

MahāParamaśivoham

With

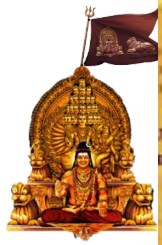
The SPH Nithyānanda Paramashivam

Super Conscious Mutation
Bhagavān Veerabhadra Murthy,
Bhagavān Dakshayagjnahara Murthy,
Bhagavān Gajasura Samhara Murthy,
Bhagavān Agorastra Murthy,
Bhagavān Jalandharavadha Murthy,
Bhagavān Varaha Samhara Murthy





|| Vandanam ||



nityānandam paramasukhadam kevalam jñānamūrtim
dvandvātītam gaganasādṛṣam tattvamasyādi-lakṣyam |
ekam nityam vimalam acalam sarvadhī-sākṣi-bhūtam
bhāvātītam triguṇa-rahitam sadGurum tam namāmi ||

I surrender to that SadGuru who is the eternal bliss, the bestower of supreme happiness, the One, who is the embodiment of wisdom, who is beyond duality, who is omnipresent, to whom the Supreme goal is giving the Enlightenment experience, who is eternal, pure and unshakable, who is the silent spectator of all thought processes, who is beyond emotions, who is without the three qualities called Sattva, Rajas and Tamas.

nityānandeśvara Paramaśivasamārambhām
nityānandeśvari paramashakti madhyamām |
asmat āchārya paryantām vande guru paramparām ||

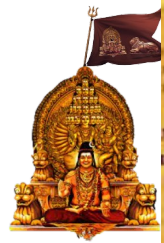
In the guru parampara vandanam we offer our gratitude to eternal lineage to all Gurus, to all masters.

I surrender to the Lineage of all the Enlightened Masters which has Sri Nithyanandeshwara Paramaśiva as the beginning, Sri Nithyanandeshwara Paramaśakti as the middle, and my Guru Nithyananda as the entirety - from the source onwards.





IMPORTANT CAUTION



Do not take risks beyond your level of experience, aptitude, training and fitness. The exercises and dietary programs in this class are not intended as a substitute for any exercise routine or treatment or dietary regimen that may have been prescribed by your physician. You should always consult your physician or other healthcare provider before changing your diet or starting an exercise program.

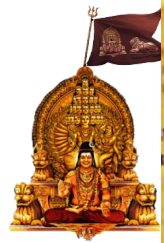
Any instructions, teachings and suggestions contained in the Program are purely in a spiritual capacity and not intended to be any sort of guarantee or definitive statement about one's health or one's past, present or future.

By participating in this class, you assume full responsibility for any and all injuries, losses and damages that incur while attending, levitating, exercising or participating in the class. You hereby waive all claims against The SPH Nithyānanda Paramashivam, KAILASA's Nithyananda Hindu University, its instructors, co-collaborators, or partners of individually or otherwise, for any and all injuries, claims or damages that you might incur.





IMPORTANT CAUTION



Not all exercises, process or techniques included in this program may be suitable for everybody. Consult your doctor prior to following this program. ANY LIABILITY, LOSS OR DAMAGE IN CONNECTION WITH ANY USE OF THIS PROGRAM OR PARTICIPATION IN THIS CLASS IS EXPRESSLY DISCLAIMED.

Nothing explained, shared or promoted in this program should be considered or construed as medical advice or a substitute for medical care. All forms of physical activity or exercise pose some inherent risks. The program coordinators advise all participants to take full responsibility for their safety and know their limits. By participating in this program, you understand that there is a risk of injury associated with participating in the program including but not limited to the power of levitation.

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Bhagavān Paramaśiva's

Direct Message From MahāKAILĀSA



Nirvikalpa Samādhi is your consciousness ripening. Navakhanda Yoga Samādhi is your body along with your consciousness raising to the higher worlds, higher time zone, higher energy fields.

The SPH Nithyānanda Paramashivam
64 Manifestations of Paramaśiva and Navakhanda Yoga Samādhi | 13 Sept 2022 |
<https://youtu.be/4V5mXaYeeY>



Individual Results May Vary. Results Not Guaranteed.

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Guru Pūrnima Message



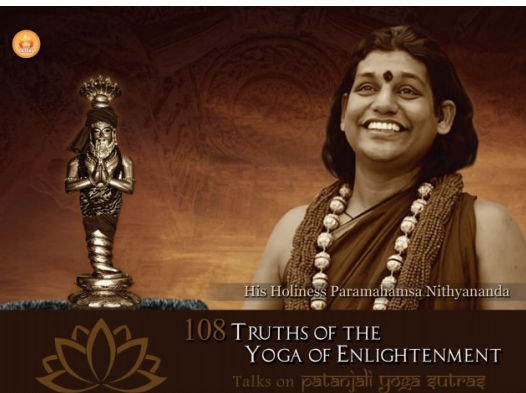
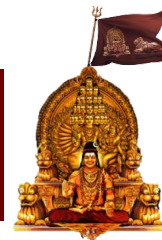
*From the rare archives of the Autobiography of the Avatār
When I declared my simple integrity to my Guru - Arunagiri Yogishwara,
all I know is what He loves, I will love.
What He hates, I will hate.
What He wants, I will want.
What He does not want, I will not want. That's it*

*The SPH Nithyānanda Paramashivam
28 August 2019, Simple Integrity to Guru_Master is the Master Key
<https://youtu.be/iiVEVtELMKo>*





108 Truths of the Yoga of Enlightenment Talks on Patanjali Yoga Sutras



- 1 Is Yoga for You?
- 2 Create the space for miracles Page 8
- 3 Yoga is thought-free awareness Page 21
- 4 Complete completion is the key Page 27
- 5 Your past and present have no connection Page 37
- 6 Make a cognitive shift Page 53
- 7 Sleeping with Awareness is Samādhi Page 58
- 8 Guru awakens you to you Page 72
- 9 The ultimate retirement plan Page 79
- 10 Relax from imagination Page 111
- 11 Are you a *sleepwalker*? Page 115
- 12 Secrets of memory Page 140
- 13 Knowledge of the self – Page 265





On the Go! 

Nirvikalpa Samādhi



Perpetual completion means ability to sit in the completion continuously, without tiredness, boredom, without any incompleteness able to move you; without tiredness, boredom, without any incompleteness able to move you. Don't need to keep your eyes closed or eyes open. It's up to you. But no thought current inside. Decide you will sit in space of completion. Any thought comes up, is an incompleteness. See the source – why that thought, feeling agitated, why that thought? See the source when you started developing this same thought trend. Relive - complete - relieve. Come back to completion. **Only first ten thoughts** you have to do completion and then after that it is just simple decision, you will be in the space of completion.

The SPH Nithyananda Paramashivam
Experience Perpetual Completion (Nirvikalpa Samadhi) - A Simple Decision To Complete Is
All You Need

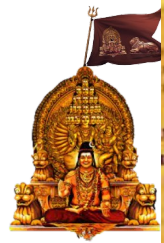
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On the Go! 

Nirvikalpa Samādhi

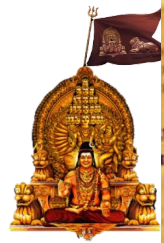


- 1 Paramashivoham Initiation Program, Day 2,
<https://youtu.be/MEgB8Y392lg>
- 2 From Words to Silence, April 8, 2005,
<https://youtu.be/MJVE7jCgFlo>
- 3 Q&A: Nirvikalpa Samadhi, Kundalini and Karma, 26 April 2012,
<https://www.youtube.com/watch?v=kSLoE1QonmM>
- 4 How To Experience Nirvikalpa Samadhi - The Oneness With
Paramaśiva, 26 July 2020, <https://youtu.be/timUn7jmAL4>
- 5 Source of Tireless Inner Space is Nirvikalpa Samādhi, 7 February
2020, <https://youtu.be/sDoaod2oSvE>





🕒 Daily 5 Minutes Technique of Unclutching



Any thought comes, do not clutch it with your past experience. Do not clutch it with your past suffering or joy. When, when words come out of your being, instead of giving meaning to it, just see the source of the sound. See sounds are raising your inner space. The moment you give meaning, you become materialistic. If you look the source, you go towards the freedom.

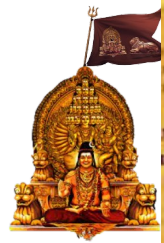


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Living Enlightenment





Learn More Science of Unclutching



- 1 Be Unclutched Webinar, 15 April 2012,
<https://youtu.be/IUCiUasGtuo>
- 2 Drop the Idea of You , Unclutch® discourse, 25
February 2008,
<https://youtu.be/XlirQUXoPUI>
- 3 Save your afterlife with this truth, 23 October
2021, <https://youtu.be/jcyx5JxTERw>
- 4 Unclutch to go Beyond Delusion: Guaranteed
Solution || 7 September 2020 II
<https://youtu.be/eBnjMFBjUwQ>
- 5 Doubt the delusion, not the truth, 20 July
2021, <https://youtu.be/m-EzMNaRAc4>

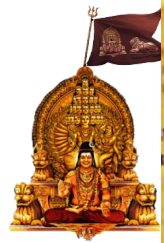


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Will Persistence - @Home Work Make This Your Lifestyle



Whatever time you get up,
do all these five.

- 1 Nithyananda Yoga - all the twelve components;
 - 2 Pancha kriya.
 - 3 Guru Puja.
 - 4 Shiva Puja.
 - 5 Satsang.
-
- 6 Only then next routine
 - 7 Detox and 1 Meal Lifestyle



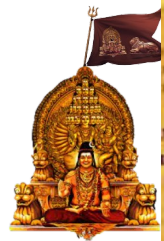
From the Autobiography of the Avatar -
"I have stopped eating, missed sleeping,
missed drinking water, missed breathing
(during samadhi), But I have NEVER missed
Nithya Pūjā. Nithya Pūjā is that Important
in Life"

The SPH Nithyananda Paramashivam has
initiated and inspired over 10 million
devotees to Nithya Pūjā.





Qualification For Navakhanda Yoga Samādhi – Will Persistence!



- 1 64 Manifestations of Paramaśiva and Navakhanda Yoga Samādhi, 13 September 2022,

<https://youtu.be/4V5mXaYeeeY>

- 2 64 Manifestations of Paramaśiva and Navakhanda Yoga Samādhi, 12 September 2022,

<https://youtu.be/kVofDucUrSU>

What is the unique real principle ingredient for the alchemy of Navakhanda Yoga Samādhi ?

Sheer will persistence.

64 MANIFESTATIONS OF PARAMASHIVA &
NAVAKANDA YOGA SAMADHI || 12 SEP 2022
The SPH Nithyānanda Paramashivam





Mysteries Revealed of the *Siddha* Tradition



- 1 Siddha Tradition, 13 November 2010, <https://www.youtube.com/watch?v=HozpXTV2D-U>
- 2 Siddha Tradition - 2: Science or Magic, 14 November 2010, <https://youtu.be/MZMnFOypXqY>
- 3 Siddha Tradition 3-Siddhas and their Siddhis, 15 November 2010, <https://youtu.be/xrKZDxNffVE>
- 4 Astral Travel, 18 November 2010, <https://www.youtube.com/watch?v=aMk9-3gy9iw>
- 5 Siddha Tradition Unrevealed Mysteries of Mystics, 4 December 2010, <https://youtu.be/T6UjZTIRGNQ>





Daily Nithya Kirtans – *Enjoy Sattvic Ananda – 21 Minutes DAILY*



Sattvik Ananda - the non-violent bliss, peaceful bliss, where you don't hurt anybody, but it is joy for you.

Jump! So much Sattvik Ananda, bio-memory will get into your system; it will help you in every process so powerfully. See especially when you jump and all, the bliss is inhaled by every pore of your body. Every pore of your body the bliss is inhaled. It becomes part of your muscle memory and bio memory.

The SPH Nithyānanda Paramashivam
Grow 'Sattvik Ananda', the Non-violent Bliss from Sashtanga Yoga,
7 October 2016

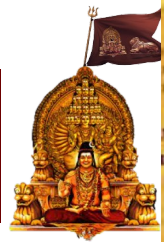


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DETOX With *Digestive Juice*



Preparation Time 5 mins.

Serving Size - 1

Equal portions of the following (very small quantity):

Lemon juice, Ginger – Dry and Garlic (in a paste form), Apple cider vinegar, And Honey.

Mix. Small quantity only to be consumed after meals. Any time of the day, but only once a day.

Enhances the digestion system of the body





10 new words Quick Guide
Saṃskṛit Language
Bhagavad Gita Verse



sa evāyaṃ mayā te'dya yogaḥ proktaḥ purātaṇaḥ

saḥ: that; eva: only; yaṃ: this; mayā : by Me; te: to you; adya: today; yogaḥ: the science of yoga;
proktaḥ: spoken; purātaṇaḥ: very old

bhakto 'si me sakhā ceti rahasyaṃ hyetaduttamaṃ II 4.3

bhaktaḥ: devotee; asi: you are; me: My; sakhā : friend; ca: also; iti: therefore; rahasyaṃ: mystery;
hi: because etat: this; uttamaṃ: supreme

4.3 That ancient science of Enlightenment, or entering into eternal bliss, is today taught by me to you because you are my devotee as well as my friend. You will certainly understand the supreme mystery of this science

The SPH Nithyananda Paramashivam
Bhagavad Gita Decoded, Page 1408,

[https://nithyanandapedia.org/wiki/Bhagavad_Gita_Decoded_\(2nd_Edition\)_\(Book\)](https://nithyanandapedia.org/wiki/Bhagavad_Gita_Decoded_(2nd_Edition)_(Book))





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family

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 /NithyanandaTV
 @srinithyananda
 @SriNithyananda





|| Poorna Mantra ||



पूर्णमदः पूर्णमिदम् पूर्णात् पूर्णमुदच्यते |
पूर्णस्य पूर्णमादाय पूर्णमेवावशिष्यते ||

Poornamadhah Poornamidham Poornaath Poornam Udhachyathey |
Poornasya Poornamaadhaaya Poornamevaavasishyathey ||

“From the space of Completion only Completion comes out. Even when Completion comes out, Completion remains as Completion. When the Completion goes back, Completion remains as Completion”.



