



# संस्कार दहन क्रिया Samskara Dahana Kriya

*Perpetual completion*

The SPH Nithyānanda Paramashivam





“Samskara Dahana kriya”  
means, burning all your pain  
patterns... which is the root of  
suffering in your  
life.



Life and enlightenment cannot  
be made more easy than this!

It is so easy, that 1 Samskara  
Dahana Kriya = 100 pancha  
tapas !



Just like how your body accumulates excreta due to its daily functioning, even your mind collects some excreta that needs to be removed. This process removes your psychological excreta.

Your whole brain will feel new, not only your mind even your inner space would feel new.



ShivaJnana Upanishad, Vijnana Bhairava  
Tantra,94th verse, 22nd technique:

Cittadyanta kitir nasti amantar-bhavayediti |  
Vikalpanam abhavana vikalpairujjhito bhavet ||

Just consciously feel within, that the mind-stuff  
(citta) of past memories of incompleteness, with its  
activities as mind, intellect, and ego are not  
existing in me.

By contemplating this way  
in your inner-space,  
disidentify from the past  
impressions and the  
memories of incompleteness



Anything which you have other than  
Samadhi is pain pattern.

SPH Nithyānanda Paramashivam, Samskara Dahana Kriya - 5 step process for perpetual  
completion

URL <https://www.youtube.com/watch?v=2aMFDfbvVDI>



Doing completion with every painful memory whether it be physical, mental, psychological, emotional and conscious.



Burning all your pain  
patterns, which is the root  
of suffering in your life.





Even to live a normal life, not only an enlightened life, you need Samskara Dahana Kriya.

This will remove that vengeance within you completely.



You are not logically powerful not to show the pain / hurt on someone else

The anger you have on your brother, you show on your boss. You end up showing your pain on someone else

Only solution: Not to leave any wound/incompletion inside.

Clear all of them.



## Types of Pain



- 1. Physical pain**
- 2. Mental pain** - whenever what you want does not happen the way you want
- 3. Emotional pain** - happens if you are not respected, if you are cheated or if your trust is breached
- 4. Psychological pain** - just confusion, for no reason you are depressed and just because of time you go through the same pain
- 5. Conscious pain** : Pain of not achieving what you want to achieve in your life.



## Preparation:

1. Please sit with Divya Shariri Darshan (Atmamurti of SPH Nityānanda Paramashivam)
2. Have pen, notepad
3. Water
4. Be comfortable



## Step 1:

- A. Start with the earliest memory of your life. Recall all the unpleasant moments, incidents of your life.
- B. As you recall each incident, re-live it in your inner space intensely. Go back to the same situation, same emotions, same thinking, same understanding, same experience, same power, same identity, etc.
- C. When you re-live, go back to that same identity, experience the same identity. Feel your identity. Re-live how you cognized, responded. This will make you realize how you have grown or shrunk.

With the context of reliving your identity do this process.





## Step 2

After re- living write down each memory as clearly as if you are writing a story.



## Step 3

After writing re-live the incident in the mirror in front of a mirror.

Talk whatever you wanted to tell yourself , spend time with you. Talk , talk.Listen as a person inside the mirror.Listen,listen,listen





## Step 4

Share with Swamiji in form of  
Atmamurti and re-live all incidents





Do not censor anything, do not avoid any incidents. Write each and every incident.

Express all the emotions that come up as you share.

Do not suppress anything.

Remember you are sharing in the very breathing space of the master and tremendous healing will happen if you do this process with integrity and authenticity.



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