



*The SPH Nithyānanda Paramashivam*

# **Enriching** **(आप्यायनम्, Apyāyanam)**



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Chant the Mahāvākya, remember Paramaśiva,  
remember He Has come down in the form of  
Nijavatar, my Guru The SPH Nithyānanda  
Paramashivam. Connect with seeking and  
receive your answer!



Enriching is expanding yourself and life in and around you, with the powerful cognition that life around you is simply an extension of you.

sa paryagāc-chukram akāyam avraṇam asnāvīram śuddham apāpa-  
viddham |

kavir manīṣī paribhūḥ svayambhūr yathātathyato-arthān vyadadhāc-  
chāśvatībhyaḥ samābhyaḥ || 8 ||

“It is Pure Consciousness, that from time eternal, has enriched the ages and each being, by ordaining desirable responsibilities onto them, as per their nature and space, and their actions and results thereof.”

Isha Upanishad – Verse 8

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<https://youtu.be/dgogooZl-ZQ>



When you are committed to enriching yourself and all around you, Life showers you with the best of everything.

You not only experience life within you, but also outside of you with others.

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<https://youtu.be/dgogooZl-ZQ>



Whenever you think others are separate and you are separate this is the basic flaw of life..

What you have about you that same only you will have for others. If you give up on you, I guarantee that you will give up on others. If you don't give up on others, you won't give up on you.

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<https://youtu.be/wTJZ9jo4AWo>



The moment you convince your heart that life is for others, all the suffering in your heart leaves you.

Enriching others to live at their peak possibility is the ultimate way you can enrich them.

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<https://youtu.be/wTJZ9jo4AWo>



Enriching is the strength of new life happening to you.

When you enrich, it literally creates a new future, you rewrite the new future, and the old future just disappears, it becomes irrelevant to you.

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Enlightenment does not need long sadhana. It is a cognitive shift. Whether my business deal or my office deal or the team with which I am working or my father or my mother—everything is my extension. If they are all not in tune with me, fighting with me, many parts of me are still fighting with me. Let me enrich them to integrate with me. Automatically my parts will get integrated with me.

Advaita is not the philosophy to be studied, it is the philosophy to be lived! It can directly make you a better CEO, better administrator, better being, and better wife ... whatever you are doing. It can lead you to peak possibility, better negotiator, better lawyer, better doctor.

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Treating everyone as part of you is ENRICHING. That is completion with LIFE. Realizing people, situations, are an extension of you is completion with life. Enriching is nothing but being established in the truth—living and reasoning from truth. People and situations, everything in life is extension of you. Living and responding from this truth is ENRICHING. If it is you, will you give up? NO. If it is you, how will you handle? Handle in the same way, with every person and every situation. That is ENRICHING.

Enriching is you taking responsibility, with integrity and authenticity, that you are committed to this truth of realizing—people and situations and everything in your life is extension of you. Living and responding from this truth is ENRICHING.

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