



The SPH Nithyānanda Paramashivam

# **Samyama For Health & Healing**

*Know & Understand Your Body!*

Maharishi Patanjali is an extraordinary scientist and we remember him for his great book, the book of books, the root for millions of books. Patanjali's book is called Yoga Sutra: Aphorisms to achieve union with the ultimate energy



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.



The following pocket book is energized and blessed with Darśan of Bhagavān Paramaśiva and the SPH Nithyānanda Paramashivam Our recommendation - print these cards, keep them in your bag/purse/pocket, carry them with you wherever you are and wherever you go. Anytime just chant the Mahāvakya, remember Paramaśiva, remember He Has come down in the form of Nijavatar, my Guru The SPH Nithyānanda Paramashivam who has shared these truths to awaken ultimate super consciousness in you.



136th Patanjali Yoga Sutra, 3rd chapter 30th verse  
Naabhi chakre kaaya vyooham jnanam

The SPH Nithyānanda Paramashivam  
21 March 2011, Presidential Address



The sacred secret in this sutra is when you do samyama on the navel center you will have the complete knowledge about all the movements and happenings of the body.



Naabhi chakra. It is not only the belly button, it is also the huge circle which is created having the belly button as the center. Stretch your hands and legs and create a circle which touches the whole, that will be the center.



When you do samyama on the navel centre, you can just see your whole body internally. Knowledge about your body. your strength, your weakness, what kind of food suits you, what kind of works you can do without getting tired

The SPH Nithyānanda Paramashivam  
21 March 2011, Presidential Address



If you don't have a separate time, do it when you go to sleep. Just stretch your hands and feet, visualize the whole circle is you and the navel center is your center. Concentrate on your navel centre. Try to look internally.





Continue daily for one month.

In that same samayama you can just fall asleep.

Try and you can be more healthy, more  
Knowledgeable



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.

