



# Practising the Presence of God

**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!



Published by Nithyānanda 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.





# || 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 jñānamūrtiṁ  
dvandvātītaṁ gaganasadṛṣaṁ 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 ||

*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 Śrī Nithyanandeshwara Paramaśiva as the beginning, Śrī Nithyanandeshwari Paramaśivaśakti as the middle, and my Guru Nithyānanda as the entirety - from the source onwards.

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 Śrī jagannatho madguru Śrī jagadguru” 27 May 2017, *Intimacy Vs. Intimate, The Ultimate is Heard Only Through Your Guru*



Practicing the presence of God means  
cognizing His presence is there with you.

Ref: <https://nithyananda.org/video/practising-presence-god-0#gsc.tab=0>





Practicing the presence of God means constantly relating with Him, keeping Him present in your presence.

Ref: <https://nithyananda.org/video/practising-presence-god-0#gsc.tab=0>





One can be doing this practicing the presence of God with anybody. You can do with Paramaśiva, Hanuman, Rama, Krishna, Devi, whomever you have chosen as your chosen ideal. With that you can do. Doing with Guru, God. You have option.

Ref: <https://nithyananda.org/video/practising-presence-god-0#gsc.tab=0>





Ramakrishna did it.  
Ramana Maḥarṣi practiced it.

Ref: <https://nithyananda.org/video/practising-presence-god-0#gsc.tab=0>





## The SPH shares:

*I need to tell you, practicing the presence of God I myself did in my life. I carried the photograph of Sri Ramakrishna from the age of thirteen till the age of twenty-two, practicing his presence continuously. Continuously! Whole day!*

Ref: <https://nithyananda.org/video/practising-presence-god-0#gsc.tab=0>







Practicing the presence of God is one of the most powerful methods to make you authentic and integrated.

Ref: <https://nithyananda.org/video/practising-presence-god-0#gsc.tab=0>





Practicing the presence of God is one of the most powerful and integrated methods for becoming enlightened.

Ref: <https://nityananda.org/video/practising-presence-god-0#gsc.tab=0>





For every individual who wants enlightenment through the path of devotion, who wants to make their life authentic, practicing the presence of God is the best path.

Ref: <https://nithyananda.org/video/practising-presence-god-0#gsc.tab=0>





Guru Gita : 87th verse

ध्यानं शृणु महादेवि सर्वानन्दप्रदायकम्।  
सर्वसौख्यकरं नित्यं भुक्तिमुक्तिविधायकम् ॥८७॥

O great Goddess, listen to the method of meditation on the Guru, which grants all joys, always brings all happiness, and gives worldly fulfillment as well as liberation.





# ॥ 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>





Published by Nithyānanda 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.

 /ParamahamsaNithyananda  
 /NithyanandaTV  
 @srinithyananda  
 @SriNithyananda

