



# 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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# Understand 36 Tattvās to Experience Power of Samādhi

## Homework Worksheet

Duration: 45 Hours

1. Study about 36 Tattvās and mature your consciousness, (discourses provided below)
2. Stop eating after sunset. After sunset, the Jaṭharāgni (digestive fire in the stomach) is alive only to burn what is already taken into the body. It does not have the energy needed to receive more load,
3. Do whatever you do, do it to your Ātmaliṅga, from morning till night, and
4. Be Dhīraḥ! Have the guts, courage, not to stop till you manifest Paramaśiva.

36 Tattvās	Discourse	Duration Hour: Min: Sec	Study Guide <a href="https://nithyanandapedia.org/wiki/Bhagavad_Gita_Decoded_(2nd_Edition)_Book">https://nithyanandapedia.org/wiki/Bhagavad_Gita_Decoded_(2nd_Edition)_Book</a>	<i>My powerful cognition</i>
Initiation into the 36 Tattvās	Voting Rights For All Global Hindu Ecosystems! <a href="https://youtu.be/nOBMaqGHHcM">https://youtu.be/nOBMaqGHHcM</a>	00:57:37		
1. Śiva Tattvā (highest)	Saami Onnuda – The Sweet Initiation Into Oneness. <a href="https://youtu.be/EVzyQLP-vfA">https://youtu.be/EVzyQLP-vfA</a>	2:26:51	Page 531	
2. Śakti Tattvā	Unclutching – The First Science A Child Should Be Thought <a href="https://youtu.be/dL3mlZp8M4k">https://youtu.be/dL3mlZp8M4k</a>	00:57:26	Page 510	
3. Sadaśiva Tattvā	'I Am Dead' - Way To Conquer Death II 3 September 2020 II <a href="https://youtu.be/sVAyhAM_hIE">https://youtu.be/sVAyhAM_hIE</a>	01:18:13	We never cease to exist, Page 164	
4. Iśvara Tattvā	Super conscious Mutation Process for Celibacy II Part 1 II 5 September 2020 II <a href="https://youtu.be/z_Lv4TWsQ1E">https://youtu.be/z_Lv4TWsQ1E</a>	03:43:44	Page 231	
5. Śuddhadavidya Tattvā			Page 790	
6. Māya Tattvā	KAILASA In One Word Is 'Simple Hard Work'!		Page 783	



7. Kāla Tattvā	<a href="https://youtu.be/CzkjKf5zTrM">https://youtu.be/CzkjKf5zTrM</a>		<i>I am Banyan Tree, I am Time, Page 841, Chapter 10</i>
8. Niyati Tattvā			Page 772 (Justice)
9. Kala Tattvā	(Creation)		Page 720
10. Vidya Tattvā	Vidya Tattvā - Introduction to Hindu Cosmology (Mahasadashivoham)	01:19:49	Page 695 – Secret of All secrets
	<a href="https://youtu.be/idGtVAO87x8">https://youtu.be/idGtVAO87x8</a>		
11. Raga Tattvā			Page 619
12. Puruśa Tattva	Inactive operative principle of the universe		Page 508,
13. Prakriti Tattvā			Page 508,
14. Buddhi Tattvā			Page 608
15. Manas Tattvā			Page 1028
16. Ahankara Tattvā			Page 965, Chapter 12, Verse 13, 14
17 – 21 Panchendriya			Page 1002
22 – 26 Karmendriya			Page 1002
27 – 31 Tanmatra	Nithyānanda Satsang    02 October 2020		Page 278 (subtler unexpressed actions)
	<a href="https://youtu.be/bc1rK2zIzp0">https://youtu.be/bc1rK2zIzp0</a>		
32 – 36 Pancha Mahabhuta			Page 1177-1220



## Detoxification – Healthy Eating!

Suśruta Saṃhitā, 64th chapter, 85th śloka:

सायं प्रातः मनुष्याणाम् अशनं श्रुतिचोदितम् ।

नान्तरा भोजनं कुर्यात् अग्निहोत्रसमो विधिः ॥

sāyaṃ prātaḥ manuṣyāṇām aśanaṃ śruticoditam

nāntarā bhojanaṃ kuryāt agnihotrasamo vidhiḥ

Human beings should eat only in the morning and in the evening, as per the Vedic injunction. Food should not be eaten in between these two meal times. This rule is equal to the rule of Agnihotra Vidhi.

**Not to eat after sunset. Not to eat before sunrise. This is the beautiful Śāstra Pramāṇa from Suśruta Saṃhitā.**

Every night when you fall asleep, keep a wet towel or bag filled with ice cube on your stomach.

If you lie down like that you can beautifully see how you slip into the dream state and deep sleep. You will gain huge confidence to see the alternative states of your existence.

How does this help? See, if you have a restful awareness to see your dream, your deep sleep during the transition period - you will have guts to see all delusions you manifested.

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'I Am Dead' - Way To Conquer Death II 3 September 2020 II



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

