



The SPH Nithyānanda Paramashivam

**Liberate Yourself
From Obsessive,
Compulsive
Reactionary
Patterns**



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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!



A Small Story

A man born blind goes to the doctor and asks, 'Doctor, will you help me gain my eyesight?' The doctor says, 'Don't worry, I will perform an operation. You will get your vision and after that you can walk without your stick.'

Blind people always carry a stick to feel their way around. The doctor tells him that he will be able to walk without the stick.

The blind man asks, 'Doctor, I understand you will do an operation. I understand I will have my eyesight restored. But I don't understand how I can walk without the stick?'



A rough equivalent for the word "Tirobhāva (तिरोभाव)" - delusion, is "obsessive compulsory reactionary pattern".

Ref:05 April 2021, LIBERATE YOURSELF FROM OBSESSIVE COMPULSIVE
REACTIONARY PATTERN!, <https://youtu.be/Ghxp6eX68Jo>





Obsessive compulsive reactionary pattern is when you identify yourself with that pattern, and all the suffocation that pattern brings. You start blaming everyone other than you! And this is the worst delusion in the life.

Ref:05 April 2021, LIBERATE YOURSELF FROM OBSESSIVE COMPULSIVE
REACTIONARY PATTERN!, <https://youtu.be/Ghxp6eX68Jo>





Whether your hunger, anger, fear, sex, violence, guilt - all, all powerlessness is your obsessive compulsive reactionary pattern.

Ref:05 April 2021, LIBERATE YOURSELF FROM OBSESSIVE COMPULSIVE
REACTIONARY PATTERN!, <https://youtu.be/Ghxp6eX68Jo>





The greatest suffering is identifying yourself with your obsessive compulsive reaction and suffocation it brings in your life as you!

Ref:05 April 2021, LIBERATE YOURSELF FROM OBSESSIVE COMPULSIVE REACTIONARY PATTERN!, <https://youtu.be/Ghxp6eX68Jo>





Associating, identifying yourself with that pattern, and suffocating yourself and blaming everyone, "Oh, this person made me to believe this pattern. This person is suffocating me. This person put the pattern in me. This person is torturing me." You blame everyone around the world other than taking the responsibility and completing and getting out of it.

Ref:05 April 2021, LIBERATE YOURSELF FROM OBSESSIVE COMPULSIVE
REACTIONARY PATTERN!, <https://youtu.be/Ghxp6eX68Jo>





Liberating yourself from obsessive compulsive reactionary pattern, and its suffocation is liberating yourself from delusion.

Just understand this one message, you will pull yourself out of all delusion!

Ref:05 April 2021, LIBERATE YOURSELF FROM OBSESSIVE COMPULSIVE REACTIONARY PATTERN!, <https://youtu.be/Ghxp6eX68Jo>





The primal OCD - Obsessive Compulsive Disorder, you start developing before the age of seven is called 'root pattern' - being driven by fear and greed.

Ref: 30 April 2020, Convert Your Obsessive Compulsive Disorders To Ishta Devata
Inspired Decisions, <https://youtu.be/ougVtyWyrDA>





All human beings, other than those who are initiated before the age of seven and started manifesting their Ishta Devata, other than those few blessed, everyone else is suffering with OCD.

Ref: 30 April 2020, Convert Your Obsessive Compulsive Disorders To Ishta Devata

Inspired Decisions, <https://youtu.be/ougVtyWyrDA>





Types of OCD





Fear based OCD

The OCD — Obsessive Compulsive Disorder; largest number of human beings are suffering is fear. Fear is OCD.

Ref:26 April 2020, Stop the Hindu Holocaust! Volume 6, <https://youtu.be/NE31v2pGTCE>





Fear based OCD

When you understand, there is no death for you, you just live, live, live, as long as you want and you just change bodies. It's not that, once you understand, you will not earn money, you will not have bank balance. No! You will have all that.

But all of it will not be due to OCD - obsessive compulsive disorder - fear based. It will not be fear based, you will just do it as a plan based.

Ref: 30 April 2020, Convert Your Obsessive Compulsive Disorders To Ishta Devata Inspired

Decisions, <https://youtu.be/ougVtyWyrDA>





Fear based OCD

Example a Plan Based Life :-

“Okay, so I will have all this wealth and keep it there for this purposes and after that whatever is there, let it go to the kids and if I want to take one more body, I may want to come back as my grandson, in my son’s family or my daughter’s family. So I will leave all the wealth to these guys, so they will take care of me.”

Ref: 30 April 2020, Convert Your Obsessive Compulsive Disorders To Ishta Devata Inspired

Decisions, <https://youtu.be/ougVtyWyrDA>





Internal OCD

You think OCD, only if it expresses as actions it is OCD.

There is something called Internal **OCD**. You will be compulsively thinking only in that direction.

Like whenever you get angry, this is the exact direction you will be forced to think.

Ref: 30 April 2020, Convert Your Obsessive Compulsive Disorders To Ishta Devata

Inspired Decisions, <https://youtu.be/ougVtyWyrDA>





Internal OCD?

Obsessive compulsive disorder internally and externally, starts from your root pattern

Ref: 30 April 2020, Convert Your Obsessive Compulsive Disorders To Ishta Devata

Inspired Decisions, <https://youtu.be/ougVtyWyrDA>





When you act, react, based on OCD, you feel stuck, suffocated, you don't know how to do, what to do and finally end up in literally depression, frustration, living dead or suicide itself.

Ref: 30 April 2020, Convert Your Obsessive Compulsive Disorders To Ishta Devata Inspired Decisions, <https://youtu.be/ougVtyWyrDA>





OCD Is The Source Of All Human Problems

All the problems of the human life, all the sufferings and pains humanity is going through, the Source is OCD you started developing from your root pattern.

Ref: 30 April 2020, Convert Your Obsessive Compulsive Disorders To Ishta Devata Inspired Decisions, <https://youtu.be/ougVtyWyrDA>





Paramaśiva's powers manifests to beings who powerfully, ferociously break obsessive compulsive reactionary patterns.

Ref: 03 July 2021, LISTENING TO GURU CAN CHANGE EVERYTHING, <https://youtu.be/ka4MGosRPno>





All diseases are triggered inside you due to some compulsive reactionary pattern.

Ref: 03 July 2021, LISTENING TO GURU CAN CHANGE EVERYTHING, <https://youtu.be/ka4MGosRPno>





This obsessive compulsive reactionary pattern, when it gets cultured in you, when it grows deep roots in you, it creates its own fears, insecurity, jealousy, guilt, self-doubt, self-hatred, self-denial; it takes all forms, it become a literally like a Brahmaraksha - ghost possessing you.

Ref: 03 July 2021, LISTENING TO GURU CAN CHANGE EVERYTHING, <https://youtu.be/ka4MGosRPno>





Even once you behave with your obsessive compulsive reactionary pattern ferociously and break one pattern and manifest powers, the kind of the courage you will feel, you will straight walk towards Enlightenment! Because after that every obstruction, every barricade, every stopping will look very funny. It'll look very funny.

Ref: 03 July 2021, LISTENING TO GURU CAN CHANGE EVERYTHING, <https://youtu.be/ka4MGosRPno>





1. First find out what is your compulsive reactionary behaviour pattern. For example, is there is something you see yourself doing repeatedly, such as forgetting passwords, overly cautious of time, afraid you start a project, you won't make it, thinking people cheat you?
2. Break that ferociously!
3. You may even have ten-twelve patterns.
4. List them out and break them ferociously.

Ref: 03 July 2021, LISTENING TO GURU CAN CHANGE EVERYTHING,

<https://youtu.be/ka4MGosRPno>





All your patterns, obsessive compulsive
reactionary patterns are not worthy. Life,
Paramaśiva's powers are only worthy to
manifest, celebrate, enjoy

Ref: 03 July 2021, LISTENING TO GURU CAN CHANGE EVERYTHING, <https://youtu.be/ka4MGosRPno>





If you break from this Obsessive Compulsive reactionary pattern, you will start living in Ānandamayakośa.

Ref:05 April 2021, LIBERATE YOURSELF FROM OBSESSIVE COMPULSIVE REACTIONARY PATTERN!, <https://youtu.be/Ghxp6eX68Jo>





Method #1 - from OCD to IID

Get out of this OCD lifestyle. No stress! Do not do anything due to obsessive compulsive disorder

Earning, saving, paying your bills; nothing should be due to OCD.

Everything should be IID - Ishta Devata inspired decision.

Ref: 30 April 2020, Convert Your Obsessive Compulsive Disorders To Ishta Devata Inspired

Decisions, <https://youtu.be/ougVtyWyrDA>





Method #1 - from OCD to IID

This shift can happen by initiation and connecting with this your Ishta Devata, constantly talking to that Ishta Devata, developing a relationship.

Ref: 30 April 2020, Convert Your Obsessive Compulsive Disorders To Ishta Devata Inspired Decisions, <https://youtu.be/ougVtyWyrDA>





Method #1 - from OCD to IID

How to connect to Ishta Devata?

“Okay, I asked, you did not do, but that is okay. I am not going to fight with you or I am not going to question you now. I do not know the reason, please make me understand, give me the understanding to have reason or if you feel, I should know the reason, then don't even bother, just give me the cosmic logic, that I should go along with you and I should just connect with you and let our relationship be the first priority, everything else is second priority, everything else can come later.”

Ref: 30 April 2020, Convert Your Obsessive Compulsive Disorders To Ishta Devata Inspired Decisions, <https://youtu.be/ougVtyWyrDA>





Method #1 - from OCD to IID

Get Rid of Fear Based OCD

When you invoke Him, the fear based obsessive compulsive disorders become irrelevant.

Ref: 30 April 2020, Convert Your Obsessive Compulsive Disorders To Ishta Devata Inspired

Decisions, <https://youtu.be/ougVtyWyrDA>





Method #1 - from OCD to IID

You can choose your Ishta Devata in Hindu tradition.

Ref: 30 April 2020, Convert Your Obsessive Compulsive Disorders To Ishta Devata Inspired Decisions, <https://youtu.be/ougVtyWyrDA>





Method #1 - from OCD to IID

Even Guru cannot change your Ishta Devata. If you say, "I have not chosen my Ishta Devata, please you choose for me" - Guru can choose. But if you say, "I have chosen, this is my Ishta Devata, please give me the mantra" - He cannot say, "No, no, no, your Ishta is different." No! The Ishta Devata you chose for that only Guru can give mantra.

Ref: 30 April 2020, Convert Your Obsessive Compulsive Disorders To Ishta Devata Inspired Decisions, <https://youtu.be/ougVtyWyrDA>





Method #1 - from OCD to IID

You can choose any cosmic being to replace your OCD Hinduism gives beautiful choices.

You can connect with:

- ✓ Ganesha
- ✓ Subramanya
- ✓ Shiva
- ✓ Nataraja
- ✓ Kalabhairava
- ✓ Swarnakarshana Bhairava
- ✓ Soma Skanda
- ✓ Tyaga Raja
- ✓ Arunachaleswara
- ✓ Sundareshwara
- ✓ Paramaśiva
- ✓ Dakshinamurthy
- ✓ Veerabhadhra
- ✓ Parashakti
- ✓ Vishnu
- ✓ Krishna
- ✓ Rama
- ✓ Hanuman
- ✓ Surya.

Ref: 30 April 2020, Convert Your Obsessive Compulsive Disorders To Ishta Devata Inspired

Decisions, <https://youtu.be/ougVtyWyrDA>





Method #1 - from OCD to IID

All your decisions and it's good-bad effects, results, success, failure, everything finally take it to Paramaśiva and cry.

- ❖ Want to express your frustration, express it to Him.
- ❖ Want to express your love, express it to Him.
- ❖ Want to show your gratitude, show it to Him.
- ❖ Want to fight, fight with Him.
- ❖ Do everything with your Ishta Devata.

In few weeks, your life will start moving from obsessive compulsive disorder based to Ishta Devata inspired decision based IID - you are liberated.

Ref: 30 April 2020, Convert Your Obsessive Compulsive Disorders To Ishta Devata Inspired

Decisions, <https://youtu.be/ougVtyWyrDA>





Method #1 - from OCD to IID

When you start developing relationship, sometimes what you pray to your Ishta Devata, sometimes what you ask Paramaśiva, it may not become immediately reality, successful. You may not know the reason, but be very clear, have little patience to trust Him and connect and build the relationship.

Ref: 30 April 2020, Convert Your Obsessive Compulsive Disorders To Ishta Devata Inspired

Decisions, <https://youtu.be/ougVtyWyrDA>





Intranalyze – Empower Yourself with IID

It's because you are constantly functioning as OCD, you feel so much pained about your existence and life. You are frustrated about everything.

1. Pen down your OCDs
2. Where all you feel suffocated, where all you are afraid. That is what OCD makes you feel. Even if you have everything, OCD will make you feel suffocated, prisoned
3. Drop that.
4. Adopt IID - Ishta Devata inspired decision - even if you don't have anything, you will just be in ecstasy and so much space and enjoy.





Method #1 - from OCD to IID

Invoke the Ishta Devata in your identity.

Morning when you wake up, your waking up should not be obsessive compulsive disorder - OCD.

No! It should be IID - Ishta Inspired Decision;

Ref: 30 April 2020, Convert Your Obsessive Compulsive Disorders To Ishta Devata Inspired Decisions, <https://youtu.be/ougVtyWyrDA>





In the words of The SPH,

*“Morning the moment I become aware of this world, the first thing is Paramaśiva manifesting. There is no OCD for Me to jump out of bed. No fear or greed or OCD to jump out of bed - “Paramaśiva **is manifesting, come on, now Paramaśiva will do His work.**” What a way to wake up!”*

Ref: 30 April 2020, Convert Your Obsessive Compulsive Disorders To Ishta Devata Inspired Decisions, <https://youtu.be/ougVtyWyrDA>





Method #1 - from OCD to IID

11 Days to Nominalize Stress

Waking up due to OCD, manifests all types of complications and problems. Anyone who can wake up early morning, due to IID - Ishta Devata inspired decision - no OCD, IID - Ishta Devata inspired decision, just 11 days, all your blood pressure, diabetes, everything will become normal.

There will not be any stress on your system.

Ref: 30 April 2020, Convert Your Obsessive Compulsive Disorders To Ishta Devata Inspired Decisions,

<https://youtu.be/ougVtyWyrDA>





Method #1 - from OCD to IID

Pre-requisites to Invoke Paramaśiva

When you invoke Him, invoking Him in you needs only two things - initiation and your conscious will persistence requesting Him, asking Him to manifest in you.

Ref: 30 April 2020, Convert Your Obsessive Compulsive Disorders To Ishta Devata Inspired

Decisions, <https://youtu.be/ougVtyWyrDA>





Method #1 - from OCD to IID

Only understanding you need to invoke Cosmic Beings.

Gods are real. HE COMES EATS, DRINKS COFFEE WITH YOU!

Ganapati, Paramaśiva, Devi, Vishnu, all of them are real living Beings. You can invoke them - they appear! When you invoke Ganapathi, He actually comes with that big elephant face, pot belly, Brahmanda in His belly and asks, "Oh, My son, what do you want? Oh My dear what do you want? Why you invoked Me?"

Ref: 30 April 2020, Convert Your Obsessive Compulsive Disorders To Ishta Devata Inspired

Decisions, <https://youtu.be/ougVtyWyrDA>





METHOD #2 - FOLLOWING GURUVAK

Most of the time your laziness is obsessive compulsive behaviour. Your irritation, anger, hunger, almost everything which suffocates you, binds you, is obsessive compulsive disorder, reactionary pattern.

In the words of The SPH: *“When I give a Guruvak, I’ll precisely put My hand on that only Pattern.”*

Ref:05 April 2021, LIBERATE YOURSELF FROM OBSESSIVE COMPULSIVE REACTIONARY PATTERN!, <https://youtu.be/Ghxp6eX68Jo>





METHOD #2 - FOLLOWING GURUVAK

Guruvak can save you from wasting years and years in pain and suffering in your obsessive compulsive reactionary behaviors and patterns.

Ref:05 April 2021, LIBERATE YOURSELF FROM OBSESSIVE COMPULSIVE REACTIONARY PATTERN!, <https://youtu.be/Ghxp6eX68Jo>





METHOD #3 – Guru Bhakthi

In the words of The SPH,

To behave ferociously with your pattern, you don't need anything other than feeling connection or trust on Me, because that trust you have on Me will naturally manifest as the courage to execute My words. That is the way I manifested Paramaśiva.

Ref: 03 July 2021, LISTENING TO GURU CAN CHANGE EVERYTHING, <https://youtu.be/ka4MGosRPno>





METHOD #3 – Guru Bhakthi

When Guru Bhakti comes to you, all the best things in the life comes to you. When Guru Bhakti leaves you, all the best things in the life leaves you.

Ref: 03 July 2021, LISTENING TO GURU CAN CHANGE EVERYTHING, <https://youtu.be/ka4MGosRPno>





METHOD #3 – Guru Bhakthi

Reading Guru Gita and chanting Guru Gita, gives you the intense Guru Bhakti and all the other auspiciousness, good things associated with Guru Bhakti.

Ref: 03 July 2021, LISTENING TO GURU CAN CHANGE EVERYTHING, <https://youtu.be/ka4MGosRPno>





METHOD #4 – Cognize the Cosmic Principle

Context: OCD — Obsessive Compulsive Disorder. You, logically convincing all your fears are good for you, so you will be highly alert and your fears are going to make your life better, Fear convinces its existence in you is good for you is delusion.

Even if you intellectually start analysing the stuff, fabric out of which we are all made, fears will start becoming irrelevant to you.

Ref:26 April 2020, Stop the Hindu Holocaust! Volume 6, <https://youtu.be/NE31v2pGTCE>





METHOD #4 – Cognize the Cosmic Principle

Cognize: First thing, we are all made of a stuff called Consciousness. The whole, whatever exists, we are all made out of a fabric called Consciousness; alive, living, responsible and able to respond, perceive, exist, respond, survive, expand. We are all made of that fabric called Consciousness. The human being who has grasped this cosmic principle by intra-analyzing and doing “Shravana”, “Manana”, “Nidhidhyasana”; listening, intra-analyzing and start manifesting.

Ref:26 April 2020, Stop the Hindu Holocaust! Volume 6, <https://youtu.be/NE31v2pGTCE>





METHOD #5– trinetra kumbhaka

The most powerful kumbhaka is Trinetra Kumbhaka. Trinetra Kumbhaka awakens your Kundalini Shakti to the Cosmic union with Paramaśiva, rebuilds your body, burns all the bad muscle memory, bad bio memory, does everything best!

Ref:10 April 2021, GREAT REVELATIONS ON KARMA, DIGESTION, KAYAKALPA,
IMMORTALITY - VOL 2, <https://youtu.be/CWyte-tEvus>





METHOD #5– trinetra kumbhaka

Technique:

- ✓ Inhale through the left nostril as much as you can comfortably and hold closing both the nostrils with the thumbs as much as you can comfortably.
- ✓ Without exhaling, again try to inhale through the right nostril as much as you can.

Ref:10 April 2021, GREAT REVELATIONS ON KARMA, DIGESTION, KAYAKALPA,
IMMORTALITY - VOL 2, <https://youtu.be/CWyte-tEvus>





METHOD #5– trinetra kumbhaka

Technique:

- ✓ When you try to inhale through the right nostril, automatically body will balance itself by exhaling little. You don't worry about it but you don't exhale consciously.
- ✓ And then again, don't exhale, try to inhale through both the nostrils and hold it as much as you can, comfortably.

Ref:10 April 2021, GREAT REVELATIONS ON KARMA, DIGESTION, KAYAKALPA,
IMMORTALITY - VOL 2, <https://youtu.be/CWyte-tEvus>





METHOD #5– trinetra kumbhaka

Technique:

- ✓ Then when you feel you can't hold anymore, slowly exhale through the left nostril.
- ✓ This is the procedure of Trinetra Kumbhaka.

Ref:10 April 2021, GREAT REVELATIONS ON KARMA, DIGESTION, KAYAKALPA,
IMMORTALITY - VOL 2, <https://youtu.be/CWYTE-tEvus>





METHOD #5– trinetra kumbhaka

When you do this Trinetra Kumbhaka, not just the experience you get while you do that Kumbhaka is alone is the benefit, you invest in your prana sarira, energy source which keeps helping you throughout the day.

Ref:10 April 2021, GREAT REVELATIONS ON KARMA, DIGESTION, KAYAKALPA,
IMMORTALITY - VOL 2, <https://youtu.be/CWyte-tEvus>





METHOD #5– trinetra kumbhaka

- ✓ Start with 11 Trinetra Kumbhaka - morning, 11 Trinetra Kumbhaka in the evening.
- ✓ After 2-3 days, make it into 21 Trinetra Kumbhaka in the morning, 21 Trinetra Kumbhaka in the evening.
- ✓ After maybe a week or 10 days, make it into morning - 42 Trinetra Kumbhaka, evening - 42 Trinetra Kumbhaka.

Ref:10 April 2021, GREAT REVELATIONS ON KARMA, DIGESTION, KAYAKALPA,
IMMORTALITY - VOL 2, <https://youtu.be/CWYTE-tEvus>





METHOD #5– trinetra kumbhaka

- ✓ Make it slowly more and more - morning 108 Trinetra kumbhaka, evening 108 Trinetra Kumbhaka.
- ✓ If you reach morning 108, evening 108; that is enough because by the time your whole prana sarira, the system would have been aligned with the full Kundalini Shakti.

Ref:10 April 2021, GREAT REVELATIONS ON KARMA, DIGESTION, KAYAKALPA,
IMMORTALITY - VOL 2, <https://youtu.be/CWYTE-tEvus>





METHOD #5– trinetra kumbhaka

It is not just playing with your breathing, it is playing with the source of energy for your existence - consciousness. Because when you are playing with your breathing, all that suffocating, terrorizing fears that obsessive compulsive behaviour patterns will get triggered.

Ref:10 April 2021, GREAT REVELATIONS ON KARMA, DIGESTION, KAYAKALPA,
IMMORTALITY - VOL 2, <https://youtu.be/CWYTE-tEvus>





METHOD #5– trinetra kumbhaka

Trinetra Kumbhaka will liberate you from all suffocating obsessive compulsive reactionary behaviours, and that obsessive compulsive reactionary patterns internally.

How you beat yourself because of these obsessive compulsive reactionary patterns and thought currents, you will be liberated from all that suffocations inside and all that behaviours outside - both.

Ref:10 April 2021, GREAT REVELATIONS ON KARMA, DIGESTION, KAYAKALPA,
IMMORTALITY - VOL 2, <https://youtu.be/CWyte-tEvus>





METHOD #6– Kayakalpa

If you continuously decide to feel you are this body, the you in you which is consciousness will start manifesting in your body as body also. It'll evolve, become the kayakalpa body and manifest immortality.

Ref:10 April 2021, GREAT REVELATIONS ON KARMA, DIGESTION, KAYAKALPA,
IMMORTALITY - VOL 2, <https://youtu.be/CWYTE-tEvus>





METHOD #6– Kayakalpa

The biggest problem human beings have, neither you believe continuously you are body nor you cognize continuously you are mind nor you cognize continuously you are consciousness, you just don't cognize you and you are simply confused. You cognized you only as your obsessive compulsive reactionary pattern.

Ref:10 April 2021, GREAT REVELATIONS ON KARMA, DIGESTION, KAYAKALPA,
IMMORTALITY - VOL 2, <https://youtu.be/CWYTE-tEvus>





METHOD #6– Kayakalpa

When that pattern is hurt, you feel you are hurt. When that pattern is able to suffocate you, you feel everything is okay. Wrong association, wrong identification is the source problem.

Ref:10 April 2021, GREAT REVELATIONS ON KARMA, DIGESTION, KAYAKALPA,
IMMORTALITY - VOL 2, <https://youtu.be/CWYTE-tEvus>





Method #7– remove OCD through fasting

The food inside your stomach can be considered as a physical Karma.

Ref: 09 April 2021 GREAT REVELATIONS ABOUT KARMA, DIGESTION, KAYAKALPA & IMMORTALITY ,

<https://youtu.be/F8aFS3lX8io>



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Method #7– remove OCD through fasting

Memories in your muscle memory based on your habits, patterns, that can be called as muscle memory.

Ref: 09 April 2021 GREAT REVELATIONS ABOUT KARMA, DIGESTION, KAYAKALPA & IMMORTALITY ,

<https://youtu.be/F8aFS3lX8io>



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Method #7– remove OCD through fasting

Memories in your bio memory which forms your **obsessive compulsive reactionary patterns**, your compulsory reactionary behaviour which is deeper than your day-to-day habits, that is called **bio memory**.

Ref: 09 April 2021 GREAT REVELATIONS ABOUT KARMA, DIGESTION, KAYAKALPA & IMMORTALITY ,

<https://youtu.be/F8aFS3lX8io>



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Method #7– remove OCD through fasting

Only the digestion system human beings have is capable of digesting not just physical food you eat, it is capable of digesting even your muscle memories, **bio memories** and the very Karmas your consciousness, individual self carries when you enter this life

Ref: 09 April 2021 GREAT REVELATIONS ABOUT KARMA, DIGESTION, KAYAKALPA & IMMORTALITY ,

<https://youtu.be/F8aFSglX8io>



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Method #7– remove OCD through fasting

This is the secret: just few days of fasting, that person burns away the bio memory, muscle memory which attracts the ill effects of Naga dosha from Cosmos and manifest pain and sufferings in his body.

That is the way the person is relieved from Naga dosha itself, Karma itself.

Ref: 09 April 2021 GREAT REVELATIONS ABOUT KARMA, DIGESTION, KAYAKALPA & IMMORTALITY ,

<https://youtu.be/F8aFS3lX8io>



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Method #7– remove OCD through fasting

if you awaken the fire - **jāṭharāgni**, the energy to digest through Prāṇāyāma, you will digest even your muscle memories and bio memories and free from all Karmas. **Yoga and Prāṇāyāma** liberates you from doṣas and Karmas.

Ref: 09 April 2021 GREAT REVELATIONS ABOUT KARMA, DIGESTION, KAYAKALPA & IMMORTALITY ,

<https://youtu.be/F8aFS3lX8io>



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