



## The Supreme Pontiff of Hinduism (SPH) Bhagavān Nithyānanda Paramashivam 1008<sup>th</sup> Incarnation of Paramashiva

The purpose of man's life is to realize the Self or the Atman and merge with Existence. Enlightened masters have realized this and have devised techniques for others to realize it as well. Contemplate on the following:

1. Explain the concept of Annamaya kosha and its significance in our daily life.
2. Describe how Pranamaya kosha is associated with bodily functions like breathing, and why it's important for sustaining life.
3. Discuss the role of Manomaya kosha in influencing thoughts, emotions, and decision-making processes.
4. Identify which Upanishad forms the basis of koshas and summarize its key teachings related to koshas.
5. Describe how knowledge about koshas was traditionally imparted during Vedic times through Gurukuls.
6. Explain the concept behind 'Atma Spurana' or "Flowering of Our Self" and how it relates to realizing one's true nature.
7. List all five koshas in order, starting from the outermost layer to the innermost essence.
8. Discuss the purpose of man's life according to Vedic teachings and how enlightened masters have aimed to help others realize this truth.
9. Illustrate the obstacles that might stand between an individual and their self-realization journey, as explained in Atma Spurana Program..

### Further References from THE SPH BHAGAVĀN NITHYĀNANDA PARAMASHIVAM:

1. The Flowering Of The Atman || Atma Spurana Program || ATSP || Part 1 || 06 January 2005 0:15:19 [https://youtu.be/CQOoh\\_6udiU](https://youtu.be/CQOoh_6udiU)
2. The Flowering of The Atman || Part 2 || ATSC || 06 Jan 2005 0:13:48 <https://youtu.be/dOhOodV03oA>
3. Breaking Effects of Time || Part 1 || ASP || 07 Jan 2005 0:19:45 <https://youtu.be/XTTJrCd3FLw>
4. Breaking Effect of Time || Part 2 || ASP || 07 Jan 2005 0:18:25 <https://youtu.be/GDfRRQTSj5E>
5. Break Effects of Time || Part 3 || ASP || 07 Jan 2005 0:13:54 <https://youtu.be/SD3Hho9lO8w>
6. Clear your Karma || Part 3 || ATSP || 07 April 2005 0:14:11 <https://youtu.be/tanjBRwp11Y>
7. Catch The Moment Shiva Happens! || Part 1 || ATSC || 07 Jan 2005 0:19:11 <https://youtu.be/vPfnI2Ze9FQ>

8. Witnessing the 4 Movements of Prana || Part 2 || ATSC || 07 Jan 2005 0:09:25  
<https://youtu.be/E7pC3PVtDcA>
9. Deepening the Witnessing || Part 3 || ATSC || 07 Jan 2005 0:19:13  
<https://youtu.be/fCqHfv8AIA>
10. Science Of Thoughts Per Second || Part 1 || ATSC || 07 Jan 2005 0:17:03  
<https://youtu.be/q8EgCdlO7GQ>
11. Science Of Thoughts Per Second || Part 2 || ATSC || 07 Jan 2005 0:17:29  
<https://youtu.be/qu7-uNzhido>
12. Enlightenment At Your Dropstep! || ATSP || 08 Jan 2005 0:13:59  
[https://youtu.be/Yo\\_3DLa4CFA](https://youtu.be/Yo_3DLa4CFA)
13. Pranamaya Kosha Q & A || Part 1.1 || ATSC || 08 Jan 2005 0:05:30  
<https://youtu.be/xEs-TAMtF0o>
14. Pranamaya Kosha Q & A || Part 1.2 || ATSC || 08 Jan 2005 0:04:27  
<https://youtu.be/FyKdDMv492w>
15. Working On Your Life-Force Energy || Part 2 || ATSC || 08 Jan 2005 0:07:24  
<https://youtu.be/O8RVMLZ0HEE>
16. Working on Manomaya Kosha || Part 3 || ATSC || 08 Jan 2005 0:17:12  
<https://youtu.be/qBeiMjABrjQ>
17. Guru Gives You Ultimate Bliss || Part 1 || ATSC || 08 Jan 2005 0:17:45  
[https://youtu.be/\\_nJiw0TRHNU](https://youtu.be/_nJiw0TRHNU)
18. Guru Gives You Ultimate Bliss || Part 2 || ATSC || 08 Jan 2005 0:15:26  
<https://youtu.be/sT0JPX3QdFU>
19. Guru Gives You Ultimate Bliss || Part 3 || ATSC || 08 Jan 2005 0:14:49  
<https://youtu.be/KjFMWD3h5Mo>
20. Pitta is the Cause of Dilemma || ATSP || 09 Jan 2005 0:02:06  
<https://youtu.be/bge8rxFx2Yw>
21. How to WHIRL Our way to Enlightenment || ATSP || 09 Jan 2005 0:14:55  
<https://youtu.be/MLwDu4Rmsnw>
22. Nithyananda As He Is || Whirling Meditation Experience || Atma Spurana  
Convention|| 09 January 2005 0:05:52 <https://youtu.be/gM1lp2ZgHiU>