tension in your facial muscles, wrists, fingers, neck and back.

Your body is always ready for fight or flight!

Now we are going to take the tension to a peak.

When the tension has been taken to its peak, the only possibility that exists is to fall into relaxation!

When the body relaxes deeply, breath and mind also relax, and you spontaneously fall into meditation.

Accessing infinite energy

ABOUT THE TECHNIQUE

The body can access three levels of energy.

First-level energy: This is the energy we use in our daily life – for walking, working and other day-to-day affairs. It is only a tiny percentage of the total energy available to us.

Second-level energy: This energy level is accessed only in emergencies. It comes up only when the first layer is exhausted. Other than sportsmen or people in risky professions like rescue operations, most of us never need to use this emergency energy.

Third-level energy: This layer is the energy of the cosmos. It is limitless. We access this layer only very rarely, if at all.

Normally, you always move your body only out of greed or fear. Even when you wake up in the morning, you get out of bed only when you suddenly remember something that has to be done that day! Either because of some desire that you want to fulfill, or out of some fear – maybe you remember your boss' face, or your wife's face!

As long as you act out of greed or fear, you have access only to the first two energy levels. When you act spontaneously, out of inspiration, pure creativity, you access the



cosmic level. Because this is the level of infinite energy, you will be continuously fresh and energetic, no matter how much physical work you do.

The following technique is a way to exhaust the first two energy layers and put you directly in contact with the cosmic energy.

INSTRUCTIONS

Step 1:

Move your body to the point of exhaustion. Just jump up and down, dance, run in circles and jump again until you are totally exhausted. After the first few minutes, your mind will start telling you to stop. Don't pay attention to your mind. These are just the first level samskaras of chronic fatigue opening up. Even if you feel that not a single step can be taken now, keep going! The mind will start screaming to you to stop, to relax. Don't relax! Trust the technique. Keep on throwing your body up and down, keep moving, keep going.

Step 2:

After a while, you will find that suddenly it has become easier! You are not feeling so tired. It means your second level energy has opened up. Your body is running on a new lease of energy. Keep on moving till you are comfortable with this new energy level.

Step 3:

When you are feeling comfortable, mentally relax from the technique. Don't relax from the movement, but relax from your intention to push your body. Just be natural in the movement, as if it is a game. Allow your body to move naturally.

Suddenly you will see that in the middle of all the movement, a still center is created inside you! You are no longer inside the movement, you are witnessing the movement. It is as if the body is moving spontaneously, and you are silent, undisturbed in the center of this current. The movement becomes relaxed and blissful. This is the third level of energy.

Step 4:

There will come a point when the body will relax to the ground without the help of the mind. Let it happen! Don't try to sit or lie down or fall in a proper position. Just drop down gently in a heap, as if the whole body is one and it is falling. When you fall in this way, you will feel for the first time your whole self, your whole being. Close your eyes and remain this way as long as you wish.



Blissful dancing

ABOUT THE TECHNIQUE

Dancing is a powerful form of meditation!

Both formal dance and free dance can be meditation techniques.

Free dancing is also a great cathartic technique. Here, the idea is to lose yourself in the dance. A seasoned dancer will be able to do this even in formal dancing, because he or she is no longer conscious of the rules. Just like we speak correctly without feeling grammar as a hindrance, the seasoned dancer will dance naturally, even when the dance form is formal.

But if you are an amateur, then it is better to enjoy 'free dance', or you will feel restricted by the rules.

Free dancing means that there are no steps, no rules, nothing. Just let your body move as it pleases. Let the dance flow freely. Be playful, enjoy yourself.

Become part of the tremendous energy of dancing.

There are two stages in free dance: dancing and resting.

Step 1:

DURATION: 21 minutes

INSTRUCTIONS:

Close your eyes and begin to dance. Don't bother about the steps. Let your body be free to move as it wishes. Don't be concerned about how you look, how your clothes look. No one is watching you, this is not a performance.

As you continue to dance in this fashion, more and more energy will surge inside you, and you will keep going. The more you dance, the more energetic you will be! You will not feel tired at all.

Enter deeply into the dance. Dance as fast as possible, as freely as possible. Forget yourself totally. Just become the dance.

Step 2:

DURATION: 10 minutes

INSTRUCTIONS:

At the end of 21 minutes, wherever you are, in whatever position you are, just drop down on the floor. Lie down. Be silent and still.

In the sudden change from frantic motion to sudden stillness, you will experience a moment of blankness. There will be no thoughts. You will experience a deep silence.

In a few moments, the thoughts will start coming back. Watch the thoughts calmly. Don't fight with them, don't get lost in them. Just remain aware. You will become aware of a lasting peace inside you, a great silence that remains even after the thoughts return. Carry this peace, this silence with you throughout the day. Carry the silence into your sleep. You will wake up feeling new and refreshed.



Just running

Duration: Anytime, anywhere

ABOUT THE TECHNIQUE

Meditations where you are doing something are the best ones for beginners. It is easier to maintain awareness when you are doing an action, rather than sitting still.

This is a dynamic meditation, a ‘running meditation’.

Why running? When you are running, you are naturally alert, aware. When you are running, you experience a beautiful unity of body, mind and spirit. It is as if everything inside you is functioning as one, with only one goal.

When you sit still, only your body is sitting still, your mind is still racing! Your body and mind are divided. Your body is sitting, but your mind is on its own trip! When your body is running, the opposite happens. When you are running, your mind sits still. Your mind stops talking.

And when you continue to run, after a while, the running takes you over. Then neither body or mind is yours. You belong to your running. You become the running!

INSTRUCTIONS

Choose a time to start your run.

Early morning is the best, next is late evening. Sunrise and sunset are the times when your body is most open, most receptive to the energies of nature.

Choose a path which is fairly straight and easy, not too tough, with a fair amount of silence and solitude. A path where you can focus on your running, without worrying about falling off the edge or being run over by traffic!

If you are not used to running, start off with short distances – say half a mile. Then you can gradually increase the distance.

After that, just run!

Breathe deeply, from the stomach. Run with every limb. When you grow tired, don’t push yourself. Rest and enjoy the rest period. Take off your shoes and feel the earth beneath your bare feet. One energy source we have lost touch with is earth energy - because of artificial flooring everywhere, and because we no longer enjoy walking barefoot.

In Hinduism, it is considered a sacred exercise to walk barefoot. That’s also why you are not allowed to use footwear inside many places of worship. The energy level in these places is high, and it is best to keep all your senses open to receive the energy.

If the path is good, running barefoot can be a tremendous experience. Try it on grass, or on the beach. Just being in touch with the earth is being connected with the source of life. It is a beautiful way of staying centered. Don’t get caught up in the extras of running. Don’t time yourself, don’t try to improve your performance. Don’t run to lose weight! Of course, if you also lose weight, that’s good – but don’t run for a reason. Simply run. If, after running for many days, you find that the act is becoming monotonous, drop it and switch to another meditation. Try swimming, try dancing. Come back to running when you feel like it.



Apart from the basic instructions you will need to follow, don't make rules for yourself. Rules destroy the joy of the meditation.

CENTERING TECHNIQUES

Centering techniques are those which balance our energies and return our awareness to our being. Many of our physical and mental problems can be healed just by a simple balancing of energies.

Centering can happen through physical movements, breathing or even through a clear mental understanding.

Centering is the process of putting an end to all the conflicts in the system, whether physical, emotional or mental. By integrating our energies and turning them inwards, centering techniques give us a powerful thrust on the spiritual path.

Whirling

ABOUT THE MEDITATION

This is a beautiful, natural meditation to center your energies.

It is ancient and powerful technique, drawn from Sufism, a mystic sect of Islam.

This is as simple as a technique can get. All you have to do is *whirl*, turn round and round and round – the way you used to do as a child.

Whirling is a powerful centering technique.

The beautiful thing about this technique is that your body will be whirling, going round and round – but your Being is right at the center, unmoving – like the unmoving center of a moving wheel.

INSTRUCTIONS

Do not have any food or drink at least three hours before this meditation.

Some people may experience a sense of nausea during this meditation. This will disappear after a few days of practice. If it persists, discontinue the meditation.

The meditation has two phases: whirling and resting.

Step 1: Whirling

Duration: Minimum 21 minutes

Whirling is usually done in an anti-clockwise direction, with the right arm held higher, palm facing upwards, and the left arm lower, palm facing downwards.

If you are uncomfortable whirling anti-clockwise, switch to clockwise.

Whirling can be practiced for hours – for as long as you feel comfortable. But you will need to whirl for at least one hour to experience the 'energy whirlpool'.



Start with whirling slowly, let your whole body be soft and unresisting. As you whirl, the passing images will become blurred. Let them flow past. Don't try to focus on anything – it will make you dizzy or nauseous. For the first 10 minutes, go really slow. Then build up speed over the next 10 minutes. After 20 minutes or so, you will feel as if the whirling has taken you completely over. There will be action and movement on the periphery of the circle, but at the center will be a certain stillness. You will feel as if you are a *witness* to all this action, not a participant in it.

Step 2: Resting

Duration: 10 minutes

When you are whirling so fast that you can't stay upright, your body will fall by itself. Don't plan the fall. If your body is soft and pliable, you will not get hurt. As soon as you fall, turn over onto your stomach so that your navel is in contact with the earth. Feel your body become one with the earth. Keep your eyes closed. Remain in the same position, passive and silent, for at least 10 minutes. After this meditation, remain silent and meditative for a few hours.

Moving the body in small circles

ABOUT THE TECHNIQUE

If you sit quietly with yourself for a few minutes, you can see that there are slight movements always happening in you. Even when you are sitting very still, your energies are moving in almost invisible circles in and around you. Your *prana* or life force, is moving inside your body in a subtle current. The problem is, the moment you become aware of these movements, you try to hold onto your body. We hold onto our body so tightly in our mind! Unconsciously, we are always resisting these natural movements, always afraid to let go. Now, just be with those movements happening inside you. Allow them to happen. When you allow these movements to happen, you will suddenly become aware that you are not a solid body. You are a flowing energy! Suddenly you will realize you are not just the body. You may be dwelling in the body, but you are not the body. Experiencing ourselves as a flowing energy is what I call enlightenment or the ultimate experience.

INSTRUCTIONS

Initially, it may be difficult to experience the energy when we are sitting still. So we should try to help our body and cooperate with it by creating small invisible circles and small movements.



Sit straight and close your eyes. Keep your spine relaxed.

Inhale and exhale as slowly and as deeply as possible.

Start moving your body in very slow and small circles from the waist upwards. Even if you only visualize this, it is enough. Suddenly, you will see that your body is moving slowly and you are feeling comfortable with the motion. Just be in that state and allow the movement to happen.

Concentrate near the *manipuraka chakra* or navel center, which is the source of *prana*. You will see that your whole body is moving in small invisible circles and you are centered on the navel.

When you allow your body to move with the movement of prana, your energies will get naturally balanced.

As you continue the movements, at one point suddenly you will see you that are disengaged from the 'I'. You are beyond the body, you are flowing, you are a flowing energy.

Try this technique for at least eleven days. You will start experiencing a shift in consciousness.

Flowing with change

ABOUT THIS TECHNIQUE

This technique uses external movement for inner centering.

Whenever you are in a moving vehicle, on an airline flight or in a car and when you are not driving, you can try this technique.

When we create a movement ourselves, it is easy to direct it. We are in control. Whether we are walking, running, dancing, the direction of movement is in our hands. We can handle it.

But when you are being carried by a current of movement that you cannot control, you will observe that your entire body resists the movement.

Actually, your body enjoys being in a state of inertia. Once a movement is set up in the body, it likes the same speed and direction to be maintained. In a moving vehicle, like a train or a car, your body continuously resists the natural swinging movement.

We always try to hold onto something so that we don't get hurt.

You don't like uncertainty. That is why even a small jolt in a moving vehicle can upset you so much - because for that one moment, you are not in control!

INSTRUCTIONS

Sit comfortably in the vehicle.

Mentally decide that for the duration of the journey, you will not resist any movement of the vehicle.

Don't be afraid! You are not going to get hurt. No big accident is going to happen in the next fifteen or twenty minutes. We always love to visualize the worst scenario, especially when we get into a vehicle!

Now, allow the movement of the vehicle to move your body. Flow with it.



Initially, your body will try to resist. Even if you keep yourself physically loose, not holding anywhere, your mind will be trying to hold somewhere.
Just drop this holding. Move with the natural movement of the vehicle.
Allow your body to sway back and forth. Allow the small jolts to happen.
Even if your body bumps slightly against the sides of the vehicle, don't bother.
Understand, it is not the contact that hurts, it is your resistance to the contact that brings pain.
If you are unresisting, even if you fall, you will fall like a flower. You cannot get hurt.
So drop your fear. Just flow and enjoy the rhythm of movement.

As you enter deeply into the movement, slowly, you will find that you are apart from the movement!
You are not your body, you are just witnessing the movements of your body.
Suddenly, you will see you are disengaged from the 'I'. You will realize that you are beyond the body, you are the pure witnessing Consciousness!
With this one understanding, the fear of losing control of your body will simply leave you. You will experience a deep relaxation in body and mind.

Centering through limb tightening

ABOUT THE MEDITATION

When you tighten and loosen your muscles one by one, the sudden release of tension results in deep relaxation and centering of energies.
This technique has to be practiced in a standing position.

DURATION: 20 minutes

INSTRUCTIONS

Step 1:

Close your eyes and start tightening and relaxing your limbs one by one.
Breathe in when you are tightening the limb, breathe out as you relax.
Start at the feet and move up. Clench your feet for about a minute, then relax them.
Clench and relax your calf muscle, your knees, your thighs.
Remember to relax each part before tightening the next. *At any point of time, there should be tension only in one part of your body.*
Continue upwards, pulling your stomach in, chest, shoulders and hands. Continue one by one, tightening and relaxing.
Spread your fingers, then clench them into a tight fist and relax them after a minute.
Tighten your neck, jaw and facial muscles. After a minute, gently relax your whole body.
This process frees all the muscles in your body.



Step 2:

Continuing in a standing position, imagine that you are inhaling and exhaling with every part of your body. Clearly visualize yourself breathing through your feet, legs, stomach, hands, face, and arms.

Visualize your whole body breathing, not only your nose. Visualize life energy flooding your body.

This will put you in a deep silence.

Become Weightless

About the meditation:

Our Consciousness is scattered in all directions. That is why we feel fragmented and lacking. If we increase our sensitivity and direct our Consciousness inwards, we can integrate and move into the higher planes of our Being. Sensitivity can play a major role in integrating our Consciousness. It can take us directly to our center deep inside. This technique helps in creating a beautiful and graceful body. It creates self-confidence and helps you face life with a balanced mind.

When your body is in a state of perfect physical balance, automatically your awareness falls within. Not only will your body feel steady and comfortable, your *mind* will also be free from the body! You will experience the space in which you are totally balanced, where you are beyond intellect and emotion, where you are beyond the identity you are showing to the outer world and to yourself.

You will experience deep peace just by balancing the body,

This state is called *samatva*, perfect balance in body and mind.

You may be thinking, 'How can I experience peace just by balancing the body?' Just do it, then you will see!

DURATION: Minimum 10 minutes

INSTRUCTIONS:

Step 1:

Sit cross-legged on the floor. If this is uncomfortable, sit on a chair but without resting your back.

Keep your spine erect.

If you are sitting in a chair, do not rest the weight of your body on your feet. Do not let your feet touch the ground. Put your weight on your spine instead.

If you are sitting on the floor, try consciously to lift the calf muscles a bit so that your weight is shifted to your spine. Initially it will be difficult because we never balance our body.



Now bring your awareness to the two points of your body which are pressing down on the ground. Become aware of the mooladhara, the two points at the base of the spine which are taking the weight of your body.

Because we hardly bring our awareness to such things, it may take a few minutes to become aware. Try to focus on these two points which are touching the ground, through which you are transferring your whole weight to planet earth.

Once you are able to feel these points, you can start to move to the next step, which is balancing.

Step 2:

Balancing means finding the center in which you are weightless.

Bend forward slowly as much as you can.

Feel the weight of your body as you bend. Feel the heaviness.

Then slowly, very slowly, come back inch by inch. Feel the weight of the body reduce as you move back to an erect position. Slowly, straighten the body.

You will feel the body weight reducing as you straighten up.

At one point, when your spine is erect but relaxed, you will feel that your body weight has become zero! You will feel completely weightless, completely light.

Don't stop here.

Start gently bending your body backwards. Go as far as you can. Again, you will start feeling the pressure on your back. You will start feeling the weight of your body.

Now slowly, very slowly, bring your body back to the position where you don't feel your body weight at all.

Repeat the same action, this time moving your body to the left and right instead of back and forth.

Sway back and forth, left and right a few times.

Each time, put your awareness on the position where you feel weightless. After a few times, you will be able to correctly catch that point or center where you feel weightless.

Now, at the point where you feel weightless, remain. Be in that same space.

There is no need to remember anything or concentrate on anything. Just be completely balanced in the space, in the center in which you are feeling weightless.

When the weight of your body is removed, you will feel an immense relief. Automatically, the mind also becomes silent and balanced.

Try this technique just for ten days. Within 10 days, you will get the knack. Then even without practicing, you will start sitting in that same weightless state the whole day!



Like a rock

ABOUT THE TECHNIQUE

This technique is from the Bhagavad Gita.¹

It is actually a technique used to enhance mental strength and will-power. But this technique is like a knife that can be used to cut anything. Here we are using the technique to enhance physical health and healing also.

Even five minutes in this posture is enough to create a tremendous strength and surge of energy in your body. The strength you feel in your body will reflect in your mind. Usually a person who does not feel strong in body will not feel strong in mind. This technique makes you strong in body and mind.

DURATION: 21 minutes

INSTRUCTIONS

Step 1

Sit cross-legged on the floor. If you are uncomfortable, you can use a chair. Support your body by sitting on both your hands (palm facing up). Your hands should come underneath you from both the sides of your body. When you sit in this posture, the energy created does not go out of the body. You close the circuit, so the energy circulates inside the body.

Step 2

Close your eyes. With your eyes closed, bring your vision to the tip of your nose. This helps pull your mind inwards. Focus gently on the tip of your nose. This is an excellent technique for strengthening your willpower.

Step 3

Fixing your eyes in the same position, bring your awareness to your physical boundary. Feel your boundary distinctly. Initially, it will be easier to do this in the places where your skin touches your clothes. Then extend your awareness over the surface of your whole body. Feel your entire body boundary.

You will start experiencing your body as a whole. Your awareness of your separate limbs will disappear and your body will feel like one solid whole.

Experience this solid wholeness.

Your body will feel as solid as a rock.

Experience the tremendous power you feel in your body and mind.

This technique can be used to achieve both a strong body and a powerful mental will.

¹ Bhagavad Gita Decoded, SPH Nithyānanda Paramashivam Nithyānanda University Press 2015



Rooted in the earth

ABOUT THE TECHNIQUE

This technique is for people who experience some unsteadiness and a trembling in the legs upon waking up in the morning. This is usually because of a feeling of ‘uprootedness’, a lack of connection with the earth. We have lost our grounding, our direct contact with the earth. Earth is a powerful nurturing and centering force. Not only do we miss this energy, we experience some deeply hidden insecurity when we lose our connection with the earth.

Most of the time, we are not aware that our simply physical problems have an emotional dimension. Once we know what the real problem is, it can be addressed directly.

DURATION

Not applicable

INSTRUCTIONS

There are only two simple things you need to do.

Step 1:

First thing after getting out of bed, stand in a relaxed way with your feet about six inches apart. Put your full weight on one foot, leaving the other foot totally free and relaxed. Then shift your weight to the other foot, releasing the first foot and allowing it to be free.

Repeat this process four to five times. Feel the shift of energy from one foot to the other each time.

Now, put your weight equally on both feet. Be perfectly balanced. Keep moving slightly and you will feel the perfect balance. This will give you a feeling of centeredness and strength in your legs.

Step 2:

Whenever you can, put your feet in direct contact with the earth. If there is a beach nearby where you can go running barefoot on the sand, wonderful! If not, in a park or garden or wherever you can find a patch of bare earth, takeoff your shoes and absorb the earth energy. Not only will your legs get stronger, you will start feeling more relaxed and centered as well.



Paramaśiva's super conscious mutation manifestations, when He super consciously mutated His manifestations, 64 manifestations documented in Veda Āgama, which He himself describes, manifesting all of them in you is the complete manifestation of Paramādvaita.

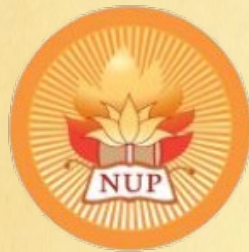
This whole Paramaśivoham program, is an upgraded new beginning.

It is not going to be stopping with you manifesting the powers and possibilities of you are consciousness.

It is going to be letting Paramaśiva land in you and manifest the powers and possibilities of Paramaśiva Himself.

The SPH Nithyānanda Paramashivam

64 Incarnations of Paramaśiva, 27 February 2022



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