



Super Conscious Mutation With
Simhagna Murthy Matsya Samhara Murthy Vishapaharana Murthy,
Kurma Samhara Murthy Varaha Samhara Murthy
The SPH Nithyānanda Paramashivam



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.



1. Nirvikalpa Samādhi means your whole being, your whole identity dissolving into the cosmic existence – Watch this discourse Q&A: Nirvikalpa Samādhi, Kundalini and Karma, <https://www.youtube.com/watch?v=kSLoE1Q0nmM> and pen down difference between Nirvikalpa and Vikalpa. What are 10 Vikalpa that you experience in 24 hours of your life.
2. **How To Experience Nirvikalpa Samādhi – The Oneness With Paramaśiva** <https://youtu.be/t1mUn7jmAL4> Let this discourse be your guide.
3. **Source of Tireless Inner Space is Nirvikalpa Samādhi** <https://youtu.be/sDoaod2oSvE> Become the Ishwara of your life – Paramashanta Svarupa; and living with no reactionary assumptions, fully awakened non-mechanical parts, fully awakened including non-mechanical parts of the brain.



4. Operating From Nirvikalpa Samādhi Helps Realize Binary Existence Is Not Ultimate Truth ||12 Nov 2020, <https://youtu.be/-WgZbxG133k> Pen down 10 situations of your life where your logic failed you – but living with powerful cognitions, multi-dimensional logic raised and manifested as miracles in your life.
5. Watch, Intense Involvement Is The Expression Called Shakti || 22 Nov 2020, <https://youtu.be/0okGxuBSlss> and answer the following questions:
 - Intense involvement is the expression of _____
 - How can you say or check you are established in Nirvikalpa Samādhi?
 - How to build your capacity to be in Nirvikalpa Samādhi?



All the thoughts which are flowing are completely illogical, irresponsible and independent. Included with your gifts today is a copy of the 108 Truths on Enlightenment by the SPH Nityānanda Paramashivam. Use this guide to learn 20+ techniques for unclutching. The following exercise can get you started:

1. *What is NOW? It isn't dependent on your clock. - Page 5 gives you the cosmic understanding.*
2. *Mind is not linear. Mind is an action. Contemplate on this sutra – It is an action, just how you can start and stop eating, typing, writing, jumping, it is an action, You can stop it. Page 14.*
3. *Relaxing into your true nature is possible with the process of complete completion – Page 27.*



4. You are Not a Beggar. *This is the ultimate sutra – Human beings are sent to planet Earth for super conscious breakthrough. Page 67.*
5. Three kinds of sleep – with this knowledge understand life is unique. Page 120.
6. Watch the discourse, Unclutch And RIP – Rest In Paramashiva! <https://youtu.be/6y1sG3wt-Lc> and answer the following questions:
 - Why is unclutching the best wealth to be earned in life? State 5 reasons of your own experience
 - What is the greatest blessing you can receive? And why?
 - How to ask or request for unclutching?



1. Watch the discourse *Awakening Kundalini Shakti Using Trikona Mandala*, <https://youtu.be/1VOufcOiVHo> and answer the following questions:
 - What is the source of all powers?
 - What is the difference between Shiva and Shakti?
 - What is the right fuel for a real leader? And why? Give reason
 - What brings life?
 - When does life happen? Give 2 examples



Navakhanda Yoga Samādhi is like filling your physical body and physical body entering into consciousness of Nirvikalpa Samādhi and raising to the frequency of Mahā KAILĀSA with the body!

In September 2022, after the Great Pause, The SPH Nityānanda Paramashivam brought the science of Navakhanda Yoga Samādhi from KAILASA for humanity. Here are the first two discourses on the subject

1. 64 MANIFESTATIONS OF Paramaśiva & NAVAKANDA YOGA SAMADHI || 12 SEP 2022 || <https://youtu.be/kV0fDucUrSU>
2. 64 MANIFESTATIONS OF Paramaśiva & NAVAKANDA YOGA SAMADHI | 13 SEP 2022 || <https://youtu.be/4V5mXaYeeeY>



Read the chapter on *Intensity* from the Living Enlightenment – 7th Edition, by the SPH Nityānanda Paramashivam to manifest will persistence through following 2 techniques:

3. If you are not getting the burning intensity, pray intensely for the intensity to happen. It will happen. Page 456,
[https://nithyanandapedia.org/wiki/Living_Enlightenment:_Unabridged_\(7th_Edition\)_\(_Book_\)](https://nithyanandapedia.org/wiki/Living_Enlightenment:_Unabridged_(7th_Edition)_(_Book_))
4. This is a very powerful technique from the Shiva Sutras*. If you wear spectacles, remove them. Place your fingers as follows: Thumbs pressing down on the short ear lobes till you hear a humming sound. Index fingers lightly on both the eyes. Middle fingers on the bridge of the nose. Ring fingers lightly under nostrils. Little fingers on



lips. For the next 21 minutes, follow the steps - Close the nose partially. Just reduce the Prāna flow. When your mind settles down by itself, the Prāna flow will reduce. Be in the Shanmukhi Mudra and inhale and exhale as slowly as possible and as deeply as possible. Keep your mouth shut tightly. Visualize that both your eyeballs have become stones and let them not move. Intensify your awareness. Do not create stress. Try to penetrate with deep awareness. Don't create pressure, create only awareness. Visualize intensely as if you are penetrating your third eye. Visualize deeply as if you are penetrating your third eye with a drill bit. Relax. Open your eyes slowly. It is important to make yourself comfortable by supporting yourself properly to be in Shanmukhi Mudra. You will see tremendous energy created in your third eye, to awaken your intuition. When you are comfortable, you will see that you are entering into deeper



energies or higher consciousness. Page 459,
[https://nithyanandapedia.org/wiki/Living_Enlightenment:_Unabridged_\(7th_Edition\)_\(_Book_\)](https://nithyanandapedia.org/wiki/Living_Enlightenment:_Unabridged_(7th_Edition)_(_Book_))

Listen to the audio discourse by the SPH Nithyānanda Paramashivam on Inner Chattering and answer the following

1. When do you experience conflict and inner chattering?
2. When inner chattering is high – and you look in what does the SPH Nithyānanda Paramashivam is the reason for words inside of us?



3. You listen only what you want to listen. You do not see what IS. How can this truth help and guide you to reduce inner chattering?
4. Getting you to integrity means - two things: you declaring from this moment, *“I will maintain my word as my life - the words I express to others or words I cherish inside. I’ll treat that as life.”* That is for future. Past decalcification need to be cleaned, detoxification need to be done. That can be done only by you remembering all the lies you uttered which you are able to remember, and completing with them. (Integrity is The Frequency to Manifest Sadashivatva, 14 May 2017, <https://youtu.be/zjtrQwCldUc>)



5. sattvic Ananda - the non-violent bliss, peaceful bliss, where you don't hurt anybody, but it is joy for you. Every day spend 10 minutes to blissfully enjoy Nithya Kirtan – *included rare song in the voice of the SPH Nithyānanda Paramashivam.*
6. Watch the discourse Carve Your Divya Śarīra – Pure Spiritual Identity, <https://youtu.be/f8xfdOzOQVU> and answer the following:
 - What is Divya Śarīra?
 - How can you tell you are becoming a Divya Sariri?
 - Carving your spiritual identity – how would you go about it? Give 5 ways
 - In what aspect of your life would you want to be extraordinary?



- Start building your Divya Śarīra intensely – please pen down a schedule planner – let it include detox, puja, Satsang, and 5 powerful cognitions to do *How Swamiji will do*
1. Divine Beings Do Not Need Violence! <https://youtu.be/6iMPox-L5LY>
- What according to you is non-violence?
 - What according to you is violence? Is there a need for violence? If yes, say why;
 - What are the 5 reasons the discourse explains one does need violence
 - What are the 6 reasons you can check yourself and find out whether you are becoming non-violent?
 - Which power manifests from space of non-violence?



1. Watch the discourse, Vibhooti Pada | Patanjali Yoga Sutras 107 | Nithyananda Satsang | 31 Jan 2011, <https://youtu.be/C7N0JwTjBLg>,
 - What happens when you alter state of consciousness?
 - Please draw /sketch your understandings
 - What are Shakti? Or Powers? Give definition
 - What laws do Shakti defy? State – for example law of gravitation, etc
 - What is the highest reality one should work towards manifesting?



1. Watch the discourse You Are Sadāshiva – The Ultimate – Embodiment Of Ananta Kalyana Gunas (All Auspiciousness), <https://youtu.be/HdxTTtCGiLs> and answer the following questions:
 - What is your conviction? Take few minutes to think through
 - What are conclusions?
 - Who is the seen? Who is the seer? What is half seen, or half seer?
 - When do you experience the whole – Brahmaanda, universe withing you
 - What should be the way to approach powers whether you are successful in manifesting or not?



1. What the discourse on immortality, *Amritattva* <https://youtu.be/5cSisHL0S3U>
 - What is it in you that does not change?
 - What is it in you that goes with you through all the states of consciousness?
 - What is it in you that you don't lose when you are threatened?
 - What is it in you that you enjoy, or when you are confused?
 - The identity component of you – how can you help others find it? Give 5 ways



Detoxification – Digestive Juice

When your body and mind are tired, they will retire and go back to their source. What is the source of the body? Maybe the water, fire, earth, air. They will all go back. But you will continue to exist.

Preparation Time 5 mins. Serving Size - 1 Equal portions of the following (very small quantity): Lemon juice, Ginger(Dry) and Garlic (in a paste form), Apple cider vinegar, And Honey. Mix. Small quantity only to be consumed after meals. Any time of the day, but only once a day. Enhances the digestion system of the body.

The SPH Nithyānanda Paramashivam, Presidential Address on 11 October 2011



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 Nityānanda Paramashivam

64 Incarnations of Paramaśiva, 27 February 2022



Nithyānanda University Press. Copyright © 2023 Second Edition