



| Om Nithyānanda Paramashivoham ||

Super Conscious Mutation

Kalyanasundara Murthy, Umameshwara Murthy, Sukhasana Murthy, Umesha Murthy,

Gauri-leela Samanvita Murthy, Gaurivaraprada Murthy

The SPH Nithyānanda Paramashivam

Homework & Exercise Worksheets



| Om Nithyānanda Paramashivoham ||





| Om Nityānanda Paramashivoham ||



Published by Nityānanda University Press

Copyright © 2023 Third Edition; Previous Editions: 2023 May, 2023 June



| Om Nityānanda Paramashivoham ||

Nityānanda 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.



| Om Nityānanda Paramashivoham ||

1. [Contemplation] Information about the higher space zones can become Enlightenment in you immediately. *Listen to the discourse You Are Not Surrounded By The World, You Are The World!* <https://youtu.be/x1AHKC79o-Q>
2. What are the different kinds of Samādhi Maharishi Patanjali explains? *Answers included in your gifts – Levels of Mukti. For initiations into the truth listen to the talks from the SPH Nityānanda Paramashivam, Yoga For Spirit,* <https://youtu.be/t1OR4mUIEfY>
3. What is the space of Advaita? <https://www.youtube.com/watch?v=qvAitbWhIBs> guides you into strategies to make your enemy powerless with Advaita.



| Om Nithyānanda Paramashivoham ||

4. Choose your reality, It is possible. You can project your life in the outer world as you want in the inner world because there is no discrepancy in the inner world and outer world experiencing the truth of non-duality. <https://youtu.be/q5s8l44> SnE
5. [Technique] Apply in 5 aspects of your life every night before going to bed- First thing you need to do; declare you are complete inside. Declare you are complete inside. And out of that completion, project to the world and see that what you want is becoming reality.
6. [Multiple Choice] In <https://youtu.be/tNo-Nli2OZg> The SPH Nithyānanda Paramashivam explains about:
 - relationships with others
 - the space with which you start relating



| Om Nithyānanda Paramashivoham ||

7. Watch this discourse on the Love Makes Life Happen To You (https://youtu.be/ZJYftcjGR_M) and pen down 10 relationships of your life that matter to you. Remind yourself relationship is not only human beings who live around you, it is also with your health, with your money, everything.
8. [Logic of existence] Do you love yourself? <https://youtu.be/Su57Ome8Agc> Decide 5 relationships you will bring healing **and enrich**.
9. **[Application] In your interaction with your partner, friend, spouse, a dear one today, decide to unclutch and relate.** <https://youtu.be/upEKBKUR6xM>
10. *[Guidance]* If you are going through an problem and are on cross roads with your relationship – just remind yourself this powerful cognition - *Understand the science of relationships. It is not*



| Om Nithyānanda Paramashivoham ||

just the phenomena of the mind, it's a phenomena of the body. Do not collapse, relationships, please understand. Do not illogically collapse relationships. It will directly affect, some part of your body. Unless you are logically completely convinced, that this relationship can't be maintained, this is going to be abusive, it is going to be disturbing and disrupting your life, don't collapse any relationship. - Go over the entire science of relationships in <https://youtu.be/9eEhrF5OW8w>

- 11. Associate Yourself More and More With The Cosmos Face Of You! you will see tons of your reactionary assumption-based destruction will reduce. Learn why how men and women react and respond when they feel insecure - <https://youtu.be/cq0ICqB7D1I>**



| Om Nityānanda Paramashivoham ||

12. *Listen to the audio discourse included with your gifts – Power of Opening Up – from the SPH Nityānanda Paramashivam and decide to open up to 5 relationships in your life.*

Start with your Atmamurthy, a deity, just open up and experience immense oneness in yourself.

13. **What is love?** Only when you feel, the idea of life is enemy, is completed, you are in love. - Understand the psychology of love marriage with this discourse -

<https://www.youtube.com/watch?v=5weXFeDIHr4>

14. Coming to terms with reality is completion - <https://www.youtube.com/watch?v=5weXFeDIHr4>
Just declare - Where you can change and where YOU have to change! Just decide: ‘No powerlessness. Let’s be friends.’



| Om Nithyānanda Paramashivoham ||

15. [Meditation] Included with your gifts is the [meditation technique](#). The Mahamantra meditation is an ancient Tibetan Buddhist technique to awaken the Anahata chakra, located at the heart center. This meditation makes your mind firm and stable. Your mind is all the time oscillating with thoughts. This meditation makes your mind still by making it enter into the zone of no-mind. It is like a jumping board into infinity. It should be done on an empty stomach, preferably early in the morning, or two hours after any meal. It can be done either alone or with a group. When done with a group, it effectively energizes the place where it is done.
16. **All great things can start only with Mother** 4 December 2016, Spiritual Alchemy Through Cosmic Mother Energy - Bhuvana Brahmaanda Yoni – Sadāshivoham, https://youtu.be/yfaaAK7ke_I Any incompleteness you have with Cosmic Mother only, because She is the source.



| Om Nithyānanda Paramashivoham ||

17. 23 October 2017, Aushada Process - Putra Kameshti Yajna Aushada Process, <https://youtu.be/98kfWkv1u4k> Learn about the science of conscious birthing – and pen down 10 great visionaries of Hinduism, our founding fathers who were embodied as incarnation through this great science.
18. *Included with your gifts today is a copy of the re-speaking of the truth – personalized blessed copy of the Bhagavad Gita – DECODED. Sit with the book as a sacred shastra. Any problem you are facing, any incompleteness you are experiencing, any solution you want in life with your relationships – remember Paramashiva, Chant Mahavakya, Remember Paramashiva has come down as the Guru the SPH Nithyānanda Paramashivam, and open the sacred grantha on a random page. Your answer will be revealed to you. Let us pray to the Divine to guide us. Life happens to you with others! The purpose for which you are born is for enriching yourself and*



| Om Nithyānanda Paramashivoham ||

others. When you operate from this understanding, you are most alive, you are at your peak and living enlightenment. Understand, till Śrī Kṛṣṇa all Incarnations were teaching only the science of leaving, renouncing the world if one wanted Enlightenment. But it is Śrī Kṛṣṇa who gave this science of living in the space of completion, pūrṇatva; that you don't need to renounce anything; wherever you are, you will be radiating life and enjoying life.

19. *Love You - The Statement of Paramashiva* – Get initiated into understanding about the world – **Humanity today is suffering from anger, violence – bring healing to yourself and others with this message from Paramashiva <https://youtu.be/YYpRRhjPxb8>**



| Om Nithyānanda Paramashivoham ||

20. What according to Hinduism is the experiential expression of Advaita? Watch the discourse on Concept of God in Hinduism -- Revolutionary talk by the SPH Nithyānanda Paramashivam explaining the essence of the six philosophies of Hinduism. Follow the URL <https://youtu.be/A42eAB-dMGY>, 38 minutes
21. What is Living Advaita and how can you create whatever you want from the power of Advaita.? *The most advanced truths from the Upanishads.* <https://youtu.be/PNzpBy8sgGs>
22. Discover the Joy of Oneness by working with a Teamily (team + family) that radiates Advaita. What is a Teamily? And how can you attract one in your life? The discourse from 3rd April 2014 guides us <https://youtu.be/mh32A06VD4o>



| Om Nithyānanda Paramashivoham ||

23. Experience Advaita The Practical Way - <https://youtu.be/fV9SbpMWm9I> to bring compassion, non-duality and oneness. *Can you make your relationships better with Advaita.?*
24. [For Leaders Of Tomorrow, Managers, Start Up CEO's] Advaita – Techniques for Miracles, https://youtu.be/HQ4_SEfEn00 - Just under 30 minutes bring miracles within your Teamily with this living Advaita. Teamily process – included in your gifts from the SPH Nithyānanda Paramashivam.
25. Traverse to Jana Loka with the oneness experience – vision of everything around you, inside you, UNRAVEL MYSTERIES OF PARALLEL UNIVERSE | 16 JAN 2022, <https://youtu.be/bKAIwbQhgrk> – Pen down 10 powerful cognitions you can cognize right now to raise yourself to space of oneness with everyone.



| Om Nityānanda Paramashivoham ||

26. **Next step** – Receive initiation into the parallel universe, <https://youtu.be/W9n4Kf8sKjA> and mirror the same neuron activity of the SPH Nityānanda Paramashivam- you don't have to meditate, neither do you have to do the Tapas – just sit with the attitude to mirror the activity of the SPH Nityānanda Paramashivam
27. **Everything in life is negotiation** – <https://youtu.be/MEgB8Y392lg> Exercise – Listen to this discourse to get initiated into the truth and pen down 5 negotiations you do each day to get what you want – *with yourself, with friends, with colleagues, with Paramashiva, with family*
28. How to negotiate with others – **Techniques from Kathopanishad**
<http://nithyananda.org/video/art-negotiation-talks-kathopanishad> – Pen down 5 experiences where you listened to others.



| Om Nithyānanda Paramashivoham ||

29. Discover oneness in relationships with this exercise - Look in and pen down – ■ What you feel about you when you are with that person with whom you are in love, ■ What you feel about you when you are not with that person with whom you are in relationship, and ■ How you show you to that person. Pen down all these. ■ How that person perceives you, and ■ How you perceive that person. Pen down all these five points independently. And look in, what are the conflicts and incompletions between these five answers. Look in, when you started developing those incompletions in you. See all these five questions are answered authentically, and sit and see in these five answers wherever the conflicts, contradictions, incompletions are there, pen them down, and look back how you developed those incompletions, and re-live those incompletions within you. Re-live again and again, and relieve.

30. Take the responsibility for love. That is where relationship starts!



| Om Nithyānanda Paramashivoham ||



Detoxification - Herbal Tea

Ideally late evening – after 2 hours of meal / light – empty stomach, served hot

Preparation time: 5 minutes. Serving size: 1 cup From Ayurveda

Bring any combination of Siddha herbal leaves (Adimaduram (Licorice), Karsilankanni (False Daisy), Ponanganni, Karpuravalli, Mango leaves or Tulsi leaves with 1 glass of water.

Filter and serve with honey or organic Jaggery to sweeten. Finally add a few drops of lemon juice.

Diabetic patients please avoid jaggery or any other artificial sweetener.



| Om Nithyānanda Paramashivoham ||

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 Paramaśiva, 27 February*

2022



| Om Nityānanda Paramashivoham ||



Nityānanda University Press. Copyright © 2023 Second Edition