



The SPH Nithyānanda Paramashivam

What is Karma?



Published by Nithyānanda University Press
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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!



Karma is a collection of unfulfilled experiences that stay in us and which constantly pull us to fulfill them. These unfulfilled experiences reside in us because we did not do certain actions with intensity and depth.

Presidential Address of the SPH Nithyānanda Paramashivam.
Reference: Living Enlightenment Book Pg:243



Whatever you are not able to make part of your life or your understanding is bad karma.

Whatever you are able to assimilate and make part of you is good karma.

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April 20, 2018



Vasana is the seed of desire.

Samskara is the plant that grows when the seed of vasana sprouts.

Karma is action

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Reference: Living Enlightenment



श्रीभगवानुवाच ।
अक्षरं ब्रह्म परमं स्वभावोऽध्यात्ममुच्यते ।
भूतभावोद्भवकरो विसर्गः कर्मसञ्ज्ञितः ॥ 8.3

śrībhagavānurvāca ।
akṣaraṃ brahma paramaṃ svabhāvo'dhyātmamucyate ।
bhūtabhāvodbhavakaro visarga: karmasañjñita: ॥ 8.3

Bhagavān says: The indestructible, transcendental living entity is called Brahman and his eternal nature is called the self. Action pertaining to the development of the material bodies is called karma, or result based activities.

Bhagavad Gita, Sutra - 8.3



यद्यत्संदृश्यते लोके सर्वं तत्कर्मसम्भवम् ।
सर्वा कर्मानुसारेण जन्तु गान्भुनक्ति वै ॥३९॥

yadyatsaṁdr̥śyate loka sarvaṁ tatkarṁsasambhavam ।
sarvā karmānusāreṇa jantu gānbhunakti vai ॥39॥

Whatever is seen among men (whether pleasure or pain) is born of karma. All creatures enjoy or suffer, according to the results of their actions.

Shiva Samhita, Sutra 49



Sanchita - karma you have planned to enjoy or exhaust through this body of yours.

Prarabdha - Prarabdha means, from the sanchita bank of karma you take some karma out of which you create your present body.

Agamyā - karma that you start collecting after coming down to planet earth, because of fresh thoughts, words and deeds.

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Reference: Living Enlightenment



Your life's span is not defined based on the number of years you are in a body; it is based on the time you spend with one thought current.

That is why whenever you complete certain thought current and enter into a new thought current whenever you are initiated into a new thought current, vedic tradition calls you a newborn.

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Ref: https://www.youtube.com/watch?v=bQVdF_AY2QI



Anything you do, do out of completion, do it completely, so that, It leaves you in completion!.

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Ref: https://www.youtube.com/watch?v=bQVdF_AY2QI



Karma can work on you only as long as you have thoughts. In conscious awareness you go beyond thoughts. So, naturally you will start ruling over karma. Any meditation when done intensely can give you a glimpse of consciousness, the Truth..

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Ref: Living Enlightenment book



Day-to-day incompletions and root-patterns which create incompletions, and bio-memory which carries root-patterns are only karmas in your life.

All doshas, all karmas are only this. Get out of these root-patterns. You will be out of karma..

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<https://www.youtube.com/watch?v=v9X3pxM35b4>



Deciding FOR LIFE consciously in every step makes you free from all the Karma.

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Ref: https://www.youtube.com/watch?time_continue=269&v=3aRN3eiQyOI&feature=emb_logo



Direct Way to Dissolve Karma : If you reduce food you will dissolve your
Karma

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Ref: https://www.youtube.com/watch?time_continue=269&v=3aRN3eiQyOI&feature=emb_logo



Nithya Dhyaan - Life Bliss Meditation is the meditation to be free from the load of karma, in Eternal Bliss

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Paramashivoham Level 2

For Nithya Dhyān Guided by The SPH Nityānanda Paramashivam Follow the Link:

<https://www.youtube.com/watch?v=YnYOOUs1oF8>



Deities and enlightened masters are your paths to exhausting karma

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An Entity, body or being forgets it is consciousness but is still in the breathing space of consciousness. Then the movement done by that entity is karma.

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Isavasya Upanishad : 11th verse

vidyāṁ cāvidyāṁ ca yas tad vedobhayaṁ saha |

avidyayā mṛtyuṁ tīrtvā vidyāmṛtam-aśnute || 11 ||

The one who cognizes the pure essence of these two – vidya and avidya – simultaneously, that is knowing the true and complete knowledge of consciousness and doing the actions from the sacred cognition of consciousness, thereby through avidya crosses over and transcends death and through vidya, experiences and celebrates the nectar of immortality and bliss, the eternal space of oneness with Consciousness.

Recognizing the karma pattern in which you are stuck, thought current in which you are stuck, and deciding to liberate yourself from that thought current is Vidya

Please understand, your decision, your decision to change you, your decision to have a breakthrough in your thought current is required basically to have any breakthrough, and have liberated thinking



Apply this one line definition in any zone of your life or any dimension of your life.

Anything which is not letting you cause your reality, the stuck thought current which is not letting you cause your reality is karma.

It means still somewhere your logic has not opened up..

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https://www.youtube.com/watch?time_continue=2&v=bQVdF_AY2QI&feature=emb_logo



Please understand, the law of the cosmos is what we call karma.

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Is Karma a punishment for sin?
<http://www.youtube.com/watch?v=4eCOLSN4kqo&feature=relmfu>



If you don't know your past completely, you will repeat the same things in the future.

If your Thoughts Per Second (TPS) can come down and you know your past as it happened, you won't repeat the same past in the future.

You will then become a karma mukta*, liberated from karma.

As of now you are a karma bandha*, bonded to karma because you have not lived your past completely.

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In your inner-space, illogical belief of impossibility, when it becomes pattern, that is 'Karma'. Developing self-doubt in course of growing up is accumulating the Karma - 'Agamyā'. Encouraging the self-hatred with which you happened is 'Prarabdha Karma'. Coming down to the human body with self-denial is 'Sanchita Karma' . .

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Karma is not a law of reward and punishment. It is a reflection of your mental state..

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Incarnations take a human body just to liberate more beings from the cycle of life and death, from the grip of karma.

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