



# MahāParamaśivoham

With

# The SPH Nithyānanda Paramashivam

*Super Conscious Mutation  
Lingodbhava 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.

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



Your super consciousness is the most supreme

You are super consciousness

*All the patterns, self-doubts, hatred, denials, or anything restrictive in you – your super consciousness makes your problems irrelevant.*

Declare superconscious supremacy over everything – not just what you think as problem, even what you think as your plus points, your strengths. I will make it happen for all of you.

The SPH Nithyānanda Paramashivam  
Paramashivoham Level 3, Season 2, Day 1, Introduction



Individual Results May Vary. Results Not Guaranteed.

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# Guru Purnima Message



You are God's energy. You are living the ultimate experience  
Do not cherish enmity, vengeance towards anybody. Just go on radiating  
friendliness, joy and go on supporting people. If you have seen somebody  
has suffered - support them, stand by them. Go on supporting people. Let  
us make this as our goal.

Let us create more and more and more enlightened beings.

Let us radiate enlightenment.

Do not disrespect, do not abuse anybody.

*32 minute discourse, available on URL link:*

<https://youtu.be/HkuitG4n2ss>, 25 July 2010





# Joke For The Day



*Nitti Mudaliar was driving along a dark village road. He decided to follow the car in front of him to play it safe. Suddenly, the lead car stopped and he crashed into it. "why didn't you signal that you were going to stop?" he screamed out.*

*Inside my own garage? Yelled back the driver!*

*It helps to know that each one's path is different. To follow another on his path and to blame him at the end of it is mere folly!*

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Joke For the Day, Page 5

*Now available as a table calendar*

*Print your copy*

[https://nithyanandapedia.org/wiki/Joke\\_For\\_The\\_Day\\_\(Book\)](https://nithyanandapedia.org/wiki/Joke_For_The_Day_(Book))





# Experience Formless in Form



Genesis of Identity

Paratva – Conscious  
Supremacy

Take the Quiz: Reclaim Life Through  
*9 topics*  
Completion

The Universe – Big  
Bang, V Hole, Black  
Hole, Grey Hole,  
WHOLE

*Includes*  
*discourses*  
*+ Reading*  
*+ Detox*

Asampragnata Samādhi –  
*first unclutching*  
*experience*

Happening of the  
Lingodbhava Murthy

Vedic Astrology







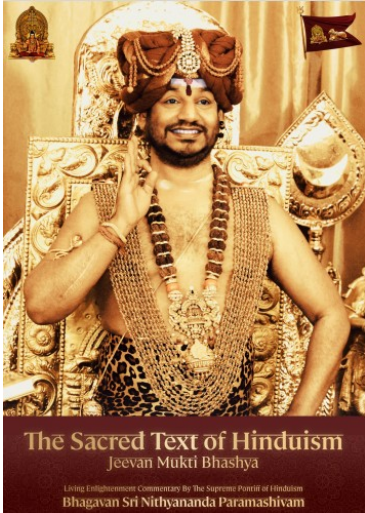
# Jeevan Mukti Bhashya Hindu Cosmoloy – The Brahma Sutras



Universe

extols about self

Just 100 pages



- 1 Aphorisms of existence (Page 462)
- 2 Attitude for inquiry into existence (page 465)
- 3 Tradition protecting the sacred secrets of cosmos (Page 469\_)
- 4 Where did the universe come from? Page 472
- 5 What is the source of all we know? Page 476
- 6 How can we experience the ultimate? Page 480
- 7 Is it true that the universe does not exist? Page 484
- 8 How can we say that the existence, universe, which we call ultimate, Paramaśiva is intelligence? Page 489
- 9 Am I part of the intelligence? Then what binds me to suffering? Page 497
- 10 How can I describe Paramaśiva? Page 505
- 11 How to experience Paramaśiva in me? Page 512
- 12 What is Brahman? Is it separate from source of universe? Page 517
- 13 How do I know I am living the truth? Page 532





# Genesis of Identity



Genesis of identity'- understanding what you perceive as your identity. What you feel as you is too important, because only from what you feel as you, you start developing second person and third person of your life

- 1 The Logic Of Consciousness, <https://youtu.be/ShKdkAY1G94>
- 2 Genesis Of Identity - completion of self-doubt, self-hatred and self-denial (SDHD), <https://youtu.be/etCtjEJ5h6Q>
- 3 What are the Blind Spots in your Identity? <https://youtu.be/rqoNUfoN28Y>
- 4 Completion - Essence of All Spiritual Practices, <https://youtu.be/uES8g2GGwI4>
- 5 Homework - Sit with all these self-doubting patterns. Pen them down. Relive and relieve them. Complete with them. Don't doubt whether you completed with your self-doubts; that will be one more doubt, at least complete with that!. Go on completing.





# Reclaim Life Through Completion



- 1 Workings of the mind, <https://www.youtube.com/watch?v=gmwAUoquiTo&feature=youtu.be>
- 2 Reclaim your life through completion, <https://www.youtube.com/watch?v=6ryZbvn-v4w>
- 3 Completion-direct Technique from Shiva, [https://youtu.be/jJrzmzSII\\_o](https://youtu.be/jJrzmzSII_o)
- 4 Burning the Roots is complete completion, [https://youtu.be/KZ\\_1otoNohI](https://youtu.be/KZ_1otoNohI)
- 5 Fall in Love with your Higher Self – Combining the Science of Completion and Surrender, [https://www.youtube.com/watch?v=rl9XawNi\\_AM](https://www.youtube.com/watch?v=rl9XawNi_AM)





# Asampragnata Samādhi

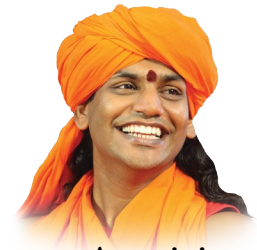


*Truths  
about  
science of  
Samādhi*

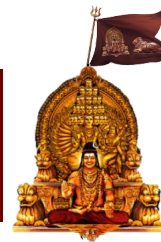
*- From  
Patanjali  
Yoga Sutras*

- 1 Having thoughts is NOT thinking! <https://youtu.be/BBWSiljcoNo>
- 2 Unclutch to go Beyond Delusion, <https://youtu.be/eBnjMFBjUwQ>
- 3 Unclutch and Catch the Truth, [https://youtu.be/T9\\_4TR4HqmU](https://youtu.be/T9_4TR4HqmU)
- 4 Unclutch from the Mind Maze – De-stress instantly Patanjali Yoga Sutra, <https://www.youtube.com/watch?v=KKVdPzhOI6A>





# Bhagavān Lingodbhava Murthy – Explosion into the Super Consciousness



- 1 Auspicious Lingodbhava time, <https://youtu.be/TBHaln7wbwc>
- 2 Significance of Karthigai Deepam in Cosmology, [https://youtu.be/b\\_AEcYvQprk](https://youtu.be/b_AEcYvQprk)

Technique of Samyama, Patanjali Yoga Sutras, 132, <https://youtu.be/M8bbIERs6A0>

Sit in front of mirror. Gaze at your own reflection. After one cycle, the reflection will lose its separate dimensions and parts. It will become almost like just a lump of light without having a clear hands, legs, head; without having a clear picture, it will become almost like a lump of light. Gaze at the light intensely, the independent definite shape on your form will melt down. You will only feel like you are a light; like egg ball. It will usually be egg ball like a.... light in the shape of egg. That is what is called swayama prakasha; effulgent super physical light. That is what we call in Sanskrit linga.





# Paratva – Conscious Supremacy



Conscious sovereignty is for all beings, <https://youtu.be/qAQHZrwyWzM>

Only Learn Things That Are Enlightenment Centric and Directly Help You Manifest Powers! <https://youtu.be/pLfQlxFSnkg>

Feeling Tired Or Bored? [https://youtu.be/8Aj\\_uhim3s](https://youtu.be/8Aj_uhim3s)

Constantly upgrade yourself! Constantly delete the past, <https://youtu.be/DsKDMJNAdSg>



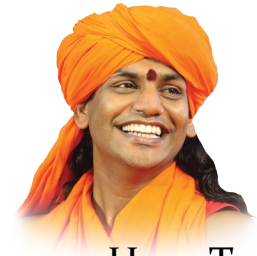


# Universe: Big Bang, V Hole, Black Hole, Grey Hole, WHOLE



- 1 Power of Initiation Guarantees Miracles, <https://youtu.be/JARuGylR6pE>
- 2 Revelations On Matter - Anti-Matter, Learn About Avyakta (The Unmanifest) The Energy Source Of All Matter, <https://youtu.be/lzdVoMNTUOI>
- 3 Black Hole And Big Bang As Revealed By Āgama, <https://youtu.be/CehsUD4LoeY>
- 4 [Meditation] KAILĀSA JYOTI - <https://youtu.be/llQEsbMi4uA> 15minutes
- 5 [Reading] The Principles of Hindu Cosmology, *Manifesting Shaktis*, Page 269-289





# Science of Vedic Astrology



- 1 How To Drop Unsubstantiated Fears And Experience Superconscious Breakthrough, <https://youtu.be/hJqQrm8EGuA>
- 2 Vedic Astrology, [https://youtu.be/Ck1-ysb\\_Nv4](https://youtu.be/Ck1-ysb_Nv4)
- 3 Have You Started Thinking? <https://youtu.be/rLmY6WHsG-Y>
- 4 Conscious Elasticity-Capacity to Conceive Larger Ideas and Principles Without Breaking! <https://youtu.be/gkv67shyARK>
- 5 Reading *Astrology and Beyond*, Page 29, *Open the Door Let the Breeze In*.







## Regular Detox Recommendations Castor Oil



*You are hardwired for enlightenment! Very simple!*

- 1. Apply Castor oil on your head and nicely massage. Apply shikakai (or or organic shampoo) and take a head bath.*
- 2. 1 spoon daily  
Either with (with half a glass of warm water) makes you feel light – kicks out all the toxins  
Or with natural laxative banana– you will not have any worries because of stomach  
Or add to your meal.  
One teaspoon no more than that!*

**Just in 1 day you will see your fear has disappeared.**

The SPH Nithyānanda Paramashivam  
29 Dec 2019, 22 Dec 2019, 29 April 2011, 9 April 2011,  
11 Feb 2020, 12 July 2021



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10 new words Quick Guide  
**Saṃskṛit Language**  
**Bhagavad Gita Verse 2.16 You Are Ultimate**



nāsato vidyate bhāvo

na: never; asataḥ: of the nonexistent; vidyate: there is; bhāvaḥ: existence  
*The nonexistent (asat) has no being*

nābhāvo vidyate sataḥ I

na: never; abhāvaḥ: non existence; vidyate: there is; sataḥ: of the eternal;  
*that which exists (sat) never ceases to exist*

*ubhayorapi dṛṣṭontas tv anayos tattva-darśibhiḥ*

ubhayoḥ: of the two; api: verily; dṛṣṭaḥ: observed; antaḥ: essence; tu: but;  
anayoḥ: of them; tattvadarśibhiḥ: truth by the seers  
*This truth about both is perceived by the Seers of Truth.*

The SPH Nithyananda Paramashivam  
Bhagavad Gita Decoded, Page 1423,

[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 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”.





