

The SPH Nithyānanda Paramashivam

Meditate On The Form of Paramaśiva And Get Enlightened!

Guided Meditation



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4. Sadashiva Murthy

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शुद्धस्फटिकसंकाशं धृतबालेन्दुमौलिनम् ।
पञ्चवक्त्रयुतं सौम्यं दशबाहुं त्रिलोचनम् ॥ १०० ॥
सर्वयुधैर्धृताकारं सर्वभूषणभूषितम् ।
उमार्धदेहं वरदं सर्वकारणकारणम् ॥ १०१ ॥

śuddhasphaṭikasamkāśaṃ dhṛtabālendumaulinam |
pañcavaktrayutaṃ saumyaṃ daśabāhuṃ trilocanam || 100 ||
sarvāyudhairdhṛtākāraṃ sarvabhūṣaṇabhūṣitam |
umārdhadehaṃ varadaṃ sarvakāraṇakāraṇam || 101 ||

Sadāśiva of the colour of clear crystal and holding the crescent on his crest, with five faces, with a pleasing feature, with ten arms and (five sets of) three eyes, equipped with all weapons and decked with all jewels, with one half of his body shared by Uma, bestowing boons, and the prime-cause of all causes.

Yoga-Tattvopa Upanishad (100-101)

Translations available The SPH Nithyananda Paramashivam, Nithyananda Jnanapaddhati

Individual Results May Vary. Results Not Guaranteed.

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You can see Sadyojata murti. Meditate intensely on Sadyojata murti

सद्योजातं प्रपद्यामि सद्योजाताय वै नमो नमः ।
भवे भवे नाति भवे भवस्व माम् भवोद्भवाय नमः ॥

sadyojātaṃ prapadyāmi sadyojātāya vai
namo namaḥ
bhava bhava nātibhave bhavasva mām
bhavodbhavāya namaḥ



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वामदेवाय नमो ज्येष्ठाय नमह श्रेष्ठाय नमह रुद्राय
नमह कालाय नमह
कलविकरणाय नमो बलाय नमो बलविकरणाय नमो
बलप्रमथनाय नमह
सर्वभूतदमनाय नमो मनोन्मनाय नमः ।

vāmadevāya namo jyeṣṭhāya namah
śreṣṭhāya namah rudrāya namah kālāya
namah
kalavikaraṇāya namo balāya namo
balavikaraṇāya namo balapramathanāya
namah
sarvabhūtaḍamanāya namo manonmanāya
namaḥ ।



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Aghora murti.

अघोरेभ्योऽथ घोरेभ्यो अघोरघोरेतरेभ्यः
सर्वतह् शर्व सर्वेभ्यो नमस्ते रुद्र रूपेभ्यः ।

aghorebhyo'tha ghorebhyo
aghoraghoretarebhyaḥ
sarvatah śarva sarvebhyo namaste rudra
rūpebhyaḥ

AGHORA - SADASHIVA'S ASPECT OF REJUVENATION



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तत्पुरुषाय विद्महे महादेवाय धीमहि
तन्नो रुद्र प्रचोदयात् ।

tatpuruṣāya vidmahe mahādevāya dhīmahi
tanno rudra pracodayāt



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ईशान सर्वविद्यानाम् ईश्वरह् सर्वभूतानां
ब्रह्माधिपति ब्रह्मणोऽधिपतिर् ब्रह्मा शिवो मे अस्तु स
एव
सदाशिव ओं सदाशिव ओं सदाशिव ओं।

īśāna sarvavidyānām īśvarah sarvabhūtānām
brahmādhīpati brahmaṇo'dhipatir brahmā
śivo me astu sa eva
sadāśiva om sadāśiva om sadāśiva om

ISHANA - SADASHIVA'S ASPECT OF LIBERATION



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Now connect with Sadāśiva.

Om Nithyānanda Paramashivoham



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