



*Super Conscious Mutation With Bhikshadana Murthy, Bhujanga
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The SPH Nithyānanda Paramashivam
Homework & Exercise Worksheets



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1. [True/False] Already your identity in Tapo Loka exists.
2. [True/False] Tapo Loka is glimpse of Oneness
3. [True/False] Non-violence is conscious currency
4. Multidimensional space zones, by understanding its existence, by the ability to grasp, visualize, imagine, when you understand its existence. That existence just gets replicated, reproduced, mirrored in your system that makes you manifest the extraordinary powers. Pen down 5 experiences and understandings about the higher existence you are manifesting in your daily life after the program. *For example, you know when your self-doubt arises in you and how to stop it, you can see the reason for a certain conclusion you had in life, your understanding of how you created a certain situation is not unknown or pre-destined anymore. What else?*



5. Information is Enlightenment – Do you agree? How?
6. Watch the discourse All About Vertical Time-zones - Your Path To Kailasa || 29 Jan 2021, <https://youtu.be/lellrBFsYmg> and answer the following:
 - Do we have presence in 14 lokas?
 - What do the 14 extensions of you look like?
 - How can you empower the Tapo loka identity in you?
 - Do we have the freedom to empower any of the 14 identities?
 - Tyaga leads you to which loka?



Included with your gifts today is a copy of the latest edition by the SPH Nithyānanda Paramashivam on Karma. Understand this math of the macrocosm:

1. What is Karma and Why Should you Know About it?.
2. Physics, Chemistry and Biology of Karma
3. Karma Theory Decoded
4. Epigenetics of the Biology of Karma
5. Guru: Quantum Leap Beyond Physics, Chemistry and Biology of Karma



At any time you want to request healing from Karma, just connect with the energized and blessed Paramashiva forms provided in gifts.

Watch the webinar **Secrets of Karma**, https://youtu.be/bQVdF_AY2QI and answer the following:

- What is the right definition?
- What is Karma?
- What is Karma in field of field? Is there any stuck thought current you have?
- What is the Karma in the field of wealth? Is there any stuck thought current you have?
- What is logic not opening up mean to you?



Included in gifts is reason out, season out, hang out, chill out, with the highest truth of Paramaśivatva – a compilation of the highest Vedantic truths from the discourses of the SPH Nityānanda Paramashivam. Go through these truths and answer:

1. What is Rajju Sarpa Nyaya? How does it relate to phobias and fears described by psychiatry?
2. What is the way to heal yourself from any suffering or physical pain you are experiencing?



3. What and How can you test whether you are living Nyaya-logic or binary logic in your life?
4. What is the way to cause miracles?
5. The SPH Nithyānanda Paramashivam explains how He is integrated to His Guruvāk. What is the Nyaya is secret for His success?
6. What is the reason for impossibilities?
7. [True/False] Digestion has the power to liberate from Karmas and manifest powers.
8. Four principles that relate to Digestion, Kayākalpa, Immortality and Karma are: ----
First is Digestion of Karma leads to Kayākalpa and Immortality.



1. Which detox did the SPH Nithyānanda Paramashivam Gurus insist He take everyday? Neem, Castor oil, Banana or Haritaki?
2. Work on your body intensely, - is the recommendation the SPH Nithyānanda Paramashivam shares from His own personal life experience and from the Vedantic truths. *Pick up any 1 dynamic meditation from the compilation included in your gifts and work on your body for 21 minutes.*



1. **Enriching is Rejuvenation** – What is your experience of enriching? *It could be as simple as sharing a meal with someone, or even reminding yourself you are not the body.* The science of enriching shared in Inner Awakening Season From 2013. Access the recorded footage here:
URL <https://youtu.be/RPJsgIg2NdE>
2. **Life is for enriching** – Let this discourse guide you <https://youtu.be/3oRwUqWkbug> to align your whole life towards enriching. The SPH Nithyānanda Paramashivam shares what kind of business, work, profession to take up, what kind of lifestyle to adapt, what kind of food to consume for the best super conscious breakthrough



3. **Life is a power** – <https://youtu.be/L9cIrEhfEdk> If you want to harness the power of word, harness integrity. *Included in your gifts is the glimpses for power of right words. Connect with Paramashiva, Chant the Mahavakya and open the compilation to give you the answer you seek.*
4. **Enrich your Inner Space** - <https://youtu.be/723HSdRVEQs> Watch this discourse and identify 5 blind spots in your life which you had left unattended. It could be working with a colleague, a hangover of a conversation in your inner space, or even a simple look you received from a friend. Complete and enrich yourself. *You can pick up the glimpses included in your gifts to immediately come to powerful space and unclutch.*



1. *Listen to the audio discourses by the SPH Nithyānanda Paramashivam provided in your gifts and identify a) what Samskara has been leading you into incompleteness b) Why was Bhagavān Ganesha able to pen down the Mahabharata?*
2. *What is Karma? In class and in the homework sheet provided so far you have learned about it, read about it and connected with various definitions. Which one helps you – gives you the immediate answer?*

Now we come to the final understanding one needs to prevent future accumulation of Karma – *Why Karma?* This understanding will raise you to the next level – and give you a complete transformation. *Included with your gifts is the copy of Why Karma publication by the SPH Nithyānanda Paramashivam -*

3. *Draw the Janma Karma Chakra – vicious birth-death cycle*



4. Draw the cycle of liberation – virtuous cycle
5. What are the five ways you are going to remind yourself to not operate from stuck thought currents or stuck thought patterns?
6. Watch the discourse: Manipulating Dharma is Karma, <https://youtu.be/W7A6WMIDBu4>
 - What makes us believe we can manage natural law of life?
 - Can we manipulate natural law of life? Give reason for your answer
 - Why does one manipulate life in the first place?
 - Karma is a blind spot. Identify 10 blind spots in your life where you are stuck.
 - Who knows Dharma does not compromise.



Watch the discourse Enriching & Causing - The Keys to Success in Life, <https://youtu.be/dg0g00Zl-ZQ>

- What is the ultimate wealth?
- What is organic wealth?
- How can you get involved in people's life? What are the 5 different ways
- What is the purpose of human life?
- What and how does macrocosm become microcosm?

Watch the discourse Bid Farewell to your worries, https://youtu.be/n03Y_UcNwpA and answer the following:

- What is negativity in words?



- How do we impact ourselves through negative words?
- What are the two ways of speaking?
- What good does speaking to others add to your life?
- How does go past worries through positive words? *Is this like positive reinforcement and self-development?* Give reason and list down 10 differences of the same.

Watch the discourse Science of Causing your Reality, <https://youtu.be/nkQ2XToszd0> and answer

- Human life is worth living only when we make it as we want. The SPH Nithyananda Paramashivam is initiating us into the science – pen down the two steps that the SPH shares in this discourse.



- Trying to change what you want or constantly trying to achieve what you want will not bring fulfillment. Why? If you understand this you will know what to change and what to leave unchanged and where to bring intelligence.
- What transformation does one need to go through to create space of reality?

Watch the discourse You can never be violated, [https://youtu.be/ Qmeh7L2pro](https://youtu.be/Qmeh7L2pro) and answer the following:

- You can never be violated – please sit and write this 11 times in your notebook.
- What is being violated mean to you? Are there events or instances in your life where you feel you are violated?
- What is eternal life?



- Drop all the ideas, complete with all the ideas, incompletions, which tell you that you can be violated. You can't be violated.
- Get initiated into this truth नैनं छिन्दन्ति शस्त्राणि, नैनं दहति पावकः (nainam chindanti śastrāṇi nainam dahati pāvakaḥ |), न चैनं क्लेदयन्त्यापो, न शोषयति मारुतः ॥ २.२३ (na cainam kledayanty āpo na śoṣayati mārutaḥ ||), “Weapons cut it not, Fire burns it not, Water wets it not, Wind dries it not. Write 11 times

Watch Again And Again You Fall In Love With Paramashiva, That Is Power Manifestation,
<https://youtu.be/d4Ci2-YXl3I>

- What approach one should have towards manifesting powers?
- What should one do when experience of power manifest is yet to happen?



- Define tapas?
- How is Tapas and Power Manifestation related?
- Read the autobiography of the avatar.org to get initiated into the Tapas of the SPH Nityananda Paramashivam. The SPH shares: “My tapas is not inspiration for you to do tapas. It is initiation! Understand. I have not done tapas for Myself. I have done it for you.”



Detoxification - Detox Plan For The Day

Before brushing your teeth Jala Aushada: Drink 1.5 liter energized water while chanting Mahavakya.

It may take a few minutes, please sip slowly. **Before Nithyānanda Yoga:** Neem Juice Concentrated 100ml, or diluted 200ml. **Late Morning** Ideally after 2 hours of breakfast/meal, Herbal Juice (cold preparation, raw, savory or sweet) (to be taken in empty stomach). **Early Evening** After 2.5-3 hours of lunch / afternoon meal, Herbal Tea (hot preparation, cooked, sweet). **Just Before Bed** Haritaki One full teaspoon with one glass little warm water.



Answer Key

Answer KEY - Tapo Loka

1. Watch the discourse to learn what this identity, your presence looks like! All About Vertical Timezones - Your Path To Kailasa || 29 Jan 2021, <https://youtu.be/lellrBFsYmg>
2. Unravel the mysteries of the Parallel Universe || 16 January 2022, <https://youtu.be/bKAIwbQhgrk> Draw the sequence of Mahar, Jano and Tapo Loka. What's higher?



3. In this discourse, Principles That Can Be Used As Conscious Currency In This Universe, delivered on 29 June 2020, The SPH Nithyānanda Paramashivam details 5 principles of conscious currency. Archival recording available here <https://youtu.be/0rjgZHYaFE0>
4. Through the discourse ***Principles of Tapoloka Revealed***, 31 Jan 2020, <https://youtu.be/azpY9xdnVmE> come back anytime to get initiated into the higher truths and understandings of the cosmos!
5. The SPH Nithyānanda Paramashivam explains *Information can become enlightenment, just if the delusion can be removed by any which way possible* in His Presidential Address from 1 February 2020, Information is Enlightenment, <https://youtu.be/YsbWrLZQ6FQ>



ANSWER KEY - Karma, Digestion, Kayākalpa and Immortality

1. Karma. See how through this discourse **Karma is Just your Belief in Impossibility**, <https://youtu.be/a8-w2n5B4gk>
2. Great Revelations about Karma, Digestion, Kayākalpa & Immortality, 9 April 2021, <https://youtu.be/F8aFS3lX8io>
3. For the four principles on Karma watch the recording of the Great Revelations about Karma, Digestion, Kayākalpa & Immortality, 10 April 2021, <https://youtu.be/CWyte-tEvus>



4. Neem Juice. The SPH remembers Raghupati Yogi with reverence and love and shares how He prepared His body for long, healthy life. Watch the recording of this sharing on <https://youtu.be/PbGQGU60wbg>



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*



Paramaśivoham.org



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