



| Om Nityānanda Paramashivoham ||



Super Conscious Mutation With Mahasadaśiva Murthy

The SPH Nityānanda Paramashivam

Homework & Exercise Worksheets

Includes – guided meditations, reading assignments, special select discourses, detox and more...



Published by Nithyānanda University Press

Copyright © 2023 Third Edition; Previous Editions: 2023 May, 2023 June

Nithyānanda University has been awarded lifetime exemption under CEC (California Education Code) 94874(e)(1), by the Bureau of Private & Posts Secondary Education for the State of California, to award religious degrees autonomously.

All handouts and web-materials given are copyrighted. If you require special assistance, please do not hesitate to contact us. All blessings, instructions, initiations, teachings and suggestions made as part of the Course described above are purely in a spiritual capacity and are not intended to be 1) any sort of claims, promises, guarantee or definitive statement about the past, present, or the future, or 2) any guarantee about the individual or group outcome of the Course or its related services, or 3) any sort of medical advice, physical or mental.

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.

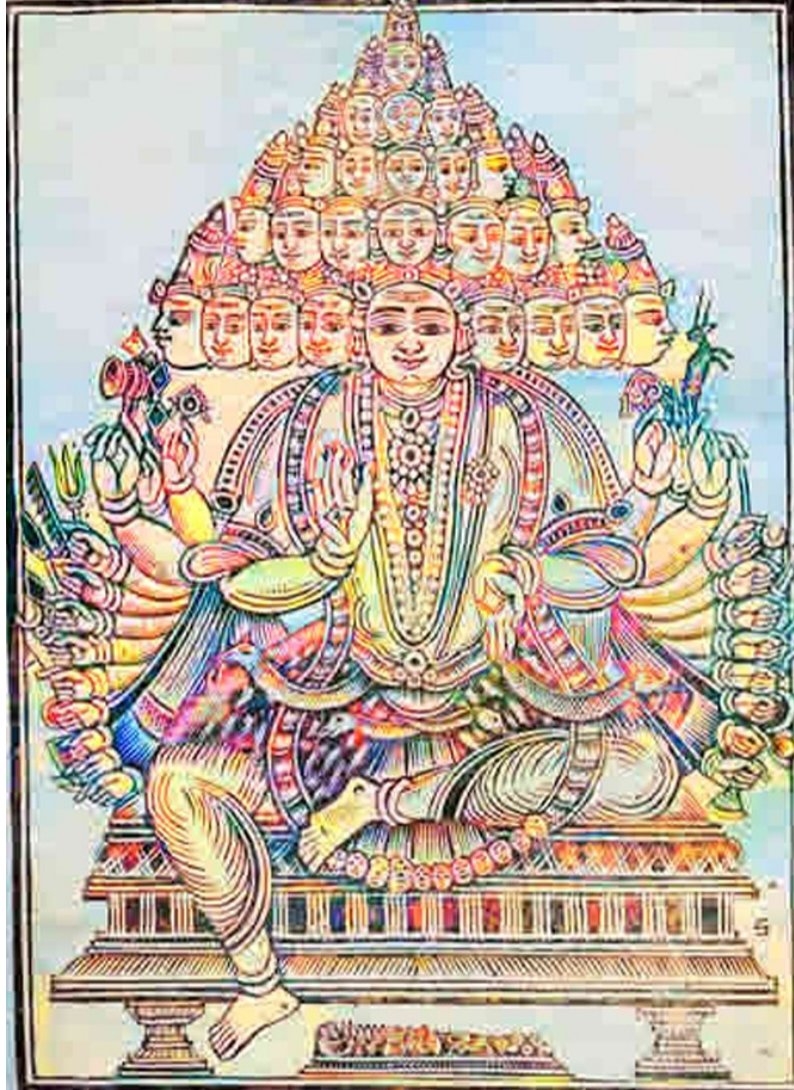


Svarūpa Samādhi

Guided Meditation

Duration: 11 minutes Daily For 11 Days

1. [Meditation] Mirror Paramaśiva Mahasadaśiva in the brain to awaken your brain grooves. He is residing in you as eternal bliss, joy Paramaśanta svarupa - Nityānanda Svarupa, just cognize this. With this cognition you change literally reality of your life. Sit as Paramaśiva as eternally 16. He describing Himself. He is eternally 16. Meditate on Him. With the Audio of the Dhyana Sloka meditate on the Mahasadaśiva Murthy



5. Mahasadaśiva Murthy



Sthavaram Jangaman Vyaptam – You Pervade Everything

Exercise Worksheet

Duration: 10 Hours [5 Hour Discourses, 5 Hours Intranalyzation]

2. [Multiple Choice] In His discourse *We Are A Nation Of Integrity* (https://youtu.be/0SlEXg7_W7k) The SPH Nithyānanda Paramashivam explains the fundamental principles of existence. These are:
 - love
 - integrity
 - emotions
3. Watch this discourse on the physiology of the Mind – Look In (<https://www.youtube.com/watch?v=4HG0WjzIRxQ>) and draw the diagram of the workings of the mind. For example you are hearing something through your ears. What happens next?
4. [Logic of existence] Listen to the Secrets of the Awakened States of Consciousness (https://youtu.be/cdW5oOm_Lnw)– The SPH shares an analogy that *gold in its pure metal form maybe in the form it is available for all of you guys to get to see, the biscuit form. That is the existential reality, existential experience, everything made out of it whether it is the crown or the earrings or the chain or the Odiyanam or the ring, everything made out of it is a perceptual reality not existential reality. Give 5 more such examples of existential reality and perceptual reality from your own life and experience.*
5. [Application] What is Reality? <https://youtu.be/S6ZUJywn5K0> Understand when you understand the fear and joy, pain and pleasure are illusion and delusion, that very understanding will make a huge change in you. **Take this one powerful cognition and apply the 5 aspects of your life you identified above in response to question #4.**
6. Fearless Living - <https://youtu.be/EgFh3YmWyM0> - Neither fear of known nor fear of unknown. Fear of fear is the most horrible fear. Any phobias you may have *can be anything – continuously washing hands, using the wet wipes, just look how much of it is prevention and how much is it from fear of the unknown!*



Conscious Elasticity

Exercise Worksheet

Duration: 5 Techniques [11-21 Minute Each]

Conscious elasticity means your conscious ability to become everything, *ekam* becoming *anekam* and *anekam* continue to remain as *ekam*- *The SPH Nityānanda Paramashivam, 18th May 2023, Mahaparamashivoham Season 4, Day 4.*

This worksheet is a compilation of unique 5 techniques for you to experience conscious elasticity immediately. Intranalyze and cognize.

7. Understanding the multiple dimensions of your existence can co-exist without chaos, and prioritizing simultaneously, spontaneously in you makes you chaos free, stress free, tiredness free, incompleteness free, worry free. Visualize yourself with 25 heads of Paramaśiva, 75 eyes; now decide all your problems, difficulties, business, everything you will think through these 25 heads and find solutions. (<https://youtu.be/gkv67shyARk>)
8. Unclutch and operate. Conscious elasticity means, you can catch a thought before it gets formed inside you - microscopic; and you can see the stars - telescopic, and know the path it is travelling (<https://youtu.be/ozAbkMESrSk>)
9. Visualize, visualize you with twenty five faces; Every day you are also doing all these twenty five actions. You are creating something, you are maintaining something, you are rejuvenating something, you are pulling yourself out of delusion sometimes, you are liberating yourself sometimes (<https://youtu.be/CtvgpNGjCoQ>)
10. When we meditate on powerful cognition, our thought current also changes immediately. Sit in unclutching, your liver changes, your intestine balances; the elasticity and plasticity of the brain, the ability of your brain to develop the new grooves changes (<https://youtu.be/jcyx5JxTERw>)
11. ***From the personal archives of the SPH Nityānanda Paramashivam: Simplest way, as it happened in my life. I just know my Guru is Paramaśiva and I am committed to him. I'll do it. That's it. I am committed to my Guru and His word to revive the enlightened civilization Kailaasa on the planet earth. I'll do it. I am committed to Him, and He's in me. He has given me that Oneness, I am akshaya. I cannot be destroyed. I'll do it. And I am successful in making it happen. (<https://youtu.be/SI4Hp3rrk5w>)***
12. Always body should feel hunger. You should never dump the body with food (<https://youtu.be/ozAbkMESrSk>)



Rewiring The Brain

Guided Meditation

Duration: 11 minutes Daily

[Meditation] Included with your gifts is the KRIYA for meditating on the dimensions of Paramaśiva. Meditate on these. All the negativities will be burnt away. The most subtle grooves which will be formed in your brain by meditating on these, will manifest the state, space, powers of Paramaśiva.

Keep Paramaśiva as a screensaver with twenty five face, fifty hands; Parashakti, Manonmani in His lap; Jatadhari (जटाधारी, Jaṭādhārī) as Paramaśiva.

Keep Him as your screensaver. Listen to the discourse – *Universe is Not Obligated To Make Sense To Us !* <https://youtu.be/C9vDSrxZHnQ>



Methodologies to Develop Subtle Brain Grooves

Activity

Duration: 11 minutes Daily

Excerpts From Circuitry for Power Manifestation - Scientific Secrets Revealed
[\(<https://youtu.be/y8jZwpJvfMQ>\)](https://youtu.be/y8jZwpJvfMQ)

One of the most powerful methodology to develop the subtle grooves in the brain and clean up all the toxic and parasite effects on your brain -

Try to do some visualization related activity:

doing alankara to deities,

carving deities,

doing deities in clay or painting deities,

various activities included with your copy of Nithya Katha – Stories from the Divine Discourses of the SPH Nithyānanda Paramashivam

Do something where you need to hold certain visualization in your head and your hand need to express it!

Included in your gifts today is the sacred Sri Chakra carved by the SPH Nithyānanda Paramashivam at age 10. This deity of Paraśakti, the Śri Chakra carved personally by The SPH at around the age of 10. In 1988, The SPH had a powerful darshan of Paramāśiva Śakti in the form of Bhuvaneshwari, the standing form of Devi with four arms. The SPH also had the darshan of the Śri Chakra, which is the form of Paramāśiva Śakti as an intricate geometric figure. Seeing both of these carvings, Mataji Vibhutananda Puri was shocked and truly impressed that at such a young age, The SPH was capable of the perfect expression of the state of Oneness with a precision that couldn't be compared with even the most refined expertise. Mataji Vibhutananda Puri immediately initiated The Avatar into the Shodasi, the 16 powerful syllables of Shakta Sampradaya.



Use Brain To Reflect The Cosmos

Exercise Worksheet

13. What causes change in result? Grasping the truth itself or context? *Learn more with the SPH Nityānanda Paramashivam's discourse on Are You A Knowledge Junkie or A True Seeker?* <https://youtu.be/ophKdGUKGhk>

Seeking the Source - 'By Whom Am I' - Kena Upanishad; *Copy of select talks from Kena Upanishad are included with your gifts today. Please use the next few questions to use as a guide to learn the sacred shastras.*

14. Let me have Completion with Brahman, Consciousness. And let Brahman be complete with me. So be it. Begin your study through this powerful declaration.
15. [Look In] By whom [kena] willed and caused [iṣitaṁ], does the mind go towards (thinks) its object? By whom directed [preṣitaṁ] and united with which, does the first vital life–energy, the chief cause [prathāṁ prāṇa] comes forth (towards its activities)? At whose will does this speech get activated and speaks? Enlivened and directed by what luminious, divine power (by what invisible cause), indeed, do the eyes and the ears engage in their functions? *Pen down by whom does the mind go to the object?*
16. [Look Out] There the eye goes not, the speech goes not, nor the mind and intellect. We do not know, we do not understand how That Reality, Consciousness can be taught. It is distinct from the known (as it is far beyond man's finite 'objective' nature, that is, what the mind, eyes, ears, or speech—the senses can perceive) and It is beyond the unknown (as it can be known by man's Divine infinite 'subjective' nature). *Pen down what is there yet where the eyes goes not.*



Super Brain Through Super Powers

Exercise Worksheet

Activating the whole brain and making all the non mechanical parts of the brain active and alive is the field almost every religion, every philosophy, every branch of the science is enamoured, working, researching. *Complimentary with your registration the scientific revelations, brain studies conducted on the SPH Nithyānanda Paramashivam to first time capture the power of Samādhi.*

17. Can PET confirm the presence of an awakened third eye? *Yes – Page 9 has findings that read PET scan showed activity in the frontal lobes of the SPH Nithyānanda Paramashivam’s brain!*
18. *States of consciousness under the QEEG! This rare research of for the first time measuring the brainwaves of an avatar revealed how He can shift from one type of brainwave to the next. He is in full control. Read more on Page 10*
19. *Samādhi is the ultimate luxury.* Conclusions of the scientific study stated (1) it is possible to be in complete control of the brain function (2) it is even possible to express extraordinary powers with the brain – the brain’s capacity to heal the body, including heart diseases, arthritis, and many others are possible.
20. Confirmed later in 2005, with heart rate variability tests – the phenomena of initiation, power of healing through shaktipada, entanglement power spectra showed remarkable shifts in power spectra of those receiving healing from the SPH Nithyānanda Paramashivam. Page 25



Detoxification - Recommendation

Kashayam

Ideally late evening – after 2 hours of meal / light – empty stomach, served hot

Preparation time: 5 minutes. Serving size: 1 cup From Ayurveda

Bring (combination of 6 primary tastes)

1. cinnamon,
2. fennel seeds,
3. cloves – 2no.
- 4, Ajwain,
5. pepper

to a boil with 1 glass of water. Filter and serve with honey or organic Jaggery to sweeten. Finally add a few drops of 6. lemon juice.

Diabetic patients please avoid jaggery or any other artificial sweetener.



Paramaśiva's super conscious mutation manifestations, when He super consciously mutated His manifestations, 64 manifestations documented in Veda Āgamas, which He himself describes, manifesting all of them in you is the complete manifestation of Paramādvaita.

This whole program, is an upgraded new beginning.

It is not going to be stopping with you manifesting the powers and possibilities of you are consciousness.

It is going to be letting Paramaśiva land in you and manifest the powers and possibilities of Paramaśiva Himself.

The SPH Nityānanda Paramashivam

64 Incarnations of Paramaśiva, 27 February 2022



Nityānanda University Press. Copyright © 2023 Second Edition