



# *Super Conscious Mutation*

## *With Ardhanareśwara Murthy*

The SPH Nithyānanda Paramashivam  
Homework & Exercise Worksheets



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Watch your discourse FACE YOURSELF IN THE PARALLEL UNIVERSE | SECRETS OF PARALLEL UNIVERSE IN HINDUISM | INITIATION, <https://youtu.be/W9n4Kf8sKjA> and

- What is unit of your life?
- Why does it matter to expand the unit of your life? How does empowering your unit of life change your unit with which you measure the universe?
- The parallel universe asserts higher existence of you – How?
- Which DNA is empowered to experience parallel universe?

Watch Initiation to Invoke MahaGanapathi Energy to Blast Obstacles, <https://youtu.be/uwGVaaaSNFE> and answer the following:

- What is the purpose of all human beings?
- Anything you think as your priority is delusion. Pen down 5 delusions that you have held onto until this updated understanding.



- What is oneness?

Watch Oversexed Or Undersexed Gender Mis-identification Is The Problem - Revelations From Hindu Scriptures About 11 Genders, <https://youtu.be/CxBjGq-jGM4> and let's understand and connect with Ardhnareeshwara manifestation of Paramashiva:

- Who is Ardhanareeshwara dimension of Paramashiva? Represents completion with \_\_\_
- When does one feel conflict with one's gender?
- Which kshetra's deity does the SPH Nityananda Paramashivam suggest to us to connect to relate with this super conscious mutation from the parallel universe of Sripuram?
- How does Paramashiva recommend we identify our true gender?
- What does Paramashiva reveal about sex?



1. Begin the understandings in life for ultimate gender by learning about the physiology *Natural Principles of Masculine & Feminine Physiology* at [https://youtu.be/HI\\_IW6F1YfI](https://youtu.be/HI_IW6F1YfI). Pen down 10 mis-concepts you have held on about your gender. *For example, female body believes stress during menstruation, mood swings, not physically capable as men...*
2. Do you understand the difference between feminine consciousness and woman body? Watch this discourse from 2009 – the first time the SPH Nithyānanda Paramashivam explained about Ardhanaeshwara. [https://youtu.be/bMH\\_h\\_Cjoow](https://youtu.be/bMH_h_Cjoow)
3. Watch these the following three discourses on science of tantra: <https://youtu.be/n2gTz5g0ROk>, <https://youtu.be/yragQOjabbw>, <https://youtu.be/ioy4G7XcfI4> from the years 2018-2022 and answer the following:



Tantra is _____	Pen down 5 principles and powerful cognitions about Tantra that you have learnt
What is considered wrong in Tantra?	Act or anything which breaks the act?
Let the understanding lead you beyond all urges	Pen down 5 urges that pushes you to act - <i>craving for pizza, morning coffee, OCD to skip lines while walking...</i>

4. When your incompleteness is awakened, you don't maintain your integrity to your logic; you speak just because you have to conquer; you don't speak to raise yourself to the next level. Watch the discourse [https://youtu.be/zLF\\_ZXc7Zl0](https://youtu.be/zLF_ZXc7Zl0) and complete with the parasitic patterns leading you to act.



5. [Special Gift This Season] *Anytime you incomplete within about gender, or have a relationship issue that you are facing – included in gifts are the darshan for Paramaśiva's super conscious mutation manifestation murthy for you to connect and request completion. 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.*

***Multiple disorders related to eating, can be cured completely. Multiple disorders related to drug addictions can be cured completely just by gender identification***

*Listen to select discourses on gender by the SPH Nithyānanda Paramashivam, and then work with the diagnose your gender guide included in gifts.*



1. Oversexed Or Undersexed Gender Misidentification Is The Problem - Revelations From Hindu Scriptures About 11 Genders | 3 November 2018 | <https://youtu.be/CxBjGq-jGM4>
2. Gender Identification The Primal Detoxification Per The Revelations Of Paramaśiva | 4 November 2018 | <https://youtu.be/ZtWMsoS3plA>
3. Celebrate Your Existence Because You Are Consciousness! 19 September 2019 | <https://youtu.be/hTQtFfdCiLo>





Discovering



Love

You were initiated into the science of tantra 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 relationships!

1. *Do we all love in the same way, or are there different kinds of love?*
2. How come it is the intellect which controls such a completely ‘physical’ phenomenon like free sex?
3. Can love also be an ego-fulfilling thing? How is ordinary love different from Divine love? Are they both expressions of the same quest? What is love?



56 Akśara Mātrika - the sounds you constantly create decides your existence. So your existence is the words you use within you. This worksheet brings the science of Śrī Vidyā – secret Śodaśī mantra which comes from Guru Parampara. It is a most secret sound, not even a letter, sound. The SPH Nithyānanda Paramashivam received this gift from His Guru Mataji Vibhutananda Puri and He shares – just deep yearning and tremendous receptivity is needed from the side of the disciple to receive this initiation. *Just remember this one powerful cognition: Mahā Mahāvākya puts me in Samādhi.*

1. Listen to the discourse - *The Secret and Truth Revealed About Ashtakanma Siddhi* <https://youtu.be/XBGUOcZ6HSc> (35 minutes).



2. In space of pure unclutching, *read pages 1-2 of the article on Sanskrit Language* by the SPH Nithyānanda Paramashivam, provided in your gifts. This will initiate you into the understanding that just listening and learning Sanskrit will heal your Shabd Tattva.
3. Let's pronounce simple words. Start with Tattva [ combination of Dental and semi vowel] your pronunciation guide is on page 3. Next say KAILĀSA

Page 4 is your guide to help you read simple words. Complete the following table with this understandings (break the word into multiple consonant sounds – mark the sound next to it on how to pronounce, put the word together with + and now read!)

Sanskrit Written in English  
Nithyānanda

Pronunciation Guide  
Ni + Tha (pronounced with tongue against the teeth) + ya + na



(tongue against the roof of the mouth) +nda (tongues against the teeth)

Samādhī  
Bhagavān  
Avatār  
Nyāya

1. Listen to the discourse Why You Need To Know About The 11 Dimensions Of The Universe – MSS , <https://youtu.be/uFXkYmhgYzk> and answer how does knowledge of gender relate to traversing the parallel universe?



2. **Gender Identification The Primal Detoxification Per The Revelations Of Paramaśiva**, <https://youtu.be/ZtWMsoS3plA> who demonstrated conscious change in physiology by the power of will?
3. Unclutching game **Hindu Solution For Anti Aging || 8 September 2020 ||** <https://youtu.be/nObN3-1IHcc> and mark 5 pranks the society is playing on you.
4. **We Are Citizens of Planet Earth**, <https://youtu.be/wRlnp5PKtn4> has the prophecy about gender and gender related lifestyle humanity would enjoy in the future, revealed in 2013 by the SPH Nithyānanda Paramashivam. Now 10 years later, can look at society and corroborate? *At COVID outbreak, humanity shifted countries, changed nationalities, to the point that certain nations were advertising about their real estate. Sex change operations are becoming common, kids picking up a different religion than their parents, what else?*



5. **Oversexed or Undersexed, Gender Misidentification is the Problem (Revelations From Hindu Scriptures About 11 Genders), <https://youtu.be/CxBjGq-jGM4> what are the 11 genders?**

Permutation combination of physiological, physical, psychological aspects of you. Can you complete the following tabulat column – it will solve all your problems related to gender

	Physical	Physiological	Psychological	Will
Physical				
Physiological				
Psychological				
Will				

When you look in, who is expressing, you become Jeevan Mukta. Look in. Who can express this? Look in. Who is expressing this?



## Detoxification -Detox with Panakam – 4 Days

*Panakam is literally like Nirahara; Paramaśiva gives Nirahara as one of the very important process for detoxification. **Ingredients:** Jaggery - 150 gms, Water - 600 ml (three glasses), Juice of three lemons (medium size), Add little cardamom (optional) **Method:** Soak jaggery in the water (use drinking water please, non-flouridated if possible in the area you reside) till it melts completely. Filter the water to remove any particles Add the lemon juice. Although it is refreshing at room temperature, it tastes even better when chilled. Mood swings will become irrelevant to you.*



Paramaśivoham.org



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