

MahāParamaśivoham

With

The SPH Nithyānanda Paramashivam

Super Conscious Mutation
Bhagavān Ardhanareśwara Murthy





|| Vandanam ||



**nityānandani paramasukhadani kevalani jñānamūrtini
dvandvātītaṅi gaganasadṛṣaṅi tattvamasyādi-lakṣyam |
ekani nityani vimalam acalaṅi sarvadhī-sākṣi-bhūtaṅi
bhāvātītaṅi triguṇa-rahitaṅi sadGurumi 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.

**nithyānandeśvara Paramaśivasamārambhām
nithyānandeśvari paramashakti madhyamām |
asmat āchārya paryantām vande guru paramparām ||**

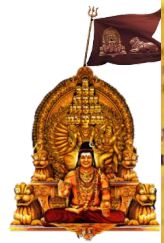
In the guru parampara vandanam we offer our gratitude to eternal lineage to all Gurus, to all masters.

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.

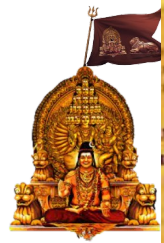
Any instructions, teachings and suggestions contained in the Program are purely in a spiritual capacity and not intended to be any sort of guarantee or definitive statement about one's health or one's past, present or future.

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



You see, body is the best outfit you can wear.

The food or the pleasures your body asks, your body feels, is just dependent on how you feel about your body. The moment you know, what is you - all struggle will stop, will drop!

The SPH Nithyānanda Paramashivam

Why You Need To Know About The 11 Dimensions Of The Universe, 12 Oct 2017

<https://www.youtube.com/watch?v=FtaAEvACRwc>

Individual Results May Vary. Results Not Guaranteed.





Guru Purnima Message



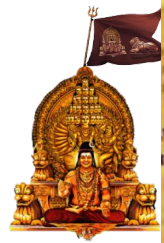
Decide to just to manifest Paramaśiva and do ferocious tyaga of all your gender identities and all delusions related to sexual identities.

Paramashivoham Level 2, Season 1, Day 9





A Small Story



One ninety year old man used to sit every day at the beach from morning to evening, watching people going by. Another man who noticed this went up to him and asked him, 'What do you actually do sitting here everyday?'

The old man replied, 'I am searching for a woman to be my wife.' The man was simply shocked at this reply and asked him, 'Why did you not search in your youth?'

The old man replied, 'I have been searching since I was thirty years old.'

The man was astonished and asked him, 'What sort of a woman are you searching for?' He replied, 'I am searching for a perfect woman.' 'The man asked, 'You haven't found one yet?'

'I found one woman who matched what I had in mind but it didn't work out well with her,' replied the old man. The man asked why. The old man replied, 'She was searching for a perfect man!'

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Living Enlightenment, 7th Edition





Tantra : The Most Anti-Sex Practice!

Savikalpa Samādhi – Pg 10

Gender Equality Pg 14

Take the Quiz: The Ultimate Gender
Demystified Pg 11

11 Genders Pg 15

Includes
discourses
+ Reading Pg 9
+ Detox Pg 20
+ Sanskrit Pg 21

Bring Depth To Your
Relationships Pg 12

Vedic Feminism Pg 16

Diagnose Your Gender Pg
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Varnashrama Dharma –
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Discovering Love



- 1 What is love? Page 4
- 2 Do we all love in the same way, or are there different kinds of love?
- 3 How is ordinary love different from Divine love?
- 4 Without possessiveness, enforced loyalty and such things, won't relationships degenerate into what is known as 'free love' or 'free sex'? Page 11
- 5 Is it necessary for spiritual seekers to give up worldly love? Page 14
- 6 Why do love and pain always go together? Page 25
- 7 To fall in love with a master is also a kind of 'falling'?



Discovering



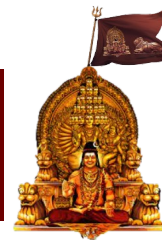
Love

PARAMAHAMSA SRI NITHYANANDA SWAMI





Savikalpa Samādhī – Thought Which Takes You to Thoughtlessness



Savikalpa means 'last moment' like a nightmare it is the last dream because you wake up after that.

- 1 Signs of a Yogi, 17th April 2009, Patanjali Yoga Sutra 15, <https://youtu.be/GdCoVcisb6I>
- 2 Yoga Sutras – What is Mind – A new revelation, 17 July 2010, <https://www.youtube.com/watch?v=fPD6wnBbIjs>
- 3 Patanjali Yoga Sutras, 1st August 2010, <https://youtu.be/u4JzKL2o7uc>
- 4 Pranayama Technique for Kundalini Awakening, 23 Jan 2011 <https://youtu.be/cR8vJH1hE6Y>
- 5 Ascending To The Higher States Of Consciousness Q & A – Sadāshivoham, 4th December 2016, <https://youtu.be/3skgbsv1z1U>





The Ultimate Gender Demystified



- 1 What is Tantra?
- 2 Who is Bhagavān Ardhnareeshwara?
- 3 Life in all its possibility manifesting is Tantra. Yes/No?
- 4 Tapas means burning away all the obstructions you have to manifest Paramaśiva

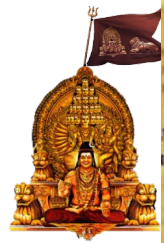
1 What is Tantra? Tantra Demystified - The Most Anti-Sex Practice, 11th November 2018, <https://youtu.be/yragQJabw>

2 Who is Ardhanareshwara - Fulfillment of All 4 Sex Energy | 64 Manifestations of Paramashiva | 27 Sep 2022 <https://youtu.be/sVgfbPhsuk>

3 YES! Life in all its possibility manifesting is TANTRA! Tantra: The Science of Making Your 5 Senses Manifest Ardhanateshwara | 28 Sep 2022; <https://youtu.be/loy4G7Xcft4>

Manifesting Ardhanareshwara is the Ultimate Sexual Fulfillment | 64 Manifestations of Paramaśiva, <https://youtu.be/i-gdSNFrrZo>





Diagnose Your Gender!

The state of Ardhanareeshvara, Paramaśiva; is the ultimate symbol of the completion of the gender identity; liberation from gender crisis.

- 1 Oversexed Or Undersexed Gender Misidentification Is The Problem - Revelations From Hindu Scriptures About 11 Genders, 3rd November 2018, <https://youtu.be/CxBjGq-jGM4>
- 2 Gender Identification The Primal Detoxification Per The Revelations Of Paramaśiva, 4th November 2018, <https://youtu.be/ZtWMsoS3plA>
- 3 Gender equality, past, present, and future, 7th November 2021, <https://youtu.be/Erw2UfWmu9M>
- 4 Why You Need To Know About The 11 Dimensions Of The Universe – MSS, 16th April 2018, <https://youtu.be/uFXkYmhgYzk>
- 5 Intimate, Integrated, Authentic Personal Relationship With Guru Is Enlightenment, 25 December 2018, <https://youtu.be/AWsAkX5pX8Q>





Bring Depth To Your Relationships With Science of Tantra



Relationships are the most beautiful, sweetest thing in the life. When Sadāshiva declared, “Let Me become many and enjoy Myself”, it means He Himself has decided to enjoy, the joy of relationships, the ecstasy of relationships.

1. Bring Depth To Your Actions, Experience Sadāshivatva (Living Sadāshivoham Process Session 10), 16th April 2017, <https://www.youtube.com/watch?v=mtBSNJY7TzE>
2. Introduction to Nithyananda Satsang || 29 October 2020 <https://youtu.be/iV6UmfUh9zk>
2. Gender Identification The Primal Detoxification Per The Revelations Of Paramāśiva 4th November 2018, <https://youtu.be/ZtWMsoS3plA>
3. Hindu Solution For Anti Aging || 8 September 2020 || <https://youtu.be/nObN3-1IHcc>
4. Yoga Nidra – Sleeping into Divine, January 2004, <https://www.youtube.com/watch?v=BDzPIYp1vfA&feature=youtu.be>





Gender Equality: Past, Present & Future



**viddhi nedam yadidamupāsate viddhi nedam yadidamupāsate |
yaccakṣuṣā na paśyati yena cakṣūmiṣi paśyati**

The Kenopanishad 7th verse.

Means, not which is seen by the eye but because of which the eye, the organ of sight, is able to see and perceive the seen, that is reality. Understand, not which is seen by the eyes, but by which the eyes are able to see and perceive. Not which is seen by the eyes, but because of which the eyes are able to see and perceive.

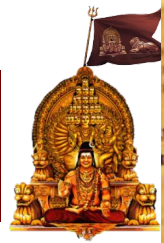
Contemplate on this truth.

Whom Willed and Caused Does the Mind Go? - Keneshitam, 15 July 2016, https://youtu.be/V_UwvGZ6vdY





11 Genders! How To Identify My Gender? This solution is something too good to be true.



Ask The Avatar - Ultimate Quality, Cosmic Play, 11 Genders,
Dimensions of the Universe <https://youtu.be/FtaAEvACRwc>

Why You Need To Know About The 11 Dimensions Of The
Universe – MSS, 16th April 2018 <https://youtu.be/uFXkYmhgYzk>

Oversexed or Undersexed, Gender Misidentification is the
Problem (Revelations From Hindu Scriptures About 11 Genders),
6th November 2018, <https://youtu.be/CxBjGq-jGM4>

Gender Identification The Primal Detoxification Per The
Revelations Of Paramaśiva, 4th November 2018
<https://youtu.be/ZtWMsoS3plA>

Natural Principles of Masculine & Feminine Physiology, 12th July
2016, https://youtu.be/HI_IW6F1YfI





Vedic Feminism!



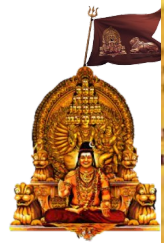
In Hinduism, feminism is not all about fighting with men or conquering men or not even equivalent to men. Women have their own unique place.

- 1 Divine Feminine Consciousness (A Discourse delivered at Inner Awakening & LBE), 21 July 2009 https://youtu.be/bMH_h_Cjoow
- 2 Women and Spirituality, 22 May 2011, <https://youtu.be/q5KVtWhfYFY>
- 3 Awaken the Sacred Feminine | Nithyananda Satsang | 17 Sep 2010, https://youtu.be/HvaB_H_kGqk
- 4 Divine Feminine Consciousness, 8th May 2011, <https://youtu.be/wLPbXPFvUTI>
- 5 Nithyānanda Satsang, Om Awards, 8 March 2022, <https://youtu.be/ooydCXocsdE>





Varnashrama Dharma The Torch of The Society

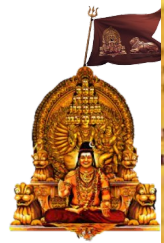


- 1 24 Oct 2010_Discover Akashic Records in Your DNA
<https://youtu.be/2mWQ13WJVmE>
- 2 Revival Of Satya Yuga, The Golden Vedic Era, 8th January 2019,
<https://youtu.be/kelBREZbUzA>
- 3 Probabilities are from the mind, possibilities are from consciousness, 19th Feb 2021, <https://youtu.be/QPE26Cn-84o>
- 4 Stop the Hindu Holocaust, Volume 4
https://www.youtube.com/watch?v=WwH6sUq_Y5w
- 5 28 April 2020_Stop The Hindu Holocaust! Volume 8,
<https://youtu.be/7lkBZqEoONc>





Varnashrama Dharma The Torch of The Society



The power of initiating and awakening the DNA is stored in Kamika Agama

Caste system is science of biology

The whole of Tamil DNA is Shaiva Vellalars. Shaiva Vellalars went as first settlement.

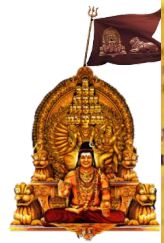
Gotra is knowledge stream which is embedded in your DNA and genetic code. Gotra is the biological structure.

Eighteen gotras belong to Bhagavān Subramanya. If you are Kangoya gotra you are a direct descendent of Bhagavān Muruga.





Varnashrama Dharma The Torch of The Society



Why follow Vegetarian lifestyle?

If lifestyle of meat is adopted for three generations, the goodness of the DNA will become unawakenable. You can't recall it, it is deleted. In that body it cannot be recalled. What is there in code, can be awakened if three generations is not in alcohol and non-vegetarian lifestyle.

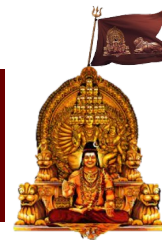
Those who lost their Indian DNA, can they get superconscious mutation?

Yes, it is possible for anyone born in any part of the world. Knowledge which is recorded in the DNA for that you need genetic code. Don't miss the awakening knowledge branch specific to your gotra, it was put inside you and locked inside by our ancestors, never miss awakening it.





DETOX With *Panakam* For Early Afternoon



Ingredients: Serving Size 3

Jaggery (crushed or
block)- 150 gms
Water - 600 ml (~3
glasses, room
temperature)
Juice of 3 lemons
(medium size)
Cardamom (optional)

Method:

1. Soak jaggery in water till it melts completely. Use fresh non-fluoridated drinking water.
2. Next, filter the mixture.
3. To this, add lemon juice.

Optional for taste add a pinch of
cardomom powder.

Avoid Refrigeration. Store in flask

The SPH Nithyananda Paramashivam
Living Enlightenment, Page 102





Quick Guide
Saṃskṛit Language
From Tantra śāstras!



‘ānanda kamaprānaḥ’

Ananda: bliss; kama: fortune; prānaḥ: bring forth

‘ānanda kamaprānaḥ’

that means ‘bliss attracts fortune.’

When we create a blissful inner space, automatically we attract external wealth

The SPH Nithyananda Paramashivam
Bhagavad Gita Decoded, Page 753

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





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|| Poorna Mantra ||



पूर्णमदः पूर्णमिदम् पूर्णात् पूर्णमुदच्यते |
पूर्णस्य पूर्णमादाय पूर्णमैवावशिष्यते ||

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”.



