



The SPH Nithyānanda Paramashivam

Sahsrara Dhyana Meditation





Published by
Nithyānanda
University Press
Copyright ©2023

Chant the Mahāvākya,
remember
Paramaśiva,
remember He Has
come down in the
form of Nijavatar, my
Guru The SPH
Nithyānanda
Paramashivam.
Connect with seeking
and receive your
answer!



Awaken the Sahasrara Chakra Step 1 - 7 minutes

Bastrika -

Sit in vajrasana. Let your hands rest on your lap. Sit comfortably with your head, neck and spine in a straight line. Now close your eyes and breathe chaotically for 7 minutes. Don't follow any rhythm in breathing. Just move your entire body and breathe aggressively and chaotically from the bottom of your stomach.





Sahasrara Dhyana Meditation Step 2 – 7 minutes

Continue to sit in vajrasana. Form 'chin mudra' with your fingers. This is how we form the chin mudra: Place your hands on your knees. Your hands with open palms should be facing upward. Let the tip of the index finger touch the tip of the thumb, as if forming a circle. The three other fingers, arms and the hands remain relaxed. You will now hum intensely for 7 minutes. The humming should be done with lips together with the sound coming from the navel center – as deeply as possible, as lengthily as possible and as loudly as possible. (This is actually the mahamantra humming).





Sahasrara Dhyana Meditation Step 3 – 7 minutes

You may now sit cross-legged on the floor if you wish to or continue to sit in vajrasana and for 7 minutes you will take your awareness from the muladhara chakra to the sahasrara chakra



Dwell on each chakra for a minute with the awareness that – the chakra is pure; the chakra is filled with energy and the chakra is radiating eternal bliss - nithyananda.

- Muladhara – base of the spine
- Swadhishtana – 2 inches above the muladhara
- Manipuraka – at the navel center
- Anahata – at the heart center
- Vishuddhi – at the throat center
- Ajna – between the eyebrows
- Sahasrara – top of the head



Sahasrara Dhyana Meditation Step 4 – 7 minutes

For 7 minutes just be unclutched in silence.

If it is a negative thought, or a person you don't like, or an unpleasant situation, feel gratitude for that too and bless it. Anything that comes to your mind, bless it with deep gratitude





Sahasrara Dhyana Meditation Step 5 - 7 minutes

Sit straight, hold a few flowers as offering in your hands and close your eyes. Concentrate on your sahasrara chakra. Forget all other parts of your body. Concentrate only on your crown center and relax there. Wear a smile and relax

With your whole Being, offer your gratitude to your mother for giving you this body. Remember and give your gratitude to her with all your Being





Sahasrara Dhyana Meditation

Step 5 - 7 minutes

Offer your gratitude to your father for giving you this life and providing for all your needs

Offer your gratitude to all the doctors and nurses who received you when you came to planet earth.

Offer your gratitude to all the people who built the hospital or home where you were born

Offer your gratitude to all the people who took care of you when you were an infant.

Offer your gratitude to all those who worked for your food, clothes and living when you were young

Offer your gratitude to all the teachers who gave you primary education



Sahasrara Dhyana Meditation Step 5 – 7 minutes

Offer your gratitude to all your young age friends who made your life happy and blissful, who shared their innocence and joy with you.

Offer your gratitude to your brothers and sisters and other relatives for nurturing you and caring for you. Seek their forgiveness for any hurt that you may have caused them intentionally or unintentionally, consciously or unconsciously

Offer your gratitude to all the people who gave you professional education, who helped you stand in your profession, who gave you the courage to stand on your own feet.



Sahasrara Dhyana Meditation Step 5 – 7 minutes

Offer your gratitude to all the people who helped you financially, whenever you needed it.

Offer your gratitude to all the doctors and nurses who took care of your health, who gave you medical assistance whenever you needed it.

Offer your gratitude to your wife or husband for giving you love and security in your life. Forgive them for anything that they might have done to you that hurt you. Seek their forgiveness for anything that you might have done that hurt them with or without your knowledge.



Sahasrara Dhyana Meditation

Step 5 – 7 minutes

Offer your gratitude to all the people who encouraged you and gave you inspiration in your spiritual life.

Offer your gratitude to all those who have served you in one way or another all through your life: the milk man who delivers milk,

the grocer, the laundry man, the garbage collector, your servants, your driver, all these people who you take for granted. Seek each one's forgiveness for any hurt that you may have caused intentionally or unintentionally, consciously or unconsciously



Sahasrara Dhyana Meditation Step 5 – 7 minutes

Offer your gratitude to your enemies and those who have hurt you, for making you strong and forgiving. Seek their forgiveness for any hurt that you may have caused them

Offer your gratitude to all those who helped you physically, mentally, socially, economically and spiritually

Remember each one of them and offer gratitude taking your own time



Sahasrara Dhyana Meditation Step 5 – 7 minutes

Offer your gratitude to your body and all its parts one by one.

Offer your gratitude to your mind for its miraculous functioning

Offer your gratitude to the Divine, to the Whole, to God, for making all these things possible in your life.



Sahasrara Dhyana Meditation Step 6 – 7 minutes

For the last 7 minutes you may sit just sway with the flow of the chant and offer your gratitude to Existence and to the great lineage of enlightened masters. Offer your gratitude with your whole being.

You may now offer your flowers.

Listen to guru pooja mantras



Published by
Nithyānanda
University Press
Copyright ©2023

All rights reserved. No part of this publication may be reproduced or stored in a retrieval system or transmitted by any form or by any means - electronic, mechanical, photocopying, recording or otherwise, without the written permission of the publisher.