



Super Conscious Mutation With Lingodbhava Murthy, Linga

Murthy, Mukhalinga Murthy, Lakulishwara Murthy

The SPH Nithyānanda Paramashivam

Homework & Exercise Worksheets



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Śrīmad Bhāgavatam - 3rd Skanda, 6th Adhyaya, 45th śloka.

तथापरे चात्मसमाधियोगबलेन जित्वा प्रकृतिं बलिष्ठाम् । त्वामेव धीराः पुरुषं विशन्ति

tathāpare cātmasamādhīyogabalena jītvā prakṛtiṃ baliṣṭhām| tvāmeva dhīrāḥ puruṣaṃ viśanti

The Dhīraḥ by their sheer power of Samādhi always being in Oneness with their true self - the pure consciousness, conquer the powerful Prakriti - the whole manifest world, and also their own antaḥkaraṇa - the inner space, which are influenced by the 3 Gunas - Sattva, Rajas, Tamas, and ultimately indeed enter into you oh Lord.

1. **Watch the discourse by The SPH Nityānanda Paramashivam, “Only Learn Things That Are Enlightenment Centric and Directly Help You Manifest Powers!”**



<https://youtu.be/pLfQlxFSnkg>, 29 August 2020 - and receive initiation into the space of being a Dhīrah – first and foremost requirement for manifesting conscious supremacy.

2. *“Your self-doubt, self-hatred, self-denial: your greed to achieve the land which is not in your control strengthens your self-doubt, self-denial, self-hatred”* **Exercise: You have only next few days in your hand, declare your supremacy over that few days! You will win the game of life always. But you are trying to declare supremacy over few months, few years which is not there in your hand, or which is not your territory, which is not your known boundary!**
3. Your experience about you is Conscious Sovereignty. The Conscious Sovereignty is the core of your reality. Your prenatal, postnatal habits cannot bind you or chain you. Prenatal habits are called karmas. Postnatal habits are called patterns. Both together can be called as mind. Mind



which chains you, binds you with your prenatal, postnatal patterns, habits, attitudes, karmas, cannot bind you in reality. List all the prenatal, postnatal patterns and karmas binding you.

4. Watch the discourse Be a Kailaasavasi - Take The Jump Into Paramashivatva, <https://youtu.be/ibnA7t2trrM> and answer the following questions:
 - Pen down 5 instances in your life where you were caught in psychological time
 - Pen down 5 instances in your life where you had only chronological time
 - What 5 patterns will you break in you to gain consciousness, to get more conscious
 - What fundamental principles of existence did this discourse teach you about?



- Watch the discourse Only Learn Things That Are Enlightenment Centric and Directly Help You Manifest Powers! <https://youtu.be/pLfQlxFSnkg>
 - Who is a Dhīraḥ?
 - What is the sheer power of Samādhi?
 - Write down the Sastra Pramana from Śrīmad Bhāgavatam 3rd Skanda, 6th Adhyaya, 45th Sloka – 11 times
 - Don't be stuck anywhere – Pen down 5 instances where you will not be stuck anymore in your life and decide to take action.



Included with your gifts today is the super conscious mutation manifestation of Paramashiva – happening of the Bhagavān Lingodbhava Murthy.

There is a space where time is not past, present, future. It is just – “is”.

The pure IS-ness forms the basis of existence of time.

In that time which is only is, there is no past, present, future. Past, present, future ,ll is “is”.

In that space Paramashiva manifested all his 64 forms for various leelas.

Lingodbhava manifested to establish the supremacy of Paramashiva, Shiva Paratva is established by Lingodbhava by showing brahma and Vishnu: their space and their manifestations.

But the Lingodbhava can never be called as was, at that time Lingodbhava manifested you can't say. Lingodbhava is. Paramashiva is manifesting as Lingodbhava Murthy now.



Exercise: Only the Cosmic Energy, your very Being which is beyond Ahankara (outer image) and Mamakara (inner image), only that can show the Truth to your very Being.

1. Go through the happening of the Lingodbhava Murthy – step by step – introspecting how many times in life does either intellect or comfort have prevent your explosion into the super consciousness? *For example – you wanted to set aside 21 minutes each night for completion; and at the same time your favorite movie is also playing on TV. What you decide to do will decide your explosion of super conscious explosion. Remember Lingodbhava is not past. He is. Happening each instant, you decide to go beyond your Ahankara and Mamakara*
2. Now, receive the initiation to mirror the neurons of the happening of the Lingodbhava Murthy through this 2021 Shivaratri discourse - MAHAPARAMASHIVARATRI | NITHYANANDA SATSANG | 11 MARCH 2021 || <https://youtu.be/mZuZFN8NEKw>



*Included in gifts is the publication *Living Enlightenment* by the SPH Nithyānanda Paramashivam. (if you prefer a different language just visit <https://nithyanandapedia.org/books> and download a copy from 25 language choices!); Go through these truths and answer:*

- 1. Living enlightenment is actualizing the limitless potential and experiencing the ultimate as every moment of life unfolds afresh. What is actualizing mean to you? In your words pen down.*
- 2. If you understand that everything is auspiciousness, you will drop expectations. Pen down 5 expectations you carry inside of you that make you feel frustrated each night.*
- 3. Drop worry, pick up health. Spend 21 minutes to do the simple meditation to heal the Manipuraka Chakra*



4. Fear is the fight between faith in oneself versus the negative idea about the future.
Complete the table to understand this truth

Faith in oneself

*I really want to make a breakthrough at work but
will I be able to?*

Negative idea about the future

Even if I do, I will be told, I'm wasting time



☰ Universe extols about self *Just 100 pages; Hindu Cosmology – The Brahma Sutras*

Aphorisms of existence (Page 462)

Attitude for inquiry into existence (page 465)

Tradition protecting the sacred secrets of cosmos (Page 469_

Where did the universe come from? Page 472

What is the source of all we know? Page 476

How can we experience the ultimate? Page 480

Is it true that the universe does not exist? Page 484



How can we say that the existence, universe, which we call ultimate, Paramaśiva is intelligence? Page 489

Am I part of the intelligence? Then what binds me to suffering? Page 497

How can I describe Paramaśiva? Page 505

How to experience Paramaśiva in me? Page 512

What is Brahman? Is it separate from source of universe? Page 517

How do I know I am living the truth? Page 532



Watch the discourse How To Drop Unsubstantiated Fears And Experience Super conscious Breakthrough, <https://youtu.be/hJqQrm8EGuA>

- Knowledge empowers you – pen down 5 places where this has happened in your life
- Consciousness empowers you – next pen down 5 powers you have manifested since your super conscious breakthrough in Paramaśivoham
- What is the difference between Surya Siddhanta and Jyotisha? Why are both necessary aspects and dimensions of our life



- How do astrology and astronomy compare with Surya Siddhanta and Jyotisha?
- What is MahaKAILASA?

Watch the discourse NIRVANA DEEKSHA | THE RAW TRUTH AS IS | CONSCIOUS SOVEREIGNTY ||10 JULY 2021|| <https://youtu.be/WsgkXkv3o3g>

- What is conscious sovereignty?
- Why being consciously sovereign is the first and only priority?
- What is Jiva satya? What is Paramādvaita Bhakti?



Detoxification – Castor Oil

You are hardwired for enlightenment! Very simple!

Apply Castor oil on your head and nicely massage. Apply shikakai (or or organic shampoo) and take a head bath. OR Consume 1 spoon daily, either with (with half a glass of warm water) makes you feel light – kicks out all the toxins Or with natural laxative banana– you will not have any worries because of stomach Or add to your meal. One teaspoon no more than that!

The SPH Nithyananda Paramashivam

17 July 2021, 27 June 2021, 12 July 2021, 15 July 2021, 18 July 2021



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



Paramaśivoham.org



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