



|| Om Nithyānanda Paramashivoham ||



Super Conscious Mutation

With

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The SPH Nithyānanda Paramashivam

Homework & Exercise Worksheets

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

Rare revelations, messages and research techniques from 40 years of revival of Hindu Knowledge



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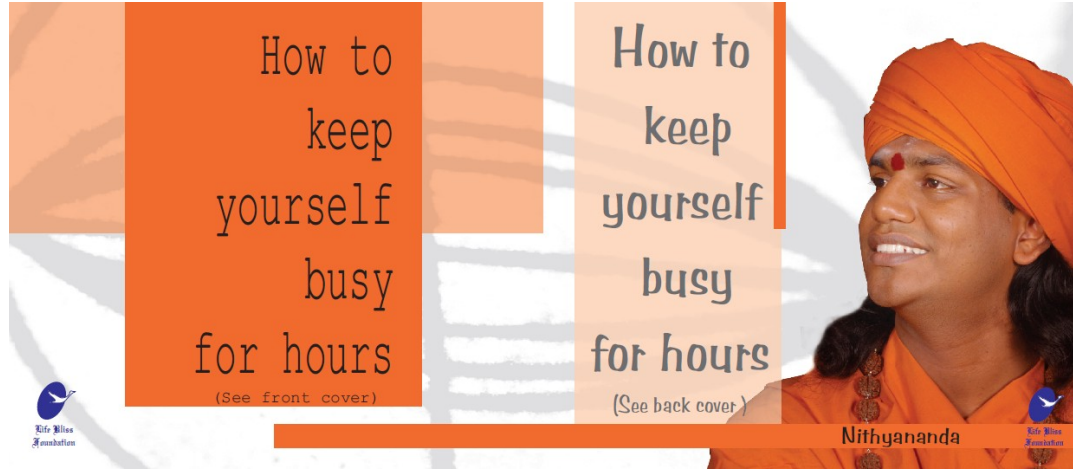
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Nirvikalpa Samādhi

Reading Guide

Daily Reading, 21 minutes



Included with your gifts is a copy of the How to Keep Yourself Busy For Hours publication of the SPH Nityānanda Paramashivam. Please use this quick guide to immediately come back to the space of Nirvikalpa Samādhi

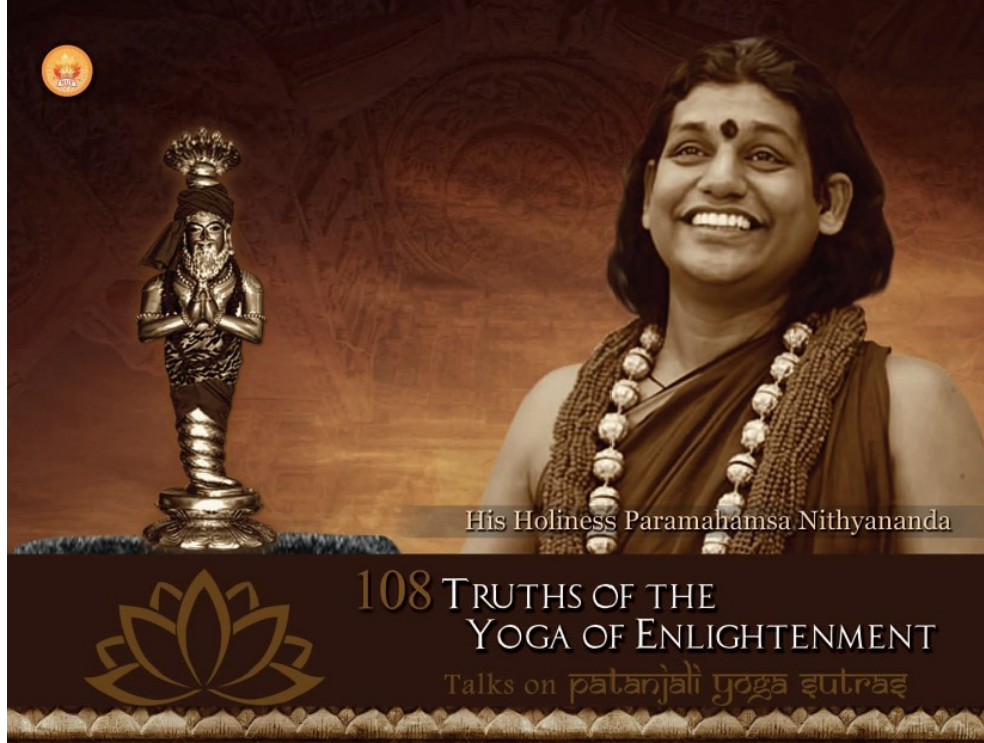
1. Nirvikalpa Samadhi means your whole being, your whole identity dissolving into the cosmic existence – Watch this discourse Q&A: Nirvikalpa Samadhi, Kundalini and Karma, <https://www.youtube.com/watch?v=kSLoE1Q0nmM> and pen down difference between Nirvikalpa and Vikalpa. What are 10 vikalpa that you experience in 24 hours of your life.
2. **How To Experience Nirvikalpa Samadhi - The Oneness With Paramāśiva** <https://youtu.be/t1mUn7jmAL4> Let this discourse be your guide.
3. **Source of Tireless Inner Space is Nirvikalpa Samadhi** <https://youtu.be/sDoaod2oSvE> Become the ishvara of your life - Paramashanta Svarupa; and living with no reactionary assumptions, fully awakened non-mechanical parts, fully awakened including non-mechanical parts of the brain.
4. Operating From Nirvikalpa Samadhi Helps Realize Binary Existence Is Not Ultimate Truth ||12 Nov 2020, <https://youtu.be/-WgZbxG133k> Pen down 10 situations of your life where your logic failed you – but living with powerful cognitions, multi-dimensional logic raised and manifested as miracles in your life.



Science of Unclutching

Homework Worksheet

Duration: 15 Hours



All the thoughts which are flowing are completely illogical, irresponsible and independent. Included with your gifts today is a copy of the 108 Truths on Enlightenment by the SPH Nithyānanda Paramashivam. Use this guide to learn 20+ techniques for unclutching. The following exercise can get you started:

1. What is NOW? *It isn't dependent on your clock. - Page 5 gives you the cosmic understanding.*
2. Mind is not linear. Mind is an action. *Contemplate on this sutra – It is an action, just how you can start and stop eating, typing, writing, jumping, it is an action, You can stop it. Page 14.*
3. Relaxing into your true nature is possible with the process of complete completion – Page 27.
4. You are Not a Beggar. *This is the ultimate sutra – Human beings are sent to planet Earth for super conscious breakthrough. Page 67.*
5. Three kinds of sleep – with this knowledge understand life is unique. Page 120.



Navakanda Yoga Samādhi

Ultimate Path to Mahā KAILĀSA

Homework Worksheet

Duration: 5 Hour

Navakhanda Yoga Samadhi is like filling your physical body and physical body entering into consciousness of Nirvikalpa Samadhi and raising to the frequency of Mahā KAILĀSA with the body!

In September 2022, after the Great Pause, The SPH Nityānanda Paramashivam brought the science of Navakhanda Yoga Samadhi from KAILASA for humanity. Here are the first two discourses on the subject

1. 64 MANIFESTATIONS OF Paramāśiva & NAVAKANDA YOGA SAMADHI || 12 SEP 2022 || <https://youtu.be/kV0fDucUrSU>
2. 64 MANIFESTATIONS OF Paramāśiva & NAVAKANDA YOGA SAMADHI | 13 SEP 2022 || <https://youtu.be/4V5mXaYeeeY>

Read the chapter on *Intensity* from the Living Enlightenment - 7th Edition, by the SPH Nityānanda Paramashivam to manifest will persistence through following 2 techniques:

3. If you are not getting the burning intensity, pray intensely for the intensity to happen. It will happen. Page 456,
[https://nithyanandapedia.org/wiki/Living_Enlightenment:_Unabridged_\(7th_Edition\)_\(_Book_\)](https://nithyanandapedia.org/wiki/Living_Enlightenment:_Unabridged_(7th_Edition)_(_Book_))
4. This is a very powerful technique from the Shiva Sutras*. If you wear spectacles, remove them. Place your fingers as follows: Thumbs pressing down on the short ear lobes till you hear a humming sound. Index fingers lightly on both the eyes. Middle fingers on the bridge of the nose. Ring fingers lightly under nostrils. Little fingers on lips. For the next 21 minutes, follow the steps - Close the nose partially. Just reduce the prana flow. When your mind settles down by itself, the prana flow will reduce. Be in the Shanmukhi Mudra and inhale and exhale as slowly as possible and as deeply as possible. Keep your mouth shut tightly. Visualize that both your eyeballs have become stones and let them not move. Intensify your awareness. Do not create stress. Try to penetrate with deep awareness. Don't create pressure, create only awareness. Visualize intensely as if you are penetrating your third eye. Visualize deeply as if you are



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penetrating your third eye with a drill bit. Relax. Open your eyes slowly. It is important to make yourself comfortable by supporting yourself properly to be in Shanmukhi Mudra. You will see tremendous energy created in your third eye, to awaken your intuition. When you are comfortable, you will see that you are entering into deeper energies or higher consciousness. Page 459,
[https://nithyanandapedia.org/wiki/Living_Enlightenment:_Unabridged_\(7th_Edition\)_\(_Book_\)](https://nithyanandapedia.org/wiki/Living_Enlightenment:_Unabridged_(7th_Edition)_(_Book_))



Extraordinary Discoveries of the Siddha Tradition

Homework Worksheet

Duration: 4 Hours

1. **Siddha Tradition - most secret and ultimately powerful tradition,** <https://www.youtube.com/watch?v=H0zpXTV2D-U>, Watch the discourse and pen down 5 techniques that Siddha Tradition introduced for awakening the non-mechanical parts of the brain.
2. [Myth or Reality] Siddha Tradition - 2: Science or Magic <https://youtu.be/MZMnFOypXqY>
Name 5 famous Siddhas you were introduced to in class.
3. **Siddha Tradition 3-Siddhas and their Siddhis,** <https://youtu.be/xrKZDxNFfVE> Draw the 5 koshas of the body, marking which miracle manifests from which kosha, and which herb the Siddhas prescribe.



Detoxification - Recommendation

Detox with Digestive Juice

When your body and mind are tired, they will retire and go back to their source. What is the source of the body? Maybe the water, fire, earth, air. They will all go back. But you will continue to exist.

Just sit with this one concept only – life is too big. Larger than my body and mind. In 10 minutes always stomach has digested the whole thing!

Preparation Time 5 mins.

Serving Size - 1

Equal portions of the following (very small quantity):

- Lemon juice,
- Ginger(Dry) and Garlic (in a paste form),
- Apple cider vinegar,
- And Honey.

Mix. Small quantity only to be consumed after meals. Any time of the day, but only once a day.

Enhances the digestion system of the body.

The SPH Nithyānanda Paramashivam
Presidential Address on 11 October 2011



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Paramaśiva's super conscious mutation manifestations, when He super consciously mutated His manifestations, 64 manifestations documented in Veda Āgama, 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



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