



The SPH Nithyānanda Paramashivam

# **Right Cognitions about Gender**

*Know & Understand Your Body!*



Published by Nithyānanda University Press  
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The following pocket book is energized and blessed with Darśan of Bhagavān Paramaśiva and the SPH Nithyānanda Paramashivam Our recommendation - print these cards, keep them in your bag/purse/pocket, carry them with you wherever you are and wherever you go. Anytime just chant the Mahāvakya, remember Paramaśiva, remember He Has come down in the form of Nijavatar, my Guru The SPH Nithyānanda Paramashivam who has shared these truths to awaken ultimate super consciousness in you.



# *You Should Know*

Depth of Relationship decides the gender

Gender is Dynamic not Static



# *You Should Know*

Our gender changes, based on food we eat,  
thoughts we eat.

The person with whom we have intimate  
relationship, we carry their DNA and are impacted  
by it.



# *You Should Know*

If we are grounded even in one relationship, we will discover ourselves.

We carry bio memory of people we have psychological relationship with



# *You Should Know*

One, gender is the totality of your identification with physical body, psychological layer, physiological existence and your will about you.

Your physical existence, your physiological existence, your psychological existence and your identification: Aham - will, in all four levels, how you feel the totality of all these four put together is your gender.



# *You Should Know*

The form of Ardhanareeswara of Paramaśiva is the way to connect, to complete all the gender identity crisis.”





# *You Should Know*

The individual Consciousness, has a freedom to align you and your gender



# *You Should Know*

Understand, if you are confused about gender identity, feel good about it.

Your inner most gender identity is all that matters!



# *You Should Know*

Decide to go for intense completions with all physical relationships you have had. Cognitions, emotions, mood swings you were going and went through.

Pen down all of that: all of the effects and side effects and after effects of you. Completely go for completion.



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