



Super Conscious Mutation

With

Jvarabhāgna Murthy, Kalantaka Kāla Samhara Murthy

The SPH Nithyānanda Paramashivam

Homework & Exercise Worksheets



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[Audio] Listen to the audio discourse from talks of The SPH Nithyānanda Paramashivam on *Unclutch Your Way To Health, included in your gifts* - and answer the following:

1. How does unclutching heal you?
2. [True/False] You can unclutch from physical ailment and physical pains as well.
3. What is the technique the SPH Nithyānanda Paramashivam initiates us in this discourse for unclutching?
4. Next, listen to the video discourse on ***Ancient Secrets To Healthy Living, at the URL*** <https://youtu.be/cefpcVq64ak> and now re-cognize the understandings from the audio discourse.



Were you able to see unclutching can really heal your pains – irritations – or slight symptoms you have.

5. [Breakthrough] Listen to ***Destroy Your Root Negative Pattern***, <https://youtu.be/5J6u23ed0VI> ***from 2013*** talk of the SPH Nithyānanda Paramashivam and bring healing to both physical and mental health.
6. [Special Gift This Season] *Anytime you feel temperature raising for yourself or your loved one, or want to bring healing to an elderly at home – included in gifts are the darshan for Ārogya Paramaśiva's super conscious mutation manifestation murthy for you to connect and request healing. These deities are independent intelligence that respond immediately- The darshan*



photographs are energized and blessed by the SPH Nithyānanda Paramashivam – just connect to them with guidance included with gifts.

7. Just if you do the detox properly, cleanse all the parasites and microbes, your whole system will become healthy and Kāyakalpa will simply happen
Listen to select discourses on science of Kāyakalpa as revealed by the SPH Nithyānanda Paramashivam, then spend time to work with the detox plan provided to make it part of your schedule.
8. What is the **Best Spiritual Daily Routine to Achieve Bhava Samadhi?**
<https://youtu.be/QGKR0IOZgIM>



9. What is Samadhi? Give 10 definitions as per your understanding. Now get initiated into the experience you want and what it really is! **The Fruit Of Puja Is Devotion, The Fruit Of Devotion is Puja** <https://youtu.be/PQ8D43MIWEI>
10. Science of Kāyākalpa, Love is the Power for Healthy Long Life | 22 Feb 2021, <https://youtu.be/IWDoMPTSBg4;>
11. Moments with the Avatar After The Great Pause | 5 Sept 2019, https://youtu.be/XagkLSJJ_dA;
12. Royal Way of Life | Science of Kāyākalpa| 26 Feb 2021, https://youtu.be/8t—Txc_wLw;
13. Science of Alchemy Revealed! || 23 Nov 2020, <https://youtu.be/C3IT1ZaxUAc>
14. Be in Tune with the Cosmic Principle of - 'Life is for Others' https://youtu.be/I8_E6KgUkvY



15. Reverse Aging is possible and is a science available from Hinduism

<https://youtu.be/9qdvOOJg4LY>

16. Shakti – the fundamental currency of the Universe <https://youtu.be/Syp1mV02lxM>

1. Pen down all your perceptions and beliefs and cognitions about detoxification you have. Complete. Now look at suggested detox plan provided to you with your gifts package– please spend 10 minutes to complete the following tabular column – your personal planner.

DETOXIFICATION

Visualize *I am Paramaśiva as soon as I wake up*

Jala Aushada

How will I make sure Integrity!

My morning alarm will remind me! (I can edit the alarm name on the PC!)

OK! so the bottle has to be ready at night



Neem Juice

Sticky note on my kitchen door should work

You were initiated into the science of healing yourself at Paramashivoham. With this worksheet, The SPH Nityānanda Paramshivam guides you to deeply understand the science, instructions on how to heal, and get you ready to change your body consciously!

1. What is Healing?
2. How do chakras relate to health?
3. Can energy be given? Taken? *What did you think before you read this guide. Now what do you know about the truth from the cosmic science?*
4. In your words explain healer's initiation.



5. What is the responsibility of a healer?
6. The SPH Nithyānanda Paramashivam shares His first healing experience. Pen down your first experience.
7. Follow the meditation instructions provided to you for Ananda Gandha, Shakti Dharana and Nithya Dhyan. First, see how you can add them to your planner to enjoy communion with *Divinity!*
8. Included with your gifts is the samyama to know your body! Simple samyama you can do while you fall asleep! Samyama on your navel center.

From today start marking your miracle manifestations.



There is no time or number restrictions – you can always come back and invoke the presence to manifest whatever you want, anytime. These are rare gifts from KAILĀSA being made available to heal all of humanity from suffering of health and disease by the SPH Nithyānanda Paramashivam.

1. Listen to the discourse **Healing through Meditation**, <https://youtu.be/PJ5n62ShDno>, and pen down 10 new understandings you received about this science from Hinduism that you had not known earlier.
2. The SPH Nithyānanda Paramashivam, shocked the world when He revealed the truth Your Biology Thinks. This research discourse that marked a change in how humanity would now work on disease and medical care – immerse yourself in this talk from 1st October 2019, <https://youtu.be/vYpsaXDu6fQ>



3. What ways you want to incorporate to activate your DNA? Let this Presidential address from 2010, be your guide <https://youtu.be/dpCJeFcH338>
4. *You can predict death and control it – selected excerpt from the talk from the SPH Nithyānanda Paramashivam included in your gifts. Follow the steps included in your gifts – daily for 21 days.*



Fitness means having body, mind, Consciousness - fit to manifest Oneness with Paramaśiva; Paramaśiva's state, space, powers and Being is 'fitness'.

Included with your gifts today is a copy of Nithyānanda Yoga – Evolution of New Species.

*As you do your fitness routine of yoga daily – start with 11 minutes if your schedule permits, then add more time, for one week every day add the following asanas – all you have to do is chant Mahavakya, remind yourself *your biology thinks!* And go!*

Now keep expanding your breakthroughs. Challenge yourself daily.



Asanas

Experience

Anantasana, Page 473

Guptasana, Page 531

Jatyasana, Page 537

Kani Pava Asana, Page 556

Kujikasana, Page 560

Midakipava Asana II, Page 581

Siddhasana, Page 628



Detoxification - Cleanse the Mucus

Mucus acquired in the body, is responsible for the inflammation of organs that causes disorders. *Detox: Mucus Cleansing From Personal Diet of the SPH*; Ingredients: (Serving Size – 1 Person)

- 5 pods of garlic (organic), ¼ tsp turmeric powder (organic), ½ spoon jeera (cumin seeds) – organic; Recipe: boil water, crush aforementioned ingredients in a mortar and pestle, make a paste and drink at night. (as a medicine and for detox, one can take garlic. For one month.

The SPH Nithyananda Paramashivam
ShriKAILASA Yearbook, Page 76



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.

The SPH Nithyānanda Paramashivam



Paramaśivoham.org



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