

Sadāśiva Tattva – How to
Make Sadāśiva as Part of You?

The SPH Nithyananda Paramashivam



Knowing death is your dimension. When you know destruction is one of your dimension, it becomes rejuvenation. When you know, you put yourself in delusion - you get out of delusion.

Every night when you fall asleep, keep a wet towel or ice cube, that ... bag filled with ice cube on your stomach

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