



MahāParamaśivoham

With

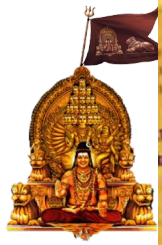
The SPH Nithyānanda Paramashivam

Super Conscious Mutation
Bhagavān Chandrasekara Murthy,
Bhagavān Garudanthika Murthy,
Bhagavān Bhujanga Lalitha Murthy,
Bhagavān Apatuttarana Murthy,
Bhagavān Gajantika Murthy





|| Vandanam ||



nityānandani paramasukhadani kevalani jñānamūrtini
dvandvātītaṁ gaganasadṛṣāni tattvamasyādi-lakṣyam |
ekamī nityani vimalam acalamī sarvadhī-sākṣi-bhūtaṁ
bhāvātītaṁ triguṇa-rahitaṁ sadGurumī 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.

nithyānandeśvara Paramaśivasamārambhām
nithyānandeśvari paramashakti madhyamām |
asmat āchārya paryantām vande guru paramparām ||

In 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 Nithyanandeshwara Paramaśakti as the middle, and my Guru Nithyananda as the entirety - from the source onwards.





IMPORTANT CAUTION



Do not take risks beyond your level of experience, aptitude, training and fitness. The exercises and dietary programs in this class are not intended as a substitute for any exercise routine or treatment or dietary regimen that may have been prescribed by your physician. You should always consult your physician or other healthcare provider before changing your diet or starting an exercise program.

Any instructions, teachings and suggestions contained in the Program are purely in a spiritual capacity and not intended to be any sort of guarantee or definitive statement about one's health or one's past, present or future.

By participating in this class, you assume full responsibility for any and all injuries, losses and damages that incur while attending, levitating, exercising or participating in the class. You hereby waive all claims against The SPH Nithyānanda Paramashivam, KAILASA's Nithyananda Hindu University, its instructors, co-collaborators, or partners of individually or otherwise, for any and all injuries, claims or damages that you might incur.





IMPORTANT CAUTION



Not all exercises, process or techniques included in this program may be suitable for everybody. Consult your doctor prior to following this program. ANY LIABILITY, LOSS OR DAMAGE IN CONNECTION WITH ANY USE OF THIS PROGRAM OR PARTICIPATION IN THIS CLASS IS EXPRESSLY DISCLAIMED.

Nothing explained, shared or promoted in this program should be considered or construed as medical advice or a substitute for medical care. All forms of physical activity or exercise pose some inherent risks. The program coordinators advise all participants to take full responsibility for their safety and know their limits. By participating in this program, you understand that there is a risk of injury associated with participating in the program including but not limited to the power of levitation.

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Bhagavān Paramaśiva's

Direct Message From MahāKAILĀSA



Through your... bio energy,... the existence... you experienced as your identity which is empowered... by the feeling, cognition of existence,... what you feel as you... is capable of creating a wormhole to receive the highest existence - Paramashiva, and radiate the state, space,... powers, being, superconsciousness and Kailasa of Paramashiva

The SPH Nithyānanda Paramashivam
Introduction to Nithyananda Satsang || 28 October 2020
<https://youtu.be/htHXliACTlM>



Individual Results May Vary. Results Not Guaranteed.

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Guru Pūrṇima Message



Wherever I obeyed my Gurus 100%, I got untold benefits; not only known, many unknown benefits. So understand, take this saṅkalpa of being a Dhīra. Dhīra means, courageous, bold, ferocious, powerful; will not stop anywhere in between till I manifest Paramashivatva and Paramashiva Gadhi, Paramashiva Padam. Take this saṅkalpa. Even if Indraloka is offered to you, even if you are made as King of Heaven - don't be stuck there. Tell them very clearly, "Thanks for your offer, but I want only to be Paramashiva." That is the purpose of Paramashiva Paratva Nirūpaṇam.

The SPH Nithyānanda Paramashivam,

Only Learn Things That Are Enlightenment Centric and Directly Help You Manifest Powers!

<https://youtu.be/pLfQlxFSnkg>

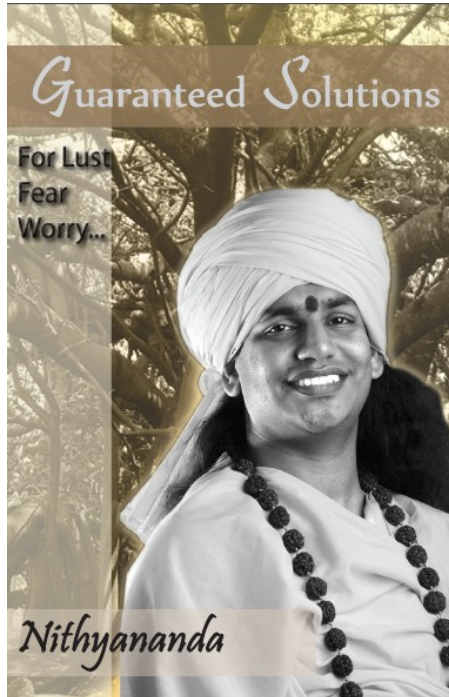
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Guaranteed Solutions For Lust, Fear & Worry



How to be source of love energy?

How to live without worries?

How to face fear?

How to flower in gratitude?





Understand 36 Tattvas To Experience Power of Samādhi



Whats Unique]
Initiations
in each discourse
For Best Experience:
Sit by yourself in your
Nithyānanda Sabha With
Energized Atmamurthy
Have a cup of tea / hot
chocolate for you and
your Atmamurthy
Before start – inhale and
exhale deeply 3 times

- 1 1 September 2020, Through Intense Penance (Tapas), Your Soul Becomes Mature, <https://youtu.be/sueZuZRTaog>
- 2 29 August 2020, Only Learn Things That Are Enlightenment Centric and Directly Help You Manifest Powers! <https://youtu.be/pLfQlxFSnkg>
- 3 2 October 2020, Nithyānanda Satsang, <https://youtu.be/bc1rK2zIzpo>
- 4 'I Am Dead' - Way To Conquer Death II 3 September 2020 II https://youtu.be/sVayhAM_hIE
- 5 Shiva Vidya From Mrigendra Agama - The Ultimate Knowledge Of The 11 Dimensions Of The Universe, 6 January 2018, <https://youtu.be/1cpIGgotzbY>
- 6 10 February 2020, Introduction to Hinduism and Existence, <https://youtu.be/urFJ1BI823U>





Regular Detox Recommendations



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

If you lie down like that with that wet towel or the ice cubes on your stomach, you can beautifully see how you slip into the dream state and deep sleep.

You will gain huge confidence to see the alternative states of your existence.

See, if you have a restful awareness to see your dream, your deep sleep during the transition period - you will have a guts to see all delusions you manifested.

The SPH Nithyānanda Paramashivam
'I Am Dead' - Way To Conquer Death II 3 September 2020 II

Suśruta Saṃhitā, 64th chapter, 85th śloka:

*sāyaṃ prātaḥ manuṣyāṇām aśanaṃ
śruticoditam
nāntarā bhojanaṃ kuryāt
agnihotrasamo vidhiḥ*

Human beings should eat only in the morning and in the evening, as per the Vedic injunction. Food should not be eaten in between these two meal times. This rule is equal to the rule of Agnihotra Vidhi.

Not to eat after sunset. Not to eat before sunrise. This is the beautiful Śāstra Pramāṇa from Suśruta Saṃhitā.





10 new words Quick Guide
Saṃskṛit Language
Bhagavad Gita Verse



sarvataḥ pāṇipādam̐ tat sarvato 'kṣīśiromukham I

sarvataḥ: everywhere; pāṇi: hands; pādām̐: legs; tat: that; sarvataḥ: everywhere; akṣi: eyes; śiro: head; mukham: face

sarvataḥ śrutimalloke sarvamāvṛtya tiṣṭhati II 13.14

sarvataḥ: everywhere; śrutimat: hearing; loka: in the world; sarvam̐: everything; āvṛtya: covering; tiṣṭhati: exists

13.14 With hands and feet everywhere, with eyes, heads and mouths everywhere, with ears everywhere, He exists in the worlds, enveloping all. The Paramātman (supreme spirit) is all pervading

The SPH Nithyananda Paramashivam
Bhagavad Gita Decoded, Page 1564,

[https://nithyanandapedia.org/wiki/Bhagavad_Gita_Decoded_\(2nd_Edition\)_\(Book\)](https://nithyanandapedia.org/wiki/Bhagavad_Gita_Decoded_(2nd_Edition)_(Book))





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|| Poorna Mantra ||



पूर्णमदः पूर्णमिदम् पूर्णात् पूर्णमुदच्यते |
पूर्णस्य पूर्णमादाय पूर्णमेवावशिष्यते ||

Poornamadhah Poornamidham Poornaath Poornam Udhachyathey |
Poornasya Poornamaadhaaya Poornamevaavasishyathey ||

“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”.



