



*Super Conscious Mutation With*  
*Veerabhadra Murthy, Dakshayagjnahara Murthy, Agorastra Murthy,*  
*Jalandharavadha Murthy, Kama Dahana Murthy, Kankala Murthy*  
The SPH Nithyānanda Paramashivam  
Homework & Exercise Worksheets



*Published by Nityānanda University Press*

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The past interfering into the present and trying to manipulate the future. That is “incompletion”

1. **Whenever you are powerless, angry, violent, incomplete, look in.** You will be remembering your own form from the past. The “deha” –“form” – you carry during incompleteness, just by remembrance awakens the same incompleteness. Just by remembrance something can bring incompleteness or Completion. The SPH Nithyānanda Paramashivam, 20 August 2014, Say Yes to the Master, <https://www.youtube.com/watch?v=TxuzTEaN5nk>
2. By completing with all your past, you can reach that space, sometimes it may take even few Janmas to reach. Yes/No The SPH Nithyānanda Paramashivam, 12 February 2022, Paramashivoham Initiation, Program, Day 11, [https://youtu.be/c8\\_a4tEfZa4](https://youtu.be/c8_a4tEfZa4)
3. Just know that No pain is justified. Looking at your past, with the multidimensional logic and understanding and waking up to the truth - your pains, your sufferings are not justified even



logically, even factually, even as per the reality of happening - is Completion. 1 March 2020, Drop Your Victim-hood, I will Give You, Paramaśivatva! <https://www.youtube.com/watch?v=OUXMMSCjbwk>

4. How to know you are in Samādhi while doing actions?
- Do you feel oneness sitting with your auditor?
  - Do you feel powerless with your spouse?
  - How are you feeling with your teamily?

The SPH Nithyānanda Paramashivam, 27 Jul 2014, Live Advaita in Your Doing, <https://youtu.be/7QIz30HQxc0>



**Please watch the conquering life workshop recording to get initiated into the sacred truths, and then enter into the worksheet to conquer life. Recordings available at:**

<https://youtu.be/RtMBCgKY7Nc>

<https://youtu.be/y7HqbZQJDhQ>

<https://youtu.be/442L7GzmPS8>

### **Conquer Life With 3 Step Algorithm**

1. Pen down how life is occurring to you?
2. Analyze each and every situation from the angle of manifesting it as you want instead of the blame game of why is it the way it is?
3. Relive the suffocation, powerlessness you carry and declare with all your “Will” you are going *to create the reality you want. Recommended: Continue Step 3 for 21 Days.*



The ultimate answer to all our problems is here – no more stress for time. Time is also a matter. Subtle but matter. If you can handle your hand you can handle your brain. If you can handle your brain you can handle your mind. If you can handle your mind you can handle time. So consciousness can handle matter.

*Included with your gifts is the copy of 15 powerful cognitions on time. Go over each one and cognize this one question.*

***How can I apply this cognition?***

*For example – You read Time is matter. What other examples of matter do I know? Clothes, shoes, carpet, pen, laptop. What can I do with these? I can move them the way I want. Change their shape. Fold them. Which means? I can also move time. Fold it. Change it. What prevents me from making this a reality? 21 Times Do This Exercise To Become Ishwaratva Of Time!*



1. How Can Practising Non-Violence (Ahimsa) Be An Active Lifestyle?

<https://youtu.be/gR6AzQgzJCo> Complete the following table:

<b>Situation</b>	<b>Non-violence Lifestyle Response</b>
<i>Wake up, It's time for work!</i> <i>I am yet to complete what you assigned to me!</i> <i>Do you know where I've kept my things</i>	

2. How Ahimsa (Non-Violence) Can Be The Strategy To Stop The Hindu Holocaust!  
<https://youtu.be/3PY12ttS9SQ>, **Pen down 5 ways that the SPH Nithyananda Paramashivam mentions in His discourse that can be immediate strategies for stopping the holocaust.**



3. **Exercise** – What are the 5 aspects of your life where you use thoughts; Now pen down what you would do to function from upgraded software - ***You Don't Need Thoughts For your Life!*** Get initiated and get started to operate as Paramashiva - <https://youtu.be/FoeCKLFj6Gs>
4. Exercise – The moment you wake up – how do you feel about you is your real freedom – *Taste Swatantra* [https://www.youtube.com/watch?v=z24TCkE2m-k&feature=emb\\_title](https://www.youtube.com/watch?v=z24TCkE2m-k&feature=emb_title)
5. **Declaration** - Just have this one word in your throat all the time: “SO WHAT?!!” Keep this as a mantra: “SO WHAT?!!” Know clearly, nothing removed from you can make you powerless. And, life removes it only to make you understand you can live without it! Reinvent yourself! Wake up!
6. **List out ten items which you really, really thought, if it is removed you will be lost, your life will collapse;** but when it was removed, not only you are living your life now, you even forgot you had that once in your life as part of you. 1 Feb 2015, Don't be Afraid of Change, <https://youtu.be/Mc88JLSByp8>





7. How can you manifest whatever you want? 5 ways are explained in <https://youtu.be/VenQIFSxmcg>; explain what you manifested with these 5 ways

Space Enters Time

Time Enters Depth

Length Enters Breadth



8. **Exercise:** What is meant by time-space continuum? How to know the time-space continuum has opened up in you? *For answers - 27 August 2020, Feeling Tired Or Bored? Here Is How To Get Rid Of Tiredness and Boredom..* [https://youtu.be/8AJj\\_uhim3s](https://youtu.be/8AJj_uhim3s)
9. What is time – **Pen down 5 ideas you have about time** – 05 March 2016 <https://youtu.be/NbBcM5ZG7ac> Conquering Time - An Introduction

### **My Ideas**

*Time is not in my hands*

*Time is running!*

*I don't have enough time to do what I want!*

### **Truths I Learnt Today**

Time is matter

Time does not matter



10. Are you decision fatigued? **How can you tell? Manifesting Powers Is Sadashivatva,**  
<https://youtu.be/gkoma3X0xR>
11. Complete the following blanks Decision Fatigue, is one and the same as \_\_\_\_\_,  
\_\_\_\_\_, \_\_\_\_\_ (answer in the click book ! And the discourse *Exploring The Dimensions Of The Gods – Logic Of Suras & Asuras – Sadāshivoham,*  
<https://youtu.be/EROptHPBEW0>)
12. Decision fatigue tires your liver – The science of why and how stress is a killer of health and happiness – *here's our humble message to on decision fatigue* <https://youtu.be/j5v6bpjG5hw>
13. 4. Now know that time is also matter – it can be simply be given or taken and changed, 7 October 2017, Aushada for Immortality & Anti Aging – Downloaded for Humanity,  
[https://www.youtube.com/watch?v=ZB6ed8\\_Z6II&feature=youtu.be](https://www.youtube.com/watch?v=ZB6ed8_Z6II&feature=youtu.be)
14. Exercise – Catch Time GAME!!! 21 Dec 2010, Catch The Time,  
<https://youtu.be/4MyraBWly3g> *Extremely simple* - I have to catch the time now. That's it.



15. Exercise – Catch Time – Whatever is internal should become external to you - 7 May 2011, Conquer Space and Time Patanjali Yoga Sutra 161, <https://youtu.be/zks1Xo4bkKA>
16. **Ultimate Exercise! Even intellectually understand the concept of Kalpa, the fourth unit of time, is liberated from so much of fears.** 5 Technique to Peace, <https://youtu.be/boQyghtEng>
- Pen down 3 units of time
  - Pen down now your plan for this year
  - Next, plan for this lifetime – within the span of this life what would you like to accomplish
  - Now plan and empower your other 14 identities in the other lokas – what would you want them to become? How do you want to empower each? What would you like each of those 14 to be working towards? Which inner space? *Don't be overwhelmed, just see what you want – its a great opportunity and empowerment handed over to you – what do you want?*
  - Next, pen down what you want to accomplish within the next two births



- *Can you see past? Expand your thinking and your visualization past the concept of year you will catch time*
- *Now trace your life backwards – to do and accomplish*



# 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'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



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