



|| Om Nityānanda Paramaśivoham ||



# 25 States of Consciousness

with the SPH Nithyananda  
Paramashivam



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## You have 2 levels of Existing

With thoughts - without thoughts.

With thoughts - all of you know - constantly picking fight with everyone, everything. Actually, 'with thoughts' is nothing but constantly picking fight with everything. When you stop picking fight with everything, there will be no thought. **Thought is thorn in your existence.** When there is uneasiness and you decide to pick fight with some part of you or the other, then comes thought.

'Without thought' - you know - deep sleep in the night time or sometimes in the day time. Whenever you are in deep sleep - no thought.

With thought, without thought - same way with your existence - remembrance of your existence, without the remembrance of your existence.

With the idea 'I' - 'I' exist - 'I' consciousness

Without the idea 'I' exist

**2 ways is with thought, without thought.**

**2 states is with the idea - 'I' exist and without the idea - 'I' exist.**

**Anything which you don't need to remember, which becomes conclusion as deeply as your name, only can be called as Knowledge.**

**With thoughts with the idea - 'I' exist - 'I' consciousness - that state is called Thinking, Jagrat.** All of you are able to understand the word 'wakeful state' - Jagrat.

**With thoughts without the idea that 'I' exist - that's called Swapna.** You need to know **the identity 'I' you feel in the dream, does not have independent understanding, it is just overlapping, crisscrossing of few thought currents.**

**Seen but does not exist. That's a direct translation of the word 'Swapna' - seen but does not exist.** Where the idea of 'I' does not exist, but the thoughts exist; means, the frequency of the thoughts is much higher, the idea of 'I', it has no existence. That frequency is almost like a zero.

**Where neither the idea 'I' exists nor the idea 'thoughts' exists. That is what is called 'deep sleep' - Sushupti.** These 3 all of us experience in our day to day life.

Turiya means Fourth in Sanskrit. In Sanskrit, the word 'turiya' means fourth, that's all; because there



is no word for it. Where the idea that 'I' exist is there, "I, I am there", but there is no thoughts. That is called the 4<sup>th</sup> state - Turiya. **With the idea 'I' exist, but without thoughts is Turiya.**

**With 'I' + with thoughts is waking state.**

**Without 'I' but thoughts is dream state.**

**Neither 'I' nor thoughts is deep sleep state.**

**Only 'I' no thoughts is Turiya.**

Jagrat means waking state.

Swapna means dream state.

Sushupti means deep sleep state.

Turiya means 4<sup>th</sup> state, awakened state.

There is a 5<sup>th</sup> word, **Mahadeva introduces in Agama called Turiyatita - means not only you are awake, you are alive, you can move anything you want.**

See, if you have manifested the powers of moving a matter, you have seen the glimpse of Turiyatita. **Turiyatita is the state where awakening becomes power manifestation; means you are able to play with your awakening.** These are the 5 states.

The SPH Nityānanda Paramashivam,

23 December 2017, Experiencing And Explaining The

25 States Of Consciousness,

[https://youtu.be/dfD4YR\\_TCKw](https://youtu.be/dfD4YR_TCKw)

All the time one part of you is planning, strategizing, about your future and possibilities. The other part of you is just interested in denying you, which is strategizing. The part which goes on strategizing about you and your future is called mind, head, intellect, logic. The part which goes on denying you, does not want the direction, not because it is right or wrong; just it does not want! It's like a tantrum throwing child - what do you call as heart, emotion.

What you desire is your logic, what you believe is your tantrum throwing child. You will never get what you desire, please understand, you will get only what you believe. You desire always to have wealth, but you believe you are never going to get it. You desire to have health, but you strongly believe that is not part of your life. So, you will not manifest what you desire, you will only manifest what you believe. People always confuse between desire and belief. Your desire is your logic, your strategy, your future plan, your tantrum throwing child is what you believe as you.

Ramakrishna gives a very beautiful example; all his examples are completely from Bengali villages, because he lived his whole life in Dakshineswar, which was a village in those days and he was born in Kamarpukur which is remote village. He gives a very beautiful example. These boys will catch the



mongoose. The boys, when they play in the paddy fields they catch the mongoose. If they catch more than five-six, they can't keep them under control, so they'll tie a rope in their tail and put a brick in the other end and leave them to go for further hunting. These fellows, they will enter into their home which is like a dug below the ground. Even if they enter and hide in their nest, in their holes, the boys will come and just pick up the brick and pull the rope, they'll come out, they will carry them. Just like the mongoose whose tail the rope is tied with a brick, can never hide, can never rest in his hole, if your belief is holding you back, just your desire cannot take you anywhere, because the belief is the rope and brick. It'll just pull you out. Here your belief is in deep sleep, only your desire experiences higher awareness, then it doesn't stay permanently. If your desire, even if your desire is in deep sleep, if your belief enters into the higher consciousness you don't lose it.

The SPH Nithyānanda Paramashivam,  
3 December 2016, 25 STATES OF CONSCIOUSNESS  
EXPERIENTIALLY EXPLAINED (SADASHIVOHAM DAY  
3), <https://youtu.be/cqfIVmoqnRk>

## Your ability to have power over your internal and external things makes certain state is good or bad.

All these 25 states of consciousness is 25 dimensions of you - your 25 faces your 25 dimensions. In the waking state, how you are able to control larger part of you can control your hands, you can control your legs; many things you can control in your waking state. When you want, you can get up and go and pick up a cup of tea. When you want you can go and use the restroom.

Understand. Your ability to have power over your internal and external things makes certain state is good or bad. That's all.

The SPH Nithyānanda Paramashivam,  
25 States Of Consciousness Are All Equal Parts Of You -  
Your Ability To Express Powerfulness Makes Them  
Good Or Bad - MahaSadāshivoham,  
<https://youtu.be/Dsk1ACNrKiM>



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Enlightenment means getting pushed to the next higher state of consciousness. From Deep Sleep, if you are pushed to the Dream State that's one level Enlightenment. From Dream State, if you are pushed to the Waking State, that is one level of Enlightenment. From Waking State, if you are pushed to the Turiya, that is next level of Enlightenment. From Turiya, if you are pushed to Turiya Tita that's a next level of Enlightenment.

The SPH Nityānanda Paramashivam,  
17 July 2021, Drop the Quantity-Quality centric life and become consciously sovereign.

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