



Super Conscious Mutation With Tripurantaka Murthy, Vrishabarudar Murthy, Vrishanbhantika Murthy

The SPH Nithyānanda Paramashivam

Homework & Exercise Worksheets

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



Paramaśivoham.org



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1. Watch the discourse: Exploring Super conscious Possibilities is Yoga through the URL <https://youtu.be/41swXXMgA-Y>
 - What is meant by super-conscious possibilities and powers?
 - List 10 powers you heard about in the discourse that you weren't aware of are your possibilities
 - What's the difference between states of consciousness and planes of the Universe?
 - What is the fuel to reach KAILASA Loka?



- Please pen down or draw or sketch the 14 planes of the Universe – *you may use the power of third eye to visualize each plane – once completed, verify through the description provided in the discourse and Nithyānanda Jnanapaddhati provided in your gifts.!*
1. Next lets move to power manifestation so more and more details are revealed. Please watch this discourse: Manifest Powers of Sadāshiva to Cause Your Reality – Reverse Aging, <https://youtu.be/9qdv00Jg4LY>
- What you want as reality? Please take a few minutes to pen down?
 - What cognitive shift did you have when you first learn about consciousness over matter?
 - Whether third eye scanning or body vision or remote vision, what is the one unit / Tattvā you need to operate from? *Authenticity or Integrity?*
 - What is integrity? What does integrity to power manifestation mean?



- Powers are a gift – It is Paramashiva manifesting through the body and mind – so when manifesting all we can do is absolute integrity! Understand, we have nothing to give Him other than our integrity. What else we can give? You can pour water to clean the deity, you can pour milk to clean the deity but He is not going to drink it. It is going to come back and you are going to drink it. It is going to comeback as prasadam and you are going to drink it. **Exercise** – How does this powerful cognition empower you to go past fear and greed during power manifestation?
- 1. The Shades Of Lust - Three Powerful Secrets To Break Lust, <https://youtu.be/bIAKZmBJUJI>
 - What is ego?
 - What is humbleness?
 - What is arrogance?



- In any situation, after watching this discourse how will if egoistic pattern tries to command over your behavior?
- What is the real “I”? From is the “mine” experience?
- 1. Manifest Super Powers with your Conscious Conscious Choice & Will Persistence,
<https://youtu.be/oU4Nc7Qv6Ys>.
- If your DNA decides to do conscious-conscious selection, and decides to evolve its DNA through the mutation, through will persistence, where it is going to land?
- What do you understand by conscious-conscious selection and natural selection? Please explain with examples
- Every time you consciously choose - your DNA goes through a quantum jump, the super-conscious breakthrough, gets ready for power manifestation. Make 10 conscious decisions and experience a breakthrough.
- What is will-persistence?



- Consciousness as the foundation of your very existence – take a few minutes to connect with consciousness of everything around you – and look past the periphery. *Pen down your experience*
- 1. Can Leaders Be Created Or Are They Born? <https://youtu.be/0okTJvvD1-8>,
 - Enlightenment is the purpose of life – Pen down 5 areas where enlightenment and living enlightenment, powerful cognitions assisted you in being a leader
 - Can anyone become a leader?
 - How can conscious breakthrough make anyone a leader?
 - What is leadership?
 - Is there a way to check if you are radiating leadership quality
- 1. Be Your Own Boss – Program, <https://youtu.be/djbSKllL34U>
 - What do you cherish in the inner most chambers of your heart?
 - What do you feel about being your own boss?



- You are hardwired to manifest what you want. If you are manifesting difficulties, you wanted it. Please pen down 10 sufferings you are manifesting for yourself.
 - Neither ideas about being your own boss are right or wrong. Feeling empowered only matters. Please take a few minutes to bring completion to powerless ideas.
 - Decide to be your own boss – conscious decision is all it takes,
1. Watch the discourse Principle of Nithya Samādhi, <https://youtu.be/gkbqEinbyUw>
 - What are three *Asuras*?
 - How does Paramashiva protect us from these?
 - What is Samādhi?
 - Samādhi and oneness – can you pen down the difference? How can you tell you are experiencing one or the other?
 - What is technique The SPH Nithyānanda Paramashivam assigns us in the discourse to be in eternal Samādhi?



1. Watch the discourse “Manifesting Desires Through The Third Eye -Online Workshop”, <https://youtu.be/j80hWpFxUJw>
 - Third eye means?
 - Is third eye an actual organ? Can you see it? Can you feel it? Like how the hand is under your conscious control, is the third eye under our conscious control?
 - What prevents from third eye to awaken?
 - What is the most sacred part of your life?
 - **What you cherish in your will matters?** Explain why and how it impacts your Third Eye?
1. Unclutch and Catch the Truth of the Master - https://youtu.be/T9_4TR4HqmU
 - By nature you don't have mind or ego – *Why so? If you don't have a mind then who is reading? Cognizing? Just look in this is a deep secret into revelations that there is no mind*



- So what is mind? Mind is pure connections you make – While you read this powerful cognition, what other things did you immediately think of ? *It could be o picture of KAILASA emblem on the right, oh KAILASA, can I visit? Receive darshan of the SPH? When and what are the visa procedures and policies of visiting this nation? Can one immigrate?* And now you are back to the question. Mind is purely connections you make!
 - Then what is language?
 - Look in – what is life?
 - What can be changed then? If everything is just connections? What is it that remains constant in us?
1. Your Will Has Power Over Everything - The Logy of Power Manifestation, <https://youtu.be/3mISN4roYbo>
- What is strategic existence?
 - What is will?



- What is static matter?
- Now combine these 3 ideas – what is static matter, strategic existence, and will. How do interconnect with each other?
- What is then the source of all power manifestation? *Crack this code* and learn the secret of physics of the physics.



Detoxification - Athimadhuram

Detox your internal organs with - Haritaki, - Triphala, - Castor oil - Arugampul [Bermuda grass/Durva grass] juice - Athimadhuram [liquorice], Rotate them in your dietary schedule. One day castor oil and triphala, Next day Haritaki and Athimadhuram.

The SPH Nithyānanda Paramashivam, Have you started thinking 17 Aug 2022



Paramaśiva 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. 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 Paramashiva, 27 February 2022



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