



|| 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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Bhagavān Dakshinamurthy

Daily Meditation, 42 minutes

Included with your gifts today is rare initiation Bhagavān Dakshinamurthy mantra in the voice of the SPH Nithyānanda Paramashivam. Listen to this audio, connect with Paramaśiva and teleport yourself to Jana Loka immediately.



Guru – Ananda Spurana of Paramaśiva

Reading Guide

Duration: Daily 21 Minutes, Just Before Going to Bed



Included in gifts is the publication Why Guru of the SPH Nithyānanda Paramashivam. Go through these truths and answer:

1. How did you identify your Guru?
2. When and How did you start practicing the presence of Paramaśiva and Guru in your life? Was the first time when you were graced by the Nithyānanda Sabha in Paramashivoham?
3. Any specific Lila Dhyana that you have caught – could be how Swamiji says *Listen!*
4. Guru is just your reflection. When and How many times do you see Swamiji says exactly what you were thinking!
5. Pen down 10 ways how Guru has been raising you to higher vertical time zones? Maybe you started with integrity manifest powers to integrity is love of the Master!
6. You can read through Swamiji's life at autobiographyoftheavatar.org and Nithyanandapedia.org and how many times you feel wow! *I can do this, He is showing me my possibilities and powers?*
7. Guru is the statement of God. *Surely the mystical experiences that you have had – in Shukra Dakshinamurthy Brahaspati Darśan today in the program – how did Guru manifest what you requested for – it would have happened in the most shocking, integrated to what you asked for!*
8. Hinduism has faced and still faces the longest ongoing persecution – most misunderstood, misrepresented, science due to 2000 year long persecution, invasion and destruction of Hindu knowledge. Yet each time for the compassion of the humanity



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Paramaśiva again takes form as Guru and comes down to restart the teaching. What did you know about Hinduism earlier that was completely false and myth that you know today? *Could be as simple as Guru is a teacher, to knowledge in Hinduism is myth and mythology and not real.*

9. How do you show your devotion to your Guru? Daily puja or 21 minute unclutching?
10. We would like to hear from you about your experiences of no-mind state. Do share on the SPH Nityānanda Paramashivam Facebook Paramashivoham events page!



Śakti, God Particle – Unit of Paramaśiva

Duration: 5 Hours

1. Unit of Sadāshiva is only called ‘God Particle’. In Sanskrit, the exact word Sadāshiva uses for His unit is ‘Shakti’. *How many Shakti have you experienced being manifested through you in the program today?*
2. What can you do with third eye powers? The SPH Nityānanda Paramashivam, guides in this discourse from 2016, **7 Extraordinary Powers**, <https://www.youtube.com/watch?v=lbqXC1RnIAQ>
3. **Wake Up to Your God Particle**, https://youtu.be/TjoSNm_6NpY, What is the only qualification you need to awaken your God particle, Shakti in you?
4. **The Hindu Way of Prayer – So’ham Asmi**, <https://youtu.be/1fQ9i4JUOgw>, What is the only problem that prevents humanity from manifesting the ultimate experience of oneness, Sohamasmi?
5. Let the focus always be on powerfulness, source of the bio-energy, Third Eye And Abundance, <https://www.youtube.com/watch?v=fBG-ZfVA-14>



Nithyanandoham – Science of Awakening The God

Particle Through Anti-Sound

Guided Worksheet

Duration: 4 Hours

With this worksheet continue your Nithyanandoham at home – Please follow the sequence as given below. The worksheet includes select discourses and initiations from time tested truths of the Upanishads. Such a method of transmission is called as Paata Bheeda. From Guru to Disciple. As it is heard. This is ultimate gratitude to the Gurus. The SPH Nithyānanda Paramashivam shares:

My pronunciation as I heard from my Gurus. My Guru was born and brought up as Tamilian so you will see a thick Tamil accent in this Sanskrit pronunciation. But as a respect to them, I am not changing the Paath-bheda. I am just retaining it as it is.¹

Since Sanskrit is a phonetic language keep your focus on listening. We recommend that you sit with yourself or with a group of friends, in an environment ideally in the Nithyānanda Sabha to be undisturbed, and follow the sequence. Ideal for long weekends and festival and temple events, gatherings on special occasions. The best gift to give your loved ones. Seeking.

1. **The supreme consciousness is known by the sacred syllable Aum.** Watch Eternal Life Process – Isa Upanishad Mantra 17, and get initiated into this secret truth from the Isa Upanishads. Chant the mantra thrice after the SPH Nithyānanda Paramashivam and complete the exercise. The recording is available for viewing and anytime for you to come back at <https://www.youtube.com/watch?v=kFZB-ZhGiIU>
2. Next be raised to the space of seeking with this next initiation – which is the essence of the Isavasya Upanishad, 18th verse, listen and repeat the slokas chanted after the SPH Nithyānanda Paramashivam. This initiation is called the Paata Bheda. <https://youtu.be/ypzaByFtN6g>
3. **Best medium for transmission is the unclutched space. Let this discourse** lead you into Silence – The Best Medium for Transmission of Powers, <https://youtu.be/zujy9gu0jYU>.
4. Now connecting with Paramaśiva, Chanting the Mahavakya, connect with the Dakshinamurthy Darśan included in your gifts and request for the awakening of Shakti in you.

1 Presidential Address on 26 February 2015, One is Dead, Oneness is Living, <https://www.youtube.com/watch?v=2eCOJNQZW-4>



Sarvajñatvā – All Knowing

Homework Worksheet

Duration: 4 Hours

Watch the following discourses on possibilities and powers – of Sarvajñatvā and answer the introspection questions that follow. These questions are not for grading, or ranking you. So just be completely honest, do a self introspection and you can always come back to raise to higher powerful cognitions and powers.

1. In ***Possibilities Of Consciousness Is Simple Reality Science Of Kayākalpa***, <https://youtu.be/JA0BbENoj9Q> the SPH Nityānanda Paramashivam explains the science of Sarvajñatvā. Brain that is able to think consecutively, cohesively, coherently. Look and one by one introspect yourself. The discourse is an initiation into this awakening so listening to it 4-5 times you will automatically start seeing a transformation in you!
2. Reclaim your conscious sovereignty – manifest Sarvajñatvā. <https://youtu.be/HZKAVZkGUpY> Become a genius. It's a simple powerful cognition initiation. **Geniusness is not related to what others feel about you. It is related to your strength of cognizing the truth of life**
3. With the initiation in Paramashivoham the DNA of Sarvajñatvā is awakened in you. Learning about Aptas – (other scientists of the Vedic times, and others who have manifested these powers) to learn what you can do! **Nityānanda on Intuition (Part 1 of 2): Ultimate Trust in Yourself**, https://youtu.be/-SzXo_cfbE4

Share your experiences and powers on the SPH Nityānanda Paramashivam Facebook events page.



Detoxification – Krambu (Cloves)

Tea – Preparation time: 5 minutes

Bring to a boil fresh ginger and a few cloves (Krambu) on medium heat. Keep aside for a minute. Filter and enjoy. May add jaggery if you want to sweeten! Without milk.

Cloves are great herb for healing tooth ache. Just keep a clove under the tooth that is bothering you, or as toothpaste for your daily use.

Cloves in a day simply will keep you peaceful, happy, simple and joyful!



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

