

MahāParamaśivoham

With

The SPH Nithyānanda Paramashivam

Super Conscious Mutation
Bhagavān Jvarabhagana Murthy
Bhagavān Kāla 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 ||

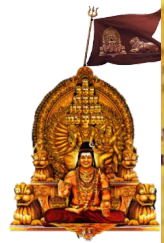
In the guru parampara vandanam we offer our gratitude to eternal lineage to all Gurus, to all masters.

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.

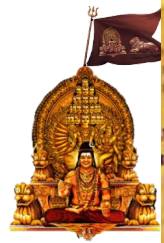
Any instructions, teachings and suggestions contained in the Program are purely in a spiritual capacity and not intended to be any sort of guarantee or definitive statement about one's health or one's past, present or future.

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.

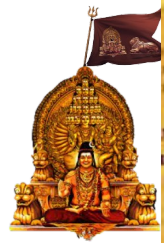
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Bhagavān Paramaśiva's

Direct Message From MahāKAILĀSA



Thinking is the activity ... that affects directly one end the consciousness, the other end - tip of your fingers, nails, tip of the hair.

The SPH Nithyānanda Paramashivam
Your Biology Thinks, Not Just Your Neurology, 2 October 2019
<https://youtu.be/vYpsaXDu6fQ>

Individual Results May Vary. Results Not Guaranteed.

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Guru Purnima Message



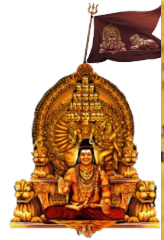
Akshayaguna (अक्षयगुण, Akṣayagūṇa) of Paramaśiva means the nature, character, idea, habit - all these put together and something more is the word, Sanskrit word “guna” denotes; which is your core nature expresses as a habit in your doings. Nature in your being, habits in your doing is called guna

Guru Purnima Message 2019 – Pi is “I” of Paramashiva, 3 Powerful Cognitions on Guru, <https://youtu.be/qSmCNiTMYiU> 16 July 2019





Joke For The Day



Pali Patel visited the doctor with ill health. The doctor examined him and sat down to explain. Pali told him, "Doctor, please don't scare me with your technical terms; just tell me in plain English." The doctor said, "Ok, you're just plain lazy." Pali murmured, "Hmmm.. ok, tell me the technical name now, I need to tell my family"

We often think we are fooling others when in reality we are always fooling ourselves. Awaken, before you are fully deceived!

The SPH Nithyānanda Paramashivam

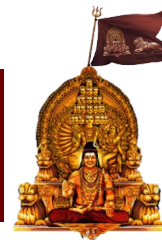
Joke For the Day, Page 332

Now available as a table calendar

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[https://nithyanandapedia.org/wiki/Joke_For_The_Day_\(Book\)](https://nithyanandapedia.org/wiki/Joke_For_The_Day_(Book))





Science of Spiritual Healing

Sayujya Samādhi

Freedom to Design your
body

Take the Quiz: Arogya Spurna – Health
as per Ayurveda

Science of Anti Ageing

*Includes
discourses
+ Reading*

Science of Kayakalpa

What is Yoga?

+ Detox

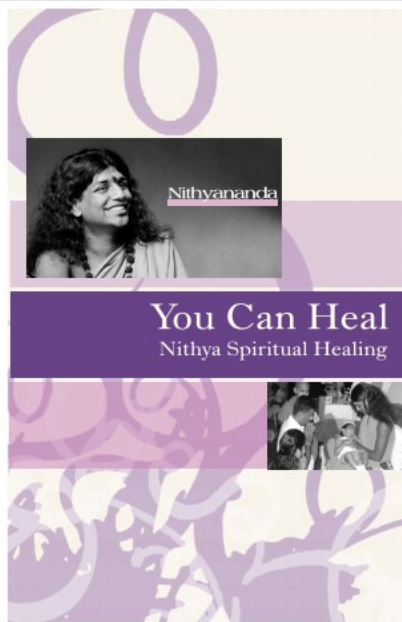
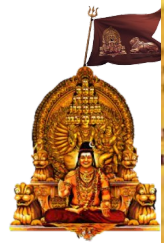
Science of Spiritual
Healing

Detox Techniques





You Can Heal

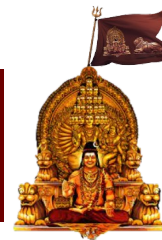


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Enter into Sayujya Samadhi (Videha Mukti)



Whole day he was living in Meditation. That is why he just feels “what can I give, what can I give, what can I give?”

- 1 Love as Meditation, 9 June 2010, <https://youtu.be/ahQHwMAloQs>
- 2 The Best Way to Prepare for Death, 5 August 2016, https://youtu.be/FH49iSQR_qk
- 3 Science of Aushada Revealed, 27 May 2017, https://youtu.be/kcs_EiAnnjA





Arogya Spurana – Health as Per Ayurveda



- 1 What is health as per Ayurveda?
- 2 Define physical, mental, spiritual health
- 3 How can you be disease-less immediately?
- 4 Belief you carry about you matters. Yes/No

1 What is health as per Ayurveda? <https://youtu.be/1lgjWt9A1Q>, @7min

2 Define physical, mental, spiritual health, <https://youtu.be/5j6uz3edovI> @14min

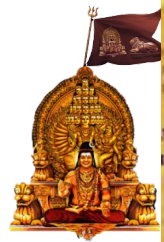
3 How can you be disease-less immediately? https://youtu.be/5NJCdHysd_M @5min

4 Belief you carry about you matters. Yes; <https://youtu.be/NBhgVwSbMUl> @6min





Science of Kayakalpa



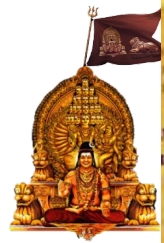
Search for healthy life, long life, healthy long life was done by human beings from time immemorial. Understand, because you printed, you have powers to reprint, alter, evolve, rejuvenate, rebuild, any part or fully.

- 1 Science of Kayakalpa, <https://youtu.be/IWDoMPTSBg4>, 22 Feb 2021
- 2 Tyaga Makes You Experience Rejuvenation, 14 April 2020, <https://youtu.be/nUh3pdLm900>
- 3 5 September 2019, Moments with the Avatar After The Great Pause, https://youtu.be/XAgkLSJJ_dA
- 4 Royal way of life, Science of Kayakalpa, 26 Feb 2021, https://youtu.be/8t--Txc_wLw
- 5 The Intangible But Definitive Part of Existence is Dharma, <https://www.youtube.com/watch?v=-RBIOGR2gvo>, 15 March 2020





Science of Spiritual Healing



The source of Ananda Gandha, which is source of spiritual superconscious healing, is the ultimate science towards enlightenment; not just physical healing or mental healing. Physical healing also happens because your very DNA structure gets realtered when you relax into superconscious state.

- 1 Healing through Meditation || Part 2 || Radio Interview || 11 March 2004, <https://youtu.be/qCUgcLgkRMs>
- 2 Ananda Gandha chakra source of super conscious healing, <https://youtu.be/oqX7zgAqLxs>
- 3 Consciousness Can Alter Your DNA, <https://youtu.be/VzthUviOrSs>
- 4 The Technology of Healing, <https://youtu.be/ZQwutxkykME>
- 5 Healing Wisdom of Vedas, <https://youtu.be/tj1h6U76iiE>
- 6 Spiritual Healing Through Entanglement, <https://youtu.be/3d2kVj4sOsE>





Freedom To Design Your Body

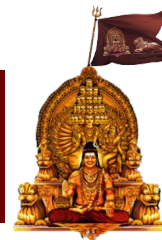


- 1 Know & understand your body! <https://youtu.be/oNjD7hMfKYg>
- 2 The Formula Of Changing The Body Without Working Out - (Introduction To LEP), 24 August 2010, <https://youtu.be/QX5SviNUqSk>
- 3 Your Body Manifests What You Believe, 21 Nov 2017, <https://youtu.be/OxeVAFNUwrE>
- 4 12 Aug 2004, Your Body is More Divine than Any Temple Pray to It intensely for Heal, Happiness & Bliss, <https://youtu.be/DzSoigS2iCc>
- 5 Experience Sadashiva, Manifest Powers with Integrity, 28 September 2016, https://youtu.be/nqn5CcPNa_I





Science of Anti Aging



Healing through Meditation, 10 October 2010,
<https://youtu.be/PJ5n62ShDno>

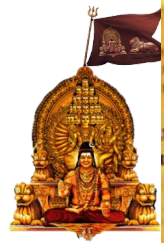
Your Biology Thinks, Not Just Your Neurology, 1 October 2019,
<https://youtu.be/vYpsaXDu6fQ>

Activate your DNA and anti aging, 20 October 2010,
<https://youtu.be/dpCJeFcH338>





What is Yoga?



The only priority for all:

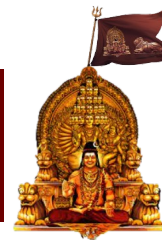
Make your body consciously strong

- 1 25 Feb 2018, What is Yoga - Divine Entering Into Man, <https://youtu.be/9t1A2ZtPbHA>
- 2 21 June 2015, Inner peace leads to world peace, <https://youtu.be/2Mivy4A-Xmc>
- 3 28 June 2017, Three Levels Of Yoga From The Veda Agama Tradition, <https://www.youtube.com/watch?v=4vdoHpNBzDo>
- 4 14 December 2016, Extraordinary Experiences of Yoga | Autobiography of The Avatār, <https://youtu.be/jh5zUt5pyzk>
- 5 10 November 2018, Essence Of One Million Yogic Scriptures Of Hinduism, <https://youtu.be/ZbOQPS-QHHo>





Detox Techniques



What is fasting? <https://youtu.be/IWDoMPTSBg4>

How fasting helps burn naga dosha? <https://youtu.be/F8aFS3lX8io>

Realise the source code software - <https://youtu.be/HoKube1pQvE>

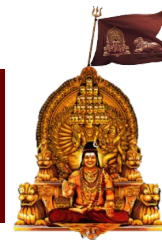
Science of Nirahara Samyama
<https://www.youtube.com/watch?v=dwcjCsV1IxY>

How to take Haritaki? <https://youtu.be/CEUUNM6BKfY>





Regular Detox Recommendations Shakti Dharana Meditation



(2-3 min) Stand on your knees and balance yourself well. Do not sit on your haunches. Close your eyes and raise both hands upwards with palms facing skywards. Tilt your head slightly upwards. In this position, feel the Existential energy flow through you. Visualize that a light- beam of Existence is flowing through you. Just allow and help whatever happens to happen.

*Bend down, rest on your elbows and forearms, and kiss the earth, or at least let your forehead touch the ground.
7 times repeat*

RECOMMEND DO EACH NIGHT





10 new words Quick Guide
Saṃskṛit Language
Bhagavad Gita Verse 17.8, Best Diet For Longevity



āyuhṣattvabalārogy- asukhaprītivivardhanāḥ

āyuhḥ: duration of life; sattva: existence; bala: strength; ārogya: health; sukha: happiness; prīti: satisfaction; vivardhanāḥ: increasing

rasyāḥ snigdḥāḥ sthirā hr̥dyā āhārāḥ sāttvikapriyāḥ

; rasyāḥ: juicy; snigdḥāḥ: fatty; sthirāḥ: enduring; hr̥dyāḥ: pleasing to the heart; āhārāḥ: food; sāttvika: goodness; priyāḥ: palatable.

The foods that promote longevity, virtue, strength, health, happiness, and joy are juicy, smooth, substantial, and nutritious. Such foods are liked by persons in the mode of goodness.

The SPH Nithyananda Paramashivam
Bhagavad Gita Decoded, Page 1611

[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”.



