



Super Conscious Mutation

With

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The SPH Nityānanda Paramashivam

Homework & Exercise Worksheets

Includes – guided meditations, reading assignments, special select discourses, detox and more...

Rare revelations, messages and research techniques from 40 years of revival of Hindu Knowledge



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Śripuram

Duration: 5 Hours

1. [True/False] Giving liberation is Sadashiva's responsibility, but choosing through which body She wants to manifest and do the Avataric mission is Adi Shakti's responsibility
2. What is the unit of your life? *Friends, Hours you are awake? Contributing?* _____
3. Complete this blank. Surrender is _____ your struggle, It's Paramaśiva's _____.
4. There is a beautiful shloka in chandi 'Yaa Devi Sarva Bhooteshu Matru Roopena Samsthita, Namasthasyai Namasthasyai Namasthasyai Namaha' Just repeat it 11 times to see its impact on you immediately.
5. *Included in your gifts is the Durga Moola mantra in SPH's own voice. Listen to connect with Parashakti – the ultimate life energy in you.*



Soft Suffering Comes As A Boon

Homework Worksheet

Included with your gifts today is the audio discourse on suffering or suffocation. Please listen to the audio and answer the following:

1. Pen down 5 sufferings
2. Pen down 10 suffocations
3. Why does suffocation happen in life? What can you expect as the next transformation in your life?
4. Are we inviting suffering in our life?

Next, get initiated into 5 truths of life to go beyond suffering and pain. Please listen to this discourse delivered on 28 December 2021, Paramadvaita Initiation Part 2 | 45th Avatara Dinotsava Special Satsang <https://youtu.be/Y-9xIe8a4xY>.

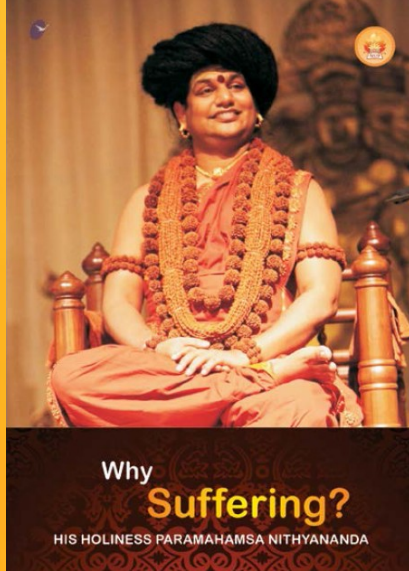
Mark which of the five were revealed in the discourse:



You are Beyond Suffering

Reading Guide

Duration: Daily 21 Minutes, Just Before Going to Bed



Included in gifts is the publication Why Suffering by the SPH Nityānanda Paramashivam. Go through these truths and answer:

1. What is the cause of suffering?
2. Give 5 techniques that provide instant healing from pain and suffering
3. Pain is a Lie – *When did you first experience this? And when did you first get to a cognition that the word “pain” invites suffering*
4. What is Tyaaga? *Is it giving up all the possessions or giving up our reactionary assumptions?*
5. The SPH Nityānanda Paramashivam guides and initiates us into 5 techniques for completion and saying NO to suffering. Each one for specific situation and type of incompleteness we are perceiving. After reading pages 54 – 72, please complete the following tabular column as your personal guide:

Completion Technique	Our Suggestions	Your Personal Reference
Swapoornatva Kriya	<i>When I am frustrated with myself, why am I not able to do what I want to do? Why am I not manifesting my life? Why am I not feeling fulfilled?</i>	
Poornatva Kriya	<i>Surely this is not how someone can behave and act and say whatever they want!</i>	
Samskara Dahana Kriya	<i>Enough with this incompleteness – let me be done forever and be blissful!</i>	



Secret of Māya and Suffering

Duration: 5 Hours

Let's enter into this worksheet by initiation into reality – please listen to the audio discourse on Reality from Brahma Sutras – Verse 1. Next answer the following questions:

1. Life is bliss. Pen down 5 ideas that you started to believe as reality yet they fail the mathematics as per simple logic. **The Secret Of Maya and Suffering,** <https://youtu.be/cz84B3-tL8c>
2. In the program session you heard from Bhagavān Krishna about password for success and enlightenment. The recording is available at <https://youtu.be/iMmDnXexcaE>. **Please watch for the initiation from Bhagavān into the truth of Vyavasaya Atmika Buddhihi - Tremendous Perseverance,** and answer what according to you is perseverance? What is the new understandings you have about perseverance after this initiation? *Do you see that it is just a cognition shift.*
3. **Upanishads teaches how to live advaita,** <https://youtu.be/JSJi0AuoZGI> What experience does the SPH describe about His life in this initiation that led Him into the truth that He is Atma? *Bonus – Do you remember which city, and which location? What was the historical significance of this kshetra? Life of the avatar – First time for humanity open and available at autobiographyoftheavatar.org*
4. Through the teachings and session on Secrets of Maya and Suffering, we are initiated into the truths of We are consciousness. Draw the Guru Parampara – the sacred Guru Sishya Lineage you have joined through this initiation. _____ (SPH Guru) -- → The SPH → You.



Liberate Yourself From Obsessive Compulsive Disorder

Homework Worksheet

Duration: 5 Hours

With this worksheet *continue your experience of Paramashivanandam at home. Please go over the glimpses included with your gifts on Obsessive Compulsive Reactionary Patterns and answer the following:*

1. What are five OCDs that humanity is suffering from? *Fear, jealousy, ____, ____, __*
2. Why should you complete with OCD? How is it been influencing your personal life?
3. Is anger an OCD?
4. What about continuously feeling belittled?
5. Five techniques are summarized to liberate yourself from OCDs. Now surely to prepare ourselves for OCD attack at any time, what and where and how would you implement these 5 techniques? Say at home – you decide you will handle OCD through IID. *You could work from your Nithyānanda Sabha, have a pooja worship altar with your IID murthy. At office which technique do you want to implement and apply? Cognize comic principles? Think through and prepare yourself with the knowledge weapons – these are called Shastra Sastra.*

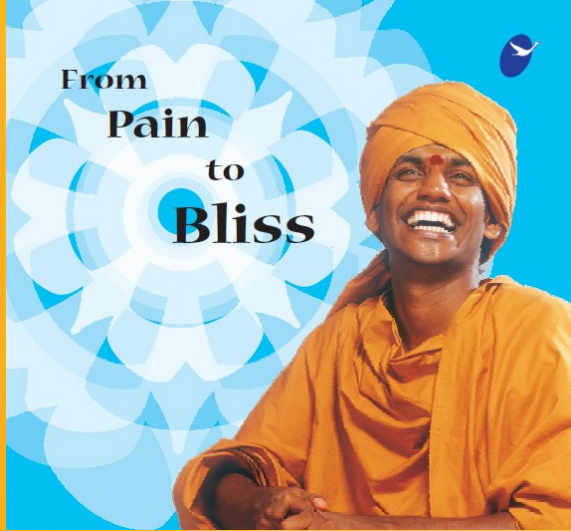
MY LIFE	LIBERATE FROM OCD	PLANNER
At home	<i>Speak to Swamiji in my Nithyānanda Sabha</i>	
At work, meetings, official gatherings	<i>Connect with Paramaśiva Forms on my cell phone and meditate on them</i>	
With friends, family, travel	<i>Quickly listen to Mahavakya and get back to powerfulness</i>	
When I am by myself, car, my personal office	<i>Swamiji atmamurthy gracing my dashboard</i>	
My lifestyle	<i>One meal lifestyle</i>	



Pain Drains Your Brain

Guided Reading

Duration: Daily Recommended 21 Minutes

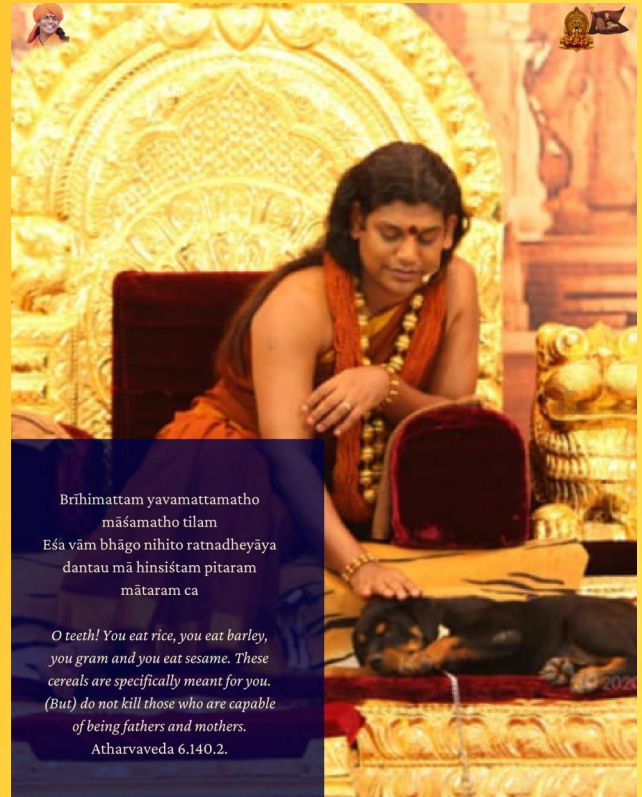


Special gift included this season is a copy of quick short reading of From Pain to Bliss – you want a quick solution to powerfulness, just connect with Paramaśiva, Chant Mahavakya and open the book to your answer.

Learn about What is Pain? Why Pain? And Does Pain Really Really Exist? Look IN!

Share your experiences and powers on the SPH Nithyānanda Paramashivam Facebook events page.

KAILĀSA's continues to stand for ahimsa – non-violence and causing no pain to self and others. Read and learn about the efforts of KAILĀSA's Humanitarian service *Blue Om*.



Bṛihimattam yavamattamatho
māsamatho tilam
Eśa vām bhāgo nihito ratnadheyāya
dantau mā hinsīstam pitaram
mātaram ca

*O teeth! You eat rice, you eat barley,
you gram and you eat sesame. These
cereals are specifically meant for you.
(But) do not kill those who are capable
of being fathers and mothers.
Atharvaveda 6.140.2.*



Detoxification – Lemon Juice

Empower self with the power to play with your inner space to create the reality you want

Experience ultimate richness – ability to change, create, ability to make it happen anything anywhere in the universe

Handle depression permanently

Balanced weight loss without feeling powerless or tired

Tea – Preparation time: 5 minutes

200ml little warm water, 1tsp honey, ½ tsp lemon. 2 Pinches of Turmeric powder

Mix well. Have once a day. Either daily once right after Nithyānanda Yoga, OR Late Afternoon 2 hours after meals (may replace turmeric with pepper at this hour) OR Without turmeric – take 1 glass at night before Haritaki.



Answer Key

ANSWER KEY - Śripurāṃ

1. True. On 29 October 2016, in the discourse Deepavali Blessings from Sadashiva – Adishakti, <https://www.youtube.com/watch?v=RJeqNbjQFBY>, The SPH Nityānanda Paramashivam revealed how to prepare your consciousness for Paramashivoham experience. Recording available for your viewing and initiation.
2. The unit of your life is your identification about you. That's it. How you assert yourself is the unit with which you measure universe. That's the way you live. That is your responsibility, that is your existence.. Get introduced to the higher beings from the parallel universe and introduced to your own existence in the parallel universe. *Face yourself in the parallel universe.*
<https://youtu.be/W9n4Kf8sKjA>
3. Surrender is NOT your struggle, It's Paramaśiva's Struggle. *The truth The SPH Nityānanda Paramashivam is teaching is absolute truth; it can become reality in you now!*
<https://youtu.be/LbiFH4dKabw>
4. Who is residing in all beings, Bhooteshu - even the beings word is not a complete translation; whatever exists, sarva bhooteshu matru roopena samsthita, in the form of ultimate creativity; mother, matru roopena samsthita, who is residing, namasthasyai namasthasyai namasthasyai namo namaha, I bow down, I bow down, I bow down, I surrender. It's amazing stotra. Get initiated to Awaken The Sacred Feminine in https://youtu.be/HvaB_H_kGqk



Paramaśiva's super conscious mutation manifestations, when He super consciously mutated His manifestations, 64 manifestations documented in Veda Āgama, which He himself describes, manifesting all of them in you is the complete manifestation of Paramādvaita.

This whole program, is an upgraded new beginning.

It is not going to be stopping with you manifesting the powers and possibilities of you are consciousness.

It is going to be letting Paramaśiva land in you and manifest the powers and possibilities of Paramaśiva Himself.

The SPH Nithyānanda Paramashivam

64 Incarnations of Paramaśiva, 27 February 2022

