



YOU Are Alive  
IS  
The *Only* Reality

The SPH  
Nithyānanda Paramashivam





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!



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# || Vandanam ||

Scriptures reveal that a conscious resolution at the beginning of anything invokes the presence of the Guru, marking His blessing and auspicious outcome of the action.

## || Sadguru- Vandanam ||

**nityānandaṁ paramasukhadaṁ kevalaṁ jñānamūr̥tiṁ  
dvandvātītaṁ gaganasadr̥śaṁ tattvamasyādi-lakṣyam |  
ekaṁ nityaṁ vimalam acalaṁ sarvadhī-sākṣi-bhūtaṁ  
bhāvātītaṁ triguṇa-rahitaṁ sadGuruṁ 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 Paramaśivasamārambhām  
nithyānandeśvari Paramaśivaśakti madhyamām |  
asmat āchārya paryantām vande Guru paramparām ||**

I surrender to the Lineage of all the Enlightened Masters which has Śri Nithyanandeshwara Paramaśiva as the beginning, Śri Nithyanandeshwari Paramaśivaśakti as the middle, and my Guru Nithyānanda as the entirety - from the source onward.

The SPH Nithyānanda Paramashivam shares His context of invoking the Guru: “I might have heard about God, Brahman, Universe, Advaita, Vishishta Advaita, Dvaita, all powerful, omnipotent, omnipresent, Akhanda, Paripurna, Satchidananda . All big big words - Niramaya, Nirguna, Suddha, Suddha Maya, Suddha Bodha. I might have heard about all those big big theories, concepts, words, inputs, visualizations, fantasies, about God, Ultimate, everything. But finally, I realized it through my Guru. This gratitude is called Guru Bhakti. That makes “mannatha Śri jagannatho madguru Śri jagadguru” 27 May 2017, *Intimacy Vs. Intimate, The Ultimate is Heard Only Through Your Guru*



You are not the eyes.

The eyes are just an instrument.

Many times you can see, your  
eyes may be open but you are not seeing,  
not registering the scene you are seeing.





Just remember you are seeing through the eyes.

If you look through the eyes, suddenly you will see you are witnessing everything.





You are not the two 'holes' called the eyes.  
You are only seeing through the two holes  
called eyes.

If you feel you are the two eyes, you are  
caught in ego.





In your dream, as long as the attention is on the objects, you will continue to dream.

When your attention is turned towards yourself, that is from the seen to the seer, you will be awakened.





The moment you realize you are something beyond the eyes, your attention is turned to the seer.

Then you realize that this world is made of the same stuff of which your dream is made.







These are the steps:

the first is getting the idea that what you see is a dream.

The next is having the shakti, the energy, to change the dream.

The third is the buddhi, the intelligence to know it is a dream and so there is no need to change it!





An important truth you should know is that dreams are made of the same stuff of which this waking world is made.

If you think dreams are ordinary, this world is also ordinary.





If you think this world is some kind of reality for you, dreams are also reality.

Understanding this will give you the energy to make your dreams into reality and it will give you the intelligence to understand that whatever you think as reality is nothing but one more dream.





# ॥ Śānti Mantra ॥

ॐ पूर्णमदः पूर्णमिदम् पूर्णात् पूर्णमुदच्यते ।  
पूर्णस्य पूर्णमादाय पूर्णमेवावशिष्यते ॥  
ॐ शान्तिः शान्तिः शान्तिः ॥

om pūrṇamadaḥ pūrṇamidam pūrṇāt pūrṇamudacyate |  
pūrṇasya pūrṇamādāya pūrṇamevāvaśiṣyate ||  
om śāntiḥ śāntiḥ śāntiḥ ||

“From the space of Completion only Completion comes out. Even when Completion comes out, Completion remains as Completion. When the Completion goes back, Completion remains as Completion”





The SPH Nithyānanda Paramashivam shares His context of invoking the Śānti Mantra “ If you stand with the cognition of reality, neither somebody can honour you - add something to you, nor somebody can dishonour you - take away something from you. live in the cognition of reality. The cognition of reality: completion was, completion is, completion will be! You are established in the space of completion. Even when you imagine you have incompleteness, your incompleteness may be based on facts, but it is not based on real. Fact is different, real is different. Your incompleteness may be based on fact, but not, can never be based on real. The law of real, the principle of real, the dharma of real, is Śānti Mantra. In the dream you see many things. You even run if a tiger chases you in the dream! It may be factual for the time being, it can't be real. Same way, in the, even in the so-called waking state, when your dreams pulls you and pushes you - your perceptions may be factual but not real. Let your cognition be established on reality. The Śānti Mantra can give you eternal Śānti just if you make it as your cognition. 23 January 2015, Life Has No Hypocrisy. <https://youtu.be/y36tMxvmlaA>





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