

Neuro-Alchemy: Awakening and Rewiring the Brain for Peak Performance

Now Offered As Part of Paramashivoham Level – 3

Homework Worksheet

Department: Hindu Cognitive Science

Credit:1

Prerequisite: Paramashivoham Level 1, Paramashivoham Level 2

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The Supreme Pontiff of Hinduism (SPH)
Jagatguru Mahasannidhanam (JGM)
His Divine Holiness
Bhagavān Nithyānanda Paramashivam
1008th Incarnation of Paramashiva

Assessment: Your Belief System Guides the DNA

Listen to the following series of discourses and answer the assessments that follow:

- Ashtavakra Gita Discourse 1 Vol 2 Nithyananda The Ashtavakra Gita (Nov 10, 11 & 12 2005), <https://youtu.be/9zyqbW8CwG4>, Duration: 1:25:28 minutes.
- “What you need to be a leader Part 2, 19 January 2006, <https://youtu.be/2Vl6DR9Erwg>”

From: ‘Biology of Belief.’ the research scholar, he says, in biology we believe that DNA or cells only they manage our system. But he says after 30 years of research, not only DNA and cells are not managing your body, **your belief system guides the DNA and cells.** Whatever you believe, whatever you think you are, only that guides your DNA and cells. And moreover he says, that structure does not monitor the function, **function monitors the structure.**

Listening Assessment

1. How is this truth employed by pharmaceutical industry today?
2. Give 10 ways the society can be empowered with alternation in DNA structure. One *astonishing example is described in this discourse- just by belief human beings can live for 300 years.*
 - Listen to *Time the Ultimate Thief || Part 1 || Corporate Talks || 25 March 2005*, <https://youtu.be/0Un1r03vIjE> : Duration: 21 minutes
3. The impact of engrams on our body-mind-system is connected deeply to the DNA and cell structure. Explain how. How often is the skeleton replaced?
4. How do engraved memories create trouble for us?
5. What are the 5 areas modern science and research is yet to explore?
 - Listen to *Raw Enlightening Answers From Young Avatar || Part 3 || Radio Interview || 05 March 2007 ||* https://youtu.be/Aut6NxOF5_g Duration: 7 minutes

Intranalyzation Assessment: De-addiction for Depression

Listen to the discourse: *Understanding Pain in the Etheric Layer Part 2 || 6th January 2008 ||* https://youtu.be/zPN_RD_KkUw Spend little time with yourself. 10 Days do this meditation

- What was your understanding about how you have been connecting emotions to pains in your life?
- What did you learn about mental pain? How was it attached to ego getting hurt/you did not receive respect?

Expressing Assessment: Your body is intelligence

Now you understand that your body is intelligence. So sit and pray to your body – it's a powerful technique. Pray to your liver, "Please heal yourself. See that I am living a healthy life". Pray to your heart, "Please, heal yourself. Function properly. You are independent intelligence. Help me to live happy."

- How often did you try this technique? 1 , 3, 6, 9+
- How many attempts did it to take get the first glimpse? 5 , 10 , 15, 21
- What time of the day did you receive the best experience? Morning, Afternoon, Evening,, Before bedtime
- What ailments did you experience liberation from? A family problem, a case of stress anxiety, physical pain, anything else_____
- Would you recommend this technique to others? Yes/ Maybe with additional comments

Present to friends, community and share the pride!



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Assessment: Consciousness Can Alter Your DNA

Listen to the following series of discourses and answer the assessments that follow:

- Consciousness Can Alter Your DNA, 9th October 2010, <https://youtu.be/VzthUviOrSs>, Duration: 33 minutes.
- Ananda Gandha Chakra Source of Super Conscious Healing, 16th September 2010, <https://youtu.be/oqX7zgAqLxs>, Duration: 27 minutes.

Listening Assessment

6. What is the main research focus of the area of epigenetics?
7. *Explain* in your own words the science of healing.
8. Next, explain how quality of consciousness decides the longevity, quality of life, pain, depression in your life.
9. List 5 reasons how *raising individual consciousness is a service to society*?
10. Why is the Ananda Gandha – known as the most guarded secret?

Intranalyzation Assessment: Ananda Gandha Chakra

Spend little time with yourself. *In 2010 THE SPH BHAGAVAN NITHYANANDA PARAMASHIVAM explained* that there is no geographical area where the science of Ananda Gandha is protected. He explains “. *If you are self centered constantly you will create suffering for you.* “

- What was your understanding about how you have been connecting emotions to pains in your life?
- What did you learn about mental pain? How was it attached to ego getting hurt/you did not receive respect?

Expressing Assessment: Super-conscious healing

Unclutching continuously, bringing more and more awareness to all the movements happening in your system, can be used as a technique to reach Ananda Gandha,

- How often did you try this technique? 1 , 3, 6, 9+

- How many attempts did it take to get the first glimpse? 5 , 10 , 15, 21
- What time of the day did you receive the best experience? Morning, Afternoon, Evening,, Before bedtime
- What ailments did you experience liberation from? A family problem, a case of stress anxiety, physical pain, anything else_____
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