



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



Published by Nityānanda University Press

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Swarga Lokā - Where God's Live

Duration: 5 Hours

Watch the discourse on **3 Dec 2008, Awaken The Divinity In You - Sahasrara Chakra**, <https://youtu.be/pO7FMYwb9vs>, for your convenience quick notes to follow along and mark your own understandings are provided as gifts.

1. List at least 10 misunderstandings, insecurities you carry in you. *No one loves me, I am left alone, If I die I have to restart, go to college, again struggle...*
2. Look back at the 10 misunderstandings, from the truth of “ Existence will miss you if you are not here”. Observe your inner space. With this understanding, you will have a deep relaxation. *“Oh God, I am worthy of what I am”*
3. Read the glimpses included in the gifts to complete with these misunderstandings and insecurities.

Watch the discourses,

4. Face yourself in the parallel universe, <https://youtu.be/W9n4Kf8sKjA> and
5. Watch the discourse on **Fifth Force of Universe Is Ability of Our Consciousness to Elongate Time And Experience True Freedom**, <https://youtu.be/g7ZmCpDAaJY> and

complete the following table:

LOKA	Common Myth	Cosmic Truth
Swarga Loka	My ideas	
Naraka Loka	Hell	



Cosmic Dance of Bhagavān Natarāja

Homework Worksheet

Paramaśiva is the overflowing fulfillment. That is why He is always dancing.

Experience Ananda Tandava Cosmic Dance of Nataraja, <https://youtu.be/7BkMVJXS6yw>

1. Pen down 5 principles of creating you do each day
2. Pen down 5 principles of liberating you do each day *sharing healing words with friends*

What is the history of Paramaśiva's happening as the incarnation – Nataraja? Watch this discourse Start the Ananda Tandava Bliss Dance of Your Life || Nityānanda Satsang Live Stream || 22 Jan 2020, <https://youtu.be/IRf7iAnzMmM> and describe in your words:

How to celebrate Nataraja in our life – Apply to following 5 situations in life. Watch this special 2009 Shivaratri message from the SPH Nityānanda Paramashivam,

<https://youtu.be/AfwHtrUcDes>.

1. *Project needs a certain resources. You have put a request, but the timeline is fast approaching – how to not be stuck?*
2. *At home, your daughter is convinced she wants to study biology and become a doctor and visualizes herself as in ER unit services. You know that knowledge of biology is incomplete – based on understandings of modern science. Much more is available in Hinduism. How to speak to her?*
3. *Conflicts are common among teams. Surely, you have been in one. How to keep the things going for the best of all and betterment of the goals?*



|| Om Nityānanda Paramashivoham ||

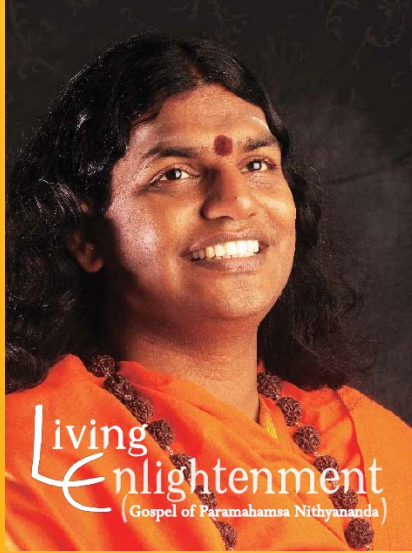
4. Last time you felt stuck, what did you do? How did the understanding of the higher purpose inspire you to keep going?
5. Friends want you have and share meals with them. You are on a Nirahara diet. But when you say no, they feel you don't like them. What can you do?



Jivanmukti - Living Enlightenment

Reading Guide

Duration: Daily 21 Minutes, Just Before Going to Bed



Included in gifts is the publication Living Enlightenment by the SPH Nithyānanda Paramashivam. (if you prefer a different language just visit <https://nithyanandapedia.org/books> and download a copy from 25 language choices!)

Go through these truths and answer:

1. Living enlightenment is actualizing the limitless potential and experiencing the ultimate as every moment of life unfolds

afresh. What is actualizing mean to you? In your words pen down.

2. If you understand that everything is auspiciousness, you will drop expectations. *Pen down 5 expectations you carry inside of you that make you feel frustrated each night.*
3. Drop worry, pick up health. Spend 21 minutes to do the simple meditation to heal the Manipuraka Chakra
4. Fear is the fight between faith in oneself versus the negative idea about the future. Complete the table to understand this truth

Faith in oneself

I really want to make a breakthrough at work but will I be able to ?

Negative idea about the future

Even if I do, I will be told, I'm wasting time



Use Mahavakya To Connect Chit and Jada For Ultimate Super Conscious Mutation

Duration: 5 Hours

Life is all about what kind of a connection your consciousness and DNA has -Chit Jada Granthi. Watch the following discourses and answer questions that follow:

1. **Awaken Your Extra Sensory Powers Through Super DNA,**
<https://youtu.be/hlIRk5TMgQw> and pen down 5 scientific facts about DNA that you can use in practical day-to-day life right now:

Example: Wormholes are tunnel connections between different areas in our time-space universe and between our time-space universe and parallel universes, through which information can be transmitted outside of the constraints of space and time & passes them on to our consciousness. - can use to speak and connect with your loved one, and check on how she is feeling after tough day at work.

2. In the program session you heard about how to purify your connection between consciousness and DNA. The recording is available at <https://youtu.be/vuAgo4Xm1rs>. **Please watch for the initiation for the best super conscious mutation.** Answer

[True/False] Can you reprogram your DNA?

How do sounds matter?

What are the four situations you can reprogram this connection?

3. In <https://youtu.be/CFobVh4myB0> what are the four that you are given in life that has Paramaśiva's gift to you much more than mukti.



Akasha Tattva – Space Decides Your Experience

Homework Worksheet

Duration: 5 Hours

With this worksheet *continue your experience of Paramashivanandam at home. If a thought is stuck on the space, reality is generated.*

1. What is space? **Bring in the right understanding with the discourse Akasha - Fifth Dimension, The Canvas to Manifest Your Reality, <https://youtu.be/KKTB5MBrX1I>**

Introspection question – what do you understand by canvas? Now apply this understanding of canvas to your life – to Akasha. Think and visualize how is Space the canvas to manifest your reality?

2. **Catch the space – with this discourse The Multi-Dimensions Of The Universe – Sadāshivoham, <https://youtu.be/IJPwRYbWQMg>**
3. **Your Thoughts Affect Your Surroundings, Your Surroundings Affect Your Thoughts.** At this moment apply this truth. Bring yourself to the canvas of reality with Mahavakya, and create a thought in you. Watch your surroundings. This is the ultimate powerful cognition for power manifestation and powerful existence. For initiation follow this recording: <https://youtu.be/RSgGqkbQHGO>
4. *Listen and be initiated into the truths from Taitreya Upanishad – and make it a priority to fall in tune with the five elements.* The SPH Nithyānanda Paramashivam guides the Samayama here <https://youtu.be/fpp5BB4fZW0>



Power of Space Creation

Anytime, Anywhere, Use Guide

Watch the following discourse on fifth dimension of universe <https://youtu.be/2TxSgHnnCug>

1. This discourse initiates us into the constant of the cosmos – Paramaśiva. Before receiving this initiation, our understanding was that speed of light or speed of sound are constant. Now we know that it is consciousness. *How does this truth transform your day-to-day life? For example, the objects around you and you have the same constant. The chair that you are sitting on, the table that you are using are all made of the same consciousness. So given that, it is only the shape that is varying. Then if the constant is the same, independent intelligence, living mechanism, then how can you connect with something that is also you? Keep expanding this powerful cognition to a situation with people, friends, family, work, career, country, and just look how you are empowered. Any situation you can just connect to the constant and communicate!*
2. **Space Is A Living Entity! Use Thoughts To Influence Outer Space | Nityānanda Satsang | 07 Apr 2022**, https://youtu.be/d_yPkjExk_Q Now connect the first truth to this next one, space is a living entity. It's not emptiness, it's not dead, it is living. Second: it is very close to consciousness. Third: the space you are carrying inside you - where the thoughts manifest - is directly connected to the space where this universe is established. *How can you use constant Paramaśiva and the space to create your reality?*
3. **Create the Space for Your Chosen Reality**, <https://youtu.be/-Mv9z-GpRq4> Since space creates your reality, just create the right space. Do it with awareness.



Detoxification – Karisalankanni

1. For active, no tiredness lifestyle - Take little of Karisalankanni (powder or leaf) and apply it on the upper palate of your mouth – all the pitta and kapha will come out – do it 7 times
2. For strengthening body and mind - Add Karisalankanni to food daily.
3. Keep your brain organized without coffee or caffeine like products

Other names: Bhringraj, False Dais

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17 July 2021, 27 June 2021, 12 July 2021, 15 July 2021, 18 July 2021



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.

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64 Incarnations of Paramaśiva, 27 February 2022

