



Super Conscious Mutation

With

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The SPH Nithyānanda Paramashivam

Homework & Exercise Worksheets



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1. [Knowledge] Knowledge of the parallel universe empowers you – enlightens you and can immediately liberate you. Watch the discourse on *Fearless living*, revealed in 3rd December 2008 by the SPH Nithyānanda Paramashivam. <https://youtu.be/EgFh3YmWyM0>. Now complete the following tabular column:

Loka
Vaikunta
Indra Loka
KAILĀSA

Science To Traverse

Tyāga

2. [Contemplate] In *Sadashivoham_Right Approach & Methodology to Manifest Powers*, <https://youtu.be/VUX8lzOr7B4>, there is a beautiful historical note about Prahalada, and his



devotion. Parandhāma, Paramaśiva commits that He cannot afford to let the devotee down. Look in. What emotions, thought currents patterns, impossibilities arise in you cognizing this commitment?

3. [Technique] Seeking is nothing but your ability to throw tantrum and get the attention of the Cosmic Mother, next watch <https://youtu.be/x4wWaQtF49o> and create a space in you with the depth of seeking to humbly request Parandhāma to come and grace you with His Darshan, just how He did for Bhakt Prahlada
4. [Technique] God exists. And, He accepts your love, your devotion. Sadaśiva may not need your puja, but He is waiting to respond to your puja! “The Fruit Of Puja Is Devotion, The Fruit Of Devotion Is Puja” <https://www.youtube.com/watch?v=PQ8D43MIWEI>



5. [Technique] What is the message the SPH Nithyānanda Paramashivam would want to convey standing on the roof top to the world Like Ramanuja as the mantra for the ultimate Vaikunta? Find out in COMPLETION – SMARTEST WAY TO RAPID ENLIGHTENMENT, <https://youtu.be/qx5fsGv1TQU>
6. 12 July 2017, Solve any problem of your life with Integrity, <https://youtu.be/bPehcRfmWTU>
Exercise – What is being contributing? How can you become wealthy? Is the science of Artha.
7. What is abundance? Pen down 5 ideas about abundance you carry. *How do these ideas compare with your previous answer about Artha? Are these ideas contributing to humanity? Just upgrade with newer understandings – please take 5 minutes*
- 8.



[Audio] Listen to the audio discourse on *Drop Intellect and Materialism, included in your gifts* - and answer the following:

9. What are we usually caught into? Body centered or head centered?
10. [True/False] Our whole life is fight between intellect and body.
11. What is the technique Paramaśiva is giving us to go beyond intellect and the body?
12. [True/False] Vishnu is constant maintenance.
13. Samhara means _____ constant destruction or creating space for new things?



14. Why does Paramaśiva wear a bell in the calf muscle?
15. What can lead to ultimate bliss? Money or intellect?
16. **[Application] Abundance from the Source:** What is wealth? Knowing the knack of how you have to be useful to society and enrich it, so that they enrich you, that's all. That's all is money. Watch this discourse <https://www.youtube.com/watch?v=hJlCqMF-TWA> and realign your strategy to make wealth in life. *Look in and ask yourself how can you enrich the society?*
17. In your day how many actions are you spending for creation of wealth, and how many hours are you spending for sustenance? Watch the discourse to see how to bring balance in your life. The Secret of Wealth Creation – The Vedic Way, Video Link: <https://youtu.be/riTJd1GOfVA>



18. What you feel about life, what you feel about you, all these ideas only decide whether wealth is going to be around you or not. Complete with all low images you carry about yourself. Get initiated into overflowing excitement, intensity and abundance, <https://youtu.be/JaCwY0IBW18>



Use this exercise worksheet anytime you want to create a space of abundance within you

1. You felt very low and unhappy. Describe the incident and write down the experience you had about yourself. Contemplate and write down the lowest ideas you carry about you, For example *I am not capable, I am not good enough, I am a failure - whatever you are carrying*
2. Second, recollect the first incident in your life, when you had the first idea about money. What were your first thoughts and engrams about money?
3. Third, scan your whole life and identify, if you had incidents in your life where you are left incomplete in aspect of money; means, feeling unfulfilled because of money. Write down the wounds that got created in you and in your relationships, because of money.



4. Pen down all your perceptions and beliefs and cognitions about money. E.g. Money is difficult to earn, you will have respect only if you have money, money can make / break relationships etc
5. For each of the perceptions / beliefs you had written, pen down the exact incident when you developed that belief or perception in you.
6. The moment you remember money, does it bring tremendous pain, suffering, impossibility in you? What is the emotion or energy it invokes in you? Identify the emotion and the first incident when that emotion got triggered in you. Pen down that incident in detail.
7. Now you wrote many of the patterns, incompletions, thought currents you are having about money. Ideas, cognitions you developed about money from the young age.



8. Do only one thing. Just go back to that same age when the incidents happened in you, the cognitions started building in you, the beliefs started building in you, the ideas started building in you, the perception started building in you, relive the same situation.



16. [Listen] Watch the discourse **Stop Comparing Start Living**, from 8th October 2012, https://www.youtube.com/watch?v=P_xf_5lK-q8, and work on the Visuddhi Chakra – throat center.
17. [Completion] Drop your fantasies about failure! Browse to page 707 of the text Science of Living Enlightenment, included in your gifts package. Read the chapter and do the exercise on page 710. **Now sit and undo, layer by layer, the negative commitments that you gave to you, and complete them. You have to remember and complete and drop. Only then can you really conquer it.**
18. [Assigned reading] Page 779 – Two Steps to Awaken Kundalini- Read the chapter and understand how kundalini is the huge possibility residing in you.



19. [Contemplation] Watch this discourse, Discover What You Are Fermenting Inside You Is Your Conscious Choice |16 March 2021 |, <https://youtu.be/D2M90Goio9M>. The powerful cognition: ***no emotion gets fermented inside you, no fermentation of emotions happen inside you without your conscious support.*** Apply this cognition in 5 situations of your life that has left you incomplete in the last 24 hours.
20. [Guided completion] Understanding Jealousy, <https://youtu.be/xV8uGQ25JrQ> – The workshop from 28th October 2015, attended by E-citizens worldwide, opened a rare opportunity for participants to be guided into completion by the SPH Nithyānanda Paramashivam Himself. Scroll to 10th minute and let this discourse be your guide to powerfulness.
21. What this discourse: <https://www.youtube.com/watch?v=pA7DgWy3ELc&>



and answer the following:

- What is Shaktipada?
- How does the future change based on the past?
- Gravitation means?
- To what and how does the future gravitate?
- What is the logic of life?

22. Exercise What is awakening wealth consciousness? Awakening Wealth Consciousness - Aushadha, Sacred Energy Herbs Process - <https://youtu.be/j4oieGm7V10>



23. Investing For Life – Expansion in life is freedom Intranalyze: (1) what is freedom? (2) what do you understand by expansion? Watch this discourse and answer these questions again <https://youtu.be/EGciiBE7Tug>

24. Watch the discourse: <https://youtu.be/j4oieGm7V10> and answer

- what is wealth consciousness?
- How is integrity best strategy for wealth?
- Owning but not possessing – what do you understand about this powerful cognition
- Go on sharing! What is it that you feel most abundant about?
- What do you understand by a thought current?



Excerpts From Wealth Management through eN-Kriya: Nityānanda | 6th March 2011
(https://www.youtube.com/watch?v=qqk_XUbgAmk)

En-Kriya is a direct technique awakens your kundalini which leads to accumulation, maintenance of wealth. I will give the instruction to do...how to do the En-Kriya and initiate you then guide you step by step into the process.

Follow the steps included in your gifts – daily for 21 days.



Included with your gifts today is a copy of Why Guru? Please read the specified sections and answer the following questions to experience Guru's Grace is the Ultimate Wealth. Guru CAN change everything.

1. Pages 8 – 35; What two ways you want to incorporate in your life starting today to practice the presence of Guru in your life?
2. Pages 35- 48; Guru is your reflection. Spend a few moments to look in and cognize how are you feeling about you inside you? Pen down these emotions. **Next**, catch a glimpse a darshan of the Guru The SPH Nithyānanda Paramashivam. This time be aware your words, your inner chatter and your emotions as you look into His eyes. *Do you see and notice the play of the mind? Just the very words you use for yourself are being mirrored.*



The Guru is established in the eternal completion – beyond words and emotions – so understand Guru is YOUR reflection. Always work to keep your inner space pure and complete.

3. Page 48 – 58; Knowing that we are looking at GURU through our own mirrors and filters, yet He continues His job of pushing us to reality. He is more committed to you and more integrated and responsible for His Happening. Just look back at 24 hours of your life, and be blown away with the creative ways He works on you! *It could be very simply you were looking for an answer, seeking, turned on youtube and the title of the first discourse is the answer. He comes in many ways. Just look around you, and He is probably just around the corner waiting to work on you.*



4. Page 59 – 75; The ultimate truth that Paramaśiva Himself reveals in Sri Guru Gita is Guru is the embodiment of God. That's it. God comes down as Guru to make us God. That's all. Pen down 10 mystical and spiritual and miraculous experiences that made *you wonder How Could YOU DO THAT? Start with power manifestation, even seeing ONCE through the blind fold, reading your spouse's mind, HEALING! There are so so many ways He is showing us we are HIM!*
5. The very best Pages 78 – 115 are intimate Q&A with the SPH Nithyānanda Paramashivam. Read and learn more about Avatār; how each time an Avatār has happened humanity does not recognize them, moreover persecutes them. Whether it was Swami Vivekananda or Sathya Sai Baba. We recognize them once they leave – and then we miss them. Don't miss them this time – they happen for us only. KAILĀSA is the



SPH Nityānanda Paramashivam's ultimate compassion towards humanity so in our unconsciousness we do not miss Avatār this time.

Luxury of Simplicity means, to keep yourself inspired and excited and enthusiastic, alive. *'I do not need anything from outside,' is "Luxury of Simplicity"*

1. The inner-space that decides everything about life. Whether somebody is simple or not is not decided by the dress he is wearing, or the jewels he is having, or the car he is driving, or the house he is living. The Luxury of Simplicity, <https://youtu.be/JypY-MhyPqg>, **Just start penning down how you feel about you inside you.**



2. Freedom is Knowing, You Can Manifest the Life You want just like that! Yes you can! Learn how - Deep Insights Into Delusion And How To Raise Yourself Out Of It! <https://youtu.be/3anPV6bIKwg>
3. It takes just a declaration to break the time layer! So what is it that makes you bored? Feeling Tired Or Bored? Here Is How To Get Rid Of Tiredness and Boredom. https://youtu.be/8Ajj_uhim3s
4. Look into your life and find 5 aspects where you are not wanting to solve your problems. **Poverty is nothing but deciding to live without finding solution for your problem.** What is Poverty? <https://youtu.be/9BVCqKQotek> 6minutes
5. You Have Endless Resource of Energy! <https://youtu.be/hy4I1ISrSNs> 1hour 35 minutes. Includes initiation. Pen down 5 ideas were you carry the idea that resources are limited. *For example, I can be active for 8-10 hours a day, natural resources are depleting. What else?*



6. Inclusivity Is The Fragrance Of Oneness, <https://youtu.be/MmwUSaTBG3g> **Only by allowing the currency to be current, you can be rich. What do you want and start manifesting? Start manifesting. That's it!**
7. Humanity has waited too long for Superconscious Breakthrough, <https://youtu.be/eMQbnyGQwC0> **owning is different, possessing is different.** Pen down 15 aspects where the fight and conflict in your life is due to possessing. When you decide to possess, exclusion starts, fight starts.



Detoxification - Haritaki

Facts About Haritaki:

- Each worry becomes a small bubble of ulcer in your intestine allowing psychological pattern like a sediment to settle in your system. If you have Haritaki everyday it will not settle down even in the physical level.
- Haritaki powder, increases the oxygen level, in your body, three hundred percent and cleanses the whole system!



- Only with Haritaki powder, you can understand the subtle truths.

How to make Haritaki part of your diet?

One full teaspoon with one glass little warm water. If you can't swallow, you may take the Haritaki tablets (5)

Powder is best- heals the gums, especially if you have bleeding, anything in the gums/ mouth smell.

Increases the oxygen level, 300% and cleanses the whole system.

The SPH Nityānanda Paramashivam
Presidential Address on 14 Dec 2016



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



Paramaśivoham.org



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