



United States of KAILASA

Presents



A Guide for

How To Do Completion?

With The SPH Nithyānanda Paramashivam

*The science of completion is the essence of Sāṅkhya Yoga.
Completion makes you experience the Sāṅkhya of life.*

*nainarṅ chindanti śastrāṅi nainarṅ dahati pāvakaḥ I
na cainarṅ kledayantyāpo na śoṣayati mārutaḥ II 2.23*

*Weapons do not cleave the Self, fire does not burn It,
Water does not moisten It and wind does not dry It
Bhagavan Kṛsna in Chapter 2 – Srimad Bhagavad Gita*



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All meditation techniques, practices and procedures described or recommended in this book, are suitable for practice only under the direct supervision of an instructor, trained and ordained by The SPH Nithyananda Paramashivam. Further, you should consult with your personal physician to determine whether those techniques, practices and procedures are suitable for you in relation to your own health, fitness and ability.

This publication is not intended to be a substitute for a personal medical attention, examination, diagnosis or treatment. Should any person engage in any of the techniques, practices or procedures described or recommended in this book, he would be doing so at his own risk, unless he has received a personal recommendation from his own physician and from an instructor trained and ordained by The SPH Nithyananda Paramashivam.

Guide for Completion Techniques (English).

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||Sadguru - Vandanam ||

nityānandaṁ paramasukhadaṁ kevalaṁ jñānamūrṭiṁ,
dvandvātītaṁ gaganasadr̥śaṁ tattvamasyādi-lakṣyaṁ |

ekaṁ nityaṁ vimalaṁ acalaṁ sarvadhī-sākṣi-bhūtaṁ,
bhāvātītaṁ triguṇa-rahitaṁ sadgurum tam namāmi ||

I surrender to that Sadguru who is the eternal bliss, the bestower of supreme happiness, the One, who is the embodiment of wisdom, who is beyond duality, who is omnipresent, to whom the Supreme goal is giving the Enlightenment experience, who is eternal, pure and unshakable, who is the silent spectator of all thought processes, who is beyond emotions, who is without the three qualities called Sattva, Rajas and Tamas.





|| Guru Parampara Vandanam ||

nithyānandeśvara Paramaśiva
samārambhām

nithyānandeśvari
paramaśivashakti madhyamām |
asmat āchārya paryantām vande
guru paramparām ||

Through the guru parampara vandanam we offer our gratitude to eternal lineage to all Gurus, to all masters. I surrender to the Lineage of all the Enlightened Masters which has Sri Nithyanandeshwara Paramaśiva as the beginning, Sri Nithyanandeshwari Paramashivashakti as the middle, and my Guru Nithyānanda as the entirety - from the source onwards.





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About Completion

Completion is such a powerful process to awaken the inner-most intelligence in you.



State of Completion: Completion is being spontaneous, powerful, without having the hangover of the past in the present, having



complete inner-space available to you to further your life.

Experience of Completion is, it will give you the feeling it is enough for you to live your whole life. Completion has the capability of giving you the feeling it is enough for you to live your whole life. If you have really, really fallen in love in your young age – not after seventy – if you have really, really, really fallen in love at the right age in your life, you will have that feeling-this love is enough for you to live your whole life. You won't even bother about your basic needs! That's why, in all movies, they show this sentiment of "Let's elope and run away! Nothing else is required for our life. You are

there for me, I am there for you!" But, you cannot eat one another! You can't eat each other, you need food! But, you don't care for anything else, because at that moment actually you feel the other person's love is enough, because the other person's love completes you and that is enough for you to live!¹

So, how to do completion? We are all inspired, and we sometimes get caught on what am I to complete with, which process or technique is the right one? Or the most common question we receive is Am I done? Is there still more to do? How can I tell?

This guide is compiled just for these questions. For you to quickly get back to the space of completion. Pro-tips, common checks, tests, processes – compiled from over 2 decades of research and scientific study conducted by the SPH Nityananda Paramashivam, the guide covers the SPH's most profound contribution in making the science of living enlightenment possible for modern day man!

1 Presidential Address of the SPH Nityananda Paramashivam, 28 September 2013.



Along the way The SPH guides us into various powers of completion that awaken including:

- 1. Ability to complete anybody*
- 2. Awareness in thinking*
- 3. No pain (physical or psychological)*
- 4. Experience of Akshardham, the eternal space, you don't have death.*
- 5. Awaken lordly power of Enriching*
- 6. Power of intuition (Mati)*





How To Do Completion?

Paramashiva gives a clear definition of Completion:

“Looking at the space with attention where your past is relived completely unclutched is Completion.”

“Look at your past dis-identified. Let attention be at a place where you are seeing some past happening; and even your form, having lost its present characteristics, is transformed.”

It's the twenty-second technique in Shiva Sutras, the Vijnana Bhairava Tantra chapter.

Then you have a question: ‘Does this mean that I can be complete just by unclutching with my past and not necessary to complete with the person who made me feel incomplete?’

1. First thing you need to do is Completion with yourself.
2. Then Completion with the other person is also required for the complete Completion. When you complete with the other persons more and more, you simply become mature.



I can tell you a story:

One man asked his friend who is beer-bellied, big belly. Big belly has some use. Your kids don't need

a separate playground! No, there are some uses! And, wherever you go, people move out and give place, give space! This kind of big-bellied friend.

The man asked him, 'Are the slimming exercises you are doing, doing any good to you? Can you touch your toes now?' The guy says, 'No, no, no. I cannot touch them. But I am beginning to see them!'

Process of Completion Awakens Power of Completion

1. Sit in front of a mirror. Look at yourself. First declare Completion. Decide to be complete. Decision to be complete is a basic requirement for Completion. You cannot have doubt about Completion – 'I will try to be complete...' No! No!
2. Second, sit in front of the mirror, look at the mirror, relive. See, in movies how they show that old Puranic stories. In a mirror that magician will see how the princess is being kidnapped, how the king is imprisoned in some remote place. Like a magic mirror it will show. If you can sit with the mirror, look at your whole past, just in a few days you will be able to see, clearly visualize like a movie. See unidentified.

After a few days, use that same mirror, anybody comes to you with any question, see in the mirror their face, you will be able to see the answer to their problem in that mirror!^{2 3}

² Presidential Address of the SPH Nithyananda Paramashivam, 28 September 2013.

³ The experience of power of completion is recorded in by Sri Abhinavgupta in his commentary- He notes: ādarṣe malarahite yadvad vadanam vibhāti tadvad ayam | śivaśaktipāta-vimale dhitattve bhāti bhārūpaḥ || 9 || As one's face is illumined in a spotless mirror; this Lord who is the very embodiment of illumination is revealed in the faculty of illumined intellect [dhitattva], which is spotless and pure as a result of Śaktipāta, the descent of the power of Śiva



Relive to Relieve Technique

1. All the patterns incompletions which you feel are stopping you relive them with your WILL. Reliving means how they are functioning in you go in the same circuit and see how when impossibility comes, you feel tired, bored, frustrated. Remember each of the pattern, the way you built that pattern, the way you react to them -relive them. Reliving is not remembering. Remembering means sitting and thinking what

happened. Reliving means forgetting the present and getting into the moment and experiencing it.

2. Relive every impossibility, every incompleteness, every suffering every suffocation which makes you feel you are not yet complete, which makes you feel you cannot manifest what you want. Each of these patterns - just go into this patterns and go into the pattern the same experience, the same emotion—suddenly you will see that the impossibility collapses. You will realize that they do not have—they were posing as if they were alive. When you re-live this understanding will raise in your system. Relive them at least five times.
3. If you feel emotional, do not resist or do not break the process - go through the emotion and relive them as if they are happening to you now.



Every Situation Has A Liberating Cognition

Radha often finds her work receives most unexpected reviews. Sometimes she is prepared, but more often than not she is just taken aback. This fear has caused her much pain throughout her life. She believes may be after all her contributes don't matter. Keeping aloof, by herself, avoiding office gatherings and potlucks, Radha has been spending her last 20 years in this pain. Her cognition has severely bound her; she is unable to see how she can

climb to a higher position where she will be expected to interact with lot more people. Conflict with her desire and her pains frustrates her. She only sees one way to act in such a situation, saying nothing can be done and it leaves her powerless. We call this a "binding cognition".

Let us experience how completion technique brings a shift in cognition and makes you powerful. We asked Radha to relive one incident where she went through this pain.

Relive-to Relieve

Current Binding Cognition
After Reliving 1st time
After Reliving 2nd time
After Reliving 3rd time

After Reliving 4th time
After Reliving 5th time
Experience (Liberating
Cognition) I am not done.

Cognition

I have nothing to contribute
Oh God! This is not important for her.
I'll never know what they are really thinking
Just give me straight feedback. So much easier
That's just the way it is going to be
Maybe really she was busy



The opposite of a “binding cognition” is a “liberating cognition”. A liberating cognition gives people options in any situation; it is a way of looking at the world that empowers people as opposed to making them power less. Every situation has a liberating cognition.

When we see reality “as is” without the filter of a binding cognition, then we are complete. With that understanding decide to have a mature conversation with you—that is called completion. Matured conversation with others—that is called make the life happen. Matured conversation with God—

that is prayer. Matured conversation with nature, that is sankalpra, command, ajna with prakriti.

Understand, maturity makes you manifest life. Fundamentally for everything we are doing, we are going to be doing, the foundations is you. Coming to the conclusion about you as the source of life. puruṣaḥ so’ ham asmi || 16 || Upanishad declares That which is there, the glorious Sun, is the mirror of the Supreme Being, who is all-pervading, pure consciousness of the whole Cosmos. Indeed, I am He (that Being). [soham asmi].



Test#1: Am I
completing in the right
way?

Completion is so powerful process, it takes you to a different space of existence, different realm of existence, different reality of existence altogether.

Your thinking will become straight with Completion⁴! When awareness enters into your thinking, when you start thinking with awareness, you

will realize life has no pleasures. Life has no pleasures other than Enriching!

A story about bringing awareness into your thinking.

A man walks into a shop and sees a cute little dog. He asks the shopkeeper, 'Does your dog bite?' The shopkeeper says, 'No. My dog does not bite.' The man tries to pet the dog, and the dog nicely bites him! 'Ouch!' the man screams, shouts. He says, 'I thought you said your dog doesn't bite!' The shopkeeper replies, 'Yes, my dog doesn't bite. But that is not my dog!'

Bring awareness into your thinking. Don't take the gap, the missing links, for granted. Your idea that life has pleasures is nothing but taking the missing links for granted. Connect all the missing links by a proper word; only then you will understand, 'Yes, his dog doesn't bite, but this dog is not his dog!' The moment he said, 'My dog doesn't bite', the second statement you took for granted that this dog is his dog! In life also, many times after running behind certain goals, ideas, for thirty-forty years, you realize the missing links you took them for granted. That is such a waste of life and time and energy!⁵

4 Power of clarity and awareness that raises from completion is expained as *nirvikalpam manah krtva sarvordhve sarvagodgamah* || 31 || by letting the mind be established in the space of completion beyond any thoughts - nirvikalpam manah, you experience the all-rising state of Sadashiva and there showers the light or Vision - sarvordhve sarvagodgamah. Vijnana Bhairava Tantra, sutra 31, dharaṇa 8

5 Presidential Address of the SPH Nityananda Paramashivam. 29 September 2013.



Test #2: Do I need completion?

If you are conscious, you **HAVE to be happy!** Nothing can be done about it! If you are unconscious, you **HAVE to be in pain!** Nothing can be done about it!⁶

Pain cannot be driven out of your system by attending to one part of you. If you have knee pain you attend to that, it will become stomach pain. If you have stomach pain, you give medicine and

do what you want, it will become neck pain. If you drive that also out, it will become back pain. If you drive that also out, it will become a headache. If you drive that also out, it'll become your wife! But, whatever, it will be there in your life

Completing with your pain body will bring so much of fulfillment inside you, such joy inside you. When you don't complete with your pain body and leave it, aging will become more and more difficult and complicated.

Allowing the pain body inside you is like allowing the ghost to live inside you. You will not know why you are doing what you are doing. Otherwise, why will you steal in your own house and destroy your future? ☹️

Your pain drains your brain and trains your heart to be in more pain.⁷

Ask yourself: What's My Mood Like? 😊 😞

6 Vijnāna Bhairava Tantra, sutra 125, dhāraṇa 100 Bhagavan Paramashiva guides us in this test. Bhagavan says: brahmaṇah paripūrṇatvād- iti jñātvā sukhi bhavet. Because of the powerful cognition that everything is complete and fulfilled with Brahman, the pure consciousness that is present everywhere- you will always be full and filled with completion. Cognizing thus, you will become perpetually happy.

7 Presidential Address of the SPH Nityananda Paramashivam. 30 September 2013



Test #3: Am I Complete?

If you are complete, there won't be difference between your life and the Dream State, Deep Sleep State, and what you call as your life, Waking State.

If there is a difference between your Dream State and Deep Sleep State and Waking State, it means still you have not become complete.

In the space of Completion, the difference between all these three will disappear, because all the three will be filled by "Awakened State.

Pro-Life-Tips: Every night, before sleeping, do Completion for at least one hour. Every night if you do Completion, you will not have any difference between Dream, Deep Sleep and Waking States.

While you are in the Waking State how you feel things are in your control, you should experience the same powerfulness with Integrity, Authenticity and Responsibility, during the Waking, Dream and Deep Sleep States, all three.

Anybody who feels the same Completion state in all the three spaces – Waking, Dreaming, Deep Sleep – when you leave the body, you will experience Akshardham; means, the eternal space; you don't have death⁸⁹.

8 Presidential Address of the SPH Nityananda Paramashivam, 1 October 2013, Go Beyond Fear of Death
9 Bhagavan Paramashiva states in Netra Tantra Chapter 1, tatsiddhidam param devam sarvaduḥkha-vimokṣadam arva-vyādhiharam devam sarvāmayaharam śivam || 1-35 That (viryam) is the complete knowledge, pure and the greatest core of the Netra, the Divine Eye. This is called the Mrityunjaya, the conqueror of death and is the giver of complete completion, liberation, mokṣa to ALL beings



Test #4: I think I
am feeling powerful...

Anything other than Enriching, is powerlessness! **Only Enriching is powerfulness!** Operate only out of the cognition of Enriching - Enriching others and you. You can never achieve Completion just by Completion. Because, just by Completion you will not know, you will not know whether you are complete or not; your self-doubt will continue to rule you. Put yourself in the space of Enriching others. When you start Enriching, all the questions you face, only when you answer them, when you

relate with people, able to enrich people, only then you will have confidence over you!^{10 11}



- 10 Presidential Address of the SPH Nithyananda Paramashivam, 2nd October 2013, Enriching Makes You Complete
11 In Paushkara Agama, Vidya Pada Bhagavan Paramashiva defines enriching as one of the highest lordly powers. He says: buddhyātmanor-vibhāgena sthitamaiśvāryam aṣṭadhā | dharmiṇo jñānaniṣṭhasya virāgechaśca dhimataḥ ||



Technique For Spontaneous Completion

Completion does not mean blindly accepting everything that happens in your life. It simply means not resisting life as it happens to us.

The root of all our incompletions is the idea we carry—Life should not be this way. That is why we spend our whole life asking, 'Why, why, why? Why is life so bad? Why did this happen to me? Why do bad things happen to good people?'

Spontaneous completion or instant completion means simply dropping the wrong understanding that is creating conflict for you in a particular situation. It is possible!

Next time you face a crisis or conflict in life, don't ask, 'Why is life this way?' Instead, decide: THIS IS LIFE, SO NOW WHAT?

Do I want to accept it and move on?

Do I want to reject it and move on?

Or do I change it the way I want?

Whatever decision you make out of this cognition will be right for you. When you act out of completion, you are empowered to resolve any conflict that happens inside you or outside you¹².

¹² The SPH Nityananda Paramashivam, Technique For Spontaneous Completion, Unlock Your Four Inner Powers, Page 23-24



Samskara Dahana Kriya

Samskara Dahana Kriya means, burning all your pain patterns which is the root of suffering in your life. 48 days of Samskara Dahana Kriya, can solve thousands and thousands of pain patterns.

This science of completion is so powerful it can just destroy so much of pain you carrying which you are not completing by everyday completion.

Anything which you have other than Samadhi is pain pattern

Samskara Dahana kriya has 4 layer.

1. First, sitting and penning down all your pain patterns. Start penning down your earliest memories of your life. All the pain patterns. Pains you experienced in your life. Physical pain, mental pain, emotional pain, psychological pain, all the pains ... pen them down
2. Then re-living them in your inner space, at least five times.
3. Then reliving them using the mirror and
4. Sitting with Atmamurti and sharing. Share at least 5 times

After completion, destroy the paper you wrote in which you wrote all your pains and burn them away

This Samskara Dahana Kriya is one of the very comprehensive completion process. When you sit and relive sometime you miss, some incidences, you miss the depth, you miss to catch the exact pain pattern but the Samskara Dahana Kriya is the most powerful process¹³.

13 Presidential Address of the SPH Nithyananda Paramashivam, 19th August 2014.



Instant Completion



Completion is nothing but right understanding entering into your cognition. Completion is nothing but cognitive decision to look at the world as real, as it is.

It is not that always the decision has to come to you, the cognitive shift has to happen to you, it is not that always that cognitive shift has to happen to you after a lot of struggle.

No! It is not necessary. It can be spontaneous. It can be a simple decision.

The spontaneous Completion is possible.¹⁴

14 Presidential Address of the SPH Nithyananda Paramashivam. 9 November 2013



Līlā Dhyana

Somebody asked Ramakrishna once, 'O, Bhagawan, if you had not started teaching all of us, what would you have become?' He says, 'I would have taken the body of an old Brahmin lady who has become a widow while she was very young.'

In India, marriages were held at the age of six or seven. Sometimes, the girl will not even see the husband fully, and that fellow will die somewhere, and this girl will remain a widow forever. Ramakrishna says, 'I will get that kind of a life where I am married at the age of five. Before even I went to the husband's house, the husband

will die; and I will be a child widow, sitting and having a small hut on the banks of the Ganga, growing my own vegetables; and having a cow for milk; and whole day I'll sit and think of Krishna and His Leelas, drink the milk and eat the vegetables I grow, and I'll spend my whole life in the Leela Dhyāna of Krishna.' He very beautifully describes in Bengali.

Your past always leads you to incompleteness. **An incarnation's pastimes always lead you to Completion!** If you constantly remember what you did when you were a child, you will be in more and more incompleteness. If you constantly remember what Krishna did when he was a child, you will be more and more in the space of Completion!¹⁵ Let your heart rise with devotion. The Completion achieved along with the devotion is more strong, more powerful, more stable, more successful¹⁶.

Pro-Life-Tips: Listen to these stories. Contemplate whenever you have a little time. It will help you so much in the Completion.

15 Presidential Address of the SPH Nityananda Paramashivam. 3rd October 2013.

16 bhaktyudrekādvirak-tasya yādriśī jāyate matiḥ | The intuitive power (mati) emerges through the intensity of devotion-reveals Bhagavan in His works of Vijñāna Bhairava Tantra, sutra 121, dhāraṇa 96



The SPH Nithyānanda Paramashivam

The Supreme Pontiff of Hinduism (SPH) Jagatguru Mahasannidhanam (JGM) His Divine Holiness Bhagavan Nithyānanda Paramashivam is Avatār of this day and age, an incarnation as per Hinduism. Time and time again, incarnations like Śri Ramachandra Prabhu, Bhagavan Śri Kṛṣṇa, Swami Narayan, or Rāmākṛṣṇa Paramahansa have come down to bring humanity a greater level of conscious awakening. In this same way, for the breakthrough of this age that we are living in currently, the cosmic consciousness has embodied the human form again through The SPH.

The SPH is the reviver of the Hindu civilizational nation, KAILĀSA, the only

Hindu nation in the world. Entrusted with this vision from the very birth itself, The SPH was recognized as an incarnation by His esteemed Gurus who passed on the torch of Hinduism to Him. Today, The SPH has revived all traditions of Hinduism – from the powers of Paramaśiva, to sacred scriptures, to temple ritual, to the lifestyle for enlightened living. The SPH established more than 16,000 KAILĀSAs around the world to uphold





the teachings of Paramaśiva in the form of temples, paduka mandirs, satsang centers, Paramaśiva shaka centers, universities, and sarvajnapeetas. The SPH has also revived the Sacred Arts University which has produced over 3,500 metal deities and distributed them to KAILĀSA ecosystems all over the world. The SPH is recognized as the leader of Hinduism with more than 1000 letters of commendation and recognition for His work to revive this nation, from country statesmen, religious leaders and noteworthy personalities across the globe.

For His impressive revival work, The SPH was recognized and coronated as the successor of 21 ancient Hindu kingdoms. Outstanding of all His numerous contributions, however, is the revival of a Hindu nation, and The SPH's vision for an enlightened civilization.





Introduction to KAILĀSA

KAILĀSA is the revival of the ancient enlightened Hindu civilizational nation with its own sovereign territory also. It is the first Sovereign State for all the two billion born and practicing Hindu diaspora worldwide.

The ancient enlightened Hindu civilization used to exist in 56 nations, 10,000 Hindu traditions flourished in 200 Hindu kingdoms, and 1700 Hindu provinces. However, centuries of religious persecution has made Hindus orphaned with no countries representing them. The last Hindu nation to fall was Nepal in 2007.

The Supreme Pontiff of Hinduism (SPH) Nityānanda Paramashivam is the Head of 21 such ancient indigenous Kingdoms of Hinduism. The SPH is reviving Hinduism to its full glory in the

United States of KAILĀSA, which stands for human rights and religious freedom for all Hindus worldwide, protecting Hindus from persecution in over 100 countries.

KAILĀSA stand for all great values enshrined in the constitution of KAILĀSA the Vedas and the āgamas. It is governed by the Sovereign Order of SHRIKAILĀSA, the oldest Governing Body for Hinduism, KAILĀSA's vision and mission is enlightened living for all of humanity which is rooted in the fundamental principle of Advaita or Oneness the idea that all beings can live in peace and harmony, and that all human beings are equal and divine, and can reach their highest potential.





About MahāParamaśivoham

Whenever an individual goes through a spiritual bliss, he manifest a beautiful peaceful life for him and everyone around him. If he is powerful enough, he moves the whole city and manifest peace. He is more powerful, he moves the whole village or whole country. If he is powerful enough like incarnations, he moves the whole world and manifest peace for them. The individual's bliss is the source for the global peace in the microscopic "Om" or the macroscopic level, Universe. Whatever level it may be. Global peace is the by-product of individual peace.

Life outside mirrors from life inside.

Whether you want to manifest state, space, powers and being of Paramaśiva or you want to manifest happy

relationship with others or you want to manifest global peace, in every level, everything, everything boils down to one truth, that is ultimate power. If you start the powerful cognitions from inside, you will automatically see everything starts happening.

I Know Your Capacity, Your Possibility.

MahāParamaśivoham awakens the Paramaśiva in you to make you manifest the ultimate life as Paramaśiva.

For schedule and registration details, please visit paramashivoham.org and kailaasa.org





Paramashivoham.org

