



|| Om Nityānanda Paramashivoham ||



# 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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# Satya Lokā – Abode of Bhagavān Brahma

Duration: 5 Hours

Watch the discourse on 8 September 2019, Vertical Time Zones – Hindu Revelations on Nature of Reality, Cosmology, <https://youtu.be/m3ivZ5nyp3U> ◀ .

1. *The Satya Lokā where Brahma resides, there one day of Brahma Lokā is four point three two (4.32) billion human years, means Brahma goes to rest once in 4.32 billion years! **Just give this fact a few minutes of intranalyzation. In higher lokas, beings are in such restful awareness they need no sleep or rest for billions of years!***
2. **Break the sleep pattern** - Watch **Integrity Decide To Vibrate You To The Thought Current You Cherish**, <https://www.youtube.com/watch?v=UsOckvN2pEQ>

*All your struggle with the sleep or tiredness or boredom is nothing but simple chemical imbalance. If you are feeling sleepy, tired, tell yourself it is not mental - it is just physical, chemical imbalance. Integrity will clean it up.*



# From Satya Loka to Planet Earth

## Homework Worksheet

*Ideal for to be environmentalists – How the first oceans happened*

Watch this discourse on happening of River Ganga (revelations from Akashik records) The Story of How River Ganga came to Earth <https://youtu.be/8o7qGrBmKn4>

1. Mark the 7 cities across which River Ganga flows

**Gangotri glacier**

**Gangotri Temple**

**Amarnath**

**Kumbh Ghat**

**Sangam**

**Nepal**

**Rishikesh**

**River Narmada**

**Haridwar**

**Kanyakumari**

**Mairani**

**Pondicherry**

**Parivaraachaka**  
*(The days of wandering)*

Swami's quest for truth took him across the country, from Tapovan in the Himalayas to Kanyakumari in the south, and from Dwaraka in the west to Calcutta in the east.

Sleeping in caves and graveyards, living on alms, he led a precarious life for years, never staying in the same place for more than a few months. But it was a journey that would cover some of the loveliest natural landscapes and the holiest pilgrimage spots in the country.

Presented here are some of the most significant spots in his wanderings.

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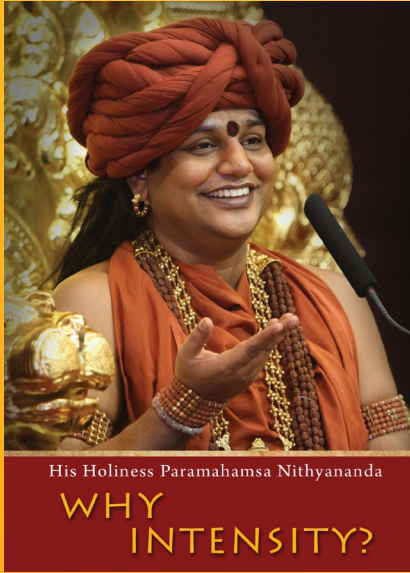
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# Paramātma Śakti – Will Persistence – The Master Key for ALL Success

## Reading Guide

*Duration: Daily 21 Minutes, Just Before Going to Bed*



*Included in gifts is the publication Why Intensity by the SPH Nithyānanda Paramashivam.*

*Go through these truths and answer:*

1. *Interest vs Intensity – please give 5 examples of each*
2. *21 minutes enjoy whirling, and know that letting go centers you!*
3. *How can you be intense in everything you do? Please decide 5 techniques that you would use at 1) work 2) home 3) with friends 4) with family 5) being with self*
4. *How can you burn your past?*
5. *How to overcome inner and outer world conflict?*



# Svarupa Ananda – Makes Ganga Flow In Sahasrara Chakra

42 minutes Meditation, *Recommended 11 Days*

*Opinions you form about these worlds, stops you perceiving the other planes.*

*Included with gifts is Sahasrara Chakra meditation that you experienced in class; please continue to do so at home for 11 days just to see a difference in you and the world around you!*



# Life is Super Determinism

Neither Free Will Nor Pre Destined

## Homework Worksheet

*Duration: 5 Hours*

Get initiated into this science of super determinism at home through the three discourses and pen down 25 powerful cognitions that will transform your life NOW. *Remember The power of Now is having power over Now!*

*IS LIFE PRE DETERMINED OR FREE WILL? | 30 MARCH 2021 | <https://youtu.be/9AZ4TYPVfZc>*

*THE TRUTH ABOUT THE SUPERDETERMINISM || PART 2 || 31 MARCH 2021 | <https://youtu.be/H8H80qDiZzc>*

*INITIATION INTO SUPERDETERMINISM | 03 APR 2021 | <https://youtu.be/I7OYLB0vbmw>*

1. *D Say, "I am Paramashiva, how can I suffer?" Change the whole thing.*
2. *Superdeterminism means empowering your subjective experience about you, your subject with the truth - you are Paramashiva.*
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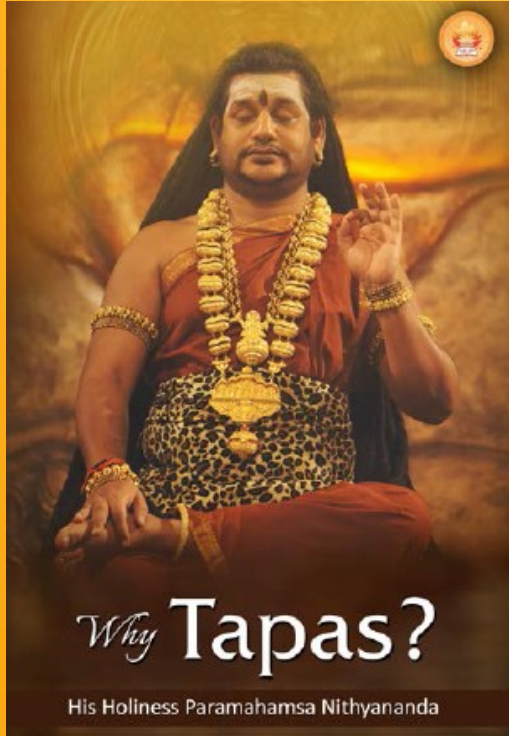




# Know The Highest Reality of Life Through Tapas

## Anytime, Anywhere, Use Guide

Listen to audio discourse to get initiated into the sacred truth to raise yourself by yourself. Next with this initiation enter into the reading of Why Tapas?



1. *What is Tapas? Pen down 10 definitions*
2. *What is the difference between Shraddha and Tapas?*
3. *Tapas is intelligent effort. Why?*
4. *Read about the Avatar's experience of Tapas of Overcoming Death. Page 76*



## Detoxification – Ghee (Clarified Butter)

1. Brings healing to the stomach – apply little bit, pain will go away.
2. Start taking just a tea spoon of ghee and jaggery (organic cane sugar)– you can live without food or water
3. Ghee cools the stomach – 1 tea spoon
4. Inhale ghee smoke; burn ghee and rice and inhale that smoke – all the parasites built in the system due to non-vegetarian lifestyle will leave your system
5. On banana leaf, apply ghee and eat the pure Kaveri organic Ponni rice, the ability of your brain to grow subtle grooves and ability to hold the higher understandings and visualizations will just shoot up!
6. Burn pure rice, pure cow ghee with the proper mantras and do the Agnihotram with the pure cow dung cake - organic cow dung cake, desi cow dung cake. Keeps you hunger-free, fully charge all your internal organs, active at least for 8 hours
7. 1 teaspoon hot melted ghee lifestyle for no diseases

The SPH Nithyananda Paramashivam  
Do You Really Love Yourself, 26 Feb 2012, 13 Nov 2011, 1 March 2018



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

