



|| Om Nityānanda Paramashivoham ||



Super Conscious Mutation

With

Bhagavān Kālabhairava

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



|| Om Nithyānanda Paramashivoham ||



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.



Mahar Loka: Largest Loka of the Universe

Daily 20minute Homework Worksheet

More and more peace inside you, more and more past memories will be awakened. More and more peace inside you., More and more Akashic records will be opened. More and more peace inside you. more and more Mahar loka will open.

1. Did you know that Mahar loka is the largest Universe and access to all knowledge of the cosmos? **Take only one decision every day you are sleeping, time should be for deep completion for 20 minutes, 30 minutes.** Please take a few minutes and set aside time for the ultimate experience.
2. Meditation - 20 minutes, one time, **Who exists is Paramashiva. Feeling you exists is Ishwara. .Connecting now with all of you who exists, making you feel multiple body in the same time is Parameshwara.** Answer who is existing? What is feeling “I exist”? What is the feeling that is feeling the emotion, cold, hot, happiness, disturbance? Who is that?
3. How do you traverse higher lokas?
 - By raising your consciousness
 - By powerful cognitions
 - By dropping patterns
 - With cognition that Swamiji is Paramashiva, I should listen to Him
 - All the above

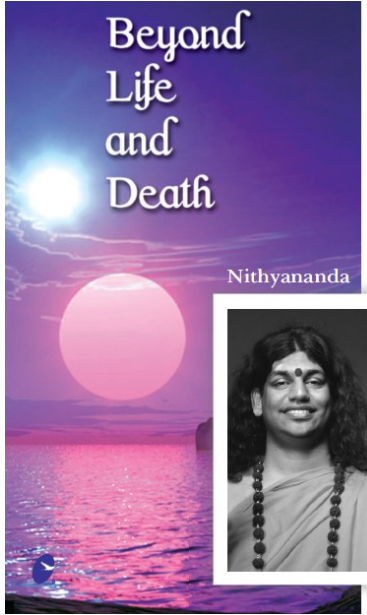
Get initiated to drop the self-doubt, self-hatred, self-denial. The SPH Nityānanda Paramashivam, 16 January 2022, Human Beings Are Capable And Qualified For Traveling To Parallel Universes, <https://www.youtube.com/watch?v=bKAIwbQhgrk>



Science of Jeeva Samādhi

Homework Worksheet

Daily Reading, 1 Month



Included with your gifts is a copy of the *Beyond Life & Death* publication of the SPH Nityānanda Paramashivam. Please use the following as a guide to read and learn the sacred secrets about death.

1. What is Death?
2. What is pain and pleasure?
3. Spend 30 minute- The Key to Consciousness.
4. Why run constantly?
5. Understand the cycle of life and death and draw the janma marana chakra



Bhagavān Kālabhairava - Principle of Kāla of the Vertical

Time Zones

Homework Worksheet

Duration: 15 Hours

Knowing this principle of Kāla go beyond time. Bhagavān Kālabhairava loves those who know anything you ask Him is granted and those who actually take Him for granted.

1. Watch this discourse *Everything Happening Is Auspicious – Nothing Is Falling Apart, Everything Is Only Falling In Place*, <https://youtu.be/5ISF0cfvpmA> and look into your life and pen down 10 situations that you felt were falling apart – and things turned out auspicious. *For example, your senior requested rework and when you did you realized that it turned for the good – you could deliver a better enhanced product to your customer. Look in.*
2. Who is Kālabhairava? He comes to share His manifestation through SPH Nityānanda Paramashivam in the discourse *Kālabhairava _ The 64 Forms Of Shiva, Marvels Of Temple Architecture* <https://youtu.be/6OM7S2TSYJM>
3. Next, we enter ***Akashic Readings on Kāla – How to Control Time!*** <https://youtu.be/TcR6pXQ5IWg> [*Includes Meditation – May take 30-35 minutes*].
4. This is what Bhagavān Kālabhairava comes to teach us – *You can change your reality* <https://youtu.be/1YQFd9BmrlE>

Included in your gifts is rare darshan of AdiKAILASA Mahakalabhairava – go and tell Him All the known incompletions, I commit with you, I will complete. All the unknown incompletions, it is your responsibility, I am surrendering to you to seek His Divine grace in your life,

5. **Life is Mahabharata** <https://youtu.be/mrn5VKrrllc> Understand Life is Mahabharata – start thinking, living Advaita in everything you do. Includes guided completion – please plan for 15 minutes.



Swadhishtana Chakra – Fearless Living

Homework Worksheet

Duration: 5 Hour

Included in your gifts today is the audio discourse on Swadhishtana Chakra. Listen to this rare discourse on fear and how to go beyond it by The SPH Nityānanda Paramashivam and answer the following questions:

1. *What is fear?*
2. What is the root of all fear?
3. Where is the Swadhishtana Chakra located? When you experience fear next in life, remember to feel it in your body- shrinking
4. Look in to your life and pen down 10 fears that are controlling your daily habits and emotions
5. Come back to this audio and do the meditation included to go beyond.



Overcome Fear of Death

Guided Reading

When you know how to make your death as Liberation. Life is celebration. After death there is only one suffering. You will suffer – Oh God! It is such a simple thing, why did I suffer my whole life thinking this will be a suffering?

For this experience, The SPH Nityānanda Paramashivam – through the death process gives us the unique glimpse of death. *Included in your gifts is His experiences of death in 6 situations for us go beyond death!*



1. My Own Death Experience, Page 36
2. During Death, Everything in This World Becomes Insignificant, Page 56
3. Death in My Presence – Before & After Enlightenment, Page 31 – 44
4. You Choose Your Body, Your Birth, Page 69
5. Be in the Present, Page 71



Vishesha Dikṣā – Initiation into Super Conscious

Sovereignty

Homework Worksheet

Duration: Daily 21 Minutes

1. What is the best Stress Buster? *Puma – Here is how puja helps –*
<https://youtu.be/jw2sQUHVnWY>
2. **Vishesha Deeksha – Initiation To Gain Direct Access To Sadāshiva**
<https://youtu.be/fz1JsRciAr0> Pen down the 10 super conscious breakthrough experiences you have had since the Vishesha Deeksha
3. What does the SPH Nithyānanda Paramashivam say about Puja? His personal experiences shared in this rare footage *Bliss is Good Puja* <https://www.youtube.com/watch?v=vsaqUVbiY5k>
4. How does Puja help in manifesting of powers? Answer is here - Devotion in Relative Existence & Oneness in Reality - Manifests as Powers <https://youtu.be/-85nd4V-cDo>
5. Vishesha Dikṣā is nothing but giving you Paramaśiva's personal number, hot line connection, so every day during the puja, that few minutes, you can connect with Him in Oneness...*Included in your gifts is the guided manual for Guru & Shiva Puja – Paramaśiva sharing How to connect with Him daily.*



Detoxification - Recommendation

Manifest MahaBhairavā – Akasha Bhairavā

Detox with Pazhaya Sorum – One Week Cycle, Once a Year

Simple technique to experience this Paramashantasvarupa

When taken as only one meal a day

it'll burn the whole stomach and cleanse all the toxins.

There won't be anything left inside your body to make you feel heavy

Cook rice in water at night.

Leave the rice soaked in water whole night.

Next day morning, drink that water and eat the cooked rice with green chilli

The SPH Nithyānanda Paramashivam
2 Nov 2020, Seek Shantitatva Not Happiness or Joy



|| Om Nithyānanda Paramashivoham ||



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 Nithyānanda Paramashivam

64 Incarnations of Paramaśiva, 27 February 2022



Nithyānanda University Press. Copyright © 2023 Second Edition