

## The Supreme Pontiff of Hinduism (SPH) Bhagavān Nithyānanda Paramashivam

1. 1008<sup>th</sup> Incarnation of Paramashiva
- 2.
3. Contemplate on the following:
- 4.

1. What are three daily actions or habits in your life that keep you anchored to the past or future rather than staying present? How can you modify these behaviors to cultivate a sense of peace and awareness in the now?
2. Reflect on moments when you experienced deep relaxation, restfulness, and intense presence. What were the circumstances surrounding those experiences, and what mindset or thought patterns contributed to them? Can you replicate those conditions in your daily life for increased present-moment awareness?
3. How does associating relaxation with "vacation" or past moods limit your ability to fully engage with the here-and-now experience?
4. Consider how you can incorporate "iccha shakti" (desire power) into your life to manifest the things that truly matter to you in the present moment. Create an exercise routine based on setting intentions and focusing on positive affirmations related to personal growth, relationships, or professional goals.
5. Reflect upon a time when you felt a strong connection with your true self and consciousness while living in the present moment. What practices helped cultivate that feeling? How can you incorporate these insights into daily exercises aimed at enhancing presence and mindfulness?
- 10.

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

1. [Change the Future by Removing Impact of the Past, https://www.youtube.com/watch?v=vc0ZbcPUKrw](https://www.youtube.com/watch?v=vc0ZbcPUKrw)
2. [Science of Possibility, 21 January 2014, https://youtu.be/xnKvnoLPnIA](https://youtu.be/xnKvnoLPnIA)
3. [Live Simple and Become Shiva, 6 Jan 2011, https://youtu.be/bZ3mjSenGkk](https://youtu.be/bZ3mjSenGkk)
4. [Past Life Webinar - Part 1, 17 March 2012, https://www.youtube.com/watch?v=6vsdlg1IRwU](https://www.youtube.com/watch?v=6vsdlg1IRwU)
5. [Patanjali Yoga Sutras 124, Past Life Regression, 25 February 2011, https://youtu.be/spGcCXxiNUc](https://youtu.be/spGcCXxiNUc)