



|| Om Nityānanda Paramashivoham ||



Super Conscious Mutation

With

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The SPH Nityānanda 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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Sahaja Samādhi – Complete Completion

Homework Worksheet

Duration: 15 hours

Watch the Presidential Address of the SPH Nityānanda Paramashivam dated 9th March 2021, <https://youtu.be/y3RRIJ4tNYo> and answer in your own words

1. What is Sahaja Samadhi?
2. Examples of 5 Siddhas, Mahapurushas who resided in Sahaja Samadhi
3. The SPH Nityānanda Paramashivam shares remembers 3 of His gurus with lot of reverence. Who are they? List them and learn about their guru parampara from autobiographyoftheavatar.org

Next we move to techniques to reach Sahaja Samadhi.

4. Watch the discourse **Technique to Reach Sahaja Samadhi** <https://youtu.be/uCR-wQbEPc4> and apply the learning of “The World” vs “My World” in 5 scenarios of your life. *For example, when someone at work said something that you – which you perceived as they judged you.*
5. Watch the discourse on Guru Bhakti <https://youtu.be/kzehT7YdTU4> and sit with oneness with your being – tune to Guru Bhakti by being authentic to Guru. Look into your inner image, see how much of your inner image is influenced by Guru’s presence in your life. Look into your inner image, see in how much you are still stuck, with your old stupid identity and inner image, how much the Guru has influenced, the Guru’s presence has influenced and how much of your idea about you as you has changed.

[Special Gift] Anytime you feel the urge and seeking in you to tune to Guru Bhakti – worship and connect with the forms of Paramāśiva shared by The SPH Nityānanda Paramashivam shares with your gifts. Meditate on their form, chanting the Mahavakya and make an honest prayer.



Past Life Regression

Homework Worksheet

Duration: 5 Hour

We are all constantly carrying irritation inside – constant irritation – just waiting to explode

Let the meditations from this text *Follow Me In* guide you to completion.



1. What is God?
2. Expel the Animal Engrams, Page 92
3. Bring In Awareness, Page 130
4. Nithya Dhyaan – Life Bliss Meditation Page 236
5. Don't Judge, Just *Relax*



Conflicting Desires

Homework Worksheet

Listen to the following 5 discourses and find out 15 conflicting, contradicting, desires within you.

1. Your Desires Can Be Fulfilled, https://youtu.be/6pzN_O56v5g
2. Are desires wrong? <https://youtu.be/D2ogh6ozA5o>
3. Don't be Afraid of Change - <https://youtu.be/Mc88JLSByp8>
4. There Is No Pain And Suffering - Powerful Understanding and Initiation Into this Truth|| 17 January 2021, <https://youtu.be/8Oy0mQhW6mk>
5. Manifesting Powers Is Sadashivatva <https://youtu.be/gkoma3X0xRI>

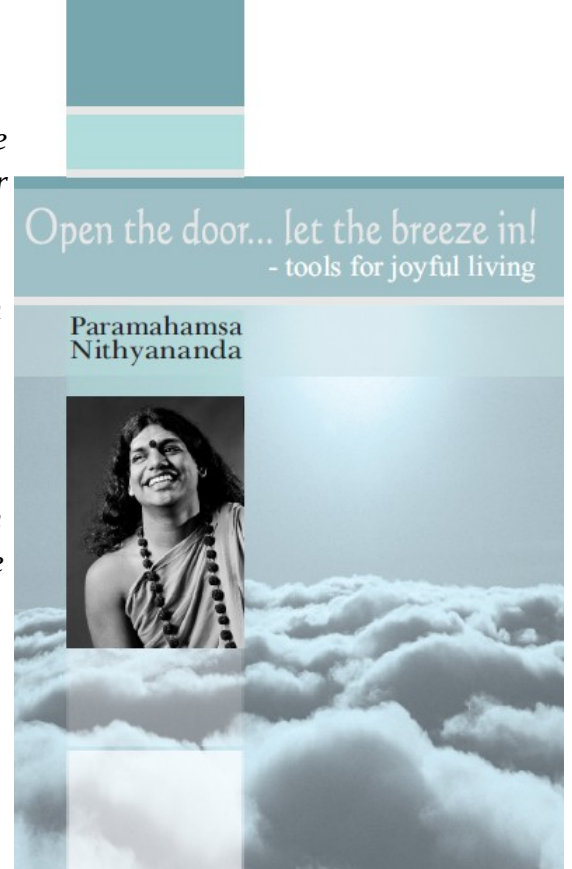


Paramaśanta Swarūpa – Non Violence

Guided Reading

Duration: No Separate Time Needed, On the Go, 1 Month

1. *To enter Paramashanta Svarupa – First Empty Yourself. Pages 9-14 guide you how.*
2. **[Test Your Awareness]** *A wise man met an old lady on the village road. The lady was coming back to her home after grazing her goats. On her head, she was balancing a pot of water from the river. The wise man thought he would give her some advice. Why do you still busy yourself with these worldly tasks? he asked her. At your age, you should be leaving aside everything else and turning all your attention upon God! Who said my attention is not upon God? the lady asked. Even at this moment, when I am talking to you and herding my goats, my awareness is upon the pot I am balancing on my head, and at the same time upon God!*
3. Take a close look at your life. How many people are sitting inside your head, giving you instructions on how to live and what to do? How many people are telling you what is right and wrong for you? Who are the people controlling your life?
4. Sri Ramakrishna says beautifully: There are two ways to cross the river of maya. One is by summoning all your strength and leaping across. The other way is to stand before it with folded palms and request, O Maya, please allow me to get across! This is the path of respect and tolerance. Make peace with your body. Drop the idea of controlling your body. Trust in your body wisdom. Only by deeply understanding your body, with clarity and compassion, will you find a way to go beyond it.
5. When do we usually eat? When lunch is ready; when we have the time; when the clock says so. Without even realizing it, we live our life within a set behavioural pattern. Even for such personal acts as eating and sleeping, we depend on a schedule that we've built up for ourselves! This pattern that controls our life is nothing but what we call habits.



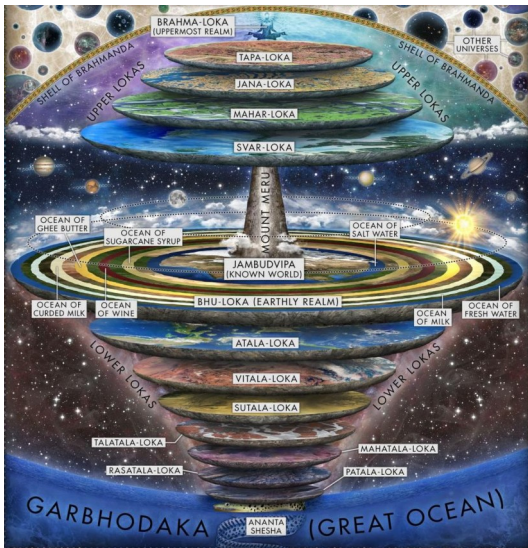


Mahar Loka – Largest Loka of the Universe

Loka Travel Worksheet

Duration: 4 Hours

1. Operating From Nirvikalpa Samadhi Helps Realize Binary Existence Is Not Ultimate Truth || 12 Nov 2020, <https://youtu.be/-WgZbxG133k> how does the SPH Nityānanda Paramashivam



explain communication can be established across the vertical time zones?

2. Human Beings Are Capable And Qualified For Travelling To Parallel Universes, <https://www.youtube.com/watch?v=bKAIwbQhgrk&t=10942s> as you listen to the discourse – connect with the various lokas with the graphic on the left.
3. Now get ready for the experience – *just connect with your experience in the Paramashivoham program* watch this discourse Face Yourself In The Parallel Universe | Secrets Of Parallel Universe In Hinduism | Initiation <https://youtu.be/W9n4Kf8sKjA> and connect with your Mahar loka parallel existence of you
4. Now listen to The SPH Nityānanda

Paramashivam shares His personal experience of traversing to the Mahar Loka - <https://youtu.be/JARuGylR6pE>

5. Pen down your personal experience of traversing Mahar loka here today. Come back anytime for vertical time zone travel! Nityānandam!



Collapsing Time Through Your Consciousness

Workout Guide

The ultimate answer to all our problems is here – no more stress for time. Time is also a matter. Subtle but matter. If you can handle your hand you can handle your brain. If you can handle your brain you can handle your mind. If you can handle your mind you can handle time. So consciousness can handle matter.

Included with your gifts is the copy of 15 powerful cognitions on time. Go over each one and cognize this one question.

How can I apply this cognition?

For example – You read *Time is matter*. What other examples of matter do I know? Clothes, shoes, carpet, pen, laptop. What can I do with these? I can move them the way I want. Change their shape. Fold them. Which means? I can also move time. Fold it. Change it. What prevents me from making this a reality? It's not happened before. *Here the logic fails – since we never expected third eye also to be real; chant mahavakya and let me declare let this be my life, let me make the submission on time.*

21 Times Do This Exercise To Become Ishwaratva Of Time!



Detoxification - Recommendation

Manifest MahaBhairavā – Akasha Bhairavā

Detox with Nirahara – Once Every Three Months

The SPH Nithyānanda Paramashivam shares: If the load of getting irritated, getting violent is taken away from your system, you will start having feeling connection with powerful cognitions and higher existence intensely. I have seen My Guru, Isakki Swami personally advising and people getting benefit of this Nirahara Samyama. Nirahara Samyama is nothing but you becoming MahaBhairavā. Sit as Akasha Bhairavā.

Don't give solid food, only lubricate your system through liquid diet. Give a very healthy liquid diet; very healthy juices, herbs. Give nutrients, minerals; everything needed for the body in a liquid form. When you start doing that, body will try to throw tantrum. It'll behave like a mad mother-in-law, Indian mother-in-law, mad Indian mother-in-law. It'll try to break everything. During those moments, if you can practice completion, if you can practice unclutching, you will master all kinds of impacts, influence of chemicals on your biology.

Join others at bfoodfree.org

• The SPH Nithyānanda Paramashivam
How To Use The Pandemic Period To Achieve Enlightenment, <https://youtu.be/5D1vb3Qz5VQ>



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 Nithyānanda Paramashivam

64 Incarnations of Paramaśiva, 27 February 2022



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