

The SPH Nithyananda Paramashivam

**Secrets**  
**Of Cosmology**  
A Glimpse  
**Use For Longevity**



Published by Nithyananda University Press

Copyright ©2023

---

*All rights reserved. No part of this publication may be reproduced or stored in a retrieval system or transmitted by any form or by any means - electronic, mechanical, photocopying, recording or otherwise, without the written permission of the publisher.*



1. Linga Murthy

In the Shiva Purana, there is the story of Shiva and the Brahma Kapala. The Brahma Kapala was a skull that Shiva used as a begging bowl, when he was wandering in the guise of a mendicant. The strange thing about the Brahma Kapala was, whatever alms people put into it would promptly be swallowed by the bowl itself! No matter how hard Shiva tried to fill it, the bowl always remained empty. This Brahma Kapala is inside all of us.

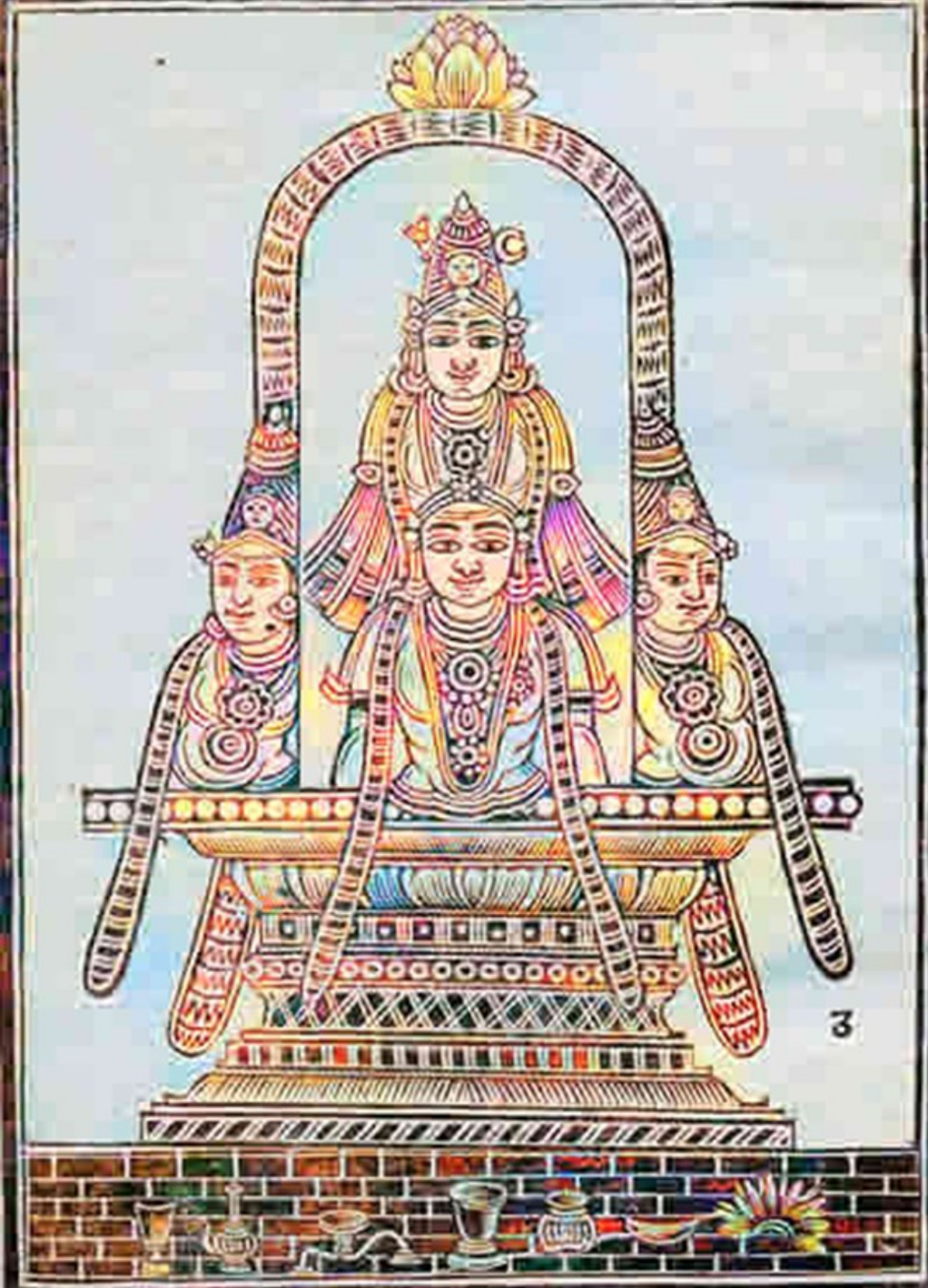
All our lives we keep trying to fill the emptiness inside us. We try to fill it with wealth, with knowledge, with relationships. Like a black hole, it swallows all that we throw into it. And foolishly, we keep on throwing more and more in, we invest more and more in filling our emptiness. But finally, even when we are overflowing with success, we feel that something is missing.



## 2. Lingodbhava Murthy

When I was a wandering monk in Bengal, I once came across a peanut seller on the roadside. She used a small wicker basket as her measure. When a customer came, she would heap peanuts high in the basket and spill it out into the customer's bag. But strangely, when the peanuts fell into the bag, the quantity seemed to magically decrease! It took me a while to figure out her trick - the basket she used had a false bottom! So even though the basket looked full from the outside, it was actually half empty inside. I wonder how many customers she played this trick on, before getting caught!

The SPH Nithyananda Paramashivam



### 3. Mukhalingam

Paramashiva introduces Himself, how He is manifesting to teach Agama as Sadashiva. As Sadashiva, He does these five actions:

- 1 Manifestation is called Srishti, manifestation.
- 2 Then Sthiti - sustenance.
- 3 Then Samhara - rejuvenation.
- 4 Then Tirobhava - pulling out of delusion.
- 5 Then Anugraha - liberation. Samhara, literally the word "Samhara" means transformation, rejuvenation. It one becoming one another.

Big Bang, V Hole, Black Hole, Gray Hole, w-h-o-l-e - Whole.

This is the Universe. This is Prapancha. Universe word is too small. Whether Universe or Multiverse - all these words are too small. Prapancha is also too small. Paramashiva is the only word, I can use because that is the ultimate word



37. Lakulishvara Murthy

Big Bang - the creation, Black Hole - the destruction, between this is sustenance, V Hole - the Vishnu energy.

It is because of the Vishnu energy life is happening,

If this V Hole is removed, just Big Bang and Black Hole will be happening simultaneously - there is no life!

Birth and death, birth and death, birth and death, birth and death, birth and death - there is no life! Something which is responsible for the life is V Hole - Vishnu. It can neither overflow nor dry. That is why Vishnu is always described on the ocean of milk, the milky ocean. That milky ocean is nothing but the milky way of the Cosmos. It can neither overflow nor dry. Shiva is always shown above the hill because during the destruction, He has to be above for the creation to happen again. Vishnu is always shown on the milky ocean. Because the milky ocean need to be kept in samana, balance - only then the life can go on. It can neither overflow nor dry. Life, is a gap between Big Bang and Black Hole

*Anything is elongated, expanded by celebration.*

*If you add more and more celebration in your life - you will get more and more involved, more and more intense, more and more beautiful, more and more expansive, and you will have access to more dimensions and realms of the Cosmos*

Krishna is one of the most beautiful, powerful, best incarnation of the life. The whole message of Krishna, the happening called Krishna is only one word “celebration.” The more and more celebration, more and more life will be elongated. If you want to postpone Black Hole happening in your life - start celebrating more. Celebration makes you live long. Celebration increases longevity. From Big Bang to Black Hole, if you want to increase the time - celebration is the way. In everything, celebration is the dharma of longevity. Anything you celebrate whether it’s your health - your health is nothing but you celebrating your body. Your wealth is nothing but you celebrating your ability to contribute. Your relationships are nothing but you celebrating beings, people in your life. Your enlightenment is nothing but you celebrating the Cosmos.

Published by Nithyananda University Press

Copyright ©2023

*All rights reserved. No part of this publication may be reproduced or stored in a retrieval system or transmitted by any form or by any means - electronic, mechanical, photocopying, recording or otherwise, without the written permission of the publisher.*