



*Super Conscious Mutation With*  
*Gangadhara Murthy, Gangavisarjana Murthy*  
The SPH Nithyānanda Paramashivam  
Homework & Exercise Worksheets



*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.*



Watch the discourse You Have Endless Resource of Energy! <https://youtu.be/hy4I1ISrSNs> and answer the following:

1. What other names is Existence referred as in the discourse?
2. Aham Brahmas mi means?
3. What is the multi-dimensional logic of this cosmos?
4. Ontology of Paramashiva Jnana is a field to experience \_\_\_\_\_
5. Why does the discourse say resources are endless?

Watch the discourse “The Story of How River Ganga came to Earth” <https://youtu.be/8o7qGrBmKn4> and answer the following:



1. Who is Bhagiratha? How is he related to Sri Rama Chandra Pabhu?
2. What are the 5 qualities of Ganga that support your journey in enlightenment?
3. How does happening of River Ganga impact us today?
4. What is the origin of River Ganga?
5. Which 7 cities does she visit on planet Earth?

Watch the discourse Aadheenam Chalo Series - Integrated Puja Leads To Freedom  
<https://www.youtube.com/watch?v=IPdXGyOQHAE> and answer

1. What is referred to as a fort in the brain?
2. Which two opinions have bothered you till date and occupy large spaces in your thinking?
3. List 5 actions/activities suggested to bring yourself back to reality



4. What is referred to as the Sahasrara Mandala?
5. How can you awaken the Sahasrara chakra in you? Give 2 ways.

Watch the discourse How To Create What You Want - on Willpower, Will Persistence, and Will Arrogance, <https://youtu.be/ZNRI5tpxqG4>

1. What is will persistence?
2. How is will persistence different than will arrogance?
3. Do you manifest what you believe?
4. Do you manifest what you desire?
5. Do you manifest anything you want will will persistence?

Watch IS LIFE PRE DETERMINED OR FREE WILL? | 30 MARCH 2021|  
<https://youtu.be/9AZ4TYPVfZc>



1. You can influence the present moment – Have power over *NOW*, Pen down what you feel about yourself
2. Next, please pen down what you feel about the world NOW
3. Make the two powerful – with the cognition that the world is auspicious. You are the power!
4. Please spend 10 minutes to experience power of super determinism – by speaking to your Atma Murthy

Watch this discourse Retain your self driving inspiration, <https://youtu.be/dOUtTYIS4ml>

1. What is the spontaneous cognition of you that forms the core of your heart?
2. Do 10 actions from the context “I am this body” Pen down your efficiency and experience



3. Next repeat the same 10 actions from the context “I am Paramashiva” pen down your efficiency and experience
  4. Align to four images – look in to you are life and find out which of the four images are not allowing you to live and radiate your highest potential as spontaneous reality
  5. To whatever you want, you infuse life in that – what do you want- pen down 10 points
- Write 108 times: तपसो हि परं नास्ति तपसा विन्दते महत् ॥ तपसा क्षीयते पापं मोदते सह दैवतैः ।  
तपसा प्राप्यते स्वर्गस्तपसा प्राप्यते यशः ॥ तपसा सर्वमाप्नोति तपसा विन्दते परम् । tapaso hi param nāsti  
tapasā vindate mahat ॥ tapasā kṣīyate pāpaṃ modate saha daivataiḥ ।  
tapasā prāpyate svargastapasā prāpyate yaśaḥ ॥ tapasā sarvvamāpnoti tapasā vindate  
param । In Vanhi Purana - nityaniya, jnanavidhi, adhyaya:



Watch the discourse DROP THE QUANTITY-QUALITY CENTRIC LIFE AND BECOME CONSCIOUSLY SOVEREIGN! <https://youtu.be/HZKAVZkGUpY>

1. Which ideas you carry in you are ephemeral?
2. Which ideas you carry in you will not be eternal?
3. Which ideas you want to add in your life today new to you?
4. Do you see this whole thing is superficial drama? What you enjoyed at 10, is not your favourite at 15 and so on.
5. What is the ultimate understanding you need to have about you?





Watch the discourse Information is Enlightenment! || Nityānanda Satsang Live Stream || 01 Feb 2020, <https://youtu.be/YsbWrLZQ6FQ> and answer the following:

1. Knowledge becomes reality – what do you understand by this statement? *For example* if you are hard wired for powers and possibilities, how has it turned out to be your reality? Look in the areas of your life knowledge both empowered you and led you to your lower possibilities
2. Pen down 5 Mahavakyas you have been initiated into in this program by the SPH Nityānanda Paramashivam
3. Which quality/qualities separates consciousness from matter?



Paramaśivoham.org





# Detoxification - Nirāhara - Once Every Three Months

*The SPH Nithyānanda Paramashivam shares: “If the load of getting irritated, getting violent is taken away from your system, you will start having feeling connection with powerful cognitions and higher existence intensely. I have seen My Guru, Isakki Swami personally advising and people getting benefit of this Nirahara Samyama”* Don't give solid food, only lubricate your system through liquid diet.

Give a very healthy liquid diet; healthy juices, herbs. Give nutrients, minerals; everything needed for the body in liquid form. Practice completion, if you can practice unclutching, you will master all kinds of impacts, influence of chemicals on your biology. .



Paramaśiva 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



Nityānanda University Press. Copyright © 2023

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.