



|| Om Nithyānanda Paramashivoham ||



# Super Conscious Mutation

With

# Ardhanareeswara Murthy

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*



|| Om Nithyānanda Paramashivoham ||



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# Ardhanareeswara - The Ultimate Gender Demystified

## Homework Worksheet

*Duration: 5 Hours*

1. Begin the understandings in life for ultimate gender by learning about the physiology *Natural Principles of Masculine & Feminine Physiology* at [https://youtu.be/HI\\_IW6F1Yfl](https://youtu.be/HI_IW6F1Yfl). Pen down 10 mis-concepts you have held on about your gender. *For example, female body believes stress during menstruation, mood swings, not physically capable as men...*
2. Do you understand the difference between feminine consciousness and woman body? Watch this discourse from 2009 – the first time the SPH Nithyānanda Paramashivam explained about Ardhanareeswara. [https://youtu.be/bMH\\_h\\_Cjoow](https://youtu.be/bMH_h_Cjoow)
3. Watch these the following three discourses on science of tantra: <https://youtu.be/n2gTz5g0ROk>, <https://youtu.be/yragQOjabbw>, <https://youtu.be/ioy4G7XcfI4> from the years 2018-2022 and answer the following:

|   |  |
|---|--|
| Tantra is _____                                 | Pen down 5 principles and powerful cognitions about Tantra that you have learnt  |
| What is considered wrong in Tantra?             | Act or anything which breaks the act?  |
| Let the understanding lead you beyond all urges | Pen down 5 urges that pushes you to act - <i>craving for pizza, morning coffee, OCD to skip lines while walking...</i> |

4. When your incompleteness is awakened, you don't maintain your integrity to your logic; you speak just because you have to conquer; you don't speak to raise yourself to the next level. Watch the discourse [https://youtu.be/zLF\\_ZXc7Zl0](https://youtu.be/zLF_ZXc7Zl0) and complete with the parasitic patterns leading you to act.

5. [Special Gift This Season] *Anytime you incomplete within about gender, or have a relationship issue that you are facing – included in gifts are the darshan for Paramashiva's super conscious mutation manifestation worthy for you to connect and request completion. These deities are independent intelligence that respond immediately- The darshan photographs are energized and blessed by the SPH Nithyānanda Paramashivam – just connect to them with guidance included with gifts.*



# Diagnose Your Gender

## Homework Worksheet

*Duration: 5 Hour*

*Multiple disorders related to eating, can be cured completely. Multiple disorders related to drug addictions can be cured completely just by gender identification*

*Listen to select discourses on gender by the SPH Nithyānanda Paramashivam, and then work with the diagnose your gender guide included in gifts.*

1. Oversexed Or Undersexed Gender Misidentification Is The Problem - Revelations From Hindu Scriptures About 11 Genders | 3 November 2018 | <https://youtu.be/CxBjGq-jGM4>
2. Gender Identification The Primal Detoxification Per The Revelations Of Paramaśiva | 4 November 2018 | <https://youtu.be/ZtWMsoS3p1A>
3. Celebrate Your Existence Because You Are Consciousness! 19 September 2019 | <https://youtu.be/hTQtFfdCiLo>



# Bring Depth To Your Relationships With Science of Tantra

## Homework Worksheet

### *Daily Reading*



You were initiated into the science of tantra at Paramashivoham. With this worksheet, The SPH Nityānanda Paramshivam guides you to deeply understand the science, instructions on how to heal, and get you ready to change your relationships!

1. *Do we all love in the same way, or are there different kinds of love?*
2. How come it is the intellect which controls such a completely 'physical' phenomenon like free sex?
3. Can love also be an ego-fulfilling thing?
4. How is ordinary love different from Divine love? Are they both expressions of the same quest?
5. What is love?





# 56 Akśara Mātrika

## Guided Learning

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

56 Akśara Mātrika - the sounds you constantly create decides your existence. So your existence is the words you use within you. This worksheet brings the science of Śri Vidyā – secret Śodaśī mantra which comes from Guru Parampara. It is a most secret sound, not even a letter, sound. The SPH Nithyānanda Paramashivam received this gift from His Guru Mataji Vibhutananda Puri and He shares – just deep yearning and tremendous receptivity is needed from the side of the disciple to receive this initiation. *Just remember this one powerful cognition: Mahā Mahāvākya puts me in Samādhi.*

1. Listen to the discourse - *The Secret and Truth Revealed About Ashtakanma Siddhi*  
<https://youtu.be/XBGUocZ6HSc> (35 minutes).
2. In space of pure unclutching, read pages 1-2 of the article on Sanskrit Language by the SPH Nithyānanda Paramashivam, provided in your gifts. This will initiate you into the understanding that just listening and learning Sanskrit will heal your Shabd Tattva.
3. Let's pronounce simple words. Start with Tattva [ combination of Dental and semi vowel] your pronunciation guide is on page 3. Next say KAILĀSA

Page 4 is your guide to help you read simple words. Complete the following table with this understandings (break the word into multiple consonant sounds – mark the sound next to it on how to pronounce, put the word together with + and now read!)

Sanskrit Written in English  
Nithyānanda

Pronunciation Guide

Ni + Tha (pronounced with tongue against the teeth) + ya + na  
(tongue against the roof of the mouth) +nda (tongues against the teeth)

Samādhi  
Bhagavān  
Avatār  
Nyāya



# 11 Genders

## Exercise Worksheet

Duration: 4 Hours

1. Listen to the discourse Why You Need To Know About The 11 Dimensions Of The Universe – MSS , <https://youtu.be/uFXkYmhgYzk> and answer how does knowledge of gender relate to traversing the parallel universe?
2. **Gender Identification The Primal Detoxification Per The Revelations Of Paramaśiva**, <https://youtu.be/ZtWMsoS3plA> who demonstrated conscious change in physiology by the power of will?
3. Unclutching game **Hindu Solution For Anti Aging || 8 September 2020 ||** <https://youtu.be/nObN3-1IHcc> and mark 5 pranks the society is playing on you.
4. **We Are Citizens of Planet Earth**, <https://youtu.be/wRlnp5PKtn4> has the prophecy about gender and gender related lifestyle humanity would enjoy in the future, revealed in 2013 by the SPH Nithyānanda Paramashivam. Now 10 years later, can look at society and corroborate? *At COVID outbreak, humanity shifted countries, changed nationalities, to the point that certain nations were advertising about their real estate. Sex change operations are becoming common, kids picking up a different religion than their parents, what else?*
5. **Oversexed or Undersexed, Gender Misidentification is the Problem (Revelations From Hindu Scriptures About 11 Genders)**, <https://youtu.be/CxBjGq-jGM4> what are the 11 genders? Permutation combination of physiological, physical, psychological aspects of you. Can you complete the following tabulat column – it will solve all your problems related to gender

|               | Physical | Physiological | Psychological | Will |
|---------------|----------|---------------|---------------|------|
| Physical      |          |               |               |      |
| Physiological |          |               |               |      |
| Psychological |          |               |               |      |
| Will          |          |               |               |      |

*You can predict death and control it – selected excerpt from the talk from the SPH Nithyānanda Paramashivam included in your gifts. Follow the steps included in your gifts – daily for 21 days.*



# Gender Equality: Past, Present & Future

## Workout Guide

When you look in, who is expressing, you become Jeevan Mukta. Look in. Who can express this? Look in. Who is expressing this?

*Included with your gifts is the copy of Feeling Connection – to that ultimate within. Let the book be your guide for this unique experience through the five techniques:*



1. Experiencing Vitarka
2. Living like the Guru
3. Connecting to Life
4. Connecting to Nature (do the space meditation)
5. Connecting to Others





# Detoxification - Recommendation

## Detox with Panakam – 4 Days

*Panakam is literally like Nirahara; Paramāśiva gives Nirahara as one of the very important process for detoxification. In the modern-day thousands of researches have come, even if you practice 3-day Nirahara. Paramāśiva defines nirahara, – without taking solid food, taking only liquid juices till your outgoing becomes pure liquid.*

*It happens within 4 days for any healthy man. Within 4 days input and output both will be liquid. He says that is the point your system is detoxified. So, at least once in 3 months, you should do 1 nirahara.*

### **Ingredients:**

- Jaggery - 150 gms
- Water - 600 ml (three glasses)
- Juice of three lemons (medium size)
- Add little cardamom (optional)

**Method:** Soak jaggery in the water (use drinking water please, non-flouridated if possible in the area you reside) till it melts completely. Filter the water to remove any particles Add the lemon juice. Although it is refreshing at room temperature, it tastes even better when chilled.

Mood swings will become irrelevant to you



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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