



Super Conscious Mutation

With

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The SPH Nithyānanda 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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Experience Samādhi – Protect Yourself From Power Based, Greed Based Thought Currents

Duration: 5 Hours

Watch the discourse: **Power, Greed and Freedom!** <https://youtu.be/RBn8NHSC4jM>, get **initiated into space of Samādhi as defined by Bhagavān Krishna** and answer the following questions:

1. Meditation is not an action. It is a lifestyle. **Relate meditation to 5 other lifestyles you adapt in your life.** For example, *pancha kriya, having jata (dread locks), speaking only out of completion*
2. What suffering is rooted in sub-conscious, unconscious levels?
3. **Context Is More Important Than Action (Isavasya Upanishad 10th verse)**
<https://youtu.be/dyVyPWvMQP4> Pen down 15 aspects that were created for daily utility value but have become the root of violence and unrest and suffering in the world. *For example, concept of time, clocks which is useful for coordination – creates so much stress in individuals. What else?*
4. **Watch The Cosmological Constant - Reflection Of Consciousness On The Inner Space**
<https://youtu.be/2TxSgHnnCug> **(32 minutes) First,** Understand about the vision of the Cosmos. Next, since you are a microcosm, map the vision of the cosmos in all areas of your life.



Nothing Can Violate You

Homework Worksheet

Included in your gifts is glimpses from the session. Please read these notes and answer the following questions:

- 1. Your Life is not made of the situations outside, but, it is made of the stuff you are made inside.** How often do you experience this truth in your day?
- 2. The belief you carry about you plays a major role. *Just keep writing – this exercise is personal introspection – write all beliefs, you will be amazed how your beliefs are debilitating your life!***
- 3. Anything which can be violated is not me. *“I” am not cared for – then that “I” is not me, “I” am being judged – then that me is not me. Five more cognitions that violates you.***

Now watch get initiated into the truth of You can never be violated https://youtu.be/_Qmeh7L2pro.



Bhakti – The Ultimate Ecstasy

Duration: 2 Hours

Watch the discourse: **Intimacy Vs. Intimate, The Ultimate is Heard Only Through Your Guru**, <https://youtu.be/qnGkZ4FolYE> and complete the following

What I had heard before

God exists, meditate on Him for 30 seconds, you made it

Asuras are ghosts

Hanuman made it with Ram Naam, Meditating on name of Sri Rama.

What I realized through My Guru

Paramāśiva is Real and answers my prayers immediately, spontaneously, synergetically.

Asuras is my experience when I am caught in negative thoughts and thought currents

Mahavakya – can make anything happen, it's a password to MahaKAILĀSA



Sohamasmi – Right Attitude of Prayer

Duration: 5 Hours

1. **THE SCIENCE OF PRAYER** <https://youtu.be/rJ15GPmfb3s> and pen down 5 *misunderstandings you had about prayer before you were introduced to the truths through this discourse.*

Powerless Cognition

1
2
3
4
5

God is higher, I am lower

Humble is being polite

2. Write the verse of prayer from Isavasya Upanishad Verse 16, Science of Making Your Prayers Answered - So'ham Asmi, 11 times, <https://youtu.be/uJxG0Xn8Gc8>



Agitational Gratification or Delayed Gratification

Reading Guide

Duration: 21 Minutes, 10 Days

Included in your worksheet is the copy of the most read, book of Surrender by the SPH Nityānanda Paramashivam, secrets of the third eye awakening:



1. What comes to mind when you think about surrender?
2. Ramakrishna Paramahansa suffered from cancer during his last days. He had healed many people of many diseases. Someone asked him, 'Why can't you keep your mind on your own disease for a moment and heal it?' He replied, 'I have surrendered my mind to the infinite energy. How can I take it back to keep it on my disease!' This is true surrender. **Map this technique in your own life. Start by looking at where did I miss surrender? What was I thinking? Maybe I was afraid about my health, Now let's re-look any other fears are making me suffer – let me surrender those. This exercise is best done by writing or using the notepad on your computer so you can bring the thoughts to surface to your**

consciousness.

3. *How can you know when surrender has happened?*
4. Surrender does not mean passive surrender or pretending to give up. Apply this in the exercise #2
5. Do the technique to put you in surrender: Visualize your whole body breathing, not only your nose. Visualize life energy flooding your body.



Guru Bhakti – The Greatest Gift

Reading Guide

Included with your gifts is the rare compilation of Guru Bhakti – Please follow the reading guide and answer the questions that follow:



1. What is *Guru Bhakti*?
2. **Are you part of Parmashiva's secret life?**
3. *Guru Bhakti* leads to _____
4. Watch the discourse Experience Super conscious Mutation With This Initiation | Paramādvaita Deeksha | 21 Feb 2022 and receive initiation into *Guru Bhakti* || URL <https://youtu.be/iUn52U7YbkA>



Detoxification – Whirling!

In Siddha tradition, whirling is used as a technique. Because when you are whirling, the pitta will open up, your guts will record the verses sung. So such beautiful mantra like verses and you are whirling, it will just become your bio memory and muscle memory. It's one of the most powerful spiritual techniques. It's one of the ancient method of creating right bio-memories and muscle memories.

Slowly pick up speed, and become the whirling. Follow the traditional verses here:
<https://youtu.be/CrI11kXB0E4>

The SPH Nityānanda Paramashivam
Kirtan, Gummi song dance: Siddha Whirling Technique,
19th August 2016



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

