



|| Om Nityānanda Paramashivoham ||



# Super Conscious Mutation

With

**Ashvarudha Murthy, Guru Murthy**

The SPH Nityānanda Paramashivam

Homework & Exercise Worksheets

*Includes – guided meditations, reading assignments, special select discourses, detox and more...*

*Rare revelations, messages and research techniques from 40 years of revival of Hindu Knowledge*



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# Bhakti – The Ultimate Ecstasy

Duration: 2 Hours

Watch the discourse: **Intimacy Vs. Intimate, The Ultimate is Heard Only Through Your Guru**, <https://youtu.be/qnGkZ4FolYE> and complete the following

## What I had heard before

*God exists, meditate on Him for 30 seconds, you made it*

*Asuras are ghosts*

*Hanuman made it with Ram Naam, Meditating on name of Sri Rama.*

## What I realized through My Guru

*Paramāśiva is Real and answers my prayers immediately, spontaneously, synergetically.*

*Asuras is my experience when I am caught in negative thoughts and thought currents*

*Mahavakya – can make anything happen, it's a password to MahaKAILĀSA*

Prema Bhakti Is The Ultimate Path, <https://youtu.be/SwoKz2F4vME>; Watch this discourse to receive initiation into the sacred sentiment of Bhakti. *Did you know Bhakti awakens the non-mechanical parts of the brain! So now you have a scientific reason to enjoy your favourite devotional music!*



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# Paramādvaita

Duration: 5Hours

If you come to the conclusion that your God is Paramaśiva, you will manifest bhakti, Teleportation Into Parallel Universe | 19 Feb 2022 | <https://youtu.be/TmQyZ4fopm8>

Infusing Paramaśiva in All 25 Dimensions Of You Is Superconscious Mutation, Experience of Paramādvaita, <https://www.youtube.com/watch?v=99z-6i-Uwog>

*What is Paramadvaita Anubhuti?* In course of life, when body mutates, it starts manifesting more possibilities, more powers - Receive initiation into ultimate oneness with <https://youtu.be/possibilities>, more powers - Receive initiation into ultimate oneness with <https://youtu.be/1NNp9w9W4Rs>, Mahaparamashivaratri Darshan | Paramashivoham Level 3 | [1NNp9w9W4Rs](https://youtu.be/1NNp9w9W4Rs), Mahaparamashivaratri Darshan | Paramashivoham Level 3

Conscious decision to surrender triggers experience of Paramādvaita in you with Paramaśiva, URL <https://youtu.be/oi2pahx9b-u>



# Sohamasmi – Right Attitude of Prayer

Duration: 5 Hours

1. **THE SCIENCE OF PRAYER** <https://youtu.be/rJ15GPmfb3s> and pen down 5 *misunderstandings you had about prayer before you were introduced to the truths through this discourse.*

## *Powerless Cognition*

1	<i>God is higher, I am lower</i>
2	<i>Humble is being polite</i>
3	
4	
5	

2. Write the verse of prayer from Isavasya Upanishad Verse 16, Science of Making Your Prayers Answered - So'ham Asmi, 11 times, <https://youtu.be/uJxG0Xn8Gc8>
3. Why do you pray? And what is prayer? First answer these questions to yourself and then receive the truths on intense prayer with Five Methods To Intensify Your Inner Space || 03 Feb 2020, <https://youtu.be/8EQ99H6eUak>



# Sadashiva Rahasya

Duration: 5 Hours

1. What integrates the body, mind and consciousness to manifest the inner space of Sadashiva?  
The Sacred Secrets of Sadāshiva – Mahadeva Rahasya, [https://youtu.be/W\\_btm6GpaGI](https://youtu.be/W_btm6GpaGI)
2. There is nothing, nothing between you and Sadashiva other than Self-Doubt. With this peace declaration - go past the self-doubt to manifest the Ultimate! Shanti Mantra - Peace Declaration, <https://youtu.be/6ZnriQdxxGo>
3. How to create more space? Create better space' means more and more integrity, more and more completion, more and more responsibility. Sadāshiva Rahasya - How Power Manifestation Happens, <https://www.youtube.com/watch?v=S8ql-vYR-Fw>



# Agitational Gratification or Delayed Gratification

## Reading Guide

*Duration: 21 Minutes, 10 Days*

*Included in your worksheet is the copy of the most read, book of Surrender by the SPH Nityānanda Paramashivam, secrets of the third eye awakening:*



1. What comes to mind when you think about surrender?
2. Ramakrishna Paramahansa suffered from cancer during his last days. He had healed many people of many diseases. Someone asked him, 'Why can't you keep your mind on your own disease for a moment and heal it?' He replied, 'I have surrendered my mind to the infinite energy. How can I take it back to keep it on my disease!' This is true surrender. **Map this technique in your own life. Start by looking at where did I miss surrender? What was I thinking? Maybe I was afraid about my health, Now let's re-look any other fears are making me suffer – let me surrender those. This exercise is best done by writing or using the notepad on your computer so you can bring the thoughts to surface to your**

*consciousness.*

3. *How can you know when surrender has happened?*
4. Surrender does not mean passive surrender or pretending to give up. Apply this in the exercise #2
5. Do the technique to put you in surrender: Visualize your whole body breathing, not only your nose. Visualize life energy flooding your body.



# Guru Bhakti – The Greatest Gift

## Reading Guide

*Included with your gifts is the rare compilation of Guru Bhakti – Please follow the reading guide and answer the questions that follow:*



1. What is *Guru Bhakti*?
2. **Are you part of Parmashiva's secret life?**
3. *Guru Bhakti* leads to \_\_\_\_\_
4. Watch the discourse Experience Super conscious Mutation With This Initiation | Paramādvaita Deeksha | 21 Feb 2022 and receive initiation into *Guru Bhakti* || URL <https://youtu.be/iUn52U7YbkA>





## Detoxification – Whirling!

In Siddha tradition, whirling is used as a technique. Because when you are whirling, the pitta will open up, your guts will record the verses sung. So such beautiful mantra like verses and you are whirling, it will just become your bio memory and muscle memory. It's one of the most powerful spiritual techniques. It's one of the ancient method of creating right bio-memories and muscle memories.

Slowly pick up speed, and become the whirling. Follow the traditional verses here:

<https://youtu.be/CrI11kXB0E4>

The SPH Nityānanda Paramashivam  
Kirtan, Gummi song dance: Siddha Whirling Technique,  
19th August 2016



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

