



Super Conscious Mutation Manifestation
Sadaśiva Murthy
with the SPH Nityānanda Paramashivam



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1. Vertical vs Horizontal Time Zones – How can you identify which time zone you are experiencing? Give 5 answers
2. In the 14 lokas, under which Loka does Planet Earth and what science knows falls under?
3. Idea you carry about you – maps to each of the vertical time zones. How can you use this knowledge to improve your progress in your career?

For Answers & Initiation into Experience of Vertical Time Zones - Hindu Revelations on Nature of Reality, Cosmology & Consciousness (08 Sep2019), <https://youtu.be/m3ivZ5nyp3U>



4. 'Genesis of identity'- understanding what you perceive as your identity. What you feel as you is too important, because only from what you feel as you, you start developing second person and third person of your life. Who is the first person of your life - what you perceive as you? Who is the second person of your life - what you perceive as others? Who is the third person of your life - whatever you perceive as you and others, and what you perceive as others, they and their others? Pen down to discover the Real you.

The SPH Nithyānanda Paramashivam, The Logic Of Consciousness, 19 September 2017,
<https://youtu.be/ShKdkAY1G94>



5. The time you are stuck in what thought current is 'life' in your life. Identify these. Pen down 11 thought currents that are commanding your life.
6. If you have slight tiredness, boredom, headache after you wake up, change everything, not just your pillow or bed, everything. Change everything – the way you think, the way perceive about life, the way you perceive about death, the ideas about God, the ideas you have about universe, the ideas you have about 'you'.

For Answers & Initiation at home: The SPH Nithyānanda Paramashivam, Secrets of Karma Revealed By Paramahansa Nithyananda, https://youtu.be/bQVdF_AY2QI



7. Creation, sustenance, rejuvenation, destruction and rejuvenation, putting in and pulling out of delusion, and liberation - all these five are happening in your microcosmic life. *Every day, the new cells getting created, new organs getting manifested in your body, is your creation; all of you need to know! New cells are created every minute, every second!*

Get Initiated into Nirvana Deeksha, The Raw Truth as Is Conscious Sovereignty, 10th July 2021,
<https://youtu.be/WsgkXkv3o3g>



8. Please complete the following table

State of Consciousness of Body	Swapna (Dream)	Jagrat (Waking)	Sushupti (Deep Sleep)	Turiya (Blissful State)	Turiyatita (Awakened State)
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Swapna (Dream)

Jagrat (Waking)

Sushupti (Deep Sleep)

Turiya (Blissful State)

Turiyatita (Awakened State)

The SPH Nithyānanda Paramashivam, 23 December 2017, *Experiencing And Explaining The 25 States Of Consciousness*, https://youtu.be/dfd4YR_TCKw



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