

MANIFESTING SHAKTIS

Paramahansa Nithyananda





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Manifesting Shaktis

Published by Nithyananda University Press | copyright © 2016

ISBN: 978-1-60607-193-9

Printed in India | First Edition 2016

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Reviving Hinduism with Shaktis

Ever since the beginning of the civilization, the Sanatana Hindu Dharma has been the cradle of enlightened beings and highly advanced sciences and blissful powerful existence. It was where the science of enlightenment and powers (Shaktis) was lived and taught as a lifestyle. The Vedic Rishis, Munis and Sadhakas manifested extraordinary powers like materializing materials, reading the past and the future through Akashic Readings, creating alchemy products for spiritual evolution, levitation, and other numerous powers.

These powers expressed as a side-effect of their feeling connection and integrity with the Divine, from the space of Oneness

or non-duality with the Divine - Lord **Sadashiva**, the original source of all Cosmic Sciences, refers to this as *Shuddhadvaitam*. The knowledge and sciences of manifesting these powers was passed down from one generation to the next through **Deeksha**, initiation by the enlightened Gurus and preserved by the *Guru Parampara*, which has an unbroken lineage of enlightened beings and Avatars till date. Paramahansa Nithyananda is the living Avatar of the millenium who is powerfully reviving these Yogic sciences revealed in the Vedas and Agamas and transmitting it to the world at large on a human scale never imagined before.



Countless accounts are systematically recorded in the sacred Hindu scriptures, which are the authority on truth such as the Ramayana, Mahabharat, Upanishads and Puranas, proving that evolved beings and the civilization led by them – have been manifesting extraordinary Shaktis, powers as a conscious lifestyle. Unfortunately, as the *dharma*, the truthful and conscious

way of living got diluted from age to age, these powers came to be perceived as mere stories not ‘history’; in reality these are true historial accounts narrating us the proof of the most powerful, abundant and successful civilization gifted to us by Sadashiva and His enlightened disciples – an ordinary life lived in an extraordinary way.

People practicing the Santana Hindu Dharma were the richest in both the inner world and the outer worlds. They solved every problem with spiritual solutions, using the powers of Bhagavan Sadashiva. Over the last thousand years, due to several attacks, the inheritors of these powers have forgotten the authenticity of the original Sanatana Hindu Dharma and the legacy of Hinduism and these 'naturally super' sacred secret sciences have been lost.

These *Shaktis*, powers originally revealed in the Vedas-Agamas, the source books of Hinduism, the source of Cosmic Laws itself stand by their own independent authority as scriptural proofs or **Shāstra Pramāṇa** which are verified by the enlightened experiences of the Rishis and Seers, called **Āpta Pramāṇa**, and are now being revived in their original, pure form by the *living Avatar, Paramahansa Nithyananda*, is breathing a new life to the perfect sciences of *Shaktis* through His own experiences, **Ātma Pramāṇa**.

As the Jagadguru, the Universal Spiritual Master, who is the embodiment of Sadashiva and AdiShakti – Paramahansa Nithyananda is making many thousands across the globe express and share these powers by a mere *Deeksha*, initiation, making the *Shaktis* (powers) a living experience for them, called **Sākshi Pramāṇa**.

When all four evidences of truths or *pramanas*, are in tune, the origins, authenticity of the *Shaktis* expressed is undeniable and eternally established. This rare alignment of all the four *pramanas*, categorically proves that these powers are not an accident or a myth or a superstition but a clear, sophisticated sacred science detailed out by Bhagavan Sadashiva himself and lived by billions on the Indian soil.

In a cosmic phenomena that happens rarely on the planet, Sadashiva as the Living Guru, Paramahansa Nithyananda is reviving Sanatana Hindu Dharma, for Hindus to rediscover their dharma, and inviting the whole humanity to reclaim their Oneness and powers with thier Source.

Time, space and the presence of the Avatar, calls on us to now decide to raise ourselves to our Awakened Consciousness and explore, seek to realize the ultimate truths and manifest them as Shaktis, powers that are being gifted to humanity by the Avatar.

This first edition of the 'Manifesting Shaktis' book aims to introduce the sacred secret sciences of 'Shaktis' revealed by Paramahansa Nithyananda to many thousands of His initiated disciples of all ages, cultures and lifestyles.

It is unfathomable yet irrefutable experience and a scientific and medical wonder of wonders to witness the cosmic speed and intensity with which Paramahansa Nithyananda is expressing the Shaktis and reproducing them in massive scale. This book is an attempt to document and explain the unexplainable Cosmic occurrence of Powers that our scriptures record as the great happenings taking place under the Banyan Tree of Mt. Kaliasa, presided over by Lord Sadashiva.

This book presents us the understanding of different Shaktis, their immense need for revival in today's age for the supreme benefit of humanity, and how they manifest and express in individuals and society.

For a sincere reader, this book can open doorways to wake-up and decide to directly witness the power demonstrations of these shaktis, and explore the extraordinary possibility ahead of him to come and experience the powers.

In the 21-day spiritual awakening program, called the **Inner Awakening®** open to people of all ages, Paramahansa Nithyananda initiates people into some of these Shaktis and awakens the Kundalini Shakti, our inner potential energy to manifest Shaktis, and bolts these powers permanently in the participants to manifest their further expressions in every day life.

At a never before momentum, the world is waking up to the *new sunrise of Shaktis* from Paramahansa Nithyananda, as He revives Hinduism from Its primordial roots, as old as the Sun itself.

(visit: www.innerawakening.org)



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*jyotistatparamaṃ parāmṛtamayaṃ
viśavātma turyaṃ trikaṃ ।
netraṃ pañcakasaptakātma
śivayornaumyekavīraṃ mṛḍama ॥ 2 ॥*

*That ultimate Light, this Ultimate Nectar of Immortality,
these Ultimate, Supreme Three Eyes, Trikam Netram,
which is the Soul of the Universe, which is the soul of Shiva,
I bow down onto that One Vīram, Mrdam, Shiva.*

~ Sri Netra Tantram

*(Agama from Bhagavan Shiva revealed to Devi,
commentary by enlightened being, Sri Kshemraja)*

What are the āgamas

āgatam śiva vaktrebhyaḥ gatam ca girijā mukhe |
matam ca śiva bhaktānām āgamam cheti katyate ||

That which has descended down (ā-gatam) from the faces of Shiva, fell on the ears of Girija, Devi AdiShakti and spread into the world as the conclusive truth or religion (matam) of the devotees of Shiva (Siva bhaktas), is called ĀGAMA.

āgataḥ śivavakrebhyo gatopi girijālaye |
magnatasya hr̥dmbhoje tasmādagam ucyate ||

O Durga, it has emanated from Shiva's mouth and
has taken root at your lotus heart,
therefore it is called Āgama.

~ Āditya Mala (Tantra)

Sadashiva Nāda - Sadashiva taught the Āgamas,
the Ocean of Scriptures, Tantra Sagara

sṛṣṭyanantaram evedaśśuddhādhva viṣayanaṇūn || 63 ||
svāmśu samspaśanādeva kṛtvā dr̥kkriyayotkaṭān |
sadāśivopi bhagavān nādarūpatayāgatam || 64 ||
ṣaṭpādarthamayaṁ jñānaṁ anekacchanda eva tat |
pūrvato daśa saṁkhyātaṁ śivabhedam tathāparam || 65 ||
raudram aṣṭādaśavidham tebhyo'vādīt kṛpanidhiḥ |
tattaddeśakramānmerāvāgataṁ tantrasāgaram || 66 ||

~ Paushkara Āgama, Pramāṇa Patalaḥ, 63-66

Immediately after the creation, Lord Siva, illumined those competent souls who are concerned with the enjoyments of the pure path, *Shuddha Adhva* with regard to their cognition and action by a mere touch of His rays. Having done so, being in the form of *Sadashiva Bhagavan*, He taught them the knowledge about the six categories which arose in the form of Nāda. Having composed it, namely, the Āgama in many meters, He, the store-house of spontaneous grace, taught first the *tenfold Siva-bheda Āgama* and then the other, the *eighteenfold rudra-bheda Āgama*. That ocean of Scripture, Tantra Sagara descended to the Mt. Meru through successive regions.

Āgama, the Only Scripture for Kali Yuga

kṛte śrutyukta ācārastretāyām smṛtisambhavaḥ |
dvāpare tu purārauktaṁ kalau āgamakevalam ||

In Kṛitya Yuga, the golden age the scripture followed is Śruti, the revealed and heard scriptures; in Tretā they followed Śmṛiti, the remembered scriptures; in Dvāpara Yuga, they followed Purāṇa, the cosmic histories. In Kali Yuga, they are to follow and live only the Āgama.

~ Lord Shiva, Kulārṇava Tantra

शक्तिः, the power of इवशिवोऽव

The *Raurava Agama*, *Mridengra Agama*, *Vidyā Pādaḥ* (knowledge section) of *Srimat Kamika Agama* reveal the many Shaktis of Sadashiva, giving the *Shaastra Pramana*, scriptural evidences into very detailed and precise sciences of Shiva's cosmic manifestations of Shakti and how Bhagavan governs the Cosmos with each of these powers.

tasamattejaḥ susampurnam śaktyaśtaka samanvitam |
vibhinnaṁ tvaṣṭadhā bhuyah śivecchā vidhicoditam || 9 ||
ananteśastataḥ purvam tataḥ suksmaḥ sivottamaḥ |
ekantaikarudro ca trimurtiścānala-dyutih || 10 ||
śrikanthaśca śikhandī ca suryakoti samaprabhau |
aṣṭāvete mahātmānas-tasmattejo viniṣṛtaḥ || 11 ||

From the supreme state of total Oneness (susampurnam) with Shiva, an effulgent column of light, undivided wholeness, appeared associated with *8 Shaktis, shaktya-aśtaka*. Next, it got variegated again into 8 luminous souls as willed and stimulated by Shiva's *Ichha Shakti*, power of Will. These 8 luminous souls are: Ananteshwara, Sukshma, Sivottama, Ekanetra, Ekarudra, Trimurti, who was as resplendent as fire, Srikantha and Shikhandi. All of them were with immeasurable brilliance of 10 million suns. There were 8 Shivas, the Great Vidyeshvaras, who manifested from that luminous column.

~ *Raurava Agama, Vidyā Pādaḥ, Shiva-tattvaṇi*,
vr. 9-11



Shaktis of Sadashiva described in the Sadashiva Tattva

Following are the direct words of Bhagavan Sadashiva, expanding on His various Shaktis and His true essence, Sadashiva Tattva. His powers, Shaktis are His unique rays and non-different from Him.

“Those who have reached the world of pure path (suddha adhva) through the appropriate initiation, Shaiva-sādhana based on knowledge, yoga, experience various enjoyments which yield ultimate bliss (ananda). Upon the complete removal of the residue Aanava Mala, they attain the supreme state, *tat padam* [sāyujya]. Since they are wholly engrossed in the supreme bliss which is their own essential nature, they do not perform the Cosmic actions such as śristi, etc. Thus, the nature of SADĀSHIVA TATTVA has been briefly explained to you.

~ *Mrigendra Agama, Ch. 13, Adhva Prakarana, Descriptions of the Worlds, Verses 166-175*

Shakti	Description
Nivrutti Shakti	<p>The Shaktis by which Shiva unfolds the power of all- knowing and power of all-doing for Sadashiva and other Lords are known by the specific names Nivrutti and others.</p> <p>The Shaktis by which Shiva enables the competent souls to be abstracted from the worlds and the worldly beings (which are of 14 kinds), and direct them towards the final liberation is called Nivrutti.</p> <ul style="list-style-type: none">- Name of World - Prathistha- Presiding Lord of this world - Nivruttimān
Pratistha Shakti	<p>The Shakti by which Shiva obstructs firmly the possibility of getting back to the worldly life [maya matrix] and transmigration for the competent souls who have turned towards liberation and stabilizes their conviction is called ‘Prathistha.’</p> <ul style="list-style-type: none">- Name of World - Prathistha.- Presiding Lord - Pratisthадhipati

Shakti	Description
Vidya Shakti	The Shakti by which Lord Shiva graciously gives the direct intuitional knowledge related to all the categories to such component souls, making them to transcend the knowledge based on perception, inference and others, is called Vidya. Name of World - Vidya Presiding Lord - Vidyadhipa
Santi Shakti	The Shakti by which Lord Shiva alleviates all sorts of miseries and impediments for the sake of such competent souls is called Santi. Name of World - Santi Presiding Lord - Santiman
Indhika, Dipika, Rocika	The Shakti by which Lord Shiva gives great brightness, greater brightness, still more greater brightness to the competent souls enabling them to view the wholeness of all the created worlds and the worldly objects and liberates them from all traces of the primal bond (pāśa) are known as Indhika, Dipika, Rocika. Name of World - Indhika, Dipika, Rocika Presiding Lord - Indhikavān, Dipikavān, Rochikavān
Mocikā	The Vidyeshvaras and other Lords are in the state of being directed and controlled by the Supreme Lord because of the prevalence of the shade of 'ānava mala' in them. The Shakti by which Lord Shiva grants the final liberation known as 'SĀYUJYA' to such Vidyeshvaras and others is called Mocikā. World where this shakti exists- Mocikā Presiding Lord - Mocikāvan
Urdhvaga	The Shakti by which Lord Shiva installs such Vidyeshvaras at the state of absolute lordship is called Urdhvaga. World where this shakti exists- Urdhvaga Presiding Lord – Urdhvagadhipati * Shiva intalls 8 souls known as Vidyeshvaras in the Ishvar tattva, who are free from the bonds of māyā and karma, and fit to be stationed in the plane of Lord Shiva. 8 Vidyeshvaras are – Ananta, Sukshma, Sivottama, Ekanetra, Ekarudra, Trimurti, Srikantha and Sikhandi.





The Source of Shaktis







He Wears the Color of Earth

He wears the color of Earth. Rudraksh shelled in a gold coat wraps around his wrists and arms. A thick Rudraksha necklace decorates his torso complemented by another gold mala. Thick black jattas descend down his back. If people did not know before, now they know that Shiva himself walks the Earth as Paramahamsa Nithyananda.

The Avatar™ chose to be born in a small town in South India called Thiruvannamalai. His first Adheenam (temple monastery) was established in

Erode on the banks of Cauvery River. Stone by stone, he built his infrastructure. Soul by soul, he attended to his devotees. In the beginning, he went from hospital to hospital, healing people of whatever diseases they have. Now, thousands of people come forth with their story of how Paramahamsa Nithyananda made a tumor disappear or made them walk out of bed for the first time after 30 years.

Today, he is recognized as the Avatar™ by hundreds of thousands of people. Paramahamsa Nithyananda, who has now traveled all over the world from Cambodia to



the United States of America, establishing Hindu temples and centers of cosmic energies, is reviving **Shuddhadvaita Shaivism**, the powerful tradition of worshipping and connecting with the Source from oneness and realizing the space of 'Pure Non-duality' with Bhagavan Shiva, the source of everything that exists. This great tradition

is grounded on the tenets of powerfully living and manifesting the powers of Sadashiva and awakening Sadashiva and Shakti existing in our DNA. Those living this AdiShaiva life, seek and practice the truths ordained by Sadashiva. Those who live it are called 'Shiva Ganas' which means that they are filled in their length, depth and breath,



in all dimensions of their existence and life by Sadashiva. This Shuddhadvaita Shaivism lineage is being lived with integrity and revived by Paramahansa Nithyananda with the Nithyananda Sampradaya™.

The mission of The Avatar™ Paramahansa Nithyananda is the revival of Hinduism and

the Vedic civilization that once existed and thrived on Earth.

In the last 100 years, with the British invasion, the most destructive tactic that anti-Hindu forces used was abolishing our Gurukuls, the great education system. We were the most advanced civilization that existed on planet Earth. People walked two



feet above the ground, flew across continents and populated new lands. Every action was established in the context of Oneness. All the science required to make this happen is in the Vedas and Agamas that our ancestors treasured and meditated over.

Paramahansa Nithyananda is gifting the awakening of the kundalini, the sacred initiation, *Deeksha* to the world. It shatters through the aged patterns of old and young devotees and awakens the Ajna (Third Eye) and Sahasrara (Crown) Chakra. His unique and most powerful initiation to the world is the awakening of the Third Eye.

Disciples manifest Shaktis such as levitation, materialization and body scanning, remote reading, telescopic sight, telepathy, being able to see through obstacles and barriers, being able to manipulate one's weight, to obtain anything that one desires, to heal any desire and to go beyond sleep or food. The initiated ones, or *Dikshitas* live on an entirely different plane of existence, as if the social ties that tie

the rest of humanity to the ground don't bind them. Their expression has absolutely no loophole. They carry no stress or tiredness underneath their eyes. They simply radiate not only these powers, but also a defining grace and winning smile that identifies a devotee of the Guru of Gurus, Paramahansa Nithyananda.

Paramahansa Nithyananda is emerging as the leader for humanity creating a new Enlightened Civilization. He continuously targets the hypocrisies of our society and carves them out of our individual lives. Despite the attacks any anti-Hindu force makes, he sculpts, scraps and tears away the dirt and poison until he reveals the Divinity underneath. Among official Hindu institutions, he has been coronated as the spiritual head of the oldest apex body of Hinduism - the Mahanirvani Akhada. With this highly distinguished role among Hindus, he brings them to the global front, spreading awareness of the intellectual Kurukshetra going on worldwide. He upholds the unity and





strength needed in this era to revive the Hindu glory we have had and share them with the humanity.

Paramahansa Nithyananda is the ultimate hope we have for raising the humanity to their peak possibility and to live the higher purpose of live, empowering them with their inheritance of manifesting Shaktis, powers. With the pace that He is going, before we know it, his vision and dedication

will become the reality that we live and celebrate.

Our two human eyes, ears, nose, tongue and skin are simply not enough to take in the Universe. Even with the full capacity of these senses, we are blind to the existential reality. We are overwhelmed by our hormones and trapped in the grid of malignant popular beliefs. The myth of diseases is being made out of thin air, the new generation, the



children and youth are being forced into pre-defined future based on fear and greed.

We do not need to deny ourselves the possibility to truly meet and unite with the compassionate Universal Energy, which is beyond all man-made myths and belief systems. A possibility to enter the door into the Cosmos itself, the door that always has been within us - the Third Eye.

The history of Hinduism has gifted us with so many such Avatars: Bhagavan Sri Krishna, Sri Rama, Madurai Meenakshi, Arunagiri Yogishwara and so forth. They each guided the civilization at that time into a higher existence. Today, Paramahansa Nithyananda is recognized as The Avatar™ of this day and age with a mission that surpasses the precedents set by all those before him. He holds the key to the Cosmos itself and is inviting you to use it with Third Eye AwakeningSM.





Why Manifest Powers?





Live Sadashiva, Manifest Sadashiva

“Neither there is a law nor there is a logic in Sadāshiva’s functioning. There is a tremendous love and integrity to His love. Once you catch His love and His integrity to his love, you will understand, that is the way He functions.”

Sadashiva has nothing to achieve through anyone. Neither money, nor beauty, nor age, nor wealth, nor possessions - whatever anyone may think as most valuable in their life, nothing is useful for Him. He is not looking at someone for any utility value. He is looking at them only as a conscious value. He is flowing towards the person just to

manifest through them. He is rushing towards someone just to manifest through them. Even if all wealth, life, beauty, car, bank balance, houses are offered to Sadashiva, it is like a lion cub offering grass to a lion.

Manifesting Sadashiva is manifesting Sadashiva with all his powers and qualities. For that, you only need to declare “Sadashivoham.” The moment seeking starts in someone, they already received the incoming call from Sadashiva - “Shivatvamsi.” Now they have the adhikara (authority) to declare “**Sadashivoham**”



and start manifesting the powers and experiences of Sadashiva, and manifest life as they want. Declaration alone is powerful enough to manifest the powers of Sadashiva, and Sadashiva is waiting to fulfill it, waiting to manifest through the person.

“Declare with all your will, ‘Sadāshivoham!’ Manifest what you want in your life. If I am Sadāshiva, this is the way I want my life, let me manifest it. Just by the power of the declaration of Sadashivoham, make

the body as you want. Just by the power of the declaration of Sadashivoham, make the mind as you want. Just by the power of the declaration of Sadashivoham, make life as you want.”

Every time someone declares “Sadashivoham,” Sadashiva rushes towards the person to manifest through them, because the Whole wants to manifest through every part, the Whole by Its nature wants to manifest and celebrate Its



existence through every part. The moment someone even has the guts to declare of Existence supports that being and rushes towards them.

“Sadashivoham,” Sadashiva just feels mesmerized by the person and He just lands and manifests through the person.

Manifesting the powers and experiences of Sadashiva is the purpose of all that exists. The purpose of all life is to manifest Sadashiva. Whenever a being declares and moves towards manifesting Sadashiva, all

“Breathe Sadashiva, make people breathe Sadashiva. Manifest Sadashiva, make people manifest Sadashiva!”



Cause Everyone's Highest Reality

Causing others' reality is the highest frequency of Existence. Santana Hindu Dharma is rooted in the principle of causing others' realities from the context of Advaita. All the auspicious, best things in the Cosmos are meant for causing the Reality of all the beings that exist in it. All of nature exists to nurture all beings. All the forces of the Cosmos operate in great harmony to keep the flow of Existence exactly as required for all beings to exist and prosper. Causing others' reality is what raises a human being from the human frequency to divine frequency;

it is the way Sadashiva expresses through a seeker.

Any decision, any action, any blessing given to cause another's reality reveals the highest Reality of the causer to Himself.

“Authentic, sincere decision to cause others' reality, to be a catalyst for others' reality, brings a certain grace in you, the groundedness in you, stability in you.”



All the best gifts of Sadashiva, the grace of Sadashiva, the powers of Sadashiva, are showered on people to cause the highest reality for others. Sadashiva is the most compassionate being. He goes on showering His powers on His disciples when they decide to raise themselves and join His mission of blessing and healing the Cosmos.

Causing others' reality is not a service or a social virtue as perceived by people a lot of times. Causing is a power, it is a gift. It is the way Sadashiva, the unmanifest energy, reveals Himself to the manifest World.

When Sadashiva blesses someone with extraordinary powers, He blesses them with manifesting Himself. He also gives the receiver immense intelligence on how to use the powers to enrich people and cause their realities. All spiritual powers are given to people only to bless and heal the world.



Manifesting Powers is Sadashivatra

One of the biggest obstacles that stops a person from manifesting powers is the stupid idea of 'decision fatigue'. This is based on the premise that decisions are complex and take a lot of mental resources and therefore one needs to be tired at the end of the day. Such a person will look to relax and be pampered at any given opportunity.

For example, take a person responsible for a building being built. For most people involved, nothing is being done other than making few phone calls. But everyone is tired, fatigued, thinking they're doing a lot.

But nobody is building anything! Even if construction is happening, what someone would actually be doing would be only calling a few people and meeting them, nothing else. If only a post-mortem is done exactly what's happening is checked, it boils down to making phone calls and talking, and at the most, signing a few papers, that's it.

But people are so arrogant, they don't want to believe that they are not doing anything. Because people always thrive on pampering themselves with arrogance. To cheat others, they start saying, "I'm doing this, I'm doing



that.” And finally, they themselves start believing and get cheated by it.

Getting cheated by one’s own self is what is called ‘fatigue-decision’ or ‘decisions of fatigue’. When the decision-making leads to fatigue, one decides to be arrogant. Getting fatigued, comes from believing that one is doing great things.

Such ‘decision fatigue’ results in arrogance and destroys life. The Maya Matrix always pampers it. If one understands that, they will be a light being, they will be young forever. Decision-making is an easy way of existence.

Whatever be one’s achievement in this world, till one experiences and

manifests Sadashivatva, they are replaceable. Only if they manifest Sadashivatva, they are worthy of being reproducible.

“This is the way every day you should measure yourself – what is the purpose of life?

Manifesting Sadashivatva in me, and helping others to manifest Sadashivatva... yesterday, you had the World and you had you.

What did you do to manifest Sadashivatva in you and into the World?”



Manifest Powers to Remember You Are Sadashiva

Low and powerless inner image is the result of forgetting the original state of Sadashivatva – the space of being Sadashiva. Paramahansa Nithyananda affirms that the only way this state can be remembered again and again is when the powers of Sadashiva are manifested.

Only when the powers are manifested; the low inner image gets transformed to the powerful space of Sadashiva. Sadashiva is the source and the one who can manifest and play with powers. Being in Oneness

with Sadashiva facilitates the manifestation of these powers.

“Manifesting powers every day in your day to day life will change your opinion about you. And the beauty of Sadashivatva is when you change as you want, the outer, even the inner [world] whatever need to be changed will be awakened, and you’ll go through a change. Your identity about you will change.”

īhaaṣṭra pramāṇa = you are īśadaśhiva

*jīvaḥ śivaḥ śivo jīvaḥ sa jīvaḥ kaivalaḥ śivaḥ ।
pāśabaddhaḥ smṛto jīvaḥ pāśamuktaḥ sadāśivaḥ ॥ 82 ॥*

The Jīva (individual soul) is Shiva; Shiva is Jiva. That pure jiva is verily only SHIVA. When bound by the Pāsha, the bondage or binding rope [of individual identity (ānava), unfulfilled actions (karma) and non-existential perception (Māyā)], it is Jīva; when liberated from the Pāsha, It is SADASHIVA.

*tuṣeṇa baddho vrīhiḥ syāttuṣābhāve hi taṇḍulaḥ ।
karmabaddhaḥ smṛto jīvaḥ karmamuktaḥ sadāśivaḥ ॥ 83 ॥*

When enclosed and bound in husk (tushena), it is paddy; freed from husk, it is rice (tanḍula). Enclosed and bound in karma, it is Jiva; freed from the karma (karmamukta), It is SADASHIVA.

~ Kulārṇava Tantra, ullasa 9, the Agama by Sadashiva to Devi



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The powers can be used for everyday simple events like changing the traffic signal so one can move through the traffic faster and healing knee pain to as great as manifesting whatever someone wants as reality.





Introduction to
Third Eye AwakeningSM

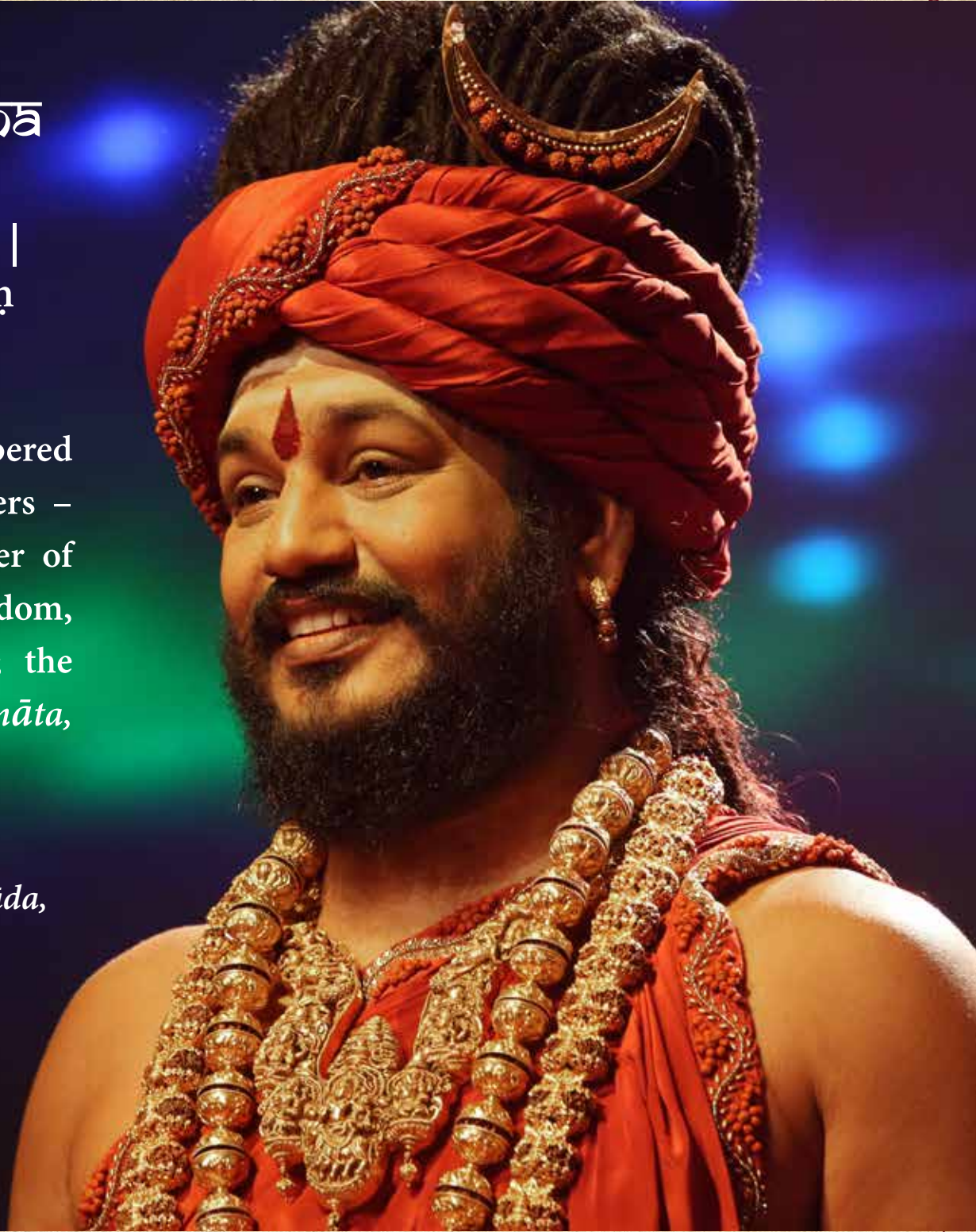


ṣhaṣṭra pramāṇa

iccha jñānā kriyāśakti
traya netrayutam smaret |
candraḥ sarvajñātārūpaḥ
daśahatāḥ diśo daśa ||

His Three Eyes are to be remembered
as symbolizing the three powers –
Iccha, Jnana, Kriya, the power of
Will, the power of Pure Wisdom,
the power of Cosmic Action; the
moon crescent denotes *sarvajnāta*,
His power of all- knowing.

~ reveals Sadashiva in
Srimat Kamika Agama, purva pāda,
the primary Agama





What is the Third Eye?

In the Vedic Times, the Rishis, Yogis and the Enlightened Ones lived enlightenment with extraordinary powers tuned to their normal everyday living. As Seers or *Mantra Drshtas*, their divine eyes gazed beyond the plurality of the 'seer', 'the act of seeing' and 'seen'; far from the confines of inside and outside or far and near, past or future, obstructions or space. In other words, they lived with the awakened Third Eye, which is consciously seeing the Reality as it is – beyond the limited perceptions of the mind, senses and emotions.

Third Eye is the ultimate power which is latent in every human being. It is a possibility in every person. Third Eye is not just an eye; it is the very source of Consciousness.

The Third Eye is an intra-organ, beyond the cell membranes of any physical structure within the body, existing and operating with the highest frequency at the brow centre. It is the gateway to understand people, the atmosphere of the Earth, the gigantic planets in orbit and even the Universe itself. It transforms every aspect of the



Cosmos from a far-away object to a tangible, graspable subject within everyone.

Third Eye is nothing but conscious seeing. Third Eye AwakeningSM awakens the non-mechanical parts of the brain, helping the person to experience extraordinary powers like telepathy, materialization, teleportation, and many other extraordinary powers. Third Eye AwakeningSM is the beginning of experiencing the powers of Sadashiva. It is the door to the Cosmos.

Anything can be received through the Third Eye. Similarly, any command can be sent to the Cosmos through the Third Eye. Anything sent through the Third Eye to the Cosmos is immediately experienced!

The concept of Third Eye is the unique contribution of the Vedic tradition. All the Hindu Divinities are depicted with three eyes. It means that only if someone's Third Eye is awakened, they can become Bhagavan, not otherwise! Hindus have



worked so much on Third Eye. Even if someone is born as Hindu, the possibility for opening of their Third Eye is already there, because their ancestors have worked on the Third Eye for ages. The possibility of opening of the Third Eye is programmed in the very DNA of Hindus, because for ages the ancestors continuously kept the bindi, the processed turmeric, on the Third Eye, working to awaken it.

Third Eye AwakeningSM can make someone experience Sadashiva immediately.

**Bhagavan minus Third Eye is man,
man plus Third Eye is Bhagavan.**

śhaaṣṭra pramāṇa,

the Scriptural Evidences of the Third Eye

In the rare Agama, Sri Netra Tantram, Bhagavan Sadashiva reveals the ultimate sacred secrets of Third Eye to Devi Parvati on the her enquiry to the handsome Lord Shiva.

The tika or commentary on this Agama has been done by Sri Kshemaraja, the enlightend disciple of Sri Abhinava Gupta, the great AdiShaiva Master. Following are the direct *Shaastra Pramana*, the scriptural evidences on the secrets of Third Eye, Trinetra from the Sri Netra Tantram, first Adhikara.

Seated on Kailasa Peak is the Lord of Devatas, Maheshvara, Hara, the altar of dalliance, with his Gaṇas and his consort Devi Parvati. Having seen the Lord, with desire to enrich the living beings, Devi grasped His feet, and enquired to Parameshwara in a very devoted way.

śri devyovāca

dr̥śamiti hyatsthitam sphuṭikariṣyamāṇam
na śrutamiti nādyāpi nirṇītatattvam tat
śṛṇomi adhijigamiṣāmi || 12 ||

etat sphuṭayati | yattadāpo'mayam deva
cakṣuḥ sarvatra dr̥śayate | tasmādagñiḥ
katham raudra utpannaḥ kālādāhakaḥ
|| 13 || yena vai dr̥ṣṭamātrastu mitrajo
bhasmasātkṛtaḥ | kiṃ tadraudram kṛtam
deva vahni-kāladiḥkṣayā || 14 ||

The all-seeing Divine Third eye, *caksuh* is filled with water [āpomayam], O Deva. How then, does it become fiery and wrathful, flaming and burns up time? Saturn was reduced to ashes by the power of this Eye. Deva, how is such wrath produced, that fire (vahni) which desires to burn time? It consumes all creation, destroying Brahma and all that is permanent.

O Parameshvara, Kāma was burned up by Its play. What is this ferocious, fiery eye (netra), Natha, which is always invisible, yet is the causative source of great miraculous, astonishing wonders?

deva netrāntare vahnistvadr̥te
kasya dr̥śyate | kiṃ vā vahnimayam
cakṣustatkatham na vibhāvyate || 17 ||

yena vai cakṣuṣā kṛtasnam prasaramśca
jagatpate | sarvāmṛutamayenaiva
jagadāpyāyase kṣaṇāt || 18 || māma-
anandayase deva prasannanaiva
cakṣuṣā | amṛutākāravacchubhrmam
jagatdāpyāyakāarakam || 19 || tasmāt
kālanalaprakhyah kuto vanhiḥ
prajāyate | etat sarvam samāsenā
bhagavan vaktumarhasi || 20 ||

O Deva, how does fire come to exist, within the space between the Eyes (the Third Eye). Who does it See? How is this Divine Eyes, *cakṣuḥ* filled by fire (vahni-mayam)? Why is it invisible?

O Jagatpate, Lord of Universe, how is it indeed that from this Divine Eye, *Cakṣu*, which is streaming forth, raising, and expanding the Whole Cosmos, which is filled with *amṛta*, the nectarine essence of All-immortality, you reach, enter and pervade the Universe, instantaneously.

Deva, by this graceful, pleasing nectarine pure Eye, *Amṛta-Cakshu* only, you make me blissful and cause the projecting and reaching into the Universe. From where does this fire, known and celebrated as the fire of

time (*kāla anala*) is caused, generated, and comes forth?

O Bhagavan, only you can speak and reveal this to me completely.

Netra Rahasya, The Secret of Third Eye

śri bhagavān ucāva

ati kautuhalāviṣṭā pracchasyetacasarūṇu
priye yanme netrāntare
vahniryadvāmrtam-anuttamam || 21

|| tatsarvaṃ kathayiṣyāmi yogayuktyā
śruṇu priye | yatsvarūpaṃ nijam
śuddham vyāpakam sarvatomukham
|| 22 || sarvabhūtāntarāvastham
sarvaprāṇiṣu jīvanam | yogagamyam
durāsādam duṣprāpamkṛtātambhiḥ ||
23 ||

Shri Bhagavan said:

You ask these questions with great eagerness and intense yearning. Listen Dear, I will speak all about that Fire (*Vihni*) and the incomparable, ultimate nectar (*amṛta*) which is within My Eye in between the Eyes (*netrāntare*).

I will speak about all That, listen Dear, established in Yoga, the uniting space of Oneness with Me. Its real form and nature is without origin, pure, pervading all and having faces everywhere. It is existing within all living creatures and present in the hearts of all things, attained by yoga, difficult to accomplish, hard to attain for all beings.

man-netrāntar-vahnayamṛtadvayam
yadanuttamam rahasyamiti prāguktam
| ataśca pāsānām kālādeśca dāhakam
paradhāmāveśātma jagadāpyāyakṛda yad
yogayuktyā parādvayasphārānupraveśena
kathayiṣyāmi tvam ca tathaiva śṛṇu
antarvimṛśa | tadetatādivākyama
| atra paravahnayamṛtātmanetra-
rahsyamabhidheyam | tasya
anuttamamiti viśeṣaṇena |
bhoga-mokṣākhyam prayojanam
pratyupāyatvaṁ sūcitam |
parādiradivyāntaḥ śoḍhā
saṁbandhaḥ prasiddha eva || 21 ||
netretatvābhidhāyitvād netremityasya
nāma pratijñānam sphuṭayati |
yatsvarūpaṁ nijam śuddham vyāpakam
sarvatomukham || 1-22 ||

In my Netra (Third Eye), both Fire (Vahni)

and Nectar of Immortality (Amrita) exist, this is the unsurpassable, excellent sacred secret (rahasyam) not told previously, yet.

As the *Paasha*, the cosmic rope that controls, Body of Time (Kāladeha) and The Burner (Dāhakam), The Cause who enters as Self and expands as the Universe – by entering into the Supreme Non-Dual Source, sphāra – which is svayam-prakasha shining with gold-like fiery light of the cosmic bang, the ultimate space of Oneness with everything – I will narrate and reveal (this netra tantra rahasya) to you. By engaging in space of uniting with Me (yoga-yukta), listen with a deep space of intra-analyzing (antarvimṛśa) to the first words here of the sacred secret (rahasya) of the Ultimate Fire, *Paravahni* which is the Divine Eye with the inner-essence of Nectar of Immortality, *Amritātma-Netra*, which is being spoken and expressed to you – its purpose and applied science (proyojanam) is especially for the enjoyment (bhoga) and for liberation (mokṣa) and its indicated counter-effects.

There are Six Relations, *saḍ sambandah*, which are well-known, starting with parā and ending with adivyā.

vaṁ svavīryam svasaṁvedyam

mamaiva paramaṃ padam । tadvīryaṃ
sarvavīryāṇaṃ tadvai balavatāṃ balam
॥ 24 ॥ tadojaśvaujasāṃ sarvaṃ śāśvataṃ
hyacalaṃ dhruvam । sā mamecchā parā
śaktiḥ śaktiyuktā svabhāvajā ॥ 25 ॥

It is like my own Vīryam, the Life-energy filled semen, my own self-knowledge, indeed my supreme space. It is the essence of all semen, the strongest of the strong. Certainly, and without any doubt, it is the ojas of all ojas, the perpetual Eternity itself which is immovable and established. From Me, She is known as supreme *Ikcha Shakti*, one with Parāshakti, born from My own nature endowed with all powers.

Trinetra Kalpana
Projecting, Manifesting Universe from
Shiva's Third Eye

vahnerūṣmeva vijñeyā raśmirūpā
raveriva । sarvasya jagato vāpi svā śaktiḥ
kāraṇātmikā ॥ 26 ॥ aṇimādiguṇānaṣṭau
karoti vikaroti sā । evaṃ mamecchā
jñānākhyā kriyākhyā śaktirucyate ॥ 29
॥ sūryācandramasau vahnis-tridhāma-
parikalpanā । trinetrakalpanā mahyaṃ
tadarthamiha dr̥śyate ॥ 30 ॥

Just as fire and heat and the sun and its rays are inseparable, so also Shakti herself, the primeval inner cause of all creation, is inseparable from the Universe.

She is the essence and nature of Mahakriya, the great unified power of action; the Kriyā Mātā, the mother of action, one on which all is established. She is the very self of Anima and the rest of the *Shaktis*, She both performs and destroys.

Thus, these three Shaktis of mine are called *Ikcha*, the power of Will, *Jnana*, the power of all-knowing wisdom and *Kriya*, the power of pure action, it is said.

In Me dwell the three playful abodes of the *Sun, Moon and Fire - Surya, Chandra, Vahni*. In the play and projection of My magnificent Third Eye, TRINETRA KALPANA is the substance of these three. I create, sustain and destroy the Universe.

dahanāpyāyane tena prākāśyaṃ
vidadhāmyaham । ca sṛṣṭiṃ sthiti
samhr̥tiṃ ca tritanur-vidadhāmyaham ॥
31 ॥

I am the abode of the three bodies of *shr̥sti*, manifestation, *sthiti*, maintenance and *samhāra*, dissolution, absorption for rejuvenation. From My increasing and

expanding effulgence, the Viryam, life-energy filled semen, pervades the light to all.

*My Life-Energy Filled, Viryam
is the Eye Nectar, Netra Amrta*

tadvīryāpūritam sarvaṃ mama
tejopabṛṃhitam | icchājñānakriyārūpaṃ
netrāmṛtam-anuttamam || 32 || tadvīryam
paramaṃ dhāma yatpara-amṛtarūpi ca |
yattattat paramānandaṃ yadetat paramaṃ
padam || 33 || tadetan-niṣkalaṃ jñānaṃ
viśuddhaṃ netramuttamam | mṛtyujittena
cākhyātaṃ sarveṣāṃ mokṣadāyakam || 34 ||
tatsiddhidaṃ param devaṃ sarvaduḥkha-
vimokṣadam | sarva-vyādhiharam devaṃ
sarvāmayaharam śivam || 35 ||

That filled and intensified Viryam, the life-energy filled Semen is all covered by My fiery radiant essence. With My essence and forms of *Ichha, Jnana and Kriya* – Will, Knowledge and Action – That (viryam) is the ultimate Eye Nectar of Immortality, *netra amrta*.

This Viryam, Semen is the supreme abode and is the highest essence and form of immortality, the *Nectar, amrta*. This Viryam is the Ultimate Bliss, and This is the Ultimate space and goal. That (viryam) is the complete knowledge,

pure and the greatest core of the Netra, the Divine Eye. This is called the *Mrityunjaya*, the conqueror of death and is the giver of liberation, *mokṣa* to ALL beings.

sarvatejomayaṃ yasmāt tvapradhṛṣyaṃ
surāsuraiḥ | tena netrāgninā sarvaṃ
niedahāmi kṣaṇād dhruvam || 1-38 ||
tenaivāpyāyanam bhūyaḥ prakāśyaṃ
vidadhāmi ca | tasmāt parataram nānyat
kimcidvīryam pradṛśyate || 1-39 || tadevā-
astrasamaṃ raudram-aṇusantāraṇam
param | kṣayadam sarvaśatrūṇāṃ śastraṃ
hyetat prakīrtitam || 1-40 || sarveṣāmeva
bhūtānāmāyurśatte tadāyudham | tadekaṃ
bahudhā vīryam bhedānantya-visarpitam ||
41 ||

Because It is of the essence of all-Effulgence Brilliance only (sarva-tejomayam), the Suras and Asuras, Divine Beings and Lower Beings appear and manifest from It.

From My fiery Eye, *Netra Agni*, I burn everything constant or fixed in just an instant and from that (Netra Agni) only, I again create, expand, maintain and illumine (with enlightenment).

Therefore, there is nothing greater than this certain Life-Energy Filled Semen, *Vīryam* like substance seen everywhere, the essence

of all weapons (like Vajra), taking one to the ultimate state of *Rudra*, like a renowned sword, which is death to all enemies and stops all elementary beings (bhutānām), weapons (astra) and arms (āyudha).

This one Viryam becomes many-fold, diffusing and spreading itself limitlessly into many projections and varieties of existence.

mahāpāśupatam mahyam viṣṇostacca
sudarśanam । brahmaṇo brahmaṇastu
sarveśam svam svamāyudham ॥1-42॥
anekākārarūpeṇa āyudham tadanekadhā
। surāṇām svam svarūpeṇa mayā vīryam
samarpitam ॥1-43॥

yogaśaktyā tu yogeśe tena vyāptamidam
jagat । bhītānām sā parā rakṣā trastānām-
abhayaṁ param ॥1-44॥ śatrubhiścārditānām
tu mokṣadam paramaṁ dhruvam । kim
vātvistaroktena paunaḥpunyena sundari ॥1-
45॥

I, Yogesha, the lord of Yoga, through My own Yoga Shakti, manifested this entire Cosmos. She is the supreme protecting power to those who are terrified, frightened and in danger, she is the dispeller of fears to those who are

in terrible anxiety and fear. She destroys enemies and She is the supreme giver of liberation, most certainly. O Sundari, Beautiful One, what can even great flowing poetry describe and repeat the greatness of this!

yadyattīvrataṁ raudraṁ
śrīmadūrjitameva vā । prasādam
varaṁ śreyaḥ prākāśyaṁ tattadeva
hi ॥1-46॥ tajjñeyamaprameyaṁ ca
jñānaṁ mantramahābalaṁ । trātāraṁ
sarvabhūtānām guptaṁ gopyaṁ sadā
tvayā ॥1-47॥ tvādyā kathitaṁ devi kim
bhūyaḥ paripṛcchasi ।

This great giver of grace, the most excellent boon giver, causes manifestation, maintenance and the great intensity of *Rudra*. It should be regarded as immeasurable (aprimeyam) and that which is to be known (jneyam), sacred knowledge (jnana), the great power and strength of mantra, the protector of all the living beings; it is sacred secret, you should always keep it a secret (gopyam).

O Devi, It has now been revealed to you. What else do you wish to ask?

Ajna is Will

The Ajna Chakra is the center between the eyebrows, is known as the Third Eye. Every Shakti manifested from the inner space of an individual begins with Third Eye. The Third Eye must be awakened for Shaktis to happen through anyone.

“It’s on your Third Eye you feel ‘you’. That is why the Third Eye chakra is called “Ajna”. Ajna has two meanings in Sanskrit: Third Eye and Will.”

Will is also called as Ajna. Third Eye is also called as Ajna in Sanskrit because it is also the seat of the will. Awakening of the Third Eye is the process that makes the ‘aham’, the individual will, melt into ‘Sadashivoham,’ the Cosmic will.

Just like various abilities from the ability to see to the ability to think, human beings have something called as the ‘ability to

will’. The ability to will integrates all other abilities. It is the spiritual umbilical cord, the connection with the Cosmos.

Other than Bhagavan, no one can will. If someone is having the power to will, they are connected to Bhagavan, part of Bhagavan.

If someone wills, no one can deny it. As long as someone has the power to will, they have a right to enlightenment. Power to will is the key to enlightenment. When they have the will, the key to enlightenment and manifesting powers, but are not manifesting anything, they are fools!

Sadashiva is waiting for everyone to manifest Him. The more and more people manifest him, the more and more peace comes to the planet Earth. It is the best thing someone can do for themselves and others.





The Sacred Secret Science of Third Eye Awakening

Paramahansa Nithyananda's is reviving one of the most secretly held sciences of Hinduism – the science of Third Eye AwakeningSM. This naturally super science is a sacred gift from Sadashiva happening as the Guru, from His own nectarine Third Eye, which is the source of whole creation. The whole humanity is resting on His Third Eye, His 'See.'

Therefore, each of us can manifest this power by the initiation, Deeksha from Paramahansa Nithyananda.

Yet, more often, people who are unfamiliar with this reality negate it or deny Its existence.

Anything out of the ordinary which people cannot grasp is either deemed a 'hoax' or a 'myth', or 'supernatural.' Yet, the truth, the sacred science of Shaktis stands by Its own independent cosmic authority!

Those who are open and seek to receive it with integrity will manifest the Shaktis and live their highest human possibilities, showered with intelligence, intuition,

success and abundance, and will be the leaders for humanity.

We have the right to know, live and share this sacred science with the world. The ancestors of this land of Bharat were massacred for these powers. They fought bravely, protected these truths with their lives. Hundreds of years of attack and colonialism has crippled the backbone of Hindus and affected their entire belief system and trust on extraordinary powers.

Paramahansa Nithyananda, the one with Infinite Cosmic Eye, gives six core foundations for understanding the science of Third Eye AwakeningSM:

1. Opening the Third Eye is possible.
2. The science is available.
3. I have experienced it.
4. I have applied it to a group of disciples and it's working successfully.
5. I can share the science with you.
6. Don't believe the people who say it's not possible.

Some claim to be part of the Hindu tradition, yet deny the core sciences of Hinduism – such as the Third Eye AwakeningSM. Yet, the fiery sun of Hinduism's sciences of Third Eye AwakeningSM,





illuminates the whole humanity. Powers need to be lived, expressed and shared, is the word and experience of Paramahansa Nithyananda, who is making thousands manifest this power, just by a touch, just by the spiritual alchemy.

Our advanced Hindu civilizations were built on the powers of these sciences. Devi Meenakshi, AdiShakti incarnate ruled all

directions with her magnificent Pandya kingdom with the foundation of these sacred sciences. Empowered by initiations, people grew 8 to 10 feet tall, surpassing the modern age average. What's more, they built larger than life temples. They shipped granite overseas to modern day Cambodia and constructed temples there. To protect this sacred science, thousands of Sannyasis were



threatened, physically mutilated and even decapitated. The Hindu holocaust was the biggest, most organized attack against a specific group of people in history and its ongoing institutional and social secrecy continues to perpetuate it.

As recently as 100 years ago, Third Eye AwakeningSM was not a supernatural phenomenon in parts of India! Having Third Eye awakened was not supernatural! It was a lifestyle. Every village would have had at least 2-3 people whose Third Eye was completely awakened, who could see things remotely, who could share that information and inspire people.



“I have seen with my own eyes: Tiruvannamalai police officers sitting in front of these Swamis, asking them to solve the criminal cases, and these guys solving it!”

“Oh Bharat! Even if Bharat Maata feels, if this country feels, the science of Third Eye is something extraordinary or supernatural, it is sad. It is not supernatural. It is naturally super.

There is no equivalent concept in the west available for this great sacred secret science of third eye- revealed by Sadashiva in the agamas. I’m expanding on the sacred secret science of third eye from the complete works of Sadashiva.

Fortunately, it is sacred because it revealed by Sadashiva himself. Unfortunately, it is secret because people were not intelligent enough to celebrate it and reveal it. But in reality, it is science.

As recently as 100 years before, it was not supernatural for us. Having a third eye awakened is not supernatural for us. It was a lifestyle.

This understanding is the base cognitoin to carry before we enter into the depth of Third Eye and manifesting Shaktis.

Paramahansa Nithyananda is showing us the possibilities encased within nature itself. While technology exploits nature, these powers are the exact opposite. If anything, the technology of the west should be called “supernatural.” This sacred science is the exposure to nature’s true capacity.

Saakshi Pramana

Experiences of Third Eye Awakening™

“I first did my Inner Awakening® in December 2010 and a month after that, had my first experience of extraordinary Shakti/power where the sacred ash (bhasma) materialised in my hands as a result of experiencing feeling connection with Swamiji. This process has been scientifically studied over time and documented under MRI scan where a solid object appeared in my oral cavity. Since then I have done countless Inner Awakening®s and I can say with complete confidence that it is just being around Swamiji that transformed me from an ordinary human being to a receptacle that manifests powers/Shaktis from being in tune with Sadashiva.

The powers which manifest in this body are – Nithya Spiritual Healing, Blindfolded reading through the Third Eye, remote vision (house scanning), body scanning, Vaak Siddhi, Materialisation, being able to answer anything from JnanaAnjana (sacred knowledge eyeliner) applied on my eyes, the third eye and either a Banyan leaf, Mirror or Granite slab. I have also been initiated into Akashic readings (accessing any information from cosmic archives).

Despite all these extraordinary powers, the greatest Shakti remains the feeling connection to Swamiji. As a result of these manifestations, my body never falls sick, I live without any kind of insurance, I do work without ever feeling that I am working. I get to live with lot of romance and celebration for life and I think that is the greatest wealth – to be able to live blissfully without powerlessness. My greatest power and wealth is the immense love Swamiji has for me which became the love I have for him: my Jayji!”

**~ Mahayogini Ma Nithya Mahayogananda,
Sri Mahanth of Nithyananda Yogic Sciences**







*Powers Manifest
from Shuddhadvaita
Shaivam*





Shuddhadvaita Shaivism is the Doorway to Extraordinary Powers

Sadashiva explains the whole science of Enlightenment and manifesting the experience and powers. No power is a power, it is only the confirmation of someone's Oneness with that object. For example, if someone is able to stop the wind or make the rain shower, it is not their power over the wind or over the rain, it is their Oneness with those elements.

“First and foremost lesson, to manifest any power, is - power is not power over others, power is Oneness over others. Unfortunately your unconscious mind always tends to

think, naturally you will be pushed to manipulate, to control. Manipulation is not manifestation.”

Even by manipulation one can have power over nature and people but it will be only for a very limited time. Shuddhadvaita Shaivism is the state from which these powers manifest.

“Living Advaita, the Oneness is all about experience of that Oneness. With this Living Shuddhadvaita Shaivism I mean not just living the Oneness, [but] expressing all the experiences and powers of Mahadeva...The

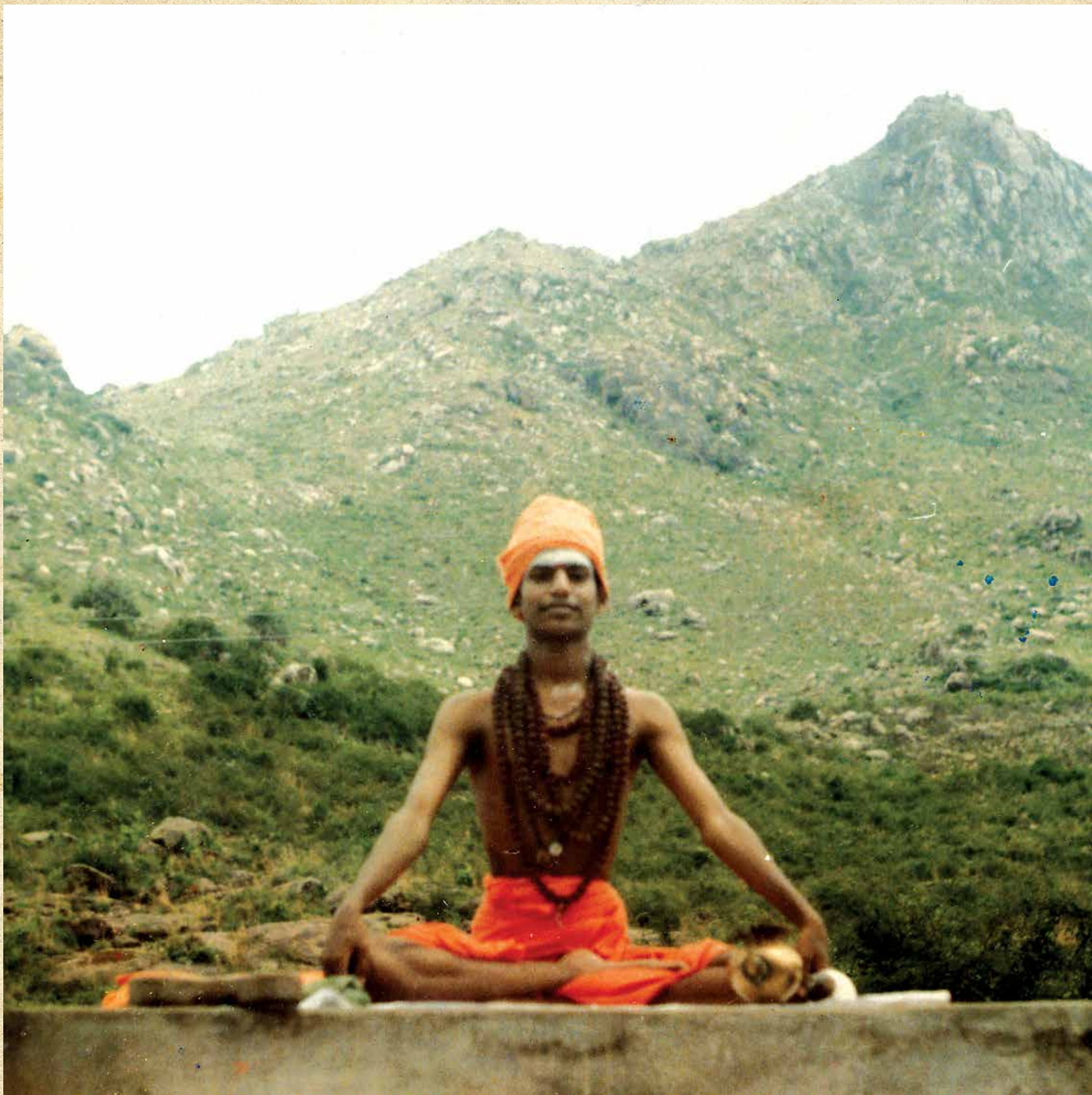


pure Advaita revealed by Mahadeva in Upanishads and Aagamas with all the experiences and powers.”

When dealing with things with Oneness, there will be more and more of friendliness and openness. It is also possible to deal with the wind with the manipulating attitude. But only a few times. Within a few times the person will develop incompleteness with the wind, and then the wind will just slap on their face. Perhaps 2-3 times the wind may follow, but other times, he may just ditch the person and run away.

“I can introduce you to my great friends, wind, earth, fire, space ... to everyone, saying, ‘Hey! He is my disciple. Please work with him and both of you be in friendliness, be friends. After that if you try to be in Oneness with them, they will naturally become friends and start opening themselves up to you. If you try to, ‘Do you know who I am?’ No! that will not work. If you try to be overpowering or manipulating that attitude will not work.”

If one approaches with tremendous Oneness, they don't have to feel lower than the fire, they don't have to feel lower than the wind, they don't have to feel lower than their Third Eye, no! They don't have to feel themselves as lower than the Kundalini. But don't try to feel over!



The Avatar™'s Experience of Oneness with the Whole

Reading about The Avatar™'s experience is the perfect first someone knows the perfect experience, they can adopt that as their own ambition. What's more, with his description of his own awakening, it's so clear that every power he is giving to his devotees, he has achieved himself. Every single technique he gives, he has time tested on himself first. They have become a reality in him so deeply that it is easy for him to make it a reality within everyone. With his grace, he is constantly allowing people to experience the same Oneness that he is in, first with

glimpses and then ultimately with the complete immersion into that state.

At the age of 12, Paramahansa Nithyananda's enlightenment experience was the ultimate Third Eye AwakeningSM. He immediately felt that he was alive in everything around him, in Advaita with the universe. Suddenly, the entire Cosmos was just a blink away, eager to pull him into it, into the samadhi state. He beautifully describes it in his own words.

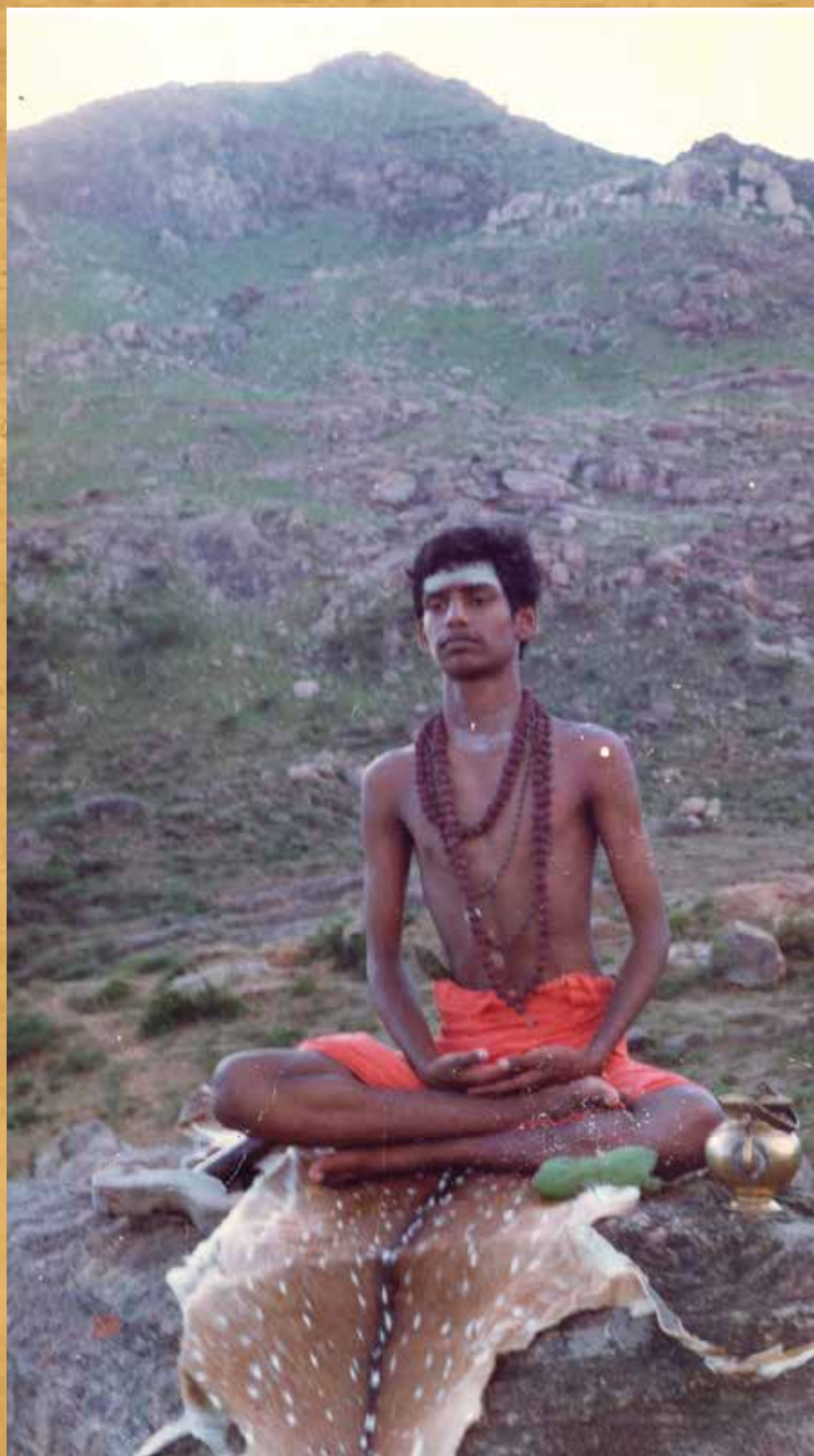
Every day, that Arunachala hill was living. It was never the same old hill which I saw yesterday. No. I had a very funny routine. Everyday morning when I got up from my bed, I will not open my eyes. I will slowly walk from my room; walk outside the house holding the parapet wall and come out, and stand in a particular spot. Usually I know from that spot the hill will be seen. I will stand in that spot and then only open my eyes so that first thing I see in the morning is that hill. I will see the Arunachala hill.

And somehow my brothers know this. They know that first thing as soon as I wake up, I would want to see the hill. And they wanted to make fun or tease me. By the time they know I am out from my bed and I am slowly walking, they will come and stand exactly in front of me. If I open my eyes and did not see the hill, and saw any of them, I will go back and lie down again. I will not do anything that day. I will not do my daily activities, I will not go to bathe, and I will go back and lie down again, sleep for half an hour again, get up and slowly walk and come back to the spot and open my eyes. Only if I see the hill first thing in the morning, I will do my routine.

It was very funny and looks little superstitious. But I always felt I took birth or I took the body because of the attraction, the pull the hill has got for enlightened beings. There is a very beautiful verse in Tamil about this hill which attracts enlightened beings around it. This hill is specially respected for attracting enlightened beings not only on this planet Earth, even from other planets. Even from other different spaces it can attract and pull the enlightened beings to the Planet Earth. So I never took the hill for granted. It was an 'ever living presence'.

One day it was dusk and I sat down. It was a Purnima (full Moon) day. Still I remember it was Purnima (full Moon) day and moon was rising, sun was setting. On Purnima (full Moon) day you can see both - the Moon and the Sun. The Moon was rising and the Sun was setting. There was deep silence all around me. Even though it was a small village or town, the moment it becomes evening it will practically be completely silent. There will not be any vehicle sound. In those days there were no vehicles. There was no other sound. There was such an intense and vivid silence.

I was trying to play with that simple technique of trying to find the source of my thought. I was trying to see from where the thoughts were coming. I was trying to see where the thoughts



were originating from. As I began to see the source of my thought slowly, the first clarity that happened to me was that I am not solid as I always think. The body and mind are not solid. It is just liquid, porous, and empty. You can go in and come out. You can get out or get in. Anything can be done. First truth was I am an empty, porous being.

Second step slowly I saw that the eyes have closed. Because of the deep silence, I did not even feel like sitting with open eyes. The eyes closed by itself.

Next thing something opened inside, which is beyond these two eyes. The moment that opened, I was not only able to see the front side, but I was also able to see all the 360 degrees. Understand all 360 degrees. Understand it was not just seeing, I could feel the whole thing was me. Understand if you see something with closed eyes you are only seeing inside your inner space. You are feeling it. You are not just seeing it. I can't even say I saw 360 degrees. I just felt it was completely broken- the idea of boundary, border was broken. And I could see completely 360 degrees. All the eight directions, above and below, both.

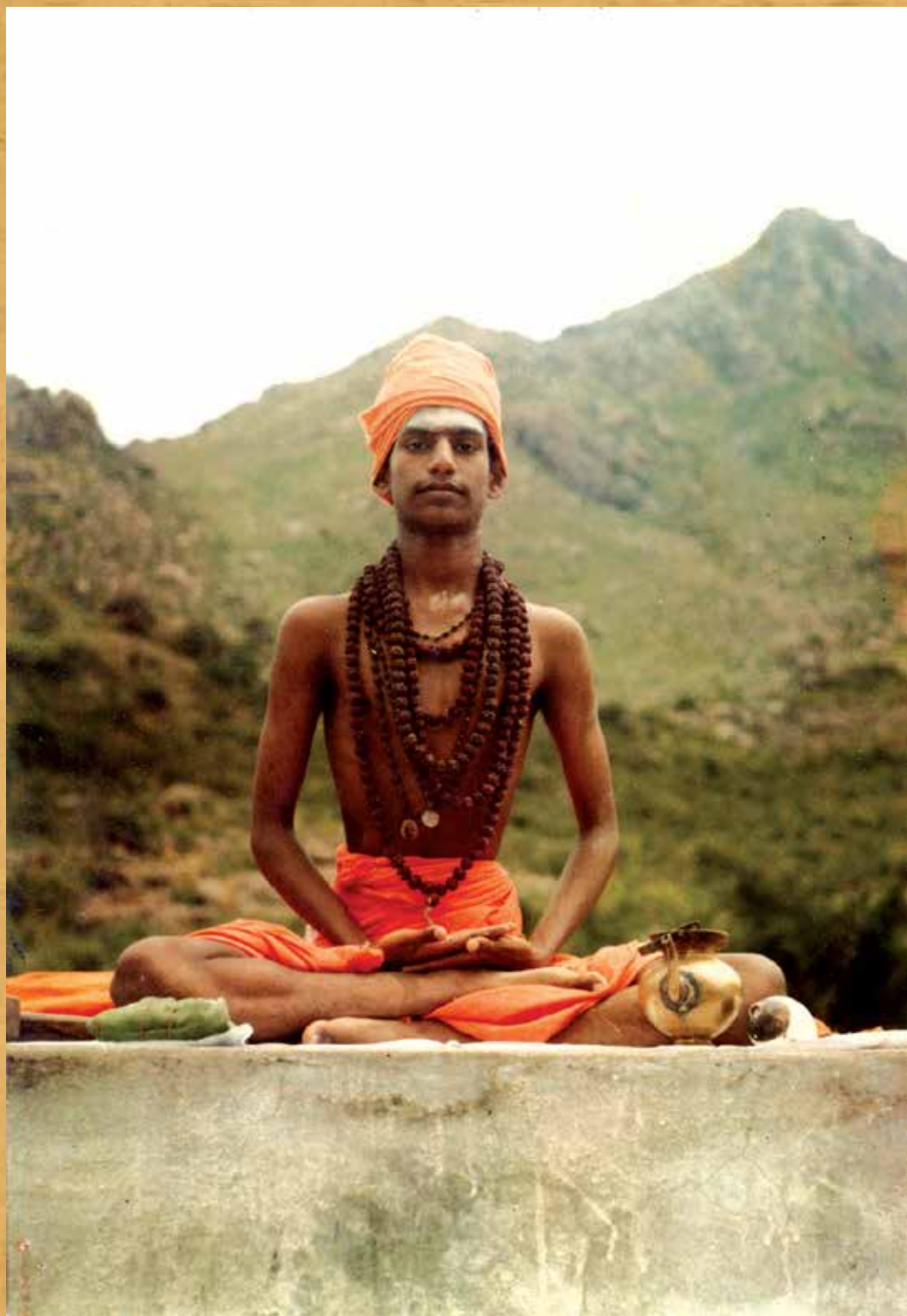
Not only that how alive you feel inside your body, that same life, that same presence I experienced with everything around me. Now all of you know you are present inside your skin. That same presence I experienced with everything, with the hill, with the temple, with the village, with the trees, with the rocks, with everything. I was just intensely feeling that I was present in everything. It was an intense, deep presence.

May be for a few hours I did not even remember the body. After that vaguely

I started remembering the body. I remembered in the same way as one would remember the body in our dream. It was a vague remembrance. I could remember that I had left the body somewhere. But I was able to move. I was able to move the body with a vague remembrance.

Slowly I came down from the rock; I even managed to talk to Kuppammal (Maataa Vibhudananda Devi) who was one of my first inspirations. I managed to talk to her also. The moment I started moving the body and started talking, the first thing I felt was: Maybe I am possessed by a ghost! This is because it was such a strong and new experience. I asked her: I don't know what happened. I was sitting on that rock, something happened. I told her what had happened. She felt my hands and saw the energy and





laughed and said: No, you are not possessed by a ghost, you are possessed by God! It was a great thing that not only she encouraged and took care of me, she also took care that I did not show anything abnormal to the outside world because of this experience. Very wonderfully she managed.

But even after two days the power or experience or ability to see all the 360 degrees was there. It did not go away. It was there very strongly. Actually one of my friends and my classmate who still lives in my native place was the first person I can say who received energy darshan.

Second or third day after this experience happened, I called him and told him: I want to tell you something important. He asked me: What is it? He is my close friend and classmate. We always used to play together. Practically he was like a disciple. Wherever I go and do puja and temple cleaning and other spiritual activities, he would help me and assist me.

I told him: Let's go to one corner of the temple and sit and talk. We went to one corner of the temple and we sat and I told him: See since two days I am able to see all 360 degrees, all the directions without turning my head. And first thing I could see was that he had the shock. He just started laughing. Even though he had the shock he does not want to show it. He said: You are a fool. What are you talking about? I said: No. No. I am not a fool. If you want you can experiment on me and see if I am telling the truth.

I said: I can see the people walking in front. In the temple there were so many people who were coming and going. I said to him: I am able to see that. I can see the people walking on the side. I can see behind the tree. There is a tree and on that tree ants are climbing. Ants are going up and down. I can see that. The moment I said that behind the tree I can see the ants moving, the fellow had the shock. He got up. He did not sit anymore. He got up. He said: No, No you may have seen the ants before you sat down, that is why you are able to say that now. I'll challenge you. He took a coin and said: I will hold it behind your head. You should tell me which side I am holding, whether it is head or tail. Kids will have only half a rupee or one rupee coin in those days. He took a coin from his pocket and put it behind my head ten times or so. And all the ten times I told him correctly whether it was head or tail. Not only that I told him:



Hey there is some dust on the coin, clean the coin. The moment I said that it was a shock to him.

He said: Be here. I will come back. I want to go to the restroom. I'll come back. I told him: No, no, no, no wait, wait I will finish talking. If you also want to have the same experience, go to that place where I was sitting. I told him the name of that place- Pavazha Kundru. I told him: Go and sit there. You will have the same experience. Three days ago only, I went and sat there. I was not even aware that something unique had happened to me. I thought anybody who goes and sits there will experience what I had experienced. I told him: Go and sit there you will get it. By that time that fellow got frightened. He thought I may force him and take him and make him sit there. Because always whatever I experience I will tell him and see that he also goes to the temple and has that same experience. That was the usual trend.

So he was trying to run and said: No, no, no. I will come later on. I will go to the restroom. He was frightened and he first wants to go to restroom. I caught hold of him. I said: No, no, no, come, come. Listen completely then go and sit there. By the time I caught hold of him he started trembling. He started trembling, literally shaking. And I understood he really did not want to go to the restroom. He just wanted to escape from me. That is why he said that he wanted to go to the restroom. I just caught hold of him in one hand and tried to pull him in the other hand very strongly to take him to that place where I had this experience.

I can say that was the first time I felt two separate bodies but the same, one presence which I feel every time I touch somebody and give energy darshan. I

know the first person who received energy darshan. The first transmission of that experience had started happening. I felt very clearly, two bodies but one presence. I felt one with everything.

And by the time I held him by both the hands and this experience started happening he settled down. He did not have fear. When I took my hands away, again the fear started. Not only started, this time he just ran away. He just ran away. He stood from the safe distance and said: No, no I am really going to the restroom. You sit here. I will come back and call you. Don't come till I call you.

And he ran away. He never came back.

I will never go near the rock. I suffered terrible depression. I used to curse that rock, not the rock, I thought there is a ghost and that ghost has caught me. I used to curse that ghost, I don't know what happened, what ghost caught me.

It is like ...see the pins are removed, and you don't know what to hold on. It is like if you are walking with a blanket completely covering you, you will feel completely comfortable, and you are habituated for that. Suddenly that blanket is floating, and how will you walk? It is just floating around you only but it is not completely covering you. How will you feel? It is like your skin is peeled and it is just floating around you and all your bone, flesh and everything is exposed. See, it is like you are covering yourself like a blanket your skin and suddenly one moment all the pins are removed. There is no pain but your own skin is nicely ironed and it is floating behind you and you are walking.

You will not know what is going on with your flesh, bones, anything. And you



are walking like a tanned goat leather. The goat flesh, blood is there and the tanned leather is just stuck on the top and the goat is moving and the leather is moving like an umbrella. What will you do?

Naturally I thought, I am caught by ghost. Fortunately I had some inspirations who recognized what I am going through. That is why I have so much gratitude for Kuppammal, Raghupati Yogi and all. See, they themselves were not enlightened but they were in a state. They themselves were not Avatar purushas to give enlightenment to me but they were in a state that they recognized who I am and they stood as a support.

It is like you are seeing in a dream, you are being chased and you shout, 'Give me weapon.





Give me weapon to kill this tiger. I want to kill this tiger.’ Somebody is standing next to you, ‘Eh, relax. Don’t shout. You are dreaming and shouting.’ Same thing they did to me.

They said, ‘Don’t bother. Relax. You are going through something.’ So that helped. That is why I have so much respect for them. They themselves have not added enlightenment to me. They are not that strong channels but they were able to add some support at that moment. At that moment it was really great. Kuppammal and Raghupati Yogi did not add enlightenment to me but they added something at that moment - a very strong support.

Wonderful thing they did.



Years later, Paramahansa Nithyananda described this experience as him becoming established in the turiya state, the fourth state of 'álive' consciousness. At the age of 22, in the year 2000, at Omkareshwar, Central India he fell into a deep samadhi. For the next nine months, he remained in that state, where it felt as though he had grown so enormous that his body was too small a thing to be centered around. It was then, during these nine months, that he transitioned from this state to the Turiyatita where he realized his incarnation-hood. He has no memory associated with the time of that transition. He only remembers when he fell into samadhi and when he entered back into his body.

Since then, he has been operating from the level where only avatars like Sri Rama, Sri Krishna, Devi Meenakshi or Sri Ramakrishna Paramahansa reside in forever. Many powerful spiritual leaders have remained only in the turiya state for all of their lives. Many couldn't even dream of getting there so early in life.

The Avatar™, having had conscious birth, will be wired to experience this early so that they can begin their mission on Earth as soon as possible. For Paramahansa Nithyananda, this means awakening the Third Eye of millions on the planet.



Shaktis of Sadashiva, Not Siddhis

The Sacred Secret Science of Third Eye and manifesting powers as revealed by Paramahansa Nithyananda is neither mysticism nor occultism. These are tawdry words to describe this sacred science given in the Vedas and the Agamas. It is a very clear Sacred Secret Science of Shaktis described directly by Sadashiva, the Adiguru.

The applied science and technology has been very elaborately, eloquently presented in the Agamas without any ambiguity, without any doubt. It's given step by step.

Sadashiva is very clear – He programmed everyone with His own inner space. In this human frame powers can be manifested easily, simply by realizing Oneness with Sadashiva. These Shaktis are neither supernatural nor magical nor paranormal or occult or mystical. These are the Sacred Science of manifesting the original state of Sadashivatva.

Some say it is difficult, some say it is easy. Paramahansa Nithyananda clearly says it is neither difficult nor easy, it is the simple Reality. For Reality, the word 'easy' cannot

be used. If coffee is there in the kitchen, getting it and putting it in the mouth is difficult. If it is there close by, on the table, getting it and putting it in the mouth is easy. If the coffee is already in the mouth, is it difficult or easy? It is simple Reality.

Paramahansa Nithyananda shares his *Atma Pramana*, his own experience of the powers, and the space from which they manifest for him.

“I want to assure and reassure all my disciples and followers - whatever you are practicing, you are being taught is verified, re-verified, by *Āpta Pramāṇa*, the ancient great authentic, time-tested, fool-proof compilations of revelations of the great Gurus from Adiguru Sadāshiva and all His direct disciples and followers and descendants, like Saptarishis.

All these great beings, compilations of their revelations, that is what I call *Āpta Pramāṇa*. What I am teaching is directly verified thoroughly by *Āpta Pramāṇa*. Every line you are taught, every technique you are

taught, the original verse is available - *Āpta Pramāṇa*, that is first.

Second, *Ātma Pramāṇa*, I myself experienced it, realized it.

Third, whatever I heard from my Gurus, whatever I learnt from them, even those things, I thoroughly did acid wash with *Shāstra Pramāṇa* again.

So, My own *Āpta Pramāṇa*, My Guru's words, My own experience, My *Ātma Pramāṇa* and *Shāstra Pramāṇa*, the great compilations of sacred revelations, by the great Masters. With all this verifications and quality control pass, only after that, it is presented to all of you, as *Sākshi pramāṇa*, the opportunity to experience yourself.”

śhaaṣṭra pramāṇa

On the authority of Agamas from Shiva

Lord Sadashiva himself reveals to the Rishis, the supreme authority and perfection of His words in the Agamas as the evidential truth in the Pramāṇa Patalah.

āptoktirāgamassopi parokṣārthaika sādhanam |
pratyakṣeṇānumānena yadivārthaṁ suniścitam || 60
yo vakti soyamāptassyāt tasmādāptataraśśiva |
suprasannendriyagrāmas sarvajñassarvagocaraḥ || 61||
pakṣapata vinirmukto yathārthagrāhakassadā |
avyayaḥ paripuraśca svatantraḥ paśupāśapaḥ || 62 ||
pramāṇaṁ ekaṁ tadvākyam tathyaṁ śreyonidhissadā |

“Verbal testimony (sabda) is the utterance of the trustworthy person. It is the means to the cognition to mediate objects (parokshartha). He who states, as it is, the nature of a thing, which is well ascertained by perception of inference, is said to be a trustworthy person.

And Shiva is more trustworthy than that person. He is the possessor of a host of absolutely perfect senses, all-pervading, holding everything within the range of His awareness. free from partiality, eternal seer of truth –He is changeless, perfect, independent, destroyer of the bonds of the embodied souls.

He utterance (Agamas) is the ultimate authority, true and repository of beauty forever.

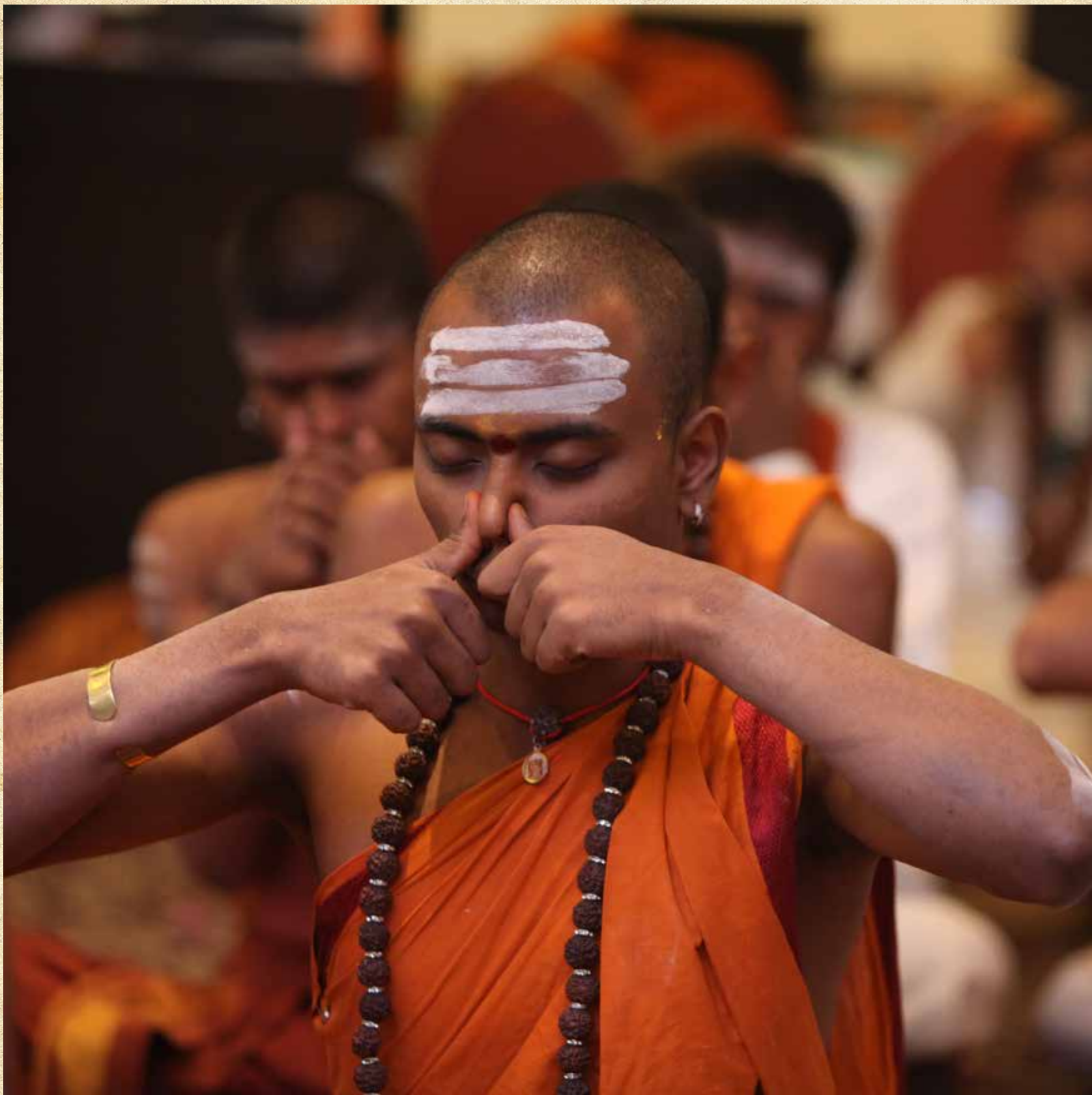
~ Sadashiva Bhagavan | Paushkara Āgama,
Vidya Pada, Pramana Patala 9





Manifestation of Powers





Kundalini AwakeningSM, Rise of Inner Potential Energy

Paramahansa Nithyananda reveals the secrets of Kundalini, the largest untapped natural energy source on the planet! This dormant energy stored in every living being, once awakened, allows us to access the untapped regions of the brain, manifesting its potential in miraculous powers and heightened intelligence. Any growth in any field, on any level – whether it is ordinary physical health and wealth or extraordinary inner richness and powers – is only possible due to this higher potential energy. This extraordinary inner potential energy, bio-energy, which is available in the being in the

form of potential is what is called as Kundalini Shakti.

In Sanskrit, 'Kunda' refers to the concave cavity in which the brain, resembling a coiled and sleeping serpent, nestles. The word 'kundalini' refers to the Shakti or power when it is in its dormant potential state. And when it is awakened, man enjoys divinity, the actual communion between the two great forces within all beings, communion between Shiva and Shakti.

Since time immemorial, human beings have suspected that they have more energy



and intelligence than they are able to realize and express in their day to day life, more than what their parents have taught them and what the society at large has led them to believe. It is their belief in a higher potential that is at the root of all seeking and all creativity. There are some rare beings who express their higher energy and intelligence in its purest form as spiritual energy to enrich others – they are the Enlightened beings of the world like Buddha, Mahavira, and Sri Krishna.

Life, the very perception and response to it becomes totally different when Kundalini Shakti is awakened.

Once activated through initiation by an Enlightened Master, this Kundalini Shakti leads to extraordinary experiences and enlightened lifestyle.

“When you awaken your Kundalini energy with the right knowledge, right context, right understanding and the right technique, right process, it can give you anything you want! Kundalini brings the space of positivity



to you, space of possibility to you, space of leadership to you, space of Enlightenment itself to you! Kundalini is Kalpataru; it gives anything you want, and the space of not wanting anything!”

Kundalini AwakeningSM gives people extraordinary powers like telepathy, teleportation, materialization and more! Just because one does not have access to these extraordinary powers, they need not think these powers do not exist. Kundalini Shakti

can directly make one more productive, more aware, more conscious, intuitive, ultimately rich not only in the realm of wealth but also in health and relationships. It will take away the low idea people carry about themselves. It takes away the lower self image they carry about themselves. It shows them their possibilities. It shows them the power of intuition. It awakens their intuition. It awakens their intelligence. They forget tiredness and boredom. They do smart work; not just hard work and with this smart work,



naturally, they see that they are more active, alive, productive in their job, in their business, in their day-to-day life, resulting in deep contentment and fulfillment. The internal conflicts and struggles they carry, disappear.

How integrated they are with life, how authentically they express who they are, how they carry responsibilities and how they enrich others and themselves in their life, all these aspects move to a higher level. The way they think about themselves, the

way they think about others, the way they project themselves to others, the way they fulfill what others expect from them goes up to a different plane altogether. They become a new being that feels complete with life, aligning with its flow. This is the gift offered to the world by Paramahansa Nithyananda: permanent Kundalini AwakeningSM. He guides seekers worldwide on how to nourish the flowering of Kundalini Shakti, practices to support it, signs of its occurrence, and how the Master's presence enhances it, speeding

up the pace of physical, mental and spiritual evolution.

When Kundalini Shakti ascends the spine through the Sushumna nadi (the main channel of subtle energy), it results in a huge energy influx into the brain. As the Kundalini Shakti flows from the thalamus to the cortex in the brain, it sets up a powerful energy loop within the brain, generating coherent alpha and gamma waves, and awakening the dormant, non-mechanical parts of the brain which have never been used before, the part that is hardwired for higher possibilities, higher consciousness. The brain's mechanical parts on the other hand, take care of mechanical functions of the body – movement of blood, movement of the intestines, movement of the heart, movement of lungs, the mechanical basic survival needs. It is the non-mechanical parts of the brain that are endowed with extraordinary powers. Thus the direct result of this awakening of energy in a person is that they also experience the same highest conscious coherence





which an enlightened being expresses. With increasing levels of coherence, the whole brain comes alive, turning into a super conductor of conscious energies that heal, empower and transform lives.

Enhanced awareness levels, huge surge in energy levels, increased mental abilities, greater creativity and extraordinary powers start to express, like levitation, teleportation and materialization. Brain activation is also known to slow down the ageing process and improve immunity to diseases.

Paramahansa Nithyananda compares the body to an instrument where the spine is like three tubes sitting in a bowl of mercury. The root energy centre called the Muladhara Chakra is like this bowl full of mercury. The mercury can be equated to reproduction energy, the energy which can give birth to life which is in the root centre. Whether one is a male or female, their root centre has the energy to create life. Their spine is like three hollow tubes, three nadis, Ida, Pingala, Sushumna,





inserted into a mercury bowl. The root of the spine is in the mercury bowl which is reproductive energy, located at the top of the tube is the Third Eye, the Ajna chakra. When life breath, prana, is intensely sent, with high pressure, through the two side tubes, through both the nostrils, Ida and Pingala, the mercury gets through the centre tube and reaches the top. With the pressure created with the intense infusion of prana energy through the center tube, the Sushumna, the Kundalini Shakti,

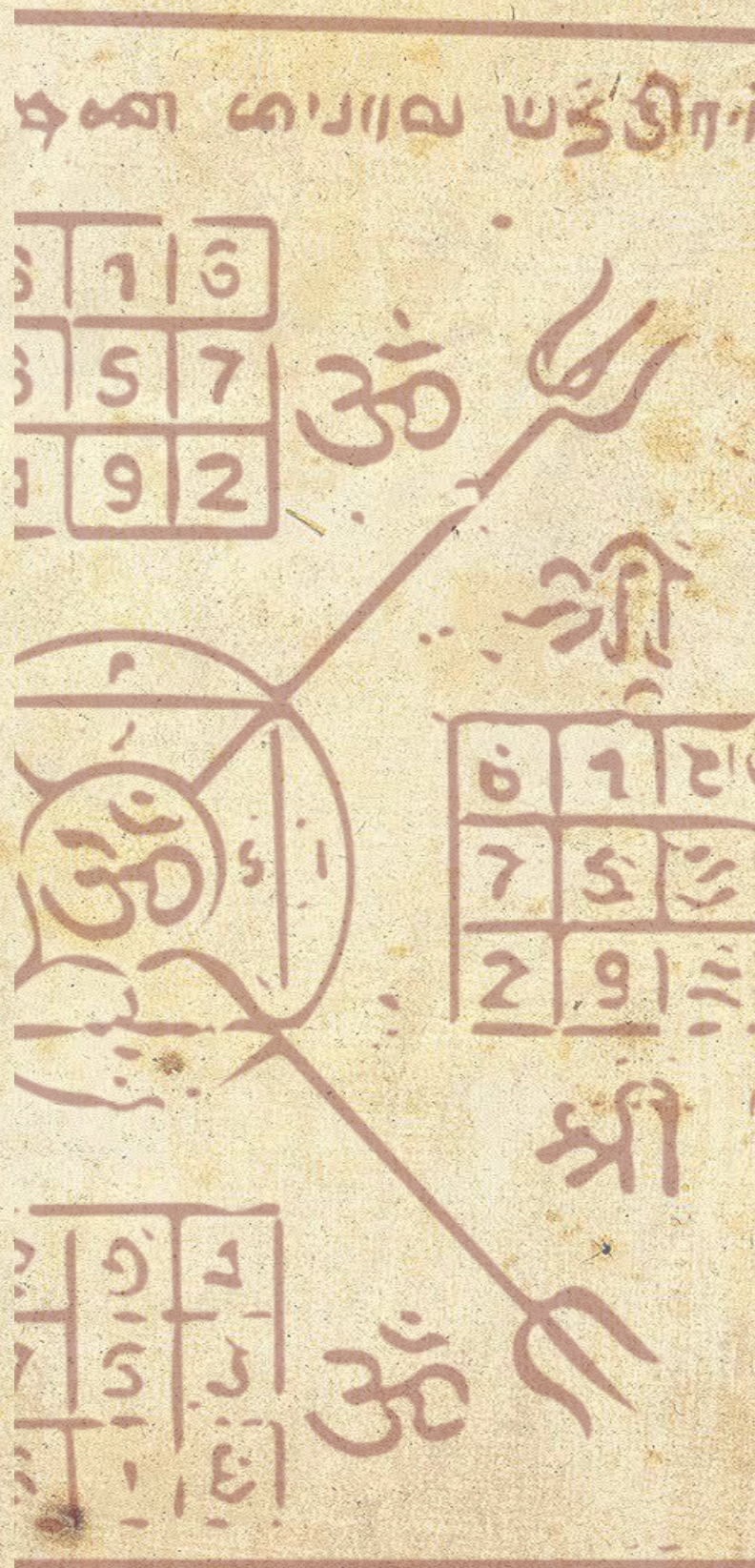
the life energy, reaches the Crown centre and blossoms. The Ajna chakra opens.

Kundalini Shakti can be awakened by thousands of methods. Paramahansa Nithyananda usually uses four methods to awaken the Kundalini Shakti in everyone from a newborn child to elders.

1. With the right breathing and postural processes like yoga, pranayama and kriyas, the body is prepared. From ages, the Supreme Source of all energies and powers, AdiYogi Sadashiva has given the clear science of Kundalini AwakeningSM in Vedas-Agamas, which has been followed and expressed by the great Enlightened Ones such as Patanjali, Abhinava Gupta, Natha Yogis, etc.

2. By giving the right principles, the right knowledge about life, mind, body, the tattvas, principles, the mind is prepared through new thinking focused on the four powers: integrity, authenticity, responsibility and enriching.

3. With proper initiation through the intense infusion of prana energy as described above, prana energy is transmitted by the touch given on the Third Eye, Ajna Chakra, Kundalini is awakened.





4. Just by a mere will the transmission of energy can be done wherever people sit. Paramahansa Nithyananda uses all four methods to awaken Kundalini Shakti, so that the awakened Kundalini energy stays eternally, permanently, forever in your being. It becomes part of your bio-energy and bio-memory forever. When an enlightened being awakens your Kundalini current, you will not have any negative side-effects.

“We can light our lamps only from an already burning fire.”
– Paramahansa Nithyananda

Initiation, 'Deeksha'

Truth, when it comes out of an enlightened inner space, and clicks, is 'Initiation' or Deeksha. It is when one wonders, "How could he convince me about such a great thing and such a wonderful thing?" When the person wonders how he got convinced, when he doesn't know but suddenly his heart feels connected to the words which the Master is uttering, the truth which he is expressing - that connection, that click is called 'Initiation.'

What The Avatar™ shares can break the very core of depression. This can also be called the root of the mind. All that is required is to be available, receptive and ready to let the

Satya (Truth) work. Suddenly the person will see that click, the initiation happens in them.

'Initiation' or Deeksha does not mean chanting some special mantra or doing something special. It straight away means making one experience a solid Truth, giving them a clear inner space and confidence Truth, when it comes out of an enlightened inner space, and clicks, is 'Initiation' or Deeksha. It is when one wonders, "How could he convince me about such a great thing and such a wonderful thing?"

विस्फुलिङ्गा यथा क्षुद्रा हुच्चरन्ति हुताशनात् ।
एवं शिवस्य देवस्य शक्तयः समुदाहृताः ॥
व्याप्नुवन्ति शरीराणि साधकानां प्रयोजिताः ।
यथादित्यस्तु भूमिष्ठं रश्मिभिर्हरते मलम् ॥
एवं शक्तिसमायोगाद्दीक्षितान् हरते विभुः ।



śhastra pramāṇa

Dīksha from Shiva as the Guru

Shaktis Exists in Disciple blessed with Dīksha
visphulingā yathā kśudrā huccaranti hutāśanāt |
evam śivasya devasya śaktayaḥ samudāhṛdatāḥ || 5 ||
vyāpnuvanti śarirāṇi sādhakānām prayojitāḥ |
yathādityastu bhumiṣṭham raśmibhirte-harate malam || 6 ||
evam śakti samāyogād dikṣitān harate vibhuḥ |

Just as the fiery and tiny sparks shoot up abundantly in all directions from the well enkindled sacrificial fire, even so the multitudes of Shaktis arise from Lord Siva. These Shaktis exist pervading the body of the sadhakas (seekers) who have been blessed with Dīksha. Just as the sun destroys through his rays the impurities accumulated in the ground, even so Lord Siva destroys the seeds of karmic effects and of other bonds of the initiated sadhakas through His perfectly maintained union with Shaktis which are His own rays.

~ Raurava Agama, Dīksha Vargah

Bhavagan Sadashiva reveals the glory of Dīksha, initiaton in the Agama called Kularnava Tantra:

upapātaka lakṣāṇi mahāpataka kotayaḥ |
kśanāt dahati deveśi dīkṣā hi vidhinā kritā ||

The Dīksha done as per the scriptural injunctions of Agamas,
removes in just one moment - lakhs of minor incompletions and crores of major incompletions.

devi dīkṣa-vihināsyā na siddhir na ca sadgatiḥ |
tasmāt sarvaprayatnena gurunā dīkṣito bhavet ||

Oh Devi. The one who has not received Deeksha does not attain perfection, completion or liberation nor a good future path. So by all intense efforts one should become a Deekshita, the initiated one by the Guru.



When the person wonders how he got convinced, when he doesn't know but suddenly his heart feels connected to the words which the Master is uttering, the truth which he is expressing - that connection, that click is called 'Initiation.'

What The Avatar™ shares can break the very core of depression. This can also be called the root of the mind. All that is required is to be available, receptive and ready to let the Satya (Truth) work. Suddenly the person

will see that click, the initiation happens in them.

If Deeksha is experientially transmitted, in at least one glimpse, then initiation has happened. Then the person is initiated. When a Master puts certain words into a person, and those words start working in them, they do not know what all is going to happen in them.

During Third Eye AwakeningSM, Paramahansa Nithyananda initiates all participants. Just one look, one word or touch of an incarnation is enough to transfer the highest frequency of Existence to the person. All the powers of Sadashiva start with the initiation from The AvatarTM. All powers are a gift from the vast, infinitely compassionate space of The AvatarTM to raise all of humanity to their highest possibility of existence. Initiation is the only process by which these powers can be given to a person. Initiation, Deeksha is the way in which The AvatarTM can destroy karma of many lifetimes just by the power of His divine presence.

Experience of Initiation

“My name is Yogajnana and I am studying in Nithyananda GurukulSM. Now it is my 4th year here and I can tell that in all my life, these 4 years are the best. They couldn’t be better.

Before joining Gurukul, I had everything I wanted. There was nothing I did not have. Anything I wanted would come to me before I even asked for it. Laptop, phone, computer, whatever I wanted, I had it. I had nothing to ask

for. But one thing I was missing was fulfillment. And because I lacked fulfillment inside of me, I did not know what I wanted. It’s the worst thing – not knowing what you want or not knowing why you are feeling bad.

But after meeting Swamiji and doing my first program, Inner Awakening® for kids, I was overflowing with that fulfillment.

After the Third Eye initiation, I felt a deep rumbling, a deep shake at the bottom of my stomach. Hardly seconds after that I felt as if somewhere I connected with a 1000 volt electrical plug at base of my spine and that current shot from the base of my spine to the top of my head. That’s all I know. After that everything is vague and I don’t exactly remember. And after that, things changed. I wasn’t the person I was before. The way I spoke to people changed, the way I related with people changed. Everything changed.

It was as if Swamiji got a bulldozer and blew down my system and rebuilt it again. So after that, within a few hours, I was able to do the first part of blind-folded reading. And after that I was able to do body scanning, and then I started to see lost items. Then, I started looking at the betel leaf and finding things, looking in

the mirror and finding things, showing others to the mirror etc. All this happened within less than 2 years. It is amazing.”

- Sri Nithya Yogajnana Ananda, Nithyananda GurukulSM



Completion Expresses as Powers

Completion, or 'Purnatva' in Sanskrit is the ultimate eternal truth of the Existence.



It can take anyone from where they are, beyond their thoughts, worries and agitations, to the space of Oneness with the Whole. It is the method by which someone can restore their original space of Oneness with everything.

The Science of CompletionSM is nothing but knowing and experiencing that anything that stands in the way of Oneness is an illusion, no matter how real or believable it may appear.

The Śānti Mantra, peace chant of the very first Upaniṣad, Īśāvāsyā Upaniṣad declares:

*aum pūrṇamadah pūrṇamidam
pūrṇāt pūrṇamudacyate ।
pūrṇasya pūrṇamādāya
pūrṇamevāvaśiṣyate ॥*

Aum. This is Completion (Purna), that is Completion (Purna). If This is removed from That, both remain, continue as Completion. When the Completion merges into Completion, Completion alone remains. If the Completion is removed or perceived to be removed from Completion, again



**Completion alone remains as Completion. Let
there be peace in my inner space, peace in the
outer space, peace in the Cosmos.**

Since completion restores the space of Shuddhadvaita, it directly leads to expressing the powers of Sadashiva. Any pattern, idea or thought trend when completed, expresses as powers. In the same way, to know the secrets of any aspect of nature, only completion with that force or energy is needed. Completion with the wind can reveal the ways of the wind, and how to manifest powers with it – how to invoke it, how to redirect it, how to stop it and so on.

Every completion restores the space of Oneness and manifests as powers of Sadashiva.







Techniques to Awaken The Third Eye





Vegetarianism as a Lifestyle

The human body is naturally designed for vegetarian food. The inner mechanisms like feeling, thinking, words, everything is designed to function with vegetarian food. It is like having a generator which can handle only 220 Volt current, or a UPS which can handle only 220 Volt current, but it is given 20,000 Volts current. What will happen? It will get fused. Same way, if the system is designed by the nature for vegetarian food and non-vegetarian food is constantly dumped into it due to ignorance, the results will need to be faced. Many people present unwarranted arguments like, “No, in the

ancient times, human-beings were non-vegetarians.”

No, they were fruit-eaters. They were vegetarians, leaf eaters, fruit eaters. Only when they started killing animals to save themselves, to protect themselves, they started thinking that disposing of the dead animals is a very difficult job; eating them might be a better way of disposal. That is the way first human beings started making their stomach a graveyard for animals. Originally, humans were not designed for



meat eating. Basically, the human body is designed for vegetarianism.

The food without anxiety, fear, depression bio-memories, if they are consumed by a person, the energy with which they think, the energy with which they utter words, the energy with which they act, the energy with which they feel, everything will be aligned to the natural source of energy; it will be aligned to nature which is the inner potential energy. Unfortunately, the food

with fear, depression, anxiety bio-memory, because of its popularity and availability became a mainstream lifestyle. This was one of the greatest calamities that happened to humanity.

In Sanskrit we have three words: Jaati Dosha, Nimitta Dosha and Aashreya Dosha. They mean: food getting impure “by its nature”, “by its muscle memory”, and “by the persons handling it”.



Jaati Dosha – By its nature: if it is obtained by stealing or killing, or depriving somebody, it is impure food because if it is stolen food, even while you eat, you will have the anxiety to quickly grab it, finish it off before it gets snatched away. By its nature if it is stolen, robbed, after killing, it is impure. In the first level itself, non vegetarian food is impure because the flesh of an animal is stolen after killing it.

Nimitta Dosha – By its muscle memory: the way the food comes to someone. When it comes to someone, the non-vegetarian food comes with so much of anger, fear, depression bio-memories filled in it. It can never be anywhere near to pure food.

Aashreya Dosha – By the people who handle it, touch it: Non vegetarian food is touched by people who kill the animal! Anything which is touched by a murderer is going to carry that energy in it. So, the person adds a little more poison as his contribution.

This explains the amount of impurity the non vegetarian food carries.

Vegetarian food, on the contrary, is a natural part of the whole bio-energy. With the vegetarian diet, the thinking becomes more subtle and settled. The agitation, aggression disappears.

“I have seen in my life, in my travels all over the world - meeting different cultures, civilization, people and I can tell you from my experience, people who live as vegetarians, their bio-energy is very high, their bio-memory is very high. I can give you various deeper understandings about it.

Constantly, the emotions that are cherished become the source of bio-energy. Whatever is the source of someone's bio-energy impacts their thinking. It is like a vicious circle. Just the right food, the pure food, which is pure by its nature, by right persons handling it, and right way it is brought to you, this pure food alone is



enough to kindle, awaken the natural energy you are carrying, what I call 'Kundalini Shakti' or 'inner potential energy' or your 'bio-energy.'

All human beings who are seeking the spiritual life should live a vegetarian lifestyle. If one understands this truth – 'You become what you eat, what you eat becomes you' – one can see very clearly how the non vegetarian food adversely impacts the bio-memory and muscle-memory, and how vegetarian food comes to you with higher intelligences like producing energy directly from ether, air and space, and going to become part of you."

Non vegetarian food destroys all possibilities of manifesting powers and awakening the Third Eye. All powers manifest from Oneness with Sadashiva. Non vegetarianism is completely opposite to the principle of Oneness. When operating from Oneness with the Whole, one cannot even think of killing another being for a snack! The depressed bio-memory of the killed animals, when ingested, does not allow the body and mind to





settle with higher experiences and elevated states of consciousness. It continues to keep the body and mind in binding, depressing thought currents.

Vegetarianism is the biggest pre-requisite for manifesting the powers of Sadashiva. It not only supports Third Eye AwakeningSM, but also tunes the body and mind to receive and retain the highest experiences and initiations when showered by The

AvatarTM. Vegetarianism is the lifestyle of enlightenment.

Ma Nithya Shambhavananda, Nithyananda GurukulSM Student on Vegetarianism and Third Eye AwakeningSM

"I am Ma Nithya Shambhavananda and I am eleven years old. I have been at the Nithyananda Gurukul for about 4 years now. For me, the most exciting thing about being in the Gurukul is the Shaktis, the powers which we are expressing.



We do everything through the powers. We study through the powers. If we want to watch a movie, we tie our eyes and watch the movie. We do everything with our eyes closed. It's like we have the power of seeing without our eyes.

Everyone has a Third Eye but for generations, people have starting neglecting it. They started eating non vegetarian food, which actually blocks the Third Eye. With just one initiation from Paramahansa Nithyananda, it will immediately open and you will be able to read

blindfolded. For kids, 10 days is the maximum time needed and for adults 21 days. You will be able to read 100% through the Third Eye.

I'm vegetarian and vegan and I don't eat mushrooms, onion, garlic and so on. Once, while we were on a flight, they gave us sandwiches and without even opening it I told my mom, 'Don't eat that. It has mushroom.' My mom didn't believe me and she was just about to eat it. I told her to just check before eating it. She opened it and saw that it had mushroom in it. So

that is what I feel is the coolest thing, it helps me know what is the right and wrong thing.

Swamiji says that mushrooms also have biomemory. Biomemory is something which can store pain and suffering. That's why we don't eat meat also. Because the biomemory of animals will store the suffering and the pain it had while it was dying. The mushroom will store the pain and the pain will become part of us and leave a very deep impression on our personality if we consume it."




Creating the Right Ambience, Vaataavarana

Sadashiva dwelled under the shade of the Banyan tree ages ago with AdiShakti, Nandi and the Saptarishis. This Banyan tree still exists in Ramnagara on the outskirts of Bengaluru. At the same time, Sadashiva was delivering the Agama to all of them, Sri Ramachandra happened to be in search of Sita, his wife. The Saptarishis brought him to Sadashiva. Unable to miss the chance of sitting with Sadashiva himself, Sri Rama stayed there, soaking in the most luscious presence there ever was. Upon returning from Lanka and reclaiming his throne which Bharat, his brother, had faithfully

kept for him, Sri Ram took his family and followers to the places he had traveled. He reminisced about the time he spent under this wonderful tree with Shiva and Shakti, Ganesha and Subramanya as Sadashiva revealed the Agama to Sri Rama.

Sri Rama delivered everything he witnessed to Hanuman transcribed at that time is what is known as the Muktikopaniṣad, which also captures the list of all 108 Upaniṣads. This is why the Banyan Tree in Bengaluru Adheenam, in Ramnagara, is worshipped as



a deity. This tree carries the bio-memory of Sadashiva and continues to radiate it today.

Technique to Open the Third Eye

1. Be in an ambience of restful awareness. Avatavarana (atmosphere) of restful awareness is necessary for the Third Eye to flower. Whenever a will is created, it cannot be retained if there is stress in the Third Eye region. Will grows and expands into will persistence in the space of restful awareness. Consciously practice for next 48 hours to keep the forehead area in restful awareness.
2. Pick up a leaf which is dropped by the sacred Banyan tree at the Bengaluru Adheenam as a prasadam or blessing of Sadashiva. Remember not to pluck the leaf from the tree.
3. Lie down and place the Banyan leaf prasadam on your forehead. Decide to be in restful awareness. Experience a cool breeze in the Third Eye region, where will persistence can become more and more into a matured reality.
4. If you fall asleep, that is okay. Unlike a regular sleep, it will be the space of restful awareness.







Detoxifying the Third Eye from Fluoride

In 1990's, coupled with the protection of a fake scientific experiment, governments around the world introduced fluoride to drinking water reservoirs in an attempt to increase dental health. Today, in India, fluorosis affects more than 66 million people. Six million of them are children under the age of 14 years. It turns out to be the most widespread geochemical disease in India. In other studies, fluoride has been classified as a neurotoxin, placed among well known poisons like arsenic, lead and mercury. Fluoride has been associated

with the “pandemic of developmental neurotoxicity”.

Children have had more cognitive impairments since the addition of fluoride in drinking and bathing water than before. While these facts are put aside, fluoride is still popularized as a key to dental strength on most teeth products. Dentists mongering for money without paying attention to recent evidence are blindly backing the continuation of the circulation of this poison within our bodies and the market as well. Fluoride's effects are so damaging



a real cure is needed to reclaim the Third Eye. Paramahansa Nithyananda gives a technique that cleanses the Third Eye from flouridation.

Turmeric is a powerful antidote for the neurotoxin fluoride. Fluoride and turmeric can both enter the system through the skin. For example, one doesn't necessarily have to drink fluoridated water for it get into the system. Even if they take a bath in fluoridated water, the fluoride can enter into the system.

Similarly, turmeric possesses the same quality. It enters through the skin. Up to 40% of the turmeric placed on the skin enters the system when rubbed. It is a great way to detoxify fluoride that may be blocking the Third Eye.

For people who have been initiated into Third Eye reading and have not had any success, this is a powerful method to awaken the potential of the Third Eye. For people who are yet to receive initiation, this is a great method to ensure that you will be able to use the potential of the Third Eye to its peak, after its awakening. However, it must

be rubbed on the skin. Turmeric taken orally will only heal the ulcers of the intestine, but the turmeric rubbed on the skin will be the antidote for fluoride.

The Technique

1. Wash your face. Nicely apply turmeric on the whole forehead. Put a large amount of kumkum (processed turmeric) on the whole area which you think is Third Eye.
2. Lie down with the head supported. With a nice pillow, lie down. All the techniques related to Third Eye, if you fall asleep while doing it, it's not wrong, because the power of the Third Eye is such that you can never fall asleep. You can only fall into a state between dream and waking state. That's the law of Third Eye.
3. Just put your awareness on the Third Eye region and see how the turmeric is getting penetrated. What is the turmeric and kumkum doing on your Third Eye? That's all.

“Very simple technique. Do it for 42 minutes. Lie down for 42 minutes and observe what



that turmeric and kumkum is doing on your Third Eye. It will actually penetrate your skin and it will start activating your Third Eye.”



Golden Light Technique

In the regular life in India, people apply kumkum (processed turmeric herb), bhasma (sacred ash) and fresh turmeric paste on their forehead as a technique to work on the Third Eye. They bring constant awareness to it. This is because for the Third Eye, attention is food. If one starts giving attention to the Third Eye, it will be awakened. It will start expressing energy.

The following is an extremely powerful technique, most effective when practiced in the presence of the Guru or in front of His picture where He is wearing the kumkum (the red dot).

Instructions from Paramahansa Nithyananda for the meditation for Third Eye AwakeningSM:

“Sit in a comfortable position with your head, neck and spine in a straight line. Relax and take a few deep breaths.

Step 1 (with open eyes)

Duration: 5 minutes

Bring your attention to the area in between your eyebrows. Visualize that your Third Eye is open; you are looking through the Third Eye. It may be a little difficult at first, but you will get it in a few minutes.

Step 2 (with closed eyes)

Duration: 3 minutes

Close your eyes and visualize an intense golden light entering into your body from the sky. The light is entering your head and getting centered, functioning, active on your Third Eye.

Step 3 (with open eyes)

Duration: 3 minutes

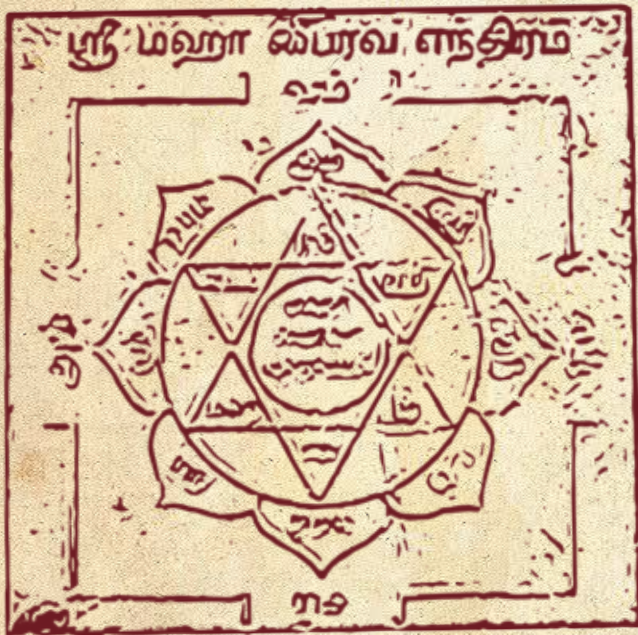
Now, with open eyes, look through your Third Eye at my Third Eye, the spot where I am wearing the kumkum, the red dot. Continue to gaze at my Third Eye through your Third Eye.

Visualize that you have a red color hole between your eyebrows and intensely look at my Third Eye.

Step 4

Finally, relax. Close your eyes. If you wish, you can rest wherever you are sitting."







Integrity, the Principle Force of Shuddhadvaita

Integrity is the Meru Danda (spindle) on which the whole Cosmos flows. Oneness (Advaita) is the core of the Meru Danda. When the Meru Danda moves, the force generated is integrity.

Integrity is a power. When ordinary people try to teach integrity, they try to control others through it. With The Avatar™, Paramahansa Nithyananda, being integrated is a way to manifest powers. He manifests powers through such a person by empowering them. Integrity gives the glimpse of Sadashivatva (the experience of Sadashiva).

When practicing integrity, one will feel good about oneself. The body becomes the best space to live; the inner space becomes the best way to exist; the physical, physiological, psychological, neurological circuits become complete. Integrity is literally like a doing prana pratishtha (infusing cosmic energy) into oneself. Only with integrity, Sadashivatva starts happening.

The students of Nithyananda Gurukul™ maintain a high level of integrity. Sadashiva is empowering them and manifesting powers through them. That is the witness evidence that The Avatar™ is using integrity only to empower devotees, not to control devotees.

It is with integrity life starts. It is with integrity that one reaches the core principle, the spindle (Oneness).

Only integrity is the scale to find out whether one is completing, or cheating oneself and cheating others. When integrated, Sadashiva manifests powers through them. When Consciousness starts functioning, friendliness is the smell. When Advaita starts moving, integrity is the force generated. Align to that force.

Integrity is the scale with which one can measure whether they have completed or not, whether they are healed or not, whether they are evolving or not. First, have completion with integrity; love integrity. It is one of the amazing powers a human being is given. It is not a controlling mechanism, it is living mechanism. It is a lifestyle, breathing style.

By bringing integrity, one will empower oneself and discover a new being. Integrity will literally make one Sadashiva. Practicing integrity leads to experiencing Advaita and manifesting the powers of Sadashiva.

Integrity to Bone Structure

Paramahansa Nithyananda has explained why integrity is a critical aspect of life. With the power of integrity, whatever one says becomes Reality. This is irrespective of whether what was said was in line with the laws of physics and laws that govern the physical world. Integrity itself is an important spiritual power. It simply manifests as the power of words. One's integrity is essential for receiving the initiations from the Master when he guides us into manifesting more and more powers. It is only through integrity that the Master expresses through anyone.

“Integrity is a bio-memory stored in the bone structure. If you are integrated to your bone structure, automatically, integrity starts happening in words, actions, lifestyle, behaviour, thinking structure and every aspect of life.”

There are two ways to build integrity. All the qualities can be developed mentally and reached to the level of physical or it can be manifested from the physical and reached to the level of reality.



Mental technique:

Integrity can be practiced as a mental technique. In this case, you complete with all the statements that you did not honour in life, declare completion with them and the people involved. Then you go on to create the cognition of an integrated being and keep practicing honouring your words in every relationship in life. This is a mental practice.

This takes a long time (typically a 12-year duration) to manifest integrity as part of your bone marrow and it becomes your reality. This is a technique from Vedanta.

Physical Technique:

Paramahansa Nithyananda presents a unique practice from Agamaantha, 'the skeleton dance', to build integrity in the bone structure. Here Paramahansa Nithyananda

gives integrity as a physical practice. Building integrity from the physical level is very powerful and fast, working from the inside out and it helps to push and manifest powers in all aspects of life.

“You will visualise your skeleton structure. The strength of your skeleton structure is the strength of your integrity. Either for 21 minutes or 42 minutes visualize your bone structure and dance. Without losing power over visualizing your skeleton structure, you go on jumping, dancing for any song. Your body should be active; as many bones as possible should be moving; but your inner space should be holding the whole skeleton structure’s visualisation.

It will almost be like a skeleton dancing. You will see in your inner space the skeleton dancing, but that cannot reduce the speed of your dance. Your movement should be there and the skeleton structure should be held in your inner space.”

Here, one is aligning with integrity from inside their bone structure. In this case, within one or two months, integrity can be made as part of the desired reality.

Experiences from Practicing the Technique

“This is so much fun and after a point I stopped feeling self-conscious. Felt suddenly beyond gender identity!”

– Radhika Panikar, USA on YouTube.

“The most fun technique I have ever tried. I see my skeleton glowing and burning. The feeling of freedom is just amazing :)”

– Anna Stoyanova on YouTube

“I haven’t done the whole 21 minute skeleton dance yet, but I have rather long commutes on my bicycle every day with many challenging hills. While going uphill, I held onto the visualization of my skeleton and I was able to withstand the challenge to my muscles and cardiovascular system with much energy than when I am strongly identifying with my muscles/heart/lungs. It’s a really useful, fun technique! I use every day now.”

– Jordana Luggi on YouTube



Integrity With Spiritual Routine

As explained by Sadashiva, Pratyahara means withdrawing life and energy from everything else and centering it on something. Then, Pratyahara, withdrawing, becomes Dharana, centering. Dharana means centering, flowing towards something. When that Dharana happens, that on which one is flowing, reveals itself to the person. That is Dhyana. Being in that state continuously is Samadhi.

Everything designed by Paramahansa Nithyananda, whether waking up in the Brahma Muhurta morning and doing yoga

or doing Pancha Kriya or doing Puja or doing Kirtan or sitting in the Satsang, everything is designed for one to build oneself. It is not for controlling or marking attendance. It is for building oneself.

As part of the Shashtanga Yoga, Sadashiva gives an important instruction in Agama – tremendous Sattvic bliss, Ananda, comes from non-violent activities. The bliss that comes from non-violent activities – that is what He calls as ‘Sattvic-Ananda.’ That is the anti-dote for that layer of pitta to be cleansed. This is the right reason and



context why one should always be blissful, with and in 'Nithyananda.'

When the brain is covered by a subtle layer of pitta, a certain amount of sadness, withdrawal, frustration, powerlessness, lower frequency of existence, that becomes the default functioning style. Only then, because of the powerlessness, people think "Let me do anything and manage the situation."

Joy destroys cunningness, joy destroys crooked thinking, joy destroys lack of integrity. It gives a larger vision. Sadashiva Himself when He lands into a person, He creates intense joy in the system. That is the way He lands.

A person's cognition (about his own self) is very important; based on that they adopt strategies for life. There are some people who do everything but do not bother about the larger values of life. This can be done



only by a person whose brain is covered by pitta layer and does not have high frequency to their existence. If Sattvic-Ananda can be added to people's lives, the whole world will live in integrity!

The benefits a Sattvic-Ananda person gets can't even be described. The benefits happen at the physical level, muscle-memory level, physiological and psychological level. When the pitta in the brain reduces, it develops a

power called 'eating its own dead cells and cleaning it' – that is the power of Rudra.

“Do not allow your physiology and psychology to enjoy joy [that] which comes from torturing [the] other person. No! Then your brain loses its capacity to hold Sadashiva in you. And always encourage, grow, the Sattvic-Ananda. Don't be shy to grow the Sattvic-Ananda, means, non-violent joys should be grown so much into the system. I tell you, more and more dosage



of non-violent bliss develops a larger and larger vision of life.

I tell you, Sattvic-Ananda makes you a Shaivite! That makes you live Shuddhadvaitam, Sadashivoham. Sattvic-Ananda is one of the most important alchemy you need to do, as preparation for Sadashivoham 2016.”

Spiritual routine helps in building more and more Sattvic Ananda in the system. For example, when people jump and dance during Nithya KirtanSM, that bio-memory gets into their system, and helps make every process so powerful. The bliss is inhaled by every pore of the body! It becomes a part of the muscle-memory and bio-memory. Doing puja is also a way to build Sattvic-Ananda.

“The way your body flows, with that I can tell you, the level of Integrity you have and the efficiency or the vision about life.”





Integrity to Guru

“Integrity to Guru means seeing who is using this body. Contemplate on that.”

He explains that integrity to the Guru is the best way to exist. It is being aligned with the ultimate Truth, that He is an incarnation of Sadashiva Himself. When every action, every thought and decision is aligned with this truth, that is integrity with Guru. Aligning the whole being, integrating everything with this truth is being integrated with the Guru.

Powers of Sadashiva express as a side effect of integrity with Guru. More integrity with Guru establishes the person more and more in the original state of Sadashivatva, making the powers manifest very casually.

Paramahansa Nithyananda narrates a story from His early life to illustrate this concept, and how integrity with Guru leads to not just a beautiful life, but also the most graceful exit.

My Guru, when she gave the Danda for parivrajaka, she told me, "You will never be in want of anything you need for survival. Your life will never be under threat. You will be protected." She said, "Always serve elderly sadhus, that will be a great punya."

After she left the body only, I left Thiruvannamalai. I always kept the word of serving the elderly Sadhus.

After I had the darshan of Shankara Baba in Haridwar who came and gave me food and medicine and cured me, I was completely hale and healthy, blissful, running, enjoying. Suddenly one day evening I heard the news, Swami Vairagyananda, Sarada Devi's disciple – I have heard about him, I have even had his darshan earlier – I heard he was in hospital, really ill and needs to be attended to. There is a hospital in Rankhal, for which land was given by Maha Nirvani Akhada to Ramakrishna Mission. They built the hospital and are maintaining it. So I ran to the hospital. I had the opportunity of serving him. The best punya this body has ever earned is serving the elder Sadhus, especially when they are sick.

He was so happy the way I took care of him. He is a Mahatma. I can see clearly the internal organs are failing; the beaming joy in the face. His internal organs are failing, he may be alive maximum next 28-48 hours.

He said, "Aye, Koka,"

Bengali word to address a kid is Koka Maharaj. "Koka Maharaj make me sit." I have to drag him little up, so that he is at least in the slanting position."

“Why do you want to sit, just lie.”

“Nahi, only Bhogis lie down. Yogi can never lie down.”

He used to tell that the royal brand horses can never sit or lie down and sit. King has the habit of royal horses. Middle class sits or lies down throughout their life. I was shocked. I didn't know how much to believe. Till the end, the flat lying down was never his lifestyle and he will sit and stretch the leg. I can touch and feel Bhagavan in the air he is breathing, in the space he is radiating. So I was serving him, taking care of him.

‘What I can learn?’ The moment I had this thought flow, current, he just opened his eyes. “Koka, listen, if you enjoyed five senses related pleasures, when that five senses cannot function anymore you will fall into depression.

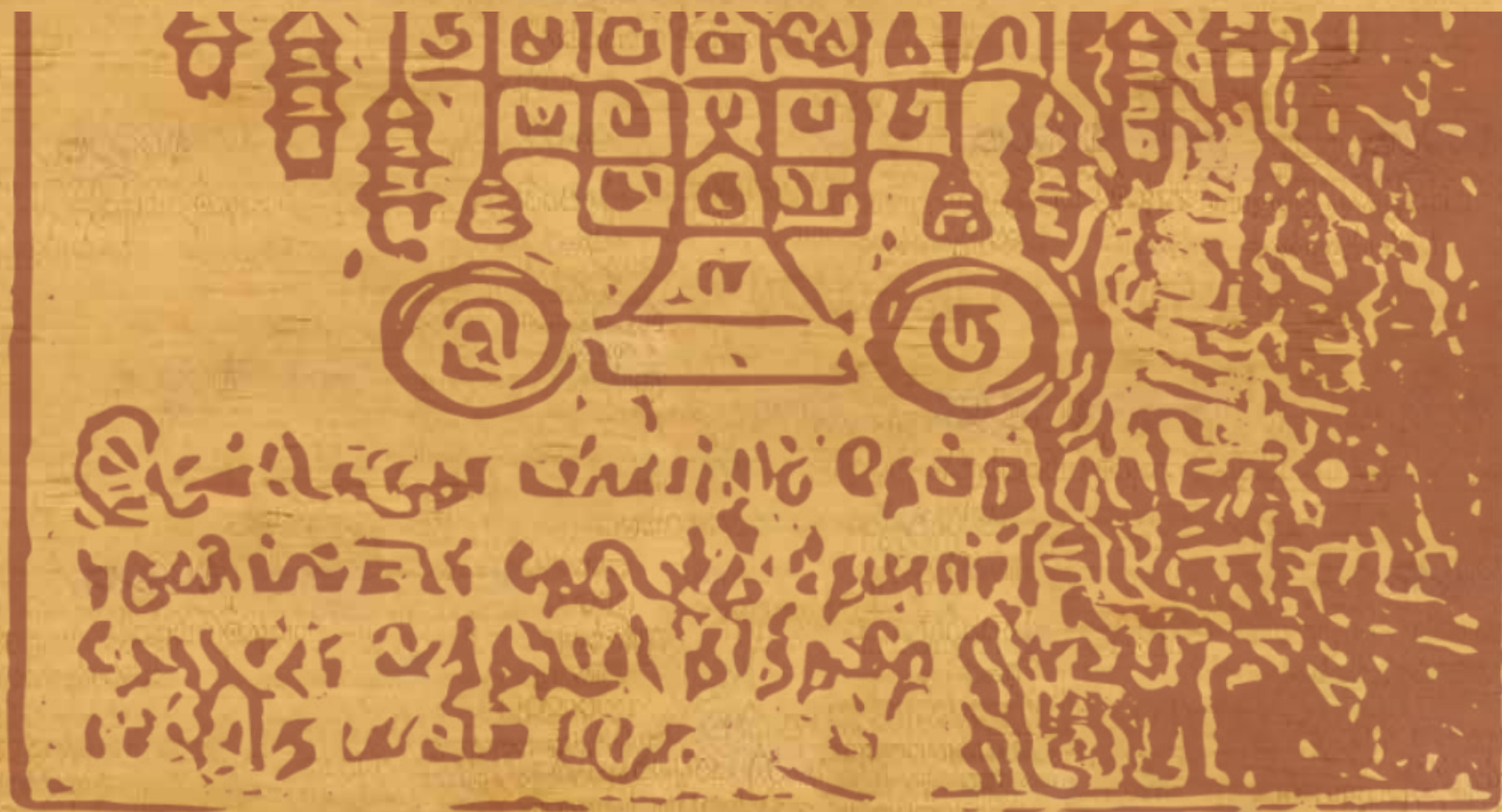
Because life will feel empty. If you enjoyed only kind of a thinking, the intellectual pleasures, like scientists, mathematicians, logicians, when that logic is failing, the powerful logic will give way, you will fall into depression. Even if you have developed only the power of repeating the name of Bhagavan, when logic slowly fails, you will fall into depression. Throughout my life I developed to rest in that pure unclutching space and my integrity to my Guru, so even though one by one my senses have failed, intellect is failing, visualization, emotions are failing, it is my integrity to the Guru which is holding me. This is what you can learn from my life as a lesson.”

When he was describing, I could see: the most powerful old age insurance. Even if you just practice just repetition of name, your ability to connect and remember will fail. Pleasure of remembering Bhagavan, even that circuit will

fail in you. Visualize my own form and meditate, there will one moment where the visualization ability will collapse in you.

Only one thing can hold you – your integrity to your Guru. The joy beaming in his face. Only with Arunagiri Yogeshwara, I had tears of gratitude in my eyes.

The next person I have tears of gratitude in my eyes for is Vairagyananda. The power of his integrity! I got entangled with that experience. I was literally vibrating with that space he was residing. That entanglement was the initiation, whatever he wants to give me as a blessing, fulfilment.”





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Powers of the Third Eye







Power to Read Blindfolded

One of the most visible expressions of Third Eye AwakeningSM is the ability to read using the Third Eye or Ajna Chakra instead of using the two physical eyes. As thousands are successfully demonstrating worldwide, it is possible to perform a range of tasks, including reading, painting, recognizing colors, shapes and objects - all the while blindfolded. How is this possible?

The science of Third Eye AwakeningSM and blindfold reading has been demonstrating and revolutionizing the understanding of the actual role of the two eyes as the

sole visual sensory organ of our body. It is bringing back the best of India's Vedic heritage alongside modern education. It brings one to the question of differences in the cognitive processes involved in reading with the physical eyes versus reading with the Third Eye.

“Just like the two eyes you have, you have a third possibility to perceive the whole world... Science of Third Eye AwakeningSM is not a miracle. If only one person does it, it is miracle. If everyone starts doing, it is a science. Third Eye is not just used for seeing alone. It can



be used even to hear, touch, feel, work. Third Eye is a powerful new possibility. It is called the Third Eye because the moment it is activated the first thing that happens is you will be able to see with your two eyes closed.”

What Happens During Blindfold Reading?

Normal reading (reading with eyes) is a three-step process:

1. The physical eye perceives the written words.
2. Information about the words is sent to the brain via the optic nerve.
3. The brain cognizes and understands the words.



During reading with Third Eye (with physical eyes blindfolded) only two steps happen:

1. The Third Eye cognizes the written words.
2. This cognition is transmitted directly to the brain.

So the brain directly 'reads' or 'sees' the words through intuitive powers without any help from the physical eyes.

Transition from Seeing with Physical Eyes to the Third Eye

Sri Nithya Ajarananda, a Nithyananda GurukulSM student, shares his experience of making the transition into manifesting this power of reading blindfolded:

"I did not immediately start seeing like the other kids. For me it started out mostly as an intuition. When I started reading with my eyes closed, if there is a word 'cat', I would start seeing a house and a cat licking a bowl of milk. So I could say it's 'milk', or I could say it's 'cat'. So I started getting many pictures like this and slowly the words started appearing in my mind. Slowly I can just visually see the words starting to appear. Now if you show a sentence, it just slowly starts forming up, I just see it in my mind. So this is how it started.

And slowly I saw that even in my daily life I'm able to grasp things more easily. I'm able to see things with a whole new perspective itself".

Spreading the Science: Ma Nithya Yogamaatananda's Blindfold Demonstration at Capitol Hill

As a 9-year-old Nithyananda GurukulSM student, Ma Nithya Yogamaatananda demonstrated the ability to read blindfolded at Business Advocacy summit - Global Achievers Conclave.

Before a stunned audience of over 50 high profile people from all over the USA, including doctors, surgeons, medical researchers, bankers, investors and government officials who had gathered for the business summit, Ma Nithya Yogamaatananda successfully demonstrated the power of Third Eye AwakeningSM by reading a book completely blindfolded! At a speed that can be considered good for a 9-year-old reading even with open eyes, Ma Nithya Yogamaatananda read out whole sections from news articles, business cards and other content supplied by her awestruck audience, some of whom called her a prodigy. All the readings were



done using double blindfolds and eye pads to ensure that the readings were foolproof and credible.

Dr. Srilekha Attests as a Witness to Blindfold Reading

“It is a fool-proof demonstration where it’s ensured that they don’t see through any gaps by using eye patches and a double blind. The kids read better than any one of us with perfect vision would do with open eyes! To substantiate the statement, they are reading languages which they have never been exposed to earlier, reading perfectly with books kept behind the head and much more.”

Dr. Srilekha is an obstetrician and gynecologist based in Bengaluru who is an established practitioner in her field.

Implications of Blind Fold Reading

The medical, academic and business fraternity is highly excited and enthusiastic about the implications of this emerging science for various fields e.g. education, adult training, assisting the blind, just to name a few. Representatives from various fields have come forward with support to facilitate research and development for taking this science to the world.

Ma Nithya Yogamaatananada is one of hundreds of children at Nithyananda GurukulSM who have successfully demonstrated extrasensory powers – like blindfold reading – and using it to experience life in a richer way than we ever thought possible. This exceptional school has won acclaim for the flowering of a generation of super-achievers who have successfully demonstrated a range of extraordinary powers, amazing creativity, and the ability to absorb new concepts much faster than normal.



In addition to revolutionizing education, Third Eye AwakeningSM has huge implications – it is possible that visually disabled may be able to read books without Braille. It is also possible that doctors may be able to diagnose patients through Third Eye scanning. While “superhuman” powers were well known and employed in the ancient Vedic tradition of India, modern science is still struggling to get deeper insights into this field.

Demonstrations of Blindfold Reading by the Disciples of Paramahansa Nithyananda around the World



Ma Yogamaata demonstrates blindfold reading at Capital Hill, Washington DC and takes the gathering by storm. She can read entire books with her blindfold on.



Top: Ma Maheshwara from Nithyananda Gurukul demonstrates Blindfold reading to an eager crowd in Ohio, USA.

Right: Students of Nithyananda Gurukul read books blindfolded and demonstrate blindfold reading to sadhus and sannyasis.





Natarajan Krishnan demonstrates Blindfold reading to a crowd at Bengaluru Aadheenam. He was initiated into Third Eye AwakeningSM by Paramahansa Nithyananda in the 21 day program called NithyanandohamSM, December 2015



Nithyananda GurukulSM students demonstrate blindfold reading to curious visitors



Gurukul students demonstrate blindfold reading at Don Bosco school, Bangalore

Having a Telescopic Vision

Third Eye AwakeningSM is the beginning of extraordinary powers. The vision with the Third Eye is not the same as the vision with the two eyes. When Kundalini Shakti is raised and brought, not only to the Third Eye, but to three points, extraordinary vision manifests as a side effect. There are two points on sides of forehead and one in the exact center of the brow. There are two components present in everyone – the man component, which is the patterns, fears, anger, desires, laziness, tiredness, etc. The other part is the Bhagavan particle, the consciousness. Kundalini is the inner potential energy

everyone has, the reflection of Bhagavan in them, the Bhagavan particle in them.

‘Chakshu’ is the power which sees through the eyes. Eyes are different, Chakshu is different. When the Kundalini is brought and kept in the Third Eye point and all the three points in the brow are connected, thus opening up the entire energy circuit, different powers start expressing through the Third Eye.

Third Eye AwakeningSM is the beginning of extraordinary powers. The vision with the Third Eye is not the same as the vision with the two eyes.

The ability to see happenings on another planet is one of the powers. The ability to see through the Third Eye comes from the Oneness with the Whole. Just by bringing awareness on a distant object, like another planet in the galaxy, and connecting with it, its details can be known remotely.



Power to See Beyond an Obstacle

The ability to see across any obstacles is one of the powers that expresses as a side effect of the initiation. From the Space of Oneness with the Whole, the vision expands from the immediate, to more and more towards the Whole. Obstacles becomes irrelevant. Just like how in the current vision, everything is only an object in the range of vision, not an obstacle, similarly, with the expanded vision of the Third Eye, even walls and barriers are just another object, not an obstacle limiting the vision. The vision goes beyond all objects.

Experience of Seeing Beyond Obstacles

"I have experienced such wonderful things whenever Swamiji initiated us into the Third Eye powers like finding lost articles, body scanning, seeing distant objects and seeing through objects. Out of the blue, I would just tell people, 'I know I can see, just go and check there'. I would either do it in the side or in the front, or sometimes diagonally and whatever side I see, I'm able to see more, much more than what I can see with just my two eyes. I experience so much of bliss that I cannot comprehend what is going on. I



don't feel that there is a need or a reason to fake it. When I try it I always end up finding a lost object. I don't know how, I close my eyes and see exactly where it is. And when I go check, it is there or somewhere near that area. I just feel I can just do it. There's so much in me, so much of possibility, that I can just hold on to Swamiji and express anything I want.

One kid actually asked me, she had lost one of her precious stones. So I just closed my eyes and I looked in and I just made a will, "Let me see what He is showing me". And I saw a place somewhere in our dormitory in a small corner. And I told her 'What I'm able to see is white tiled and kind of a greyish wall and it is near a door. And she actually went there and it was near one of her lockers. Like this I have seen many things."

- Ma Nithya Maheshwarananda, 13 years old, Nithyananda GurukulSM student







Power to See from Distance

The initiates into the extraordinary powers of the Third Eye have the ability to see any place from a distance, whether known or unknown to them. All places become available to the vision of such a person. Not only are they able to see the place, but also how the place is being used, what is the character of the place, and many minute details which cannot be known without having visited the place.

In the space of Oneness, whenever a person initiated into the powers of the Third Eye connects with a person in a remote place, he is get the ability to see the person, their actions, and what is happening with them.

This ability manifests because in the space of Oneness with Sadashiva, who is residing in all beings, anyone can connect with anyone through the Third Eye, which is the browsing center of the Cosmos.

इशाकेशी प्रमाण

Experiences of Remote Vision

“Before expressing the powers of the Third Eye I was stuck in the maya matrix we call life and lived the common lifestyle of a college student from drinking heavily, smoking pot, and having no idea where I was going in life. After getting initiated into the Third Eye Powers I began making the connection with my higher self which is Sadashiva.

The power of remote viewing began expressing strongly only when I began trusting this higher frequency of Sadashivoham to flow through me. At first my doubt came about whether I was truly seeing the inside of someone's home or if the power was expressing. Once I dropped the pattern of wanting others to accept me I simply allowed Sadashiva to show me exactly what was inside the other's home without the vested interest of being right. The state of Sadashivoham not only made my pattern redundant but immediately after expressing this power in front of thousands of people my idea of who I am shifted completely taking me into the space of limitless possibilities.”

Sri Nithya Sahadevananda, Track & Field Collegiate Athlete, Los Angeles, USA





"I have joined the 3 months Nithyananda Yogam program. While we are in the program Ma Nithya Mahayogananda started to train us to manifest powers and be demo ready. I never thought that I am the one who will be able to perform demo so far. However, I felt that now should be the time for me to break the impossible pattern and start to manifest powers, just have the courage to jump and trust towards Swamiji.

Whatever that Sadashiva would like to show to people HE will reveal through me.

With this understanding and context, I just relax and express whatever that Sadashiva would like to reveal to them. My experience is no matter what is revealed, whether it is something that is known to them or unknown to them, everything is a karmic breakthrough process for them. Once when I performed scanning with one person, within less than 1 minute scanning, she told me that something was releasing from her system, she felt lighter after the scanning.

I understand that the more I am manifesting powers, the more I am establishing in the space of Sadashivoham. Therefore, everybody should have the courage to be demo ready and start to manifest powers and express Sadashivatva."

Siew Goon Ong, Malaysia

"I am one of the 100 blessed participants to be handpicked by Swamiji to be and live around HIM for 3 months. This itself is a gift for me from Swamiji. And even more every day we got to enter Swamiji's courtyard and have a personal Darshan as he comes to sit in

the courtyard to have exclusive session with us. Swamiji spent a lot of time with us during the sessions, chit chatting with each and every participant, making us more homely while we were in his courtyard. Next the Sadashiva Time in the morning was amazing & beautiful where Sadashiva Himself talks about the 25 states of consciousness 11 dimensions of the Universe and the 5 aspects of Sadashiva. We were drilled into the higher truths in the Q & A session and he compassionately answers each and every one in his own way, joking and at the same time raising us to a different plane.

Following the session we get together with the Nithyananda GurukulSM students for the Power Manifestation sessions. They entangle with us and make us manifest the powers. We have been initiated into different powers, the Third Eye reading using blind fold, reading through the Banyan tree leaf applied with the Jnanjana the knowledge eyeliner, which has the bio energy of Swamiji's Third Eye.

In the further manifesting powers session we were initiated into the power to see and scan distance objects like homes and far distance places. A breakthrough happened for me when I was asked to do the practice of the distance scanning. I was able to see through and describe

precisely the homes of people far away and able to give them the details.

This is the power of Sadashiva himself expressing through us and

as we express we felt oneness with Swamiji. It personally gave me amazing confidence and courage inside me when I see the powers expressing through me.

Likewise I have personally witnessed many

of the Nithyananda YogamSM participants also expressing such powers in the presence of Swamiji in this 3 months of Nithyananda Yogam Program. As Swamiji mentioned he wants us to experience the joy around him as he experienced with his master Arunagiri Yogeshwara. Same way we enjoyed the presence of Swamiji in the Nithyananda YogamSM program which is the personal gift to us from our Swamiji."



-Sri Ananda Sharva, Technologist & Nithyananda Yogam Participant, Singapore

that the schedule was so regimented because it was building our integrity. So even though I knew the context of integrity, I didn't really

"I did Inner Awakening® during July 2016 in Varanasi. I decided to come to the ashram right after my Inner Awakening® and started doing Ananda YogamSM and later SadashivohamSM volunteering, where I became part of the causing team. While here, we had lot of manifesting powers sessions with Ma Nithya Mahayogananda. From these manifesting powers a handful of us were selected to do a live demo of remote house scanning in front of the whole world during the Soma Mandala initiation session recently.

The reason that I was able to pass Mahayoga's test to be in stage was because I started caring about being more integrated and not only integrated but more authentic, more responsible, and more enriching. I come from New York City, which is the land of 'CPT' or 'Colored People Time.' Being late was accepted and it was the culture there, especially for young people. When I first came to the ashram, and I had to follow a regimented schedule for Ananda Yogam, I felt so suffocated because I felt like there was no free time, however, it was only after speaking to my mentor that I understood



understand it until I asked Swamiji a question, and he replied "Ma, I wouldn't have denied you if you were integrated." I was so shocked when he said that and that's when I really got it and started being more interested in integrity and

started being more integrated with the things I did and the words I gave.

Of course I'm not always perfect, so when I did slip, I completed with Kalabhairava and said 'These are the words I gave to myself and others today, I wasn't able to fulfill them, so I complete.' I'm working towards the day that I don't have to do completions with integrity anymore, and that whatever words I give to myself and others I am able to keep. Because of this attitude shift, I started expressing more powers easily. I realized you didn't have to practice the powers, all you have to do is be integrated with Swamiji, and he just expresses through you.

After the initiation, I got more confident in my answers, and for the first time I was willing to do a house scan over the phone. The images came immediately and vividly, I didn't even have to think about them. The person in the other end was amazed about all the details I picked up and even the emotion in the house. After the initiation, manifesting powers were easy and effortless and it was more fun to cause.

Also, after the initiation, I realized that other people's opinions were irrelevant, and that the powers came more easily when you blurted

out what you saw without question instead of wondering if it was right or wrong. At the end of the day, when you demo for people, you are making your nervous system stronger and enriching people about Swamiji, whether you get it right or not. And when you enrich and when your nervous system gets stronger, you are able to hold and manifest more powers. So always remember it is a win-win situation."

- Soma Majumdar, Graphic Designer, New York


“When Swamiji told about powers manifestation I was so excited about that. I did have my own cognition about those powers which Swamiji was explaining about. But I tell you, it’s way more than what we can imagine about it. Now I am expressing remote scanning powers very smoothly and it’s so fun and cool. I never imagined I will be doing that so smoothly and everything is perfect as I described.

Sometimes Sadashiva shows me even the dream house of the person I’m scanning (with their permission). They’ll be in jaw dropping state when they hear me telling about their dream house which Sadashiva shows to me. When I express these powers more and more, slowly I start to feel Advaita (Oneness) towards the other person. And now I feel I am Sadashiva like how Swamiji would say, even you’re separate from the whole, you’re still whole. Now I understood what Swamiji told and experiencing it myself and it’s really awesome feeling.”

- Sri Nithya Jagatpremananda, Maintenance Technician, Airasia Airlines, Malaysia







Power to See One's Thought Currents & Emotion Currents

The ability to read someone's thought currents happens when the person is able to connect with their being, their very core. As there is no being who is unknown to Sadashiva, who is the embodiment of the Cosmos itself, when someone connects with the other through the Third Eye, their inner space becomes visible as well. The power can manifest as the ability to read the thought currents that run a person's life, or as the ability to read their minds, the things on their mind, for example, any actions they want to take, any objects they desire. Often, it manifests as both together.

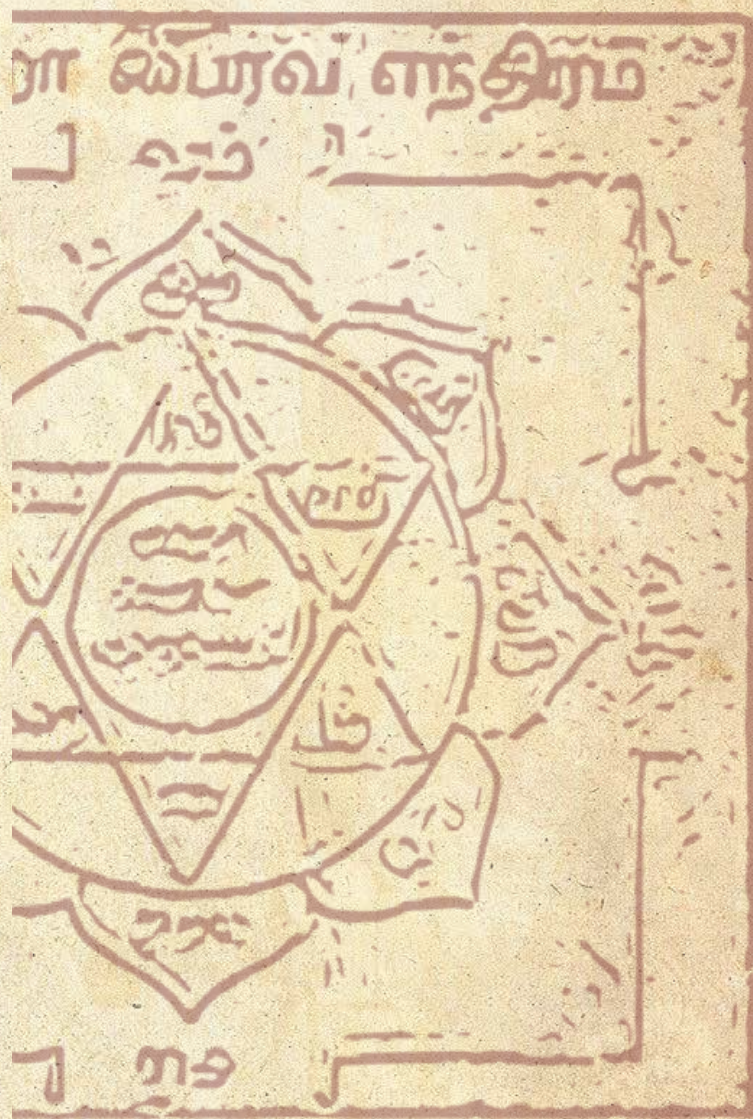
Seeing emotions as an aura is another power that manifests through the initiation. The ability to see the emotional state of a person as an "aura" is one of the seven powers that manifest when a specific energy circuit is completed and activated with Kundalini Shakti. When it gets established on and awakens the Third Eye, it empowers people with amazing insights and extraordinary/infinite peak intelligence (buddhi) and energy (Shakti). The awakened Third Eye endows with abilities that would easily surpass a powerful computer search engine, web browser and scanning machine. Going

beyond the limitations of the physical eyes, the potential to benefit mankind with these powers is immense!

How can the power to see the emotional state of a person as an aura be of any benefit? The answer lies in the connection between energy points, emotional states and physical manifestation of these blockages as ailments and diseases.

“Aura” means the subtle light which is continuously emitted by one’s body. As the Isha Vasya Upanishad declared ages ago, “*Isha vasyam idam sarvam*” (whatever exists is energy). Whatever we see, touch or otherwise contact in our universe is made up of energy vibrating at different frequencies. Trees, rocks, plants, animals and ourselves – all are nothing but diverse expressions of energy. All that we know of ourselves is our physical body. But our physical body is only the grossest expression of ourselves! We have several subtler energy bodies that interpenetrate our physical body and create an aura or energy shield around us. These ‘bodies’ are actually electromagnetic fields, which are continuously influencing and being influenced by other such fields in the environment.

The aura is responsible for keeping us in good energetic health, boosting our immune system and protecting us from toxic radiations. On the







other hand, any energy blockages or 'knots' in the aura can be the precursor of future disease. The size of the aura can shrink or expand, be a darker color or a golden light. That is why any disease can be detected at the energy level at least six months before it becomes manifest in the physical body through the science of Kirlian photography of the "aura." Kirlian photography and other techniques have demonstrated that there are energy fields surrounding us. The beauty is that the energy field will show the signs of impending changes much before these

changes are reflected in the physical body.

The power of the Third Eye can do what Kirlian photography demonstrated and more! With the power of the Third Eye, impending as well as present physical ailments can not only be detected and diagnosed but also be healed.



A person with an awakened Third Eye can just see the emotional state of a person as an aura. Is it shrunken, is it expanded? Is it a particular color or strength? Is it dulling or is it a golden light aura as in a yogi radiating grace?

Just the change of mood from dullness to joy causes our energy field to expand to a size almost sixty or seventy per cent times greater than when it is in a contracted state. Using the Third Eye, Kundalini Shakti can be directed towards balancing energy imbalances which are the hidden cause of most of our diseases. Deep-seated negative patterns and karmic blockages can be detected and spontaneously healed before they manifest as physical ailments.



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इश्वरेशो प्रामाणा

Experience of Mind Reading

“I got Third Eye initiation from rare living incarnation H. H. Paramahansa Nithyananda. The power which is expressing through me is Mind Reading. If anybody sits in front of me holding the visualization of anything living or non-living in their inner space, through my third eye, I am able to see it. Once I sat in front of a lady, who was visualizing her mother in her inner space, I clearly saw through my third eye, the mother’s face, angles of her face, the fact that she wore spectacles and clearly knew the visualization was that of her mother. The lady later confirmed this as true.

Similarly, I have had multiple such incidents where I was able to clearly see what the other person was holding in their inner space. When I am expressing these powers, I feel oneness with Swamiji, which is the very cosmic energy which expresses through my third eye and makes me express this power. When I am expressing these powers, I am moved to a higher frequency. The more and more I express these powers, the more I establish myself in the higher frequency of Existence.



The more I am in higher frequency of Existence, the less perturbed I am by the day to day incompletions I used to previously feel. I also feel very energetic and sleep only 3-4 hours daily, as compared to 6-8 hours of sleep that I needed before. My intuition has become very sharp and also i have become multi-dimensional; able to handle several projects/work at same time."

Vaishali Verma,
PhD in Medical Chemical Engineering, San Jose-USA







Power to See Internal Organs

The Third Eye is the space where everything in the Universe is occurring. When the power of the Third Eye is awakened, being in Oneness with any happening in the past, present and future becomes a simple side-effect.

Though the physical eyes are constrained by a certain set of limitations in terms of what it can see and cannot, the Third Eye has no such limitations. The Third Eye can register objects and images behind any obstacle.

By being in Oneness, a person with an awakened Third Eye can see their own internal organs in a mere glance. In this case, the vision that is blocked by their own skin and muscles is surpassed and the functioning organs are seen.

The utility of this power is that any discomfort, uneasiness and disease can be diagnosed before it becomes anything serious. Using the Third Eye, healing energy can be directed to those organs and they can be healed.



When one can see the workings of their own internal organs better, when they scan others' bodies, they will be able to diagnose and suggest remedies better.



Power to Scan Others' Bodies

When someone makes a request to have their body scanned, a person with an awakened Third Eye closes their eyes and allows the gaze of the Third Eye to fall on them. What gets revealed is important information regarding physical ailments that body is undergoing, developing or healing from, at that point in time. The Third Eye can see the energy blockages in the system, and the parts of the body that need attention stand out for the person who is doing the scan.

This ability has been demonstrated by asking for volunteers from the available audience, who are aware of previously diagnosed ailments. They are then given a pad and pen and asked to write down the physical health issues that they are aware of.

Then any initiated disciple who lives with a high level of integrity with Guru and demonstrates this power, scans their body and shares what got revealed to them by the grace of Sadashiva in their Third Eye. What is written is then used as a way to verify what was revealed and the previous diagnosis



was right. Many a time, health issues that are at an initial stage of manifestation get revealed during the body scan.

Medical tests have later verified such an onset and the early detection helped in ensuring that there was complete recovery and avoiding more serious impact on the body. Not only this, the person doing the body scan can also identify what is causing an ailment to develop in a person and give them healing and spiritual solutions for the healing of their ailments. All diseases begin as a thought pattern. If the thought pattern itself can be dropped, the body also aligns in due course of time. The initiates doing the

body scan can also help the person identify the thought patterns causing the disease.

An awakened Third Eye enables one to become nothing less than a human scanning machine! The insights that get revealed is a great service for humanity.

**Experience of Sri Nithya Tattvananda,
Student of Nithyananda GurukulSM**

"I am good at scanning bodies through my Third Eye. It is so interesting. When you close your eyes, you can actually scan yourself and the other person. You can actually see the internal organs and the problem they have and if any new problem is going to develop. You just have to close your eyes and connect and be in the space



of Sadashivoham and with that space when you scan the other person's body you will be able to see everything you need. From minute bones to cholesterol levels to diabetes sugar levels to everything; you have a moving scanner inside you. And this is the most interesting power I have experienced and I can manifest.

Let me just share what happens when I scan other people's bodies (with their permission). I just close my eyes and feel the oneness with Sadashiva and feel that I am Sadashiva and let Sadashiva express through me and tell me

what the problem is. When they have diabetes, I actually see the pancreas and that there is a malfunctioning in it. I am able to see the sugar particles running in the blood. To this detail I am able to see and tell the other person what their problem is. These Shaktis help us more and more to connect to Sadashiva, until we reach the space of Sadashiva himself."





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Experiences of Body Scanning

"I am fortunate and blessed to be initiated by His Holiness Avatar Paramahansa Sri Nithyananda to express the sacred powers of Third eye (Ajna Chakra/ Divya Chakshu). Being a practicing doctor, expressing this power of Body scanning is extremely useful and has immense healing effect on both beings – one who expresses this power and the person who undergoes body scanning!"

When I sat after chanting Guruvandanam, requesting Sadashiva & Adishakti to express through this being, I experienced Swamiji's eyes and trinethra tilak in my Ajna Chakra which transported me to a different state of Consciousness. The health or dysfunction or disorder in the body is clearly shown and actually it is expressed vividly, effortlessly by Sadashiva!

To give few examples which were shown by Sadashiva to me during Body scanning:

I saw burning flames indicating elevated body heat. Dryness of throat was shown as my own throat dryness (lasting for few seconds). Once I was shown uterus & flame around it. In another individual uterus, Ovaries and fallopian tubes were seen.



*It is really cool & exciting to be living in that frequency!
I experienced deep healing, new energy flow after each
body scanning experience!*

*Normally, a doctor diagnoses with relevant history,
clinical examination, laboratory tests. Here without
even talking or touching both non-invasive scanning
and healing happens.*

*Yesterday when a pregnant mother casually asked
me to scan her body, not only I was able to see the
baby's physical body, I was able to experience the
relaxed, blissful mood of the baby in the mother's
womb!!*

*Deep gratitude to Swamiji for this divine blessing with
ZERO effort or qualification from our side. It's simply
the most beautiful, sacred and too precious gift for any
being, especially for a doctor to be a channel to share
this divine healing energy with each and every being
who is touched by her! Showering of the ultimate love
and compassion of Sadashiva & Adishakthi for the
being!"*

**Dr. Shanti, Obstetrician & Gynecologist, Bengaluru,
India**

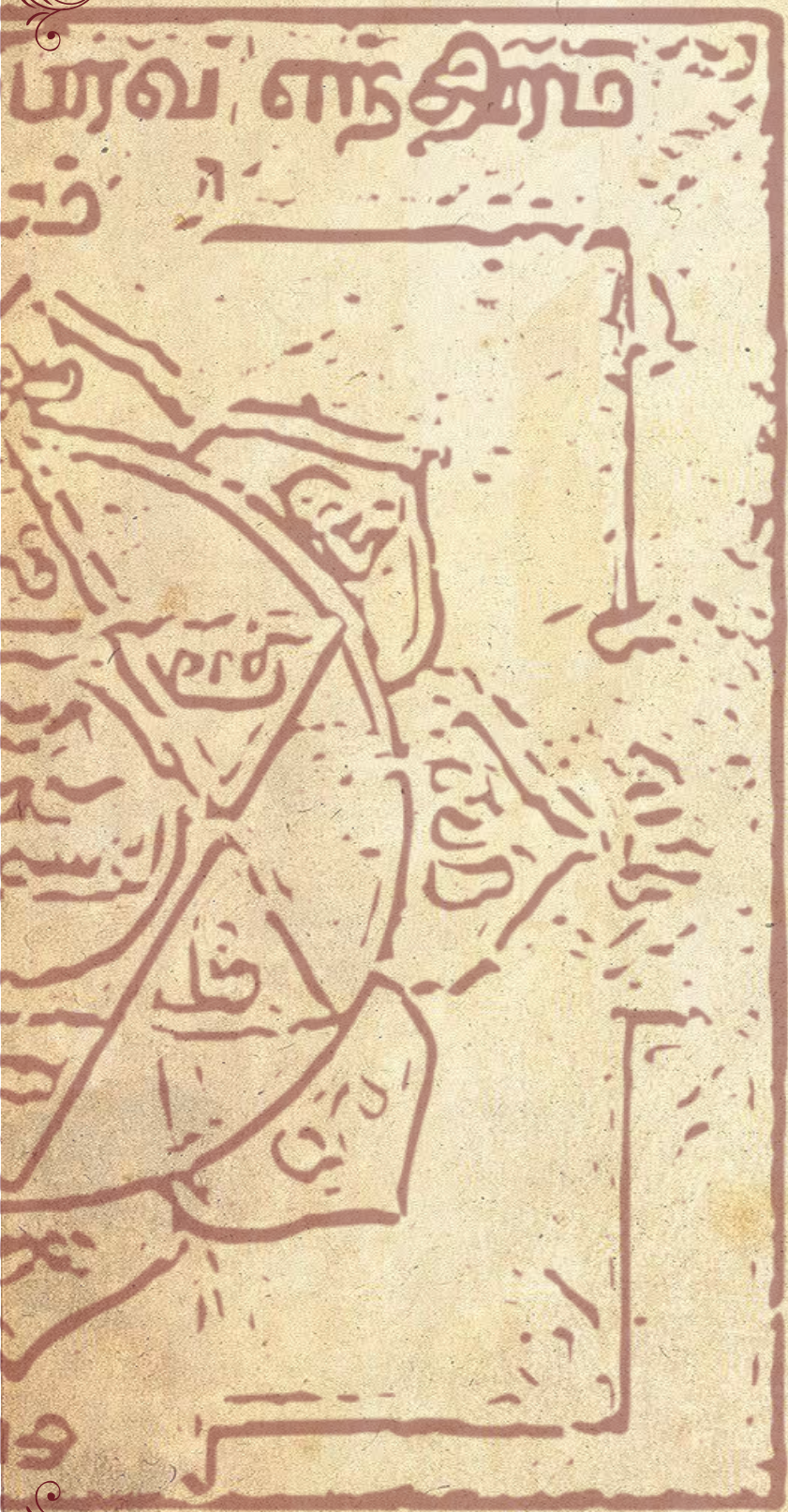
"I have the blessed opportunity to experience the yogic shaktis by the pure grace and initiation of my guru Paramahansa Nithyananda.

My experience is that the manifestation of all yogic shaktis is the result of two things: one is the immense love of the master and second the decision to be in integrity to the master. Yogic shaktis as Sadashiva explains in the Agamas, express from the oneness with HIM, the oneness with the ultimate; the Absolute. Even our imagination cannot reach the height of this experience ... it is such a sweet space. May I always be blessed with this experience, and I also pray that everyone experiences it.

How the body scanning happens for me? Scanning the body, the information gets revealed in my third eye in several ways, sometimes it comes as an x-ray, in negative, other times it comes as a highlight in the region of the body, the organ or the specific areas gets highlighted and the information is revealed. In other times the exact feeling of the body being scanned happens in this body. So immediately I am able to tell and experience exactly what the person is having and going through.

One big shift that happened for me after manifesting powers is how I approach and experience the unknown is completely different. Before I used to feel uncomfortable,





impatient, distracted, etc. Now what happens in me is so much overflowing bliss, romance with the unknown, excitement to be shown, to discover, to melt in the sweet oneness and it give me lots of energy!

Thank you so much Swamiji for gifting me this experience!"

Ma Nithya Yogananda Swami, Sannyasi & Yogacharya in the Nithyananda Sannyas Order





Sahasrara Chakra Initiations







The Sahasrara Chakra

The human body has seven chakras or energy centers where certain vital energy circuits and emotional currents are centered. Sahasrara Chakra is the top most chakra, which is actually an opening to the Whole. When awakened, the Sahasrara Chakra connects the person to the infinite bliss and auspiciousness of the Cosmic Reality. They exist in higher emotions and their very frequency of perceiving Reality is raised.

When the Sahasrara Chakra (Crown Center) is awakened through the initiation of an

incarnation, four powers start to express as a simple, casual side effect. Paramahansa Nithyananda initiated more thousands of people during the ShuddhadvaitamSM process at the Kumbh Mela in Ujjain, 2016. The participants sat in mandalas (sacred geometric formations), with their atma lingas, while Paramahansa Nithyananda chanted mantras (sacred sounds) to awaken their Kundalini Shakti.

After this initiation, four shaktis of Sadashiva manifest in the initiates. These powers can catapult anyone into the next level of leadership.



Power to Visualize Complex Intricacies

This power manifests as the ability to see an outcome in all its visual detail. The image that corresponds to the result becomes crystal clear in ones' inner space. Imagine that you are planning to hold an event – a celebration at home or a convening in the work place. This power enables one to see how all the parts need to come together to make that whole happen. This makes it easy for the person to communicate what they want to the people working with them.

When the event is created from such a space, the result is one that becomes a vivid

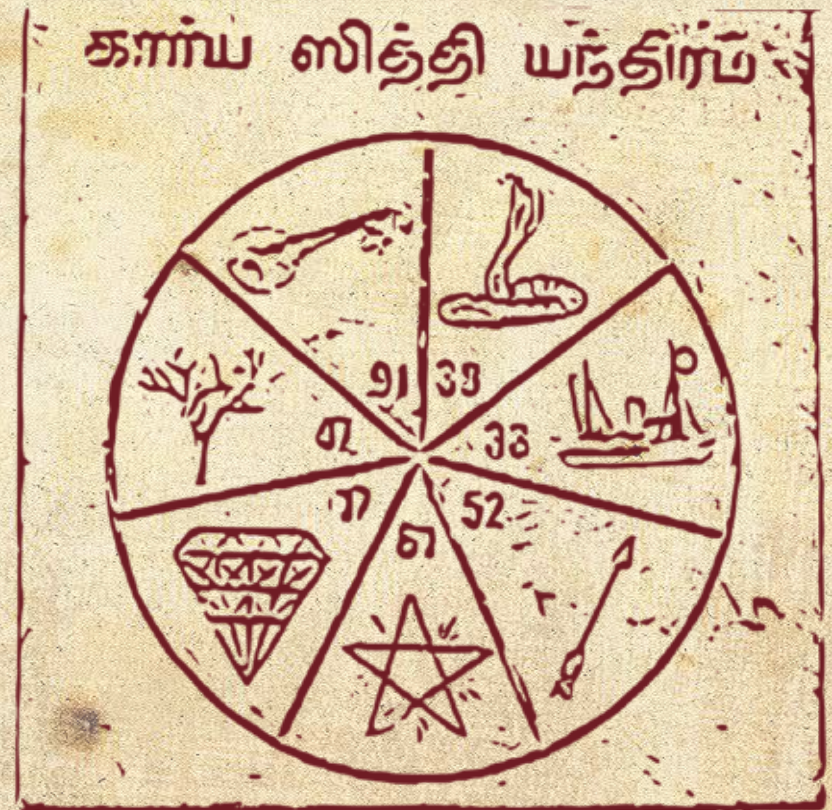
memory for those who participate. This is the effect of the sum of the parts.





Power to Verbalize Complex Intricacies

This power manifests as the ability to articulate the most complex subject matter into a lucid explanation. This is one of the powers that allow creative expressions to happen in a divine way. With this power, neither the most complex scientific theory, nor the subtlest poetry about beauty is too tough a feat to express. Verbalization of anything happening as a flow is the sign of this power manifesting in an initiate. Sadashiva, who is the greatest author and poet, gifts this power to his initiates to verily express him.

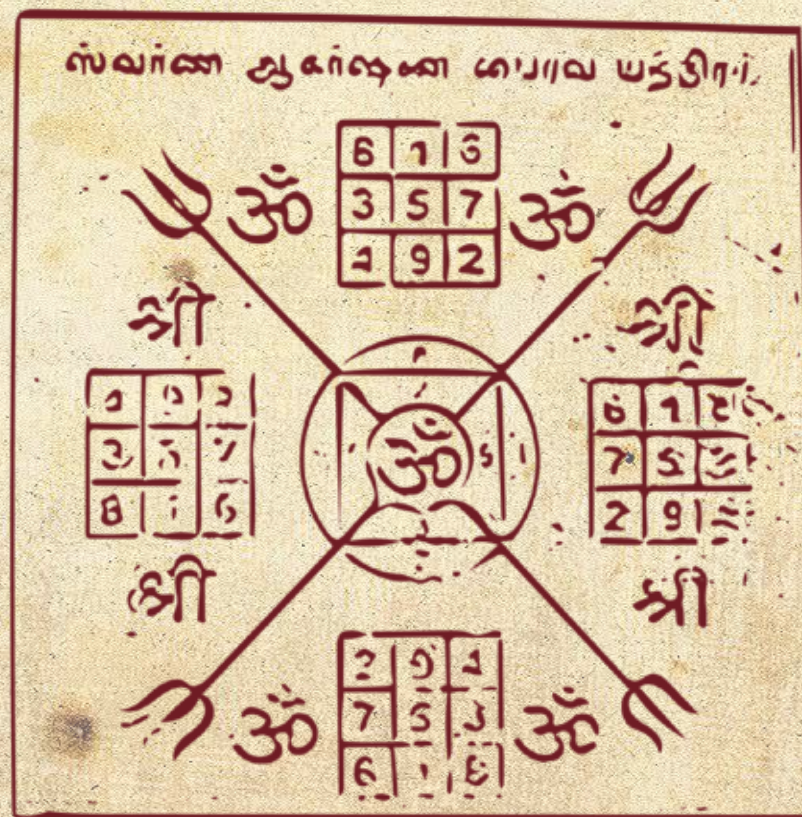




Power to Digest any Concept

The Vedic Rishis and Masters have revealed many Darshanas to guide humanity to higher consciousness. When this power manifests, subject matters that are intense and rigorous as these Darshanas to any other subject such as physics, chemistry or mathematics becomes easily comprehensible.

The initiate gets a fundamental understanding of the concepts they want to engage with. The subject matter gets broken down along its breadth and depth and becomes easily accessible to the person.





Power to Internalize Complex Intricacies

Clear actions come from an underlying clarity of good theory and deeper understandings. Along with the power to digest any concept, the initiates experience that the subjects they pay attention to become part of their muscle memory and bio-memory. This means that their actions and cognitions about the world will come from deep understandings about everything they deal with, and will take them to higher planes of consciousness instead of being bound by lower level perceptions.

Experience of Dealing with Complex Concepts

"I was one among the thousands of human beings who were initiated into more than 70 powers at the Shuddhadvaitam process during the Nashik Kumbh Mela by rare living incarnation Paramahansa Nithyananda. I can say with a lot of confidence that the powers of the Sahasrara to digest any concept, internalize them and verbalize them have started expressing through this body (me)."

I am one of the writers for the Hinduism Now magazine. After I have come back from Kumbh



Mela, I have written on the complex topics of Astika Schools of Thought. This involved writing 1000 word articles on Sankhya, Nyaya, and Vaishesika. Just by going through existing literature on these topics, the essence of these 'Reality construct thought currents' became a part of me. What was missing, whether it was cunning misrepresentation or plain ignorance became obvious. When I started to write, the words flowed and the outcome is a read that is accessible to people from a point that they can connect and relate to. This would not have been

possible but for the initiation from Paramahansa Nithyananda".

– Sathish Selvakumar, Urban Planner
at Indian Institute of Human Settlements,
Bengaluru, India



Awakening Levitation

Levitation is the most visible indication that the grip of karmas is reducing; the willingness to let go of pain, fear and guilt has started to happen.

For the spiritual seeker, levitation can be experienced at a beginner's level with the grace and initiation of Paramahansa Nithyananda. When the Kundalini energy is activated, innumerable practical benefits will manifest in various dimensions of life; health, wealth, relationships, education, career and more are experienced. Levitation

of the participant's body is often a tangible, side effect of the spiritual awakening.

Levitation is a result of balancing of the Samana. Samana is a process that is responsible for moving the air all over the body from the tips of ten fingers and toes to the Sahasrara (Crown) Chakra. The prana or life-force energy is stored in tiny air sacs beneath each hair of the skin. The air sacs get the life energy from the Cosmos. If these air sacs are filled and balanced throughout the body, levitation can be experienced.



Burning all pain patterns by doing Samskara Dahana Kriya is important before this initiation. Psychological levitation and physiological levitation are two powers related to the Sahasrara chakra. When the air energy is equal to the body weight of the participant, the lifting of the body happens.

“When you breathe with thinking; means with the breathing, thinking is also happening. That is called prana. In the night deep sleep, your breathing will happen but thinking is not happening. That is called Samana. Now even when you are awake, I am going to infuse Samana in you.”

Paramahansa Nithyananda's Experience of Levitation with Yogananda Puri

Yogananda Puri was one of Paramahansa Nithyananda's biggest spiritual influences as a child. He was trained in the Natha sampradaya in Burma for many years until he migrated back to Thiruvannamalai where he was born and brought up. Yogananda Puri gave Paramahansa Nithyananda initiation after initiation into new powers. He used to make the young incarnation do Surya Namaskar from sunrise to sunset without a break. Because of this, Paramahansa Nithyananda laughingly describes his relationship with Yogananda Puri as a love-hate relationship.



“For few days, I would refuse to see him. Then suddenly, I would feel love for him and just go and sit on his lap” he said.

No matter what, Paramahansa Nithyananda always recognizes how much Yogananda Puri gave him. That is why he was given the title by Paramahansa Nithyananda, “The Yogi that made me a Yogi”

Paramahansa Nithyananda once told Yogananda Puri, as a thirteen year old, “When you attain samadhi, I’ll build a big temple for you!”

“No, no, no” he refused in response. “I will see to it you aren’t there when I leave the body. I don’t want anything from you. If anything, just promise me you will go on making yogis like I made you”



Paramahamsa Nithyananda promised. Today, he declared that he was keeping his word through his gurukul students. As the first to receive and express these shaktis, they are the fulfillment of his promise to Yogananda Puri.

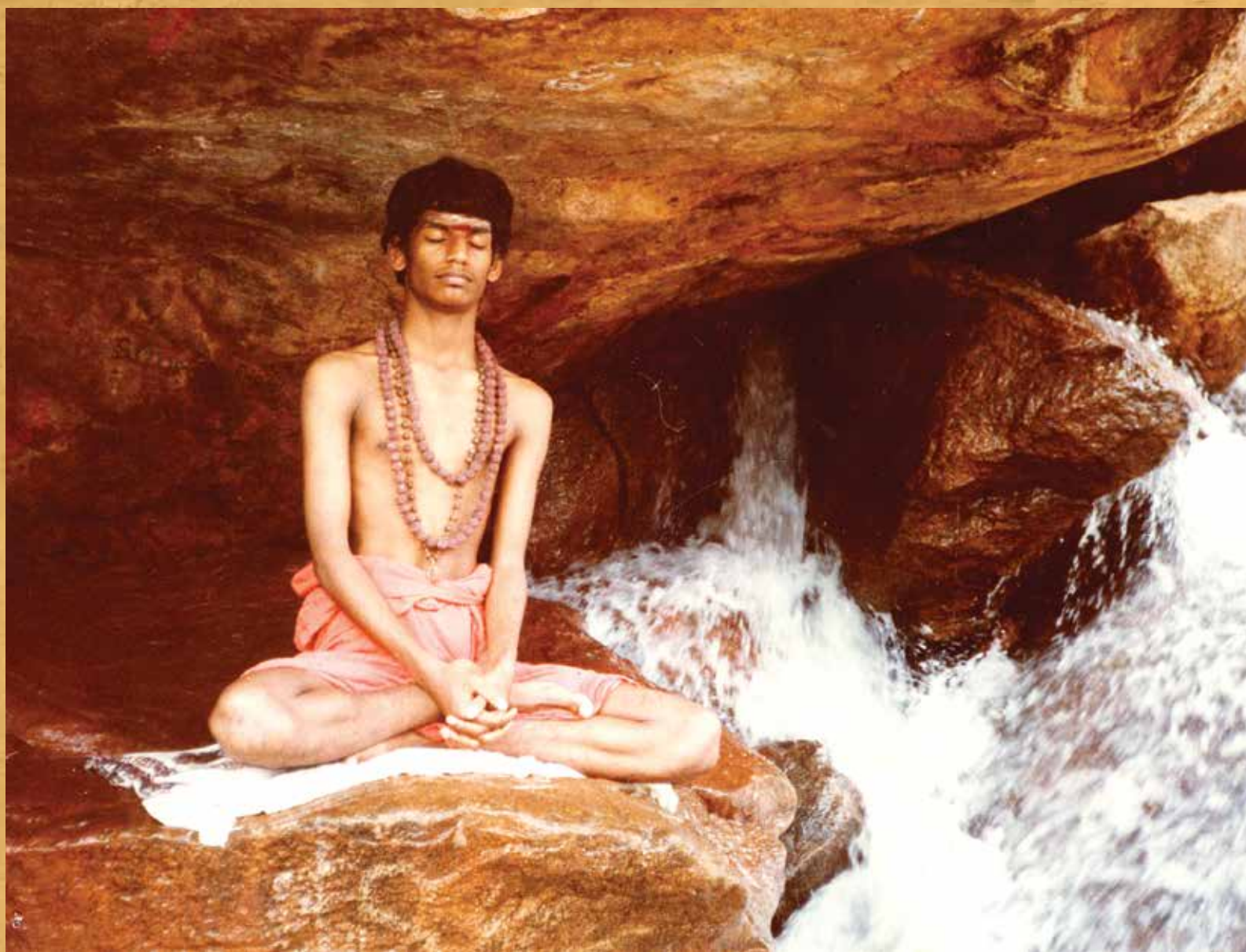
He has said, "They are the embodiment of Yogananda Puri"

This technique took the most time to perfect in Paramahamsa Nithyananda's body when he was a child. He didn't stand for any less than the authentic levitation where the body lifts at least 2 feet off the ground, remains there for sometime and then gracefully drifts down. This was the standard to which he had to keep himself so that he could initiate people fifteen years later, in a hall filled with devotees. And if not himself, he had Yogananda Puri to always keep that standard up for him.

One time, Yogananda Puri had drawn a mandala on the ground and told Paramahamsa Nithyananda to sit immediately. He began sounding out the Shodasi syllables to awaken the kundalini. Immediately, like disciples often do, eight year old Paramahamsa Nithyananda began moving around fluidly, jumping in the air messily, rotating his torso in circles and so forth.

Suddenly, Yogananda Puri just snapped and told him to stop. Without wavering his voice, he told the future guru, "Ay, you can't move your body like this. In the future, millions will be jumping around you. You have to stay strong,"

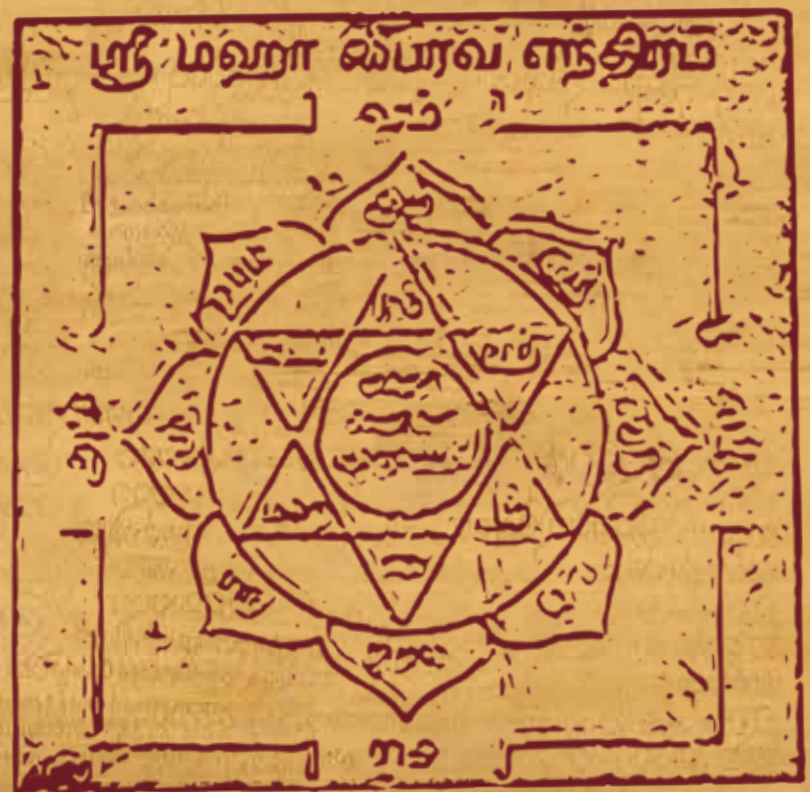
Without a second thought, Paramahamsa Nithyananda sat completely



straight, as if something was pulling his spine up. Just as he sits during Shivoaham processes and every disciple tumbles and turns around him in the Shivabodha of Oneness.

Six Years to Levitate

Paramahansa Nithyananda recounts what his experience and training with levitation was like. He shares how it took him six years of training with his yoga guru to levitate, and the subtle processes he went through for perfecting the science of levitation.





For Yogananda Puri it took six years for him to make me levitate.

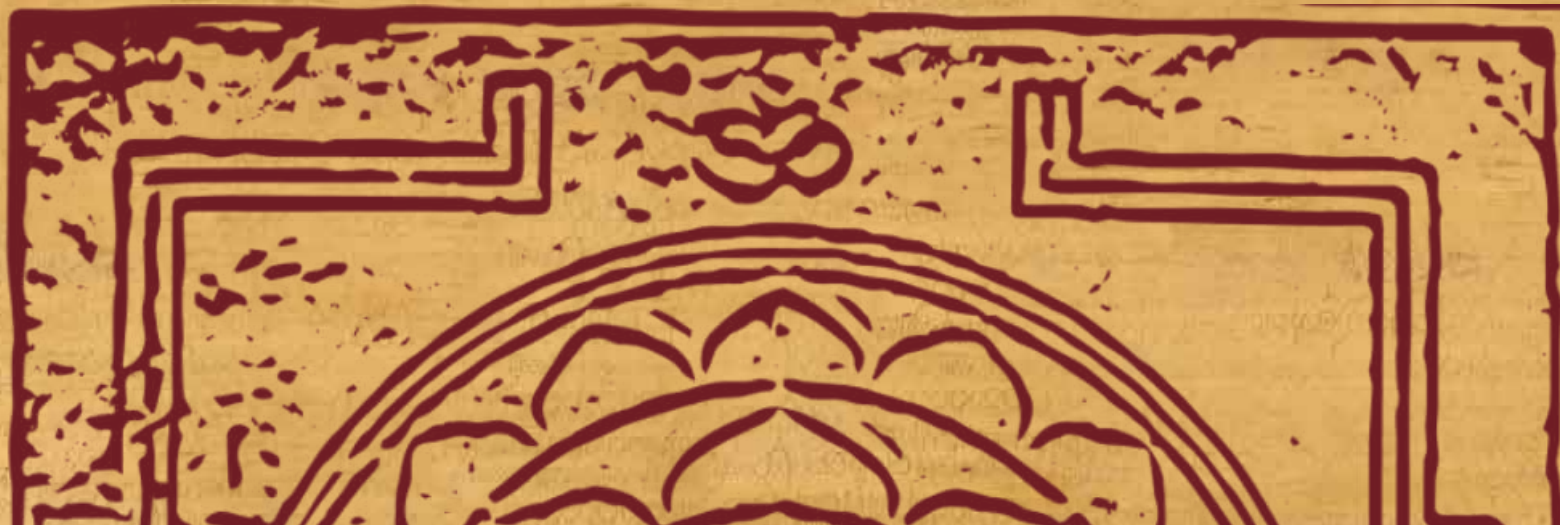
He would make me inhale and hold. Inhale and holding is called Kumbhaka. Then he would remove the beds. I had to remain in that space for sixty seconds, and the floor beneath was hard cement floor. Then my landing would be slow because I know, if not, my back would break. Your balanced samana will make you land on the ground slowly.

He was sitting on a wooden plank.

I was sitting on some four, five pillows because he was trying to make me levitate. That's the way he would do it. He would put some four, five pillows and a bed. I had to sit on that and continuously do the pranayam. Once I had intensely done the pranayam and stabilized, he would remove the pillows one by one. I had to remain in the air. That is the way he taught levitation.

If I was going down when he removed the pillow, he would stop and ask me to do more pranayama and kumbhaka. Then after he removed all the pillows, if I was stable in the air, he would get his pet dog to sit under me. That fellow will be sitting under me so I would have to be holding on to that air. I cannot release. I will have to completely lock the kumbhaka because if I released I would fall on the ground and I will fall on that fellow and that fellow would bite me.

So I will have to be just holding on or even if I land, I have to land in a very slow way. Very slowly in a very subtle way I had to release the air not even through the nose. I had to release the air through the kurma nadi. This means such sensitive prana; through the middle fingers I had to release the air, only then I could land very smoothly. If you release the air through the nostril itself you will just fall because nostril is too big a hole. So that has to be locked. The releasing has to happen through the kurma nadi. I had to balance and land on the dog so that he wouldn't bite me.





Power of Psychological, Physiological & Physical Levitation

When breathing and thinking happen together, the process is called 'Prana.' When the person is breathing but not thinking, for example, during midnight deep sleep – when there are no dreams – that process is called 'Samana.' This makes the whole psychology so light that the person feels like it is flowing. It is floating on the air. When psychological levitation happens, automatically physiological levitation starts happening.

levitation rises and keeps it in the air for quite a few minutes.

The body starts jumping, moving up and down on the ground. Then the physical







Understand, this is in three steps - psychological levitation; feeling so much of lightness. You will feel as though your whole being is floating. Second, physiological levitation: means your intra-organs will become light and will start jumping. Equivalent to your weight the Samana will get filled in you, so it will jump and in a few seconds will fall back. It will jump and fall back. That is physiological levitation.

Then comes physical levitation, means more than your physical weight the Samana energy will stay in you. So for that many seconds or minutes you will be in the air. You will literally have the Shiva Bodha, the joy of patternless-ness, the joy of auspiciousness."







Ashta Kanma
8 Actions on 8 Objects





Eight Actions on Eight Objects

During the 2016 Kumbh Mela in Ujjain, Paramahansa Nithyananda initiated participants of the ShuddhadvaitamSM program into 77 powers. The major chunk of these powers was given during the *Ashta Kanma initiation*, which allows one to undertake 8 actions onto 8 objects. All of these were powers associated with the mind, either yours or others'.

These actions are:

Sthambana: The ability to stop your mind or the mind of the person who is in front of you. You can just stop anybody's mind.

Bhedana: The ability to cut your own mind into pieces, literally like a surgery. This includes understanding what are the thoughts that become emotions, what are the thoughts that do not become emotions and what are the emotions that push you into action.

Marana: The ability to make the mind disappear once and for all.

Udveshana: The ability to make the mind active to do anything you want.



Agrushana: The ability to make the mind powerful forever.

Mohana: The ability to use the mind to do anything you want, anything can be brought under your purview.

Vasya: The ability to manifest anything you want from that mind.

Udchhadana: The ability to keep your mind on anything with the highest frequencies.

The objects on which these actions can happen are: Air, Fire, Water, Earth, Sky, Mind, Plants, Animals. The hardest of these is expressing powers on the mind. According to Paramahansa Nithyananda, if you can do all of these, you will become completely enlightened.

These powers can be used in different combinations to manifest the desired reality. For example, the power of Mohana, when used on the air, can change the course of a storm! The power of Udveshana on someone's

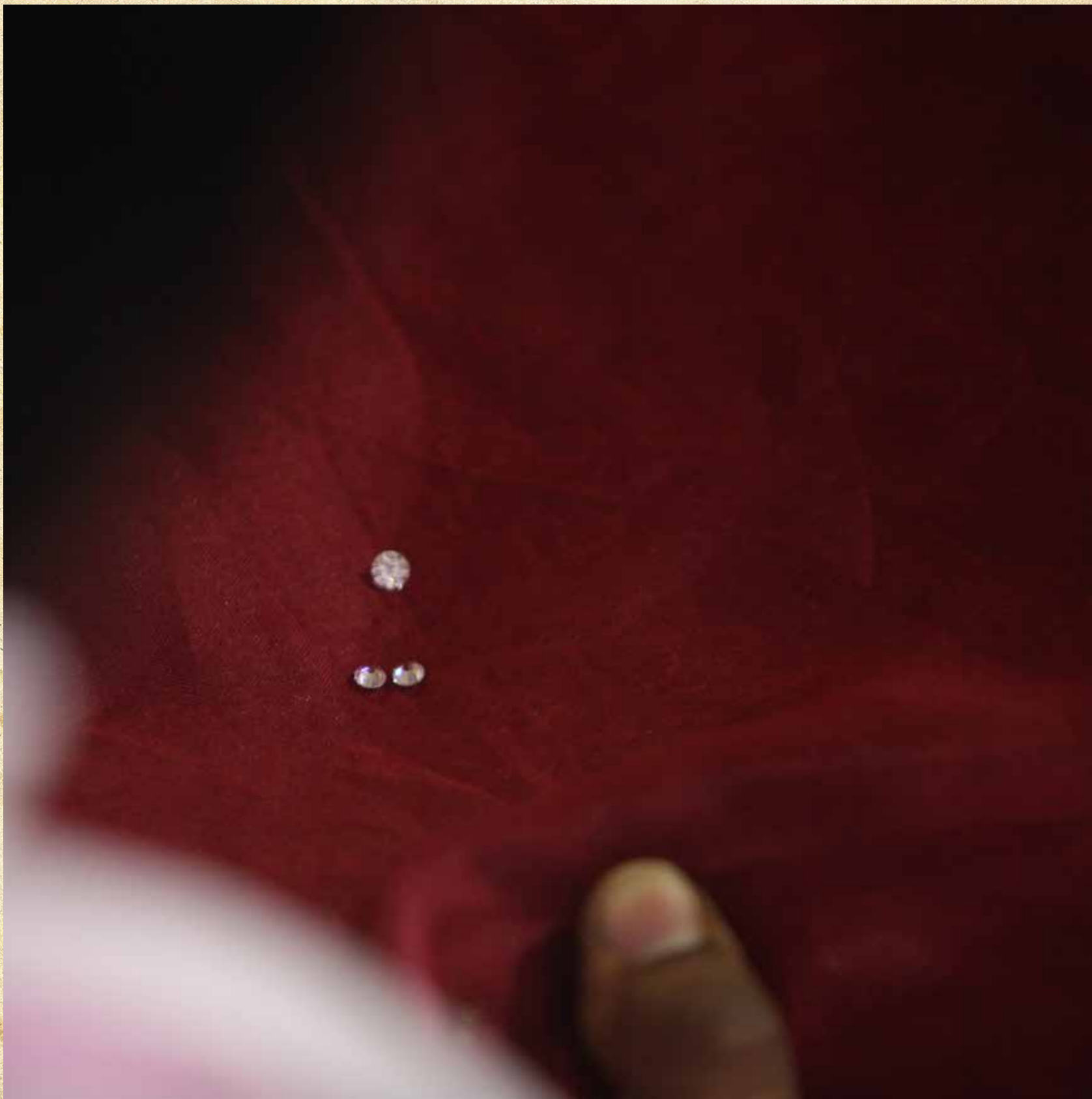


mind can be used to remove depression from that person. The power of 'Vasya' can be used on trees to give more fruits. In this way, different actions on different objects can cause what modern man would call as 'miracles', but these powers were a lifestyle for the Vedic rishis and seers. There are multiple references in the Ramayana and Mahabharata and many other Vedic texts where not just the rishis, even kings and other spiritual seekers used these powers to alter their reality. These powers define the Sanatana Hindu Dharma.

Fortunately, there has been an unbroken lineage of enlightened beings who have preserved these powers over the ages. Even more fortunate are the beings who are now blessed with the presence of the Avatar embodied Sadashiva. who is now opening up these powers to the world at large.







Materialization

Materialization is the conversion of energy to matter. All objects are essentially energy particles. All objects are made out of energy; so, energy can be dismantled, moved, assembled and arranged by someone who knows how to play with matter and space.

In the Vedic times, Rishis, munis and spiritually advanced seekers used the power of materialization to manifest bhasma and other objects to heal and bless the people who came to them for solutions. Kamdhenu, the wish-fulfilling cow mentioned in the

puranas, was a divine cow that lived in the ashram of Rishi Vashishtha, who had the power to materialize anything.

Among the extraordinary powers, perhaps the most advanced is materialization. Materialization is one of the most complex shaktis. Prakamya is the power of creation out of thin air. It is having the ability to manipulate matter and energy. In an atom, only 1% is matter, and rest is space. Materialization requires mastery over that 1% of the atom which is matter.



Dismantling and assembling of energy can happen only in the hiranyagarbha – the cosmic womb. Hiranyagarbha is where the creation has happened – the cosmic mother's womb. When Paramahansa Nithyananda is dismantling or assembling, teleporting or materializing matter, all the space around him becomes the hiranyagarbha – the intense presence of Jagat Janani, mother of the Universe and Divine feminine consciousness. When devotees

sit inside that space, they go through an amazing transformation as well.

*“I picked up all these powers too easily”
Paramahansa Nithyananda says.*

He would materialize candy for himself and all of his friends and play innocuous pranks on people that gave him problems. It was only from another great spiritual influence, Maataa Vibhutananda Devi, that Swamiji



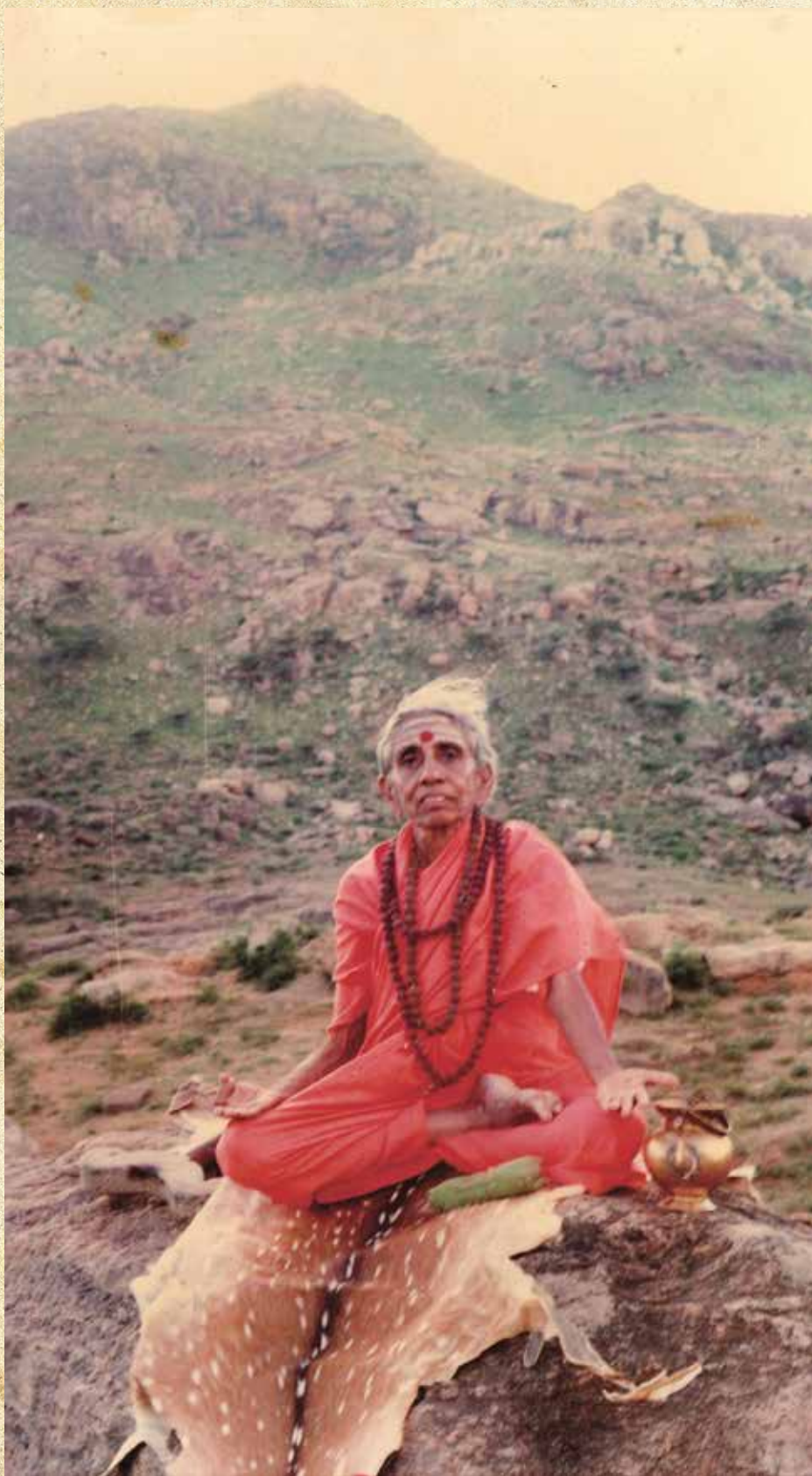
learned the responsibility that comes with having powers.

“One of my inspirations, Vibhutananda Devi, a very polite, humble, pious person with amazing powers. Anything she decides to do, she does not even have to think twice. Once she said that she will teach me Upanishads and told me to go and get the Upanishad book from the market. I went and searched everywhere, all over. I was not able to get. I came back with a very sad feeling and told

her, “Ma Upanishad book is not there. I don’t know what to do.”

She said, “Don’t bother. What’s the meaning of ‘Upanishad’?” she asked. I said, “Upanishad means sitting with the Master.” She said, “Just sit.”

I sat. Funny thing is, after I sat she just put her hand on my hand and I saw the Upanishad book there. Very powerful; it casually materialized. Understand, if you



have this power, the piousness will disappear usually. But in her, I have seen the piousness, simplicity and the power expressing all together. That is the beauty. See, if she constantly has and carries the ego that she has powers, she wouldn't have even sent me to buy the book. She could have said 'Sit. I'll materialize and start the class.' She could have done that. She didn't do that. It means she doesn't carry that in her ego. She doesn't use that for ego fulfilment. Only when it is really needed, she expressed that kind of power. She was a great, pious person."

Experience of Materialization

Mahayogini Ma Nithya Mahayogananda, a devotee of Paramahansa Nithyananda and the first adult to radiate these powers, exemplifies the concept of Oneness in her sharing of the first time Swamiji materialized the sacred ash, vibhooti, through her.

In 2010, she sat down with her family one morning for a satsang held by Swamiji. He was dressed in blue and gold at the

time, preceding the coronation as head of Madurai Aadheenam. On his chest was a light blue and gold embroidered cloth. She gazed at him admiringly from her screen, in awe, at the royalty He radiated.

“Anyone who is connected to me,” Swamiji declared “will now see vibhooti teleported in their hands!”

He rubbed his hands together, the gold rings on his fingers shining over his dark skin. Then, suddenly, He lifted His hands up, as if He was lifting something in the air around Him. And in fact, He was. He was lifting the kundalini, making it rise, awake and alive in everyone.

In Oman, Ma Nithya Mahayogananda sat as Swamiji took her through the process that was called the “eN-effectSM”. With her fingers clasped together in samana mudra and her legs crossed, she waited for the vibhooti to appear to her. She waited and waited until finally the session ended and she was shocked to see that there was no vibhooti in her hands.

What does this mean? She thought to herself. Am I not connected to Swamiji?





Her parents insisted that she go to work and forget about his. “Swamiji will take care” they told her as they urged her to pack up and leave. “Get lost!” Ma Nithya Mahayogananda shouted at her father at once without thinking. Her entire being was overwhelmed with the shock, the feeling of failure, the idea that “she may not be enough.”

“No,” she decided. “I have to sit.”

For four hours she sat. She laughed and cried as her mind pulled her into delirium and out of it. She

loved Swamiji, she knew it. So teleportation had to happen. Out of the thousands of participants in the process that day, she was perhaps the only one willing to be ferocious enough with herself – to demand from the Universe the product of loving her Guru.

The Universe had no choice but to oblige. By the end of four hours, she had lost consciousness. She woke up to water sprinkled down on her by her parents who had been convinced by her stubborn nature to stay and wait as well. A handful of vibhooti stained her hands. Ma



Nithya Mahayogananda smiled softly, keeping some of the vibhuti on her forehead and some on her tongue. The rest she left at her altar, not thinking about the miracle product. For her, it wasn't this powder that she wanted. She simply wanted the feeling connection. That was what it took for her to manifest teleportation.

This is the secret to manifesting powers – an open and integrated relationship to Sadashiva. For disciples of Paramahansa Nithyananda, that is Him.



Teleportation

Teleportation involves disintegrating an object in one place to particles small enough that can travel, moving those particles and then reintegrating them in another place as the same object. In the beginning, when Paramahansa Nithyananda first began teleporting, he began with powders like turmeric, vibhooti, or kumkum. He then began increasing the size of the object. He began teleporting akshata (rice mixed with turmeric). Then, he teleported jewels made of gold, pearl and diamond.

Teleportation was a power used by the Vedic seers to solve complex problems. They could bring objects from any part of the Cosmos just by the power of their initiation, feeling connection and having mastery over the Whole.

“Each of these pass through me in order to teleport. That means that they are radiating a high frequency. They are energized jewels!”

The first time that Paramahansa Nithyananda witnessed teleportation, it



was done by Yogananda Puri. As a young boy, he saw it appear in front of him, part by part, white and brown on the sides with ragged edges and smooth inner curvature. It was a conch. When it was fully formed, he recognized it immediately that it was from Raghupati Yogi's house. He took it in his hands and began to toss it from hand to hand playfully. It seemed so simple. Once he began practicing it, it became even simpler.



Spiritual Healing

The human body has an inherent ability to heal itself. Paramahansa Nithyananda shares, “All disease is a hoax!” Healing is the body connecting to the Source of its existence. When a bruised elbow is rubbed, or palms are placed on tired eyes, energy healing is actually being practiced. Healing is nothing but channelling the universal life force to correct energy imbalances in one’s system which are the hidden cause of most of the diseases.

Whatever exists is energy! As the Ishavasya Upanishad declared more than 5000 years ago, ‘*Isha vasyam idam sarvam*’ which means whatever exists is energy. Whatever is seen, touched or otherwise, the Universe is made up of energy vibrating at different frequencies. Trees, rocks, plants, animals and humans – all are nothing but diverse expressions of energy. All that is known and seen about humans is the physical body. But the physical body is only the grossest expression of human beings. There are several subtler energy bodies that interpenetrate the physical body, and create



an aura or energy shield around the human body. These 'bodies' are electromagnetic fields, which are continuously influencing and being influenced by other such fields in the environment. Unlike the physical body, these fields are highly sensitive and vulnerable to external influences. In fact, there is a much higher chance of picking up a neighbor's negative vibrations than his flu virus. The aura is responsible for boosting the immune system and protecting the physical body from toxic radiations. On

the other hand, any energy blockages or 'knots' in the aura can be the precursor of future disease. That is why any disease can be detected at the energy level at least six months before it becomes manifest in the physical body.

Since everything is energy, all types of healing involve manipulation of energy. Energy healing is a holistic, non-invasive therapy that treats the body-mind as an energetic continuum. Any physical or



mental disease is an indication that there is a blockage in the energy flow. Sometimes, merely clearing these blockages is enough, as the body's natural healing abilities take care of restoring the affected part to health. During energy healing, the energy system of the body is accessed through the chakras. In simple terms, chakras are the whirling energy centers in the subtle body. The word 'chakra' literally translates to 'wheel' or 'disk'. Chakras are like spinning wheels of energy, the power houses of the body. The

main subtle energy channels of our body (nadis) are the Ida (left), Pingala (right) and Sushumna (central) channel, which run along the spinal column. They correspond roughly to the sympathetic, parasympathetic, and central nervous system. Since the Nadis run in a curved path, they cross one another several times. At the points of intersection, they form strong energy centers. These are the chakras.



Chakras are subtle energy powerhouses which are responsible for spinning and drawing the universal life-force (prana) into the body. They also act as batteries to store this energy and distribute it to the surrounding areas of the body.

NithyaSpiritualHealingSM channelises the cosmic energy to heal the person. This is possible by the initiation of an Incarnation who opens up the connection of the Ananda Gandha with the Source. Ananda Gandha ('the fragrance of bliss') is a point in the body where the energy of all the other chakras is centered. It is the connecting point of all the other chakras. Ananda Gandha is the individual's master key to accessing the cosmic energy any time they want. In Nithya Spiritual HealingSM, neither healer nor receiver is required to do anything except enter into restful awareness, remember the Guru and allow the cosmic energy to heal.

Once initiated, the healer becomes an open channel for the healing

spiritual vibrations of The Avatar™. Today, there are over 3000 initiated Nithya Spiritual Healers worldwide, acting as the 'healing hands' of Paramahansa Nithyananda. Working from their homes or innumerable healing centers worldwide, Nithya Spiritual healers continue to baffle modern medicine by curing fatal and incurable diseases with nothing more than a healing touch and a few moments of prayerful meditation at no charge.





Nirahara SamyamaSM ~ Living Without Food

Vedic tradition equips us with different kinds of techniques to realize possibilities within us. This includes meditation and yoga techniques, initiations and more. One of such many techniques is called 'Samyama.' Samyama means exploring and discovering your various possibilities and powers being centered on a certain technique or spiritual process. Nirahara SamyamaSM means exploring the body's possibility without having any external input like food or water.

The purpose of the Samyama is to awaken the natural intelligence of making food out

of natural resources like Sun rays, air and the prana (or life energy) which is directly available from space.

"If fish can swim, we can swim; if bird can fly, we can fly; and if plants can make food directly from the air and Sun rays, our body can also do that. Every extraordinary capability and possibility is inside our bio-memory."

Every human being associates their fears, greed, attention need and idea of love to food. All patterns associated with love and



attention need are connected with food. Therefore, food becomes a very emotional component of life. Now when one is liberated from food, the associated emotional patterns are also eliminated.

Nirahara SamyamaSM includes three techniques:

- (1) **Ajapa Japa** or continuous meditative chanting,
- (2) **Mahābhāva** or feeling connection, and
- (3) **Sahaja Samadhi** or Unclutching.

Ajapa Japa is the process of continuous chanting of the Guru mantra (the sacred chants of the Guru). Japa is the sound that comes the navel through the throat and the tongue. It is a continuous linear movement of air that is getting converted to sound.

In Ajapa Japa, the Guru Mantra '*Aum Hreem Nithyanandāya Namah*' mantra is repeated constantly with the visualisation of the mantra moving in circular direction around the throat.



Ajapa Japa is one of the straightforward ways to maintain heightened levels of awareness, which also awakens the Kundalini Shakti.

Next, feeling connection is achieved by meditating on the Ananda Gandha Chakra, the subtle energy center that is located between the heart energy center (Anahata Chakra) and navel energy center (Manipuraka Chakra). Ananda Gandha is the direct doorway to the Guru or Master. Finally, unclutching is the process of being an observer of all thoughts that arise in

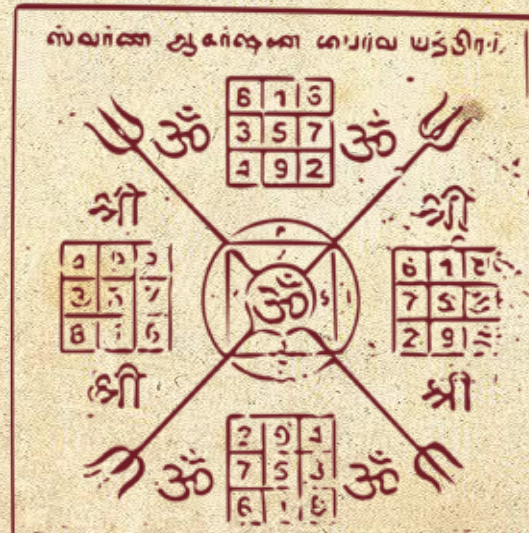
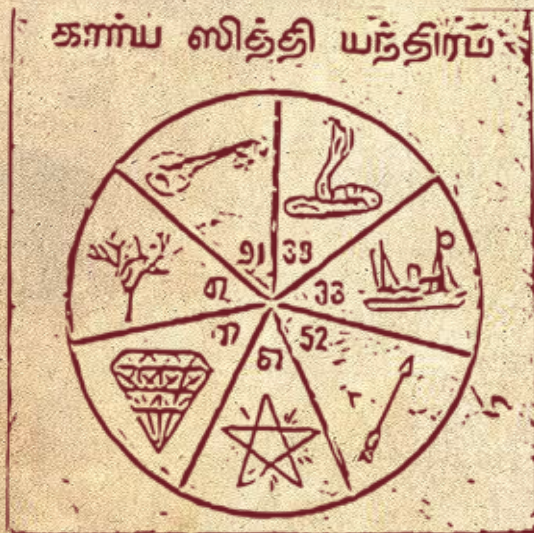
oneself. The thoughts are neither encouraged nor suppressed; they are witnessed continuously.

Nirahara SamyamaSM includes all the above mentioned three techniques. In addition, the most important part is the initiation by the Guru or the Master, which awakens the bio-memory to its innate state. This innate state is not affected by either the presence or absence of food. The initiation when combined with the three techniques help to tap the innate energy within us in the absence of physical food.



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Akashic Readings



Paramahamsa Nithyananda's Initiation into Reading the Cosmic Archives

Ten year old Paramahamsa Nithyananda emerged from the water tank of the Arunachaleshwara Temple, strings of water coming along with him as he stepped out of the tank. He stood, clutching his wet body as he waited for Raghupati Yogi to return.

He was in the Shrine Sannidhi of the Devi Unamalaiamma when finally, His guru approached him. He initiated young Paramahamsa Nithyananda into the mantra "hreem". The second the mantra entered into his young body, something hit at his hara or lower abdomen. Like pregnant women feel their baby kicking, Paramahamsa Nithyananda had felt a force nudging him from inside. The vision appeared suddenly, as if it was in front of his eyes but also beyond the capacity of ordinary human eyes. He saw lines that made triangles and triangles that made a complex structure. Little did this ten year old boy know he was seeing the Sri Yantra, the DNA of the entire Cosmos.

The visualization flashed away and another appeared in front of him. This time a woman of celestial beauty. She appeared with fair skin and a young body, standing gracefully before. As he took her vision in, it left a name on his lips, "Devi". He began shouting hysterically, "Amma is here! Amma is here!" notifying the whole area of his sudden vision.

Raghupati Yogi was taken aback. He did not expect his pupil to have such a lively reaction to this initiation. When the child began crying out, he didn't believe his words. He thought Navaratri celebrations are going on and they were near the Devi shrine so perhaps this made the boy a little excited.

“Slowly that very geometry and that form both disappeared into my inner space. Then, I went back to home, carved the deity as I experienced. In the stone, carved the Devi the same way I saw in stone, and carved the Sri Chakra the same way I saw in copper plate,” says Paramahansa Nithyananda.

No normal person, much less a child, would be able to do this from memory. A little shaken, Raghupati Yogi took the copper plate from the child's hands and carefully looked at the structure. Then he looked at and examined him with his yogic powers, to see if he had been exposed to a high frequency vision.

Raghupati Yogi suddenly prostrated before the ten year old.

“You were right!” he cried. “I am blessed. It takes a lifetime of spiritual practice to have darshan of Devi! She is hereafter your ishta devata, your favorite Bhagavan.”



18 years later Paramahansa Nithyananda revealed this experience as the first time he ever had access to the cosmic archives. He saw the vision of the *brahmanda*, the Cosmos itself. With his Nithyananda GurukulSM students and a few Nithyananda YogamSM participants once present around him, he narrated this story once again and explained how the vision happened to him. He asked for the Sri Chakra and the deity to be brought out and shown to everyone. Each of them took turns to marvel at the result of the

darshan that Paramahansa Nithyananda had. They bowed down to the chakras and the deity of Devi. With jnaananjana lining their waterline and decorating their Third Eye already, he began the initiation.

“You will see it as golden letters appearing on a black background,” he told his Gurukul students. “Let the Nithyananda YogamSM participants ask any question. Gaze at my third eye and you will see the



letters appearing immediately.” He smiled down at them. “Start,” he instructed.

It took, perhaps, thirty minutes for the whole group of students to begin seeing the letters and answering questions correctly. They graduated to seeing the atma murthy of their Guru so that anywhere in the world they will be able to access the Akashic Records.

“Integrity with your intra-organ and internal organ. You have to be highly integrated for the Akashic records to appear. Absolutely no fear and no greed. You can’t tell somebody that they can get some money or get some things because they are completely in the space of listening to you. You cannot ask anything. You have to completely integrated to what is seen as golden letters. Only that should be read out. Don’t even have the fear to tell that person, don’t bother what that



person thinks. We don't care about what you think. We care about what Kalabhairava thinks.

Be highly integrated to Kalabhairava. No fear, no greed. Neither ask anything nor leave, omit some information which is appearing in front of your eyes. It will actually appear in shining golden letter in dark background. Darkness is three dimensional black. In the darkness, that is what is 'kaali.' 'Kaali' in Sanskrit means darkness, the 11 dimensional darkness is Kaali. They are actually reading out past, present, future records. I am responsible for what I am talking. I am responsible for what they are uttering. I know the authenticity of the power manifesting through them and I know their integrity.

People from various fields from all over world and from other worlds, including Siddha, Rishis, Ganas. Siddhis, Rishis, Gandharvas - the kid who reads the Akashic Records

will be able to see all of them coming to get their Akashic Records read out.”

Beginning from that day itself, lines of people gathered in the Chit Sabha to ask personal questions. They stood waiting for hours until they got a chance to meet with a Nithyananda GurukulSM student. They sat like princes and princesses on thrones, decked in jewellery to confirm the state of their inner space. Their integrity was crowned and made an example for all human beings to see. In that space, one can see that these kids were no normal beings. They were divine, existing and occupying a different plane all together.

Maha Kalabhairava, the Lord of Time and Space

Maha Kalabhairava is the lord of time in Hinduism. As per Vedic history, Sadashiva took the form of Kalabhairava in order to decapitate the ego of Brahma. His form invokes terror in inauthentic souls yet he is





glorious to those who are willing to drop their hypocrisies at his gaze. As the lord of time and integrity, he is the keeper of the cosmic archives. He knows the past, present and future and is often sought by those who are brave enough to inquire for this reason.

Kalabhairava is a living deity. He can be summoned by Sadashiva to express through him in order to deliver the cosmic truths to those who ask. Since 2012, Paramahansa Nithyananda has been giving darshan in

the form of Kalabhairava. At this time, he describes the state as being incredibly powerful and energetic. For everyone around, Kalabhairava's presence is blissfully welcome. He answers questions to liberate human beings from their woes. Any answer given by Kalabhairava is not just an answer, but a karmic breakthrough for the receiver of the answer. Paramahansa Nithyananda has answered many a question of a yearning seeker to give them answers, solutions,



breakthroughs and liberation itself, as Kalabhairava.

Paramahansa Nithyananda, in the form of Kalabhairava, explains what are Akashic Readings elaborately:

“Akashic reading is a record created in space. Whatever has happened in time, is there as a file, until the hiranya garbha merges into the Source, from srishti to pralaya, from creation to destruction. Everything

happens in all layers, physical, pranic, mental, etheric, causal, cosmic, nirvanic layers, is available. When a being realizes he is beyond time and space he will be able to decode those Akashic recordings, spell it out in the language you understand, in the frequency you can receive for your betterment to improve the life and reach your ultimate goal and the ultimate goal of humanity - enlightenment. It is not prediction, it is reading from the records. There is no such thing as past, present



future. Beyond space, creation and destruction happens simultaneously. In dimension of time, starts the past, present and future. But in Akashic Records, there is no past, present and future, that is why what you call as happened, happening, yet to happen are clearly already recorded. The being who has gone beyond time and space can access even correct, modify, alter, re-register and re-create the records. What you call as future is also nothing but the past, what you call as past is nothing but extension of future.

It is much more accurate than what you know as objective and factual reality. It leads you from reality to ultimate reality. Every sentence uttered as understood by you is the pure reality. The words are created, coined, downloaded and read out exactly to give you the right understanding as you understand, is the direct truth, pure reality.



Akashic reading is the reading from the script-writer of the Cosmos. A person who watches the movie cannot tell how it is made, directed, written.

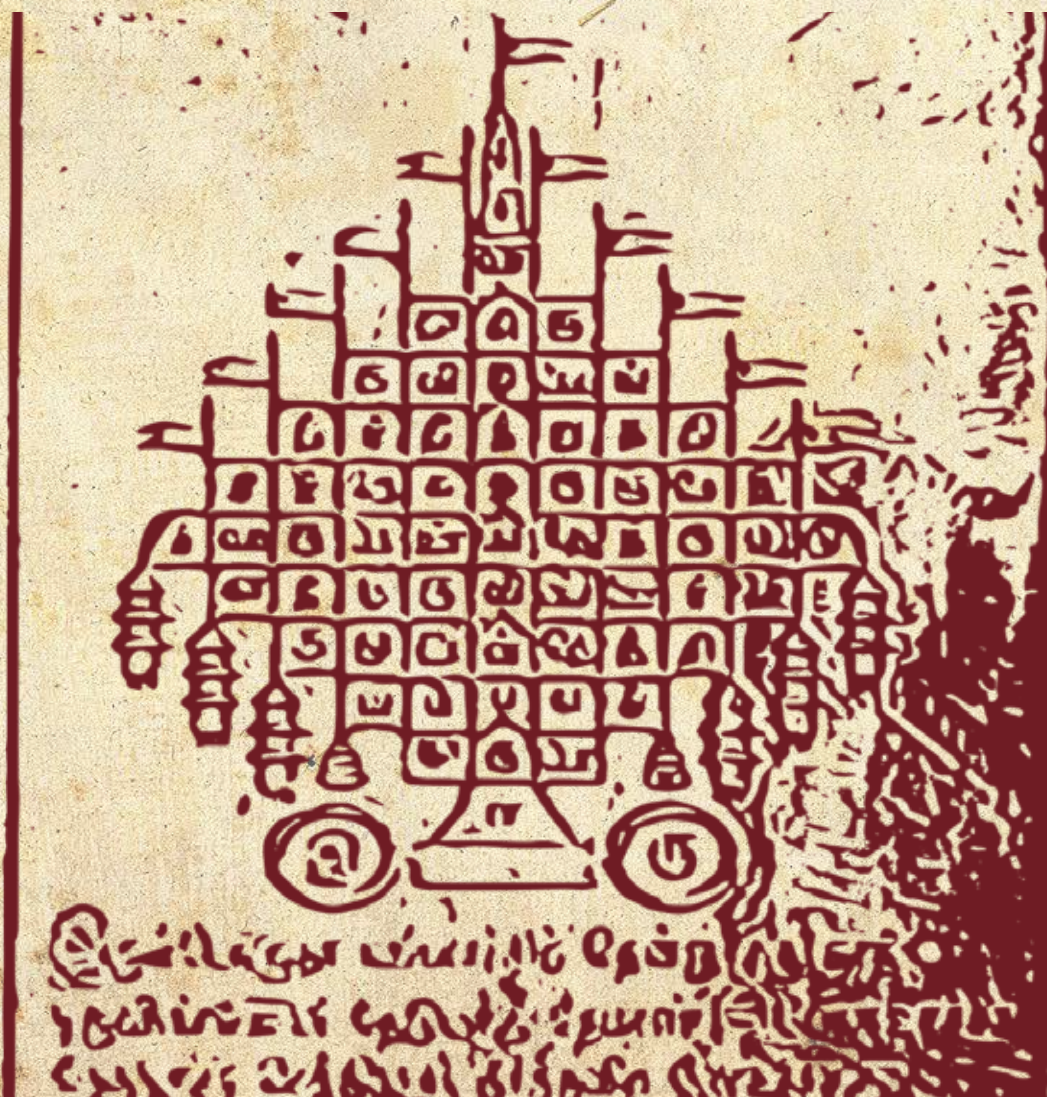
When you think about the whole Cosmos, trillions of stars, suns, moons, you are free from the problem which you have constantly, which you brood over, think about your 2000 sq ft house. When you listen to this patterns of the cosmos, you are free from binding patterns you carry

in your body. Macrocosmic patterns liberates you from micro-cosmic patterns. Kaalabhairava is Lord of time and space in whose space past, present, future all three exist simultaneously so he can read, alter correct, re-register, reframe, not only your future, he can make even your past completely different. He can change the future, present and past.

When you sit in the Akashic reading sessions, your consciousness automatically raises

beyond time and space which can lead you to millions of unexplainable auspicious things.”

Akashic readings is yet another astounding power that Paramahansa Nithyananda has given to the world through his Nithyananda GurukulSM students.









The Principles of Hindu Cosmology





Hindu Cosmology

Visualize a gold wire ball, chaotically caught and soaked in a nectar. That liquid is the avyaktha, the unmanifest component of Sadashiva. And the wires running around is the vyaktha component of Sadashiva. Avyaktha and vyaktha; one is a liquid gold and one a solid gold. For both, material is the same. It becomes solid due to Sadashiva's decision to enjoy. It can turn back to liquid anytime. His decision of will to enjoy himself is the steam. That steam makes the liquid into solid. The steam is will-persistence. The will to enjoy himself in multiple ways is the

steam which makes the liquid into solid within his own sphere and celebrates.

“Knowledge and understanding - even if it is intellectual - knowledge and understanding makes many of the sufferings you have and you cause to others redundant. Only a person who understands the eleven dimensions of the universe can be non-violent. Ahimsa.”

The intricacies of Jiva (Self), Jagat (Universe), and Ishvara (Divine) make up the secrets of the Cosmos. Each secret is a deity in itself,



each a representation of one truth. Every sentence delivered is a different form of divinity. Every concept is an ethereal being. They lived in different Lokas – dimensions – from the one humans are accustomed to. They were each great devotees of Sadashiva, for only through him they attain the bliss of being revealed to ignorant minds. They had heard that once again Sadashiva was on Earth, dwelling on Bhu Loka, bringing those beings from darkness to light. One fateful night, their craving began building

and building until it finally surpassed the floodgates of his graciousness. Sadashiva allowed them to be around him for a few human hours, a few ages in their time. Only then, when they land on Earth, does the knowledge of the Universe grace the minds of humans. If the witnesses wholly understand these vast concepts, they owe it to those beings. They have to bow down to these great deities and be grateful for their love of Sadashiva.

Late at night, the Nithyananda Yogam participants surrounded Paramahansa Nithyananda on all sides. Large paper boards were held up in front of him as he filled in charts with the truths of the cosmos. While these were available in all of Sadashiva's works, never before have they been presented like this, in such a broken down, comprehensible manner. He made it clear that to continue to manifest powers, you must understand these truths thoroughly. One must know the laws of the Cosmos to know which way to proceed and what kind of patterns not to fall into. He presents the Universe to these lucky devotees with three main subjects – Jiva, Jagat & Ishwara.

Jiva or Self, is made up of 25 states of Consciousness.

Jagat, the universe, is made up of eleven different dimensions.

Ishvara, Sadashiva himself, has five functions.





Ishvara, The Goddel

Pancha Kriya, the Five Aspects of Bhagavan Sadashiva.

In Srimad Kamika Agama, the primary Agama revealed by Sadashiva, the enlightend sages, Rishis pray:

*riśayaḥ
bhagavan devadeveśa paśupāśa-
vimocaka |
śrīstithiti tirobhāva layanugraha
kāraṇa ||*

“The Sages said:

O Bhagavan, the possessor of six potential qualities, you are governing lord of the gods of the lower realm and the higher realm. You are relieving the bound souls from the bonds (Paasha) that bind them in incompleteness. You are performing the five Cosmic actions: Sthiti, manifestation, Sthiti, maintenance, Laya, dissolution, Tirobhava, concealment or veiling and Anugraha, the bestowal of liberating grace.”

*~ Srimat Kamika Agama, Purva Pada
chapter 1*

Paramahansa Nithyananda reveals,

“I am categorically declaring – God is not equivalent word for Sadāshiva.

The Supreme cannot be just GOD – Generator, Operator, Destroyer. As per Sanatana Hindu Dharma, Sadāshiva cannot be translated as the word ‘GOD’.

The Western definition of God is the generator, operator, destroyer – only 3 aspects. The Hindu understanding of supreme reality is Generator, Operator, Destroyer, Deluder and Liberator.

The last major 2 aspects, unfortunately, were never grasped anywhere else other than the Sarasvati-Ganges civilization in which Sanatana Hindu Dharma flourished. Only the Sarasvati-Ganges civilization understood the world beyond the “seen” . If you don’t understand delusion, you can’t understand beyond 4 dimensions. GOD is not SADĀSHIVA.

Maybe I can contribute a new word GODDEL – G-O-D-D-E-L.

Whenever science or technology grows,

the scientists and people who are expert in that field, need to contribute the right word, they need to support the language to explain the concepts. English is learning spirituality from Sanatana Hindu Dharma for the first time. So let’s contribute some good words. So GODDEL should be the word, not ‘God’.

God is not Sadāshiva. Brahman is used in Upanishad. Bhagavān is used in Puranas. Sadāshiva is used in Agamas.

All of them cannot be translated as G-O-D used in western theologies. These 5 aspects of Sadāshiva in the manifest form is called Ishvara, and in the Unmanifest form is avyakta. Even these 5 aspects, only the manifest form of GODDEL is Sadāshiva. There is also avyakta, the unmanifest component.

That is why Nataraja, the blissfully dancing form of Sadashiva is depicted as such. He twists the damaru in one hand, letting the beads on the swinging strings slam against the sealed sides of the instrument and create a reverberating drumming sound. The

sound of the damaru represents the sound made during the Ananda Tandava of Shiva, when the world was generated. In another hand, he carries a live fire, expelling out flames representing destruction. His third hand is in the abhinaya mudra, promising the safe operation of the universe. One foot presses down against the asura, representing the action of concealment. The lifted foot, poised gracefully in the air, shows how he ultimately liberates us. What's more, Sadashiva, the embodiment of space, dances upon the kaalachakra, the wheel of time, dwarfing time itself that make us humans so powerless.

Ishvara manifests in the human body when called upon by the earthly beings who crave to be in Oneness with him. This sentiment is nothing but seeking. When that increases as a whole for the entire globe, deep within the flesh of each human body, the Universe manifests from the avyakta, the unmanifest, to the vyakta, the manifest form.”

G-O-D – generation, operation and



destruction – is survival existence for everyone. They are actions that are default within you. De and L is only where you can be alive. Anybody who is just surviving will have G-O-D. It's just the level of ant, rat and cat. All of them will have G-O-D. They can reproduce and kill. G-O-D is simply hormonal!

De and L are all about consciousness. Humans recognize three states but actually, individual souls have 25 states of consciousness. Waking state, dream state and sleep state are the three states people know. When you are aware of only these three states of consciousness, sushupti, the deep sleep, swapna, the dream, and jagrat, the waking state, you will only have G-O-D and hormones. It is just survival mode.

When you cross these and go to the turiya state, you will have the De and L capacity also. In this turiya state also you will only have the capacity of liberating and putting in delusion. Only in turiyatita will the person be able to put anybody into delusion, anybody in liberation. The 25 states of Consciousness that the individual goes through, the Jiva,

the 11 dimensions of the Universe, the Jagat, and the 5 aspects of Ishvara: all these 3 when not understood forms the Maya Matrix. If you understand, not only you have the knowledge, you also have the power to play with them.

Do not believe a science which finds only diagnosis, not the solution. Do not believe anything as science or a system which only defines the problem but does not deliver the solution. We are not interested in a fine amazing oration about the problem. We are interested in solution; even if it is raw and street smart.

Agama is complete works of Sadāshiva. In the complete works of Sadāshiva, Sadāshiva explains tons of methods. He explains the physics of the Maya Matrix, chemistry of the Maya Matrix, Biology of the Maya Matrix. He explains the physics of mastering the matrix, the chemistry needed to happen in you to master the matrix, the biology of mastering the matrix, and above all the alchemy of Sadashivoham - realizing you are Sadashiva.”



Jagat, The Universe

“The modern day so called science is able to understand only 4 dimensions – length, breadth, depth, time. But the ancient science, the Sanatana Hindu Dharma, elaborately describes the 11 dimensions and the beings existing in the 11 dimensions – length, breadth, depth, time and space and their permutations. Length, breadth, depth, time and space are the 5 unit dimensions and the permutations of these 5 form the 11 dimensions of the Universe.

Knowledge and understanding of these 11 dimensions, even if it is just intellectual, makes many of the suffering caused by

others and the suffering you cause to others redundant. Only a person who understands the 11 dimensions of the Universe can be really non-violent, in ahimsa. Dimensions are made up of five aspects: verbalization, visualization, cognition, time and space. Since verbalization is measured in length with the wave amplitude of the sound, we dub verbalization as length. In the same way, since visualization is measured in breadth, we call it breadth. Finally, depth is cognition of ourselves - the awareness or inner space. These five aspects come in different combinations to make up the eleven dimensions of Universe.”

“The Time (T) is nothing but the subtle matter mixing with the Space (S). For example, within this Milky Way if you keep a pot, even if you don’t do anything, in 100 years it will disintegrate and become mud again because the T+S is working on it. Beyond the gravity, if you leave a pot, only in space, no T, it will never get destroyed. The mass generates the fluctuation in the space and that is called Time. Time does not separately exist out of matter and space. It exists only as a shadow. For example, if there is a light and there is matter, only then shadow can exist. Shadow cannot have an independent existence if in these two, one is missing.

“T and S cannot be separated but there is a space where the S does not produce T. That is the enlightened space. How much ever things happen outside, it does not produce T in Me. My pure virgin space does not experience T due to any of Length, Breadth, Depth (L B D) or L B D’s collusion with S. If L B D colludes with S you call it joy. If it collides with S you call it pain. So neither collusion nor collision makes T in me so the effect of time does not exist in me. That is what is immortality, Amritatva.

For example, I can teleport only the depth dimension of this board on which I am writing. You will see this board but if you put your hand it won’t stop you. I can teleport length and breadth, leave the depth, so you will not see the board, but if you put your hand out it will stop you!”

L/B/T - Length, breadth, depth is what you are experiencing now.

B/T/S - For example, there are beings, species, which do not use sound at all. They use only visualization. These are munis. Actually 'muni' itself comes from mouni, who can converse, who can do everything by transmitting their visualization directly. The sect of munis belong to the B, T, S dimension.

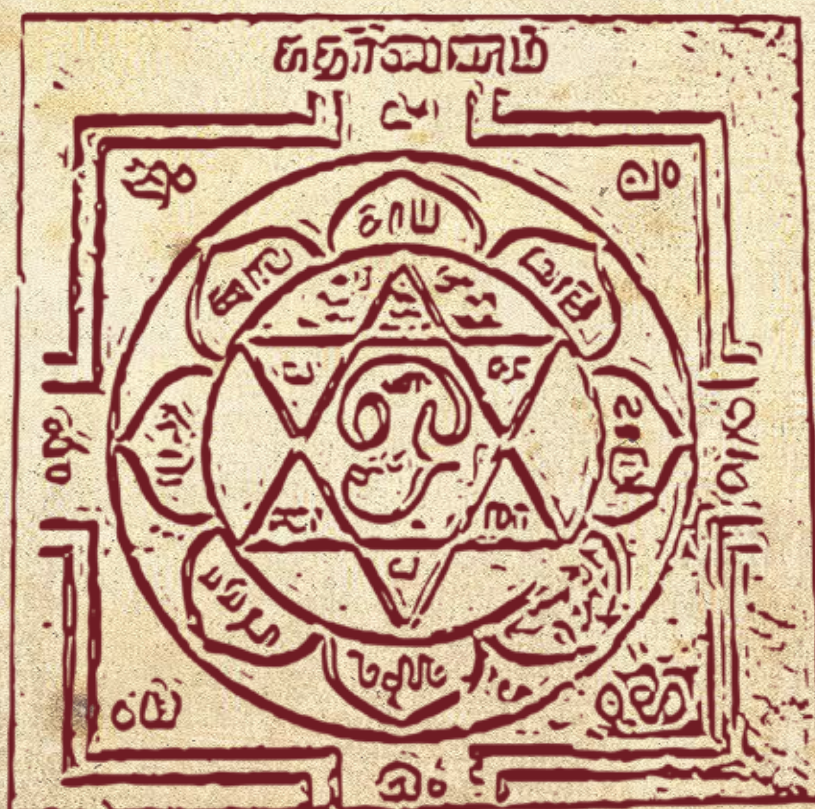
D/T/S - This space is of ganas. They neither have length, nor have breadth. That is why they are called ganas.

L/B/D/T/S - This is the space of the incarnation, mastery over all the five. He can play with all the five, manipulate and manifest any of these five in any combination.

In the Vedic civilization, human beings had the knowledge of all the 11 dimensions and had relationships with beings in all of them. We even had marriages with these beings. We brought children from these other dimensions. We sent children from here. Lot of transactions were happening in all these dimensions. Knowledge and expertise was developed in such a way that even common man had access to all 11 dimensions and he was able to play with them."



Jiva



The 25 States Of Consciousness

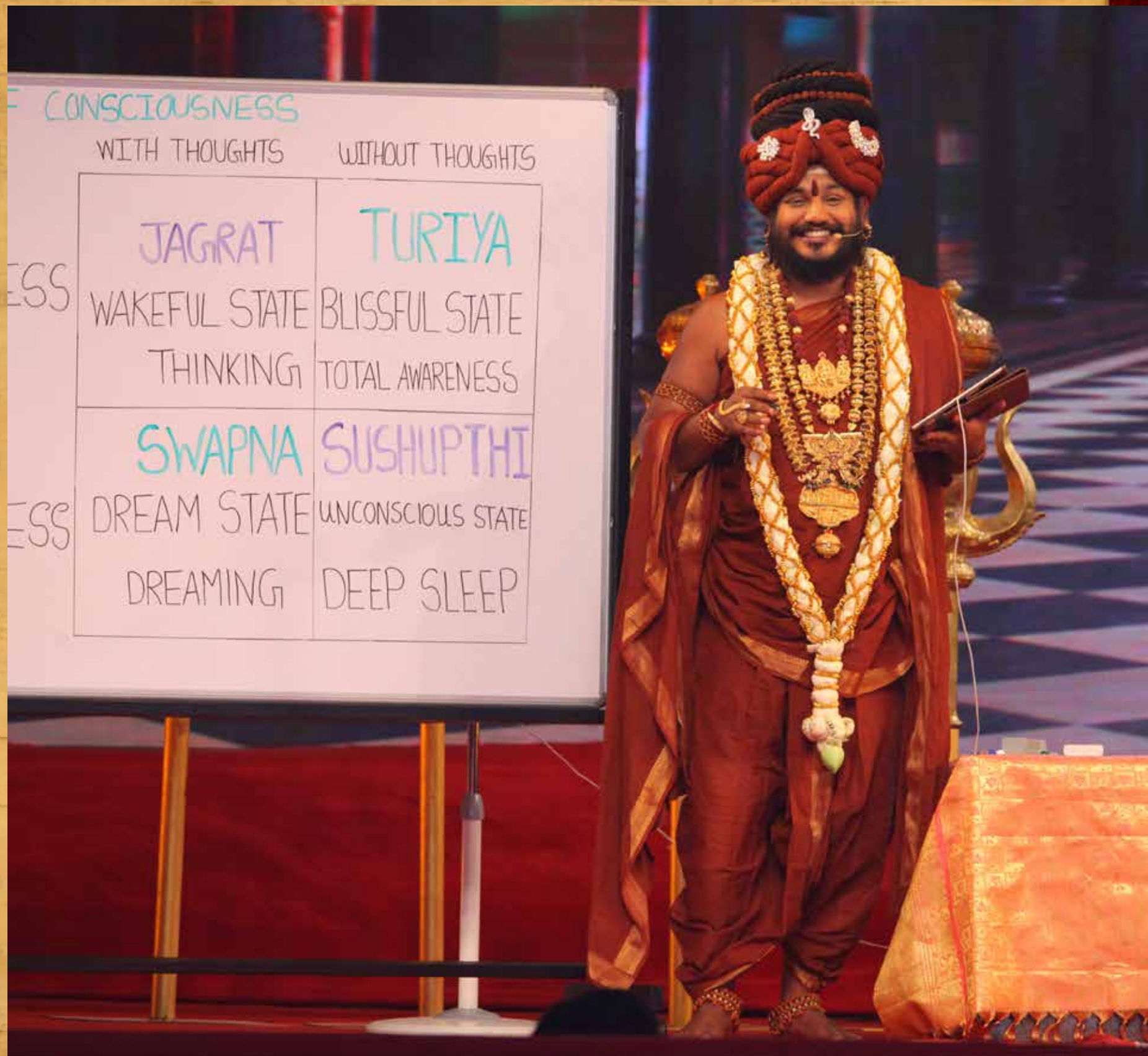
	<i>Deep Sleep (Sushupti)</i>	<i>Dream (Svapna)</i>	<i>Waking (Jagrat)</i>	<i>Awakened (Turiya)</i>	<i>Alive (Turiyatita)</i>
<i>Deep Sleep (Sushupti)</i>	Deep Sleep + Deep Sleep	Dream + Deep Sleep	Waking + Deep Sleep	Awakened + Deep Sleep	Alive + Deep Sleep
<i>Dream (Svapna)</i>	Deep Sleep + Dream	Dream + Dream	Waking + Dream	Awakened + Dream	Alive + Dream
<i>Waking (Jagrat)</i>	Deep Sleep + Waking	Dream + Waking	Waking + Waking	Awakened + Waking	Alive + Waking
<i>Awakened (Turiya)</i>	Deep Sleep + Awakened	Dream + Awakened	Waking + Awakened	Awakened + Awakened	Alive + Awakened
<i>Alive (Turiyatita)</i>	Deep Sleep + Alive	Dream + Alive	Waking + Alive	Awakened + Alive	ALIVE + ALIVE

“The Individual Consciousness, Jiva you have, goes through 25 states of Consciousness. Every day, you recognize only three: deep sleep, dream and waking state. In Sanskrit, we have 3 words – Sushupti, Svapna, Jagrat – roughly translated into Deep sleep, Dream and Waking state respectively. But actually, the individual soul has a possibility of 25 states of Consciousness.

Waking state, Dream state, Deep Sleep state – when these states crisscross each other they make 9 spaces. When dream state enters into your waking state – it is a nightmare. When waking state enters into the dream state – it is day dreaming.

If you understand the 25 states of consciousness an individual goes through, most of the sufferings you go through in your life will become irrelevant to you. Understand, those sufferings do not have existence. They merely are make-belief existence. The make-belief experiences, which do not have real existence, but which bind you, with which you suffer, all of that can become redundant even by understanding the 25 states of Consciousness.

For example, Sushupta Turiya is the space where all intuitions about lower level sciences are revealed. If the intuition, higher intelligence lands in the dream state, you will have the vision of gods and goddesses. If it lands on jagrat waking state, you will get enlightened. In the awakened (turiya) state, you know you are everything and you experience Oneness with everything. But you can't move everything and change it as you want. In





the alive state (turiyatita) you know you are everything and you can alter, play with and move everything as you want.

All mind related powers like powers of the Third Eye, powers of Sahasrara Chakra are available in the awakened state. All the powers that relate to matter and which require physical manifestation are available in the alive state. The deities energised by the living Avatar are in the alive+alive state. The alive states of consciousness can be accessed only by initiation by an incarnation. They cannot be accessed in any other way, by any self effort or spiritual practice. Only the One who is already established in the alive + alive state can pull people from other states of consciousness into the alive states of consciousness.

This whole has to be only given. You can't do anything about it. It is simply, completely the zone of the Master."





11



Alchemy Science for Enlightenment





Spiritual Alchemy – the Science of Turning Humans into Divine

Spiritual alchemy is the science of infusing divinity into matter and using that matter, which is literally the God particle in powder form, to tune the neurology of human beings to experience the highest states of consciousness.

“Any memory when it becomes a living memory, it becomes bio-memory. Along with the memory, the consciousness is also held inside your system. All the spiritual alchemy process is nothing but supporting you and helping you to retain your higher plane consciousness happening in your

system.”

‘Alchemy’ is the science of preparing the chemistry to hold, when the higher frequencies of consciousness occur through initiation. Making the higher frequency of consciousness occurring to people is just one second job for Sadashiva! There is a pure virgin space in everyone, where Sadashiva resides, which cannot be touched by any incompleteness. Even the worst human being, his virgin space cannot be touched where Sadashiva is living. Alive! So if an Incarnation just looks at that, Sadashiva’s



space which is in everyone, immediately they will be awakened. It is like Sadashiva remembering his own Self and waking up. It's similar to when a person remembers himself, he wakes up from the dream. Preparing the chemistry to hold, is the real job that needs to be done. That is what Paramahansa Nithyananda defines as "alchemy".

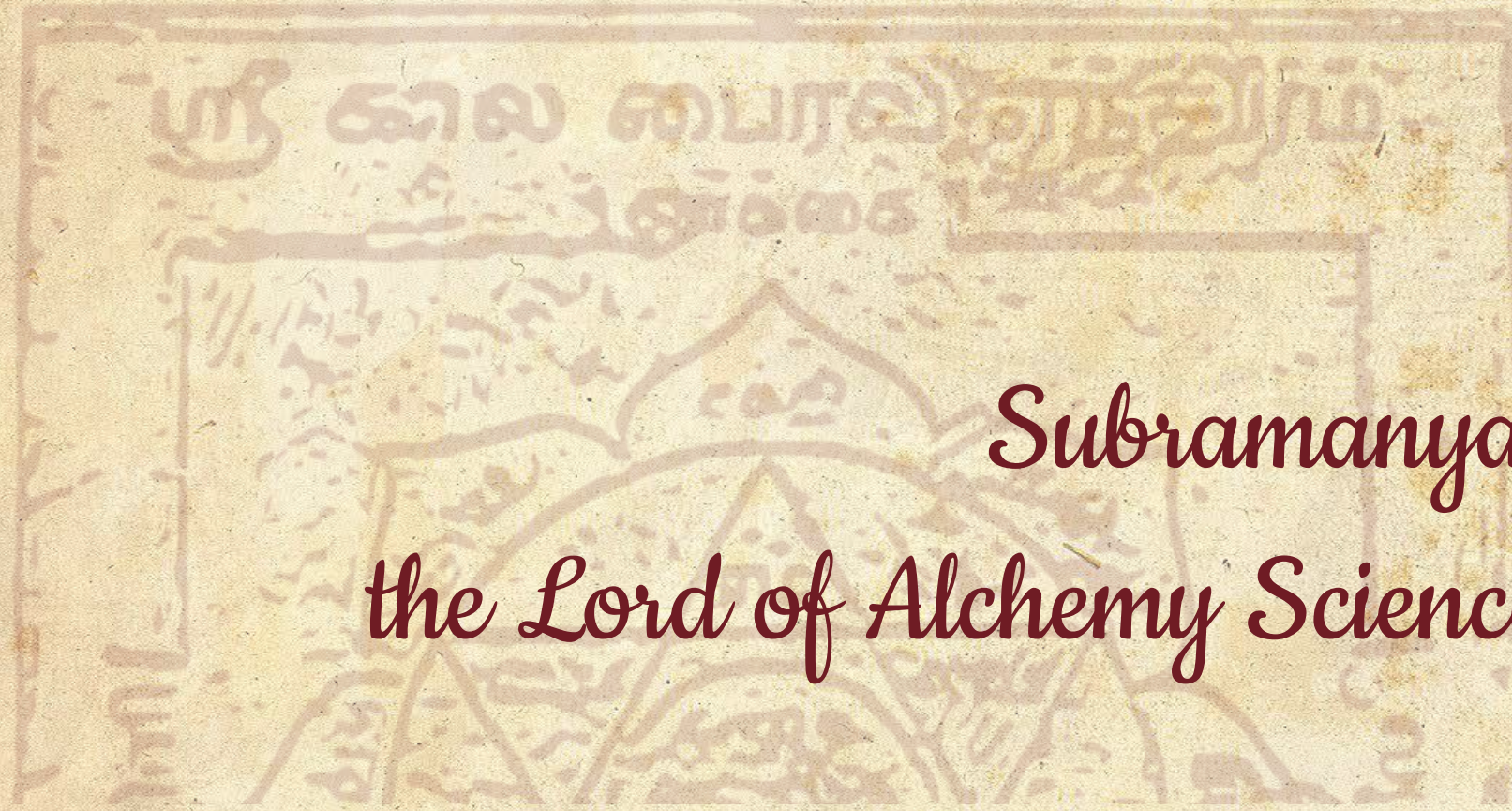


Paramahansa Nithyananda explains the significance of the alchemy science and its effect on neurology,

"Thousands of things, extraordinary experiences, powers, can be made permanent neurological, psychological, physiological, physical experiences in you, through these alchemy products, through this alchemy science. Alchemy science can make the vessel, your body and mind capable of receiving and holding the ultimate Enlightenment forever. See, in this cup I can pour only the hot coffee, I can't pour the molten gold. For that, the



cup need to be in stone cup, only then I can pour the molten gold, melted gold. The alchemy products will make you a stone pot. Then I can pour the melted gold, means literally the Enlightenment into you; it can stay in your system. This whole spiritual alchemy science is raising your physical, physiological, psychological, neurological state to the highest peak possibility, to the peak possibility, and making you stay there permanently. Making you stay there permanently.”





Subramanya, the Lord of Alchemy Science

The 2012 to 2015 conscious shift happened beautifully. Now after the energy shift is completed, this process is getting ready at an altogether different level!

“Actually, I feel like it is literally like a manifestation even for me, with thousands and thousands of things manifesting even inside me! The most powerful, subtle, spiritual vibrations and frequencies!”

Box by box, he is taking out the science from within his inner space along with the numerous usages for each of them.

“I’ve opened up a new energy inside me to energize this land and plough the land and plant the spiritual Garbha. Suddenly, I realized this is exactly the method, system through which the inter-planetary travel was being done.”

Even the breathing space where the people go through the spiritual alchemy process is purified by the traditional powerful incense



and perfumes. The highest understandings about life, highest understandings about the Universe, highest understandings about Sadashiva – all that becomes a permanent experience. It is like making the most powerful, subtle grooves in the system which can retain the subtlest but most powerful experiences of Sadashiva, and go on radiating it!

“It’s hard to think that this powder can do so much magic,” said Ma Nithya Shaktiroopananda,

a lucky participant of Nithyananda Yogam Navaratri batch. “I mean, you hear about Swamiji energizing yantras and atma lingas but to actually see him create an alchemy product is an experience on a completely different level. He actually mixed the powders and drew diagrams on them. To think that an incarnation was sitting down and making these small products speaks volumes on how powerful they really are!”



And what’s more, at the very end of that day, Ma Nithya Mahayogananda had materialized



a few diamonds! That shows the kind of space he created in just a few hours. Imagine what he can do during a process,” concluded Ma Nithya Shaktiroopananda, her eyes wide and glistening wondering what the future holds with Paramahansa Nithyananda.

Skanda Shashti Brahmotsavam is the day Subramanya was conceived. He was expressed through the Third Eye of Sadashiva, from His five faces: Sadyojata, Vamadeva, Aghora, Tatpurusha, Ishana. From the Third Eye of all the five faces and the 6th space, the unborn, faceless space, the energies of Subramanya was made. AdiShakti held the whole energy together. The bio-memory of AdiShakti and the bio-energy of Sadashiva were too powerful to hold together till the baby was delivered,





so Ganga came to help. She acted as a spiritual incubator, adding muscle memory to this garbha. The bio-energy of Sadashiva, bio-memory of AdiShakti and muscle-memory of Ganga put together is the completion of Sadashiva - Subramanya represents completion, complete manifestation.

Sadashiva sent His DNA first to the Universe to expand and multiply in the form of Subramanya. He is the first DNA of Sadashiva, directly from Sadashiva's five face Third Eyes, and the sixth space. That is why even Sadashiva has only five faces, but Subraman`ya has six.

Subramanya is the lord of spiritual alchemy science. His whole birth happened as a spiritual alchemy. He is the Master of spiritual alchemy science. In fact, Subramanya himself appeared in front of Paramahamansa Nithyananda to deliver these truths.

Paramahamsa Nithyananda shares this story elaborately...

“Before my own Gurus made me manifest the spiritual alchemy science, I was put in the ‘Kaumar Saadhana.’ Experiencing ‘kaumara’- or Subramanya-, kaumara on Skanda Shashti Day.

During these six days,

- Not eating anything,
- Making Subramanya Yantra on sacred ash,
- Worshipping it reciting the Skanda-shashti-kavasam and the moola mantra 36 times.

It was a spiritual practice I was personally initiated by Vibhudananda Puri. Not only I completed it successfully, I had direct darshan of Subramanya, and received this whole spiritual alchemy science as one gift. After that, till I had the public life, never missed this Skanda shashti vrata.

This is one of the most powerful spiritual experience I had.”

Subhramanya is the Lord of the spiritual alchemy process. That is why the greatest spiritual alchemists, the 18 siddhas, all consider themselves as the descendants of Subramanya, and revere him as the Guru of their sampradaya.

Jnana Anjana: Enlightening Eyeliner

Sadashiva reveals in Sri Guru Gita to Devi:

*ajñāna-timirāndhasya jñāna
anjanaśalākayā |
cakṣurunmīlitaṁ yena tasmai śrigurave
namaḥ || 59 ||*

*“The One, who removes the blinding
darkness of the eyes, caused by the
absence of true liberating knowledge,
by applying jñāna-anjana, the sacred
black eye-liner anointing the three eyes,
which is of the essence and bio-energy
of pure knowledge, and awakens the
all-pervasive infinite eye, cakṣuḥ, the*

*intra-organ through which ‘all that is’ is
seen, onto that Sri Guru, I surrender.”*

For ages, this secret inside the Sri Guru Gita was hidden from even the greatest scholars. The JnanaAnjana was an initiation given from Guru to disciple, Shiva to Devi, to achieve enlightenment. Shiva himself clearly dictates how to make this in the Agama.

The hint is the word “chakshuroon”, the plural form of the word. In Sanskrit there are three conjugations – the singular, dual and plural. If Shiva meant only two eyes, He would have used the dual form of the



word. But here, He uses the plural form which indicates that He means all three eyes. From this auspicious beginning, the eyeliner evolved into the cosmetic that it is today.

Unfortunately, the liberating aspects of eyeliner were lost and only the bare bones are left now.

On the night of Guru Poornima (2016), under the gaze of the full Moon in Ananda Puri courtyard, The Avatar™ brought this tradition and original science of JnanaAnjana back to life. The participants watched him bless another silver plate once again. He passed it around for those around him to wear on their eyes. Paramahansa Nithyananda told them about the incredible power of this paste. He told them that Maataa Vibudananda Devi used to give this to him for his exams.



“You don’t need to take any exam. Just take this and put it on the four corners of your paper. It will look like a complete paper to your teacher,” she would say, and then send him. Young Nithyananda would go and return in a matter of half hour for a two hour exam.

JnanaAnjana is applied on betel leaves, stone slabs and even mirrors to turn them into incredible spiritual machines. When applied on a stone slab, one can see galaxies and planets that are beyond the capacity of modern telescopes. As he described this, the participants began to see the highly advanced society that once existed on Earth. And slowly, everyone began to hope that with Paramahansa Nithyananda, it is possible to raise the human civilization to that state once again.

Paramahansa Nithyananda explains the ancient method of preparing JnanaAnjana, as described in the Agamas:

“It is actually an alchemy science where with the pure ghee, pure cotton wick is used and the lamp is lit, energized through the awakened Third Eye of an Avatar or Enlightened Master. His very bio-energy is instilled in that fire and that smoke which comes out of that fire is captured in a silver vessel and pure desi ghee is added. An alchemy product called JnanaAnjana is prepared. That JnanaAnjana applied on the three eyes detoxifies your eyes and raises your frequency. It makes you understand the whole Maya Matrix. It is an alchemy science to master the Maya Matrix.”







History of Jnana Anjana

For Incarnations, birth does not happen the way it happens for humans. The concept of birth as perceived by human beings is actually a lie. There is no such thing as 'birth'. Living beings are never separated from the Source. But because they choose to believe so, people go through immense suffering at the time of birth. Being the physical manifestation of the Cosmos itself, Incarnations collect the bio-memory and muscle-memory required to conduct their mission on planet Earth and assume the form. They are never under the delusion that they are separate from the Source.

For Paramahansa Nithyananda, the bio-memory he chose to bring with him is that of Madurai Meenakshi, the great queen who ruled all of Akhanda Bharat and brought the Vedic civilization to its absolute peak. In her time, she had generated an enlightened population. This was the time where these super powers were a way of life. Every human body was wired for enlightenment. Every being was expressing joyously.





Just as Shiva gave this science to Devi, Devi gave the JnanaAnjana initiation to all the humans on planet Earth when she was in Meenakshi's form. This science was a fundamental gift to the inner workings of her society. The entire civilization was powered not by electricity but on JnanaAnjana, on the Third Eye of Shiva himself.

“Of course, in Meenakshi's time, there was TV, traditional TV. In darshan I saw there were stone slabs in every house. They would sit in front of the stone slab, chant the mantra, raise their frequency, immediately Meenakshi would appear and give her message. There was no video or archival system, but live relay was there in Meenakshi's time.

These stone slabs were energized with jnana anjana. That is how they were capable of such amazing powers. They showed more of the great space than what NASA's pride, the Hubble Telescope, can show.”



© nithyananda dhyan

Narayana Swami & Yogi Ramsurat Kumar

Paramahansa Nithyananda speaks about his reverence for Narayana Swami. He was an example of being permanently in the state of Shivoham. He constantly remembered “I am Shiva” within his inner space.

As a boy Narayana Swami had been bedridden for a year with an unknown illness. His mother took him on the spiritual pilgrimage for healing but on the way he jumped off the litter he was being carried on and submerged himself into the sea. His mother tried to stop him but was unable to stop his sudden urge to join the water.

She waited for three days, consumed by a feeling that her son was not lost. At the end of the third day, Narayana Swami emerged, an enlightened being. He had the power to use a mirror like a security camera. He could see anything anywhere from that mirror. He would use JnanaAnjana, an energized black paste, on the mirror and the scene he wished to see appeared in front of him.

In one incident where as a young boy Paramahansa Nithyananda found Narayana Swami shivering with fever when he came to visit him.



*“Swami! Shall I bring a blanket for you?”
he asked worried about his spiritual
mentor.*

*“No” Narayana Swami told him. “I am
Shiva. If I am Shiva, this body will heal
itself.”*

*It didn’t even take a matter of minutes
for the fever to subside, as if Narayana
Swami was shaking off a wet coat.*

*One time, out of curiosity, Paramahansa
Nithyananda peeked into the mirror
that Narayan Swami had. Immediately,
he saw a beautiful goddess living and
breathing inside the mirror. Her long
almond shaped eyes shone at him as he
gazed at her mesmerized. A sound rattled
in the distance behind him. Quickly, he
put down the mirror unsure of whether
Narayana Swami will allow him to look
in his mirror.*

*Later on, he recognized that he saw a
yakshini in the mirror- a divine being
that dwells in different dimensions of the
Universe!*



Another immense presence in The Avatar™'s childhood was Yogi Ram Surat Kumar. Known for his unconventional liberation techniques, he stopped at nothing to give a powerful spiritual experience to those who sought him out. Yogi Ram Surat Kumar had a large following in Thiruvannamalai and even had his own ashram now that includes the burial ground that he always used to spend time in. It was in this burial ground that the lives of Paramahansa Nithyananda and Yogi Ram

Surat Kumar intersected. They used to sit closely together as Yogi Ram Surat Kumar would answer question after question from his mentee. He never grew too busy for the boy nor irritated. He knew that it was Sadashiva himself who was interacting with him as a 10 year old boy.

Paramahansa Nithyananda recalls an incident with both Narayan Swami and Yogi Ram Surat Kumar that demonstrated an audacious use of Shaktis in the modern day.



“One day, an extremely ardent devotee approached Yogi Ram Surat Kumar and asked for enlightenment. He told him he would do anything. He demanded that he be tied up by the rope. Without hesitation, Yogi Ram Surat Kumar did so slowly, recognizing immediately that this man needed more than just rope tied around his limbs.

One person gave the promise to him, “I will not move till you leave me. I won’t bother.” So he sat and really, really, he sat whole day and did not get agitated.

Yogi Ram Surat Kumar had a dog. Through the dog he sent word to Narayana Swami. Narayana Swami was a very famous Guru who manifested the power to see in the mirror. When he came, Yogi Ram Surat Kumar said in a very casual way, “Eh, show him what is happening in his house with his wife.”

Narayana Swami applied the JnanaAnjana on the mirror and showed that his lady was having an affair with somebody. This person’s only attachment was with his wife. So Narayana Swami showed that the TV showed very clearly that his wife was having an affair with somebody. Immediately that engram got agitated. That agitation happened, got awakened, and this fellow immediately wanted to go to the house. He started telling, ‘Leave my rope, leave everything, I want to go there!’

Somehow Ram Surat Kumar was able to slowly talk to him, ‘Now tell me, you gave the promise that you will work till the end. Now, I only brought and awakened this agitation. Now even if you go, what are you going to do? What can be done? Nothing can be done. So understand, this is the bio-memory in which you are stuck.’

By showing Narayana Swami's mirror to this person, Ram Surat Kumar made that person experience the silence – he calls it as a 'mouna' – means the pulse rate becoming zero. He would check it from this point and that point and I saw that person, that devotee, experienced mouna. You will be surprised – after one day that devotee went back to the house, the wife was not in the house which the mirror showed. At that time and that day which he saw, his wife was not even in that house! The mirror showed a lie!

Understand, what that mirror showed was a lie. Fortunately, I was there when that person came back again for next darshan.

Then he asked, 'Neither she was in that place nor that affair was going on, it was a lie. Why did you do it? How did you do it?' Ram Surat Kumar was laughing. That was his answer. He simply created the whole scene! That's the punch line! And he had one assistant to create that lie. He simply created the whole thing in that mirror through Narayana Swami's help, Narayana Swami is well known for this; he can show anything. So finally it boiled down to what? He just worked on his engram, and the information shown to him was not even a fact. It was not even a fact.

Of course, to play these kind of risky games, you need a tremendous understanding between the Master and disciple. If something cracks even in one place, what will happen? If that fellow had rushed there and suddenly seen that neither she was there nor the other person was there, he would lose complete trust over this person, the Master and everything, and it would become a big ruckus.

When you lose trust over these kind of scenes, you will not only never come back to this Master, you will never go to any other Master for three-four janmas – like a

cat which once boils its tongue with hot milk will never go near the milk again. It is a big risk. But he was successful. He was successful. He had an infrastructure, a dedicated disciple. In one day he put that person into the mouna state. He calls Nirvikalpa Samadhi as mouna state. He put that person in mouna.”

Narayana Swami was able to show anything on the mirror and have the other person, without one doubt, see the image that was on the mirror.





Initiating Disciples into Jnana Anjana

The Nithyananda GurukulSM students started out by seeing scenes on the betel leaf which is covered with Jnana Anjana. Any onlooker could ask them a question.

They would ask the Jnana Anjana, energized by the Third Eye of Sadashiva himself, "Please show me the answer." They would close their eyes, and keep their chin down as if they were looking for something on the inside of themselves. Just as Paramahansa Nithyananda does when he slowly open his eyes to the world again, the corners of their lips spread in a small smile as if they were

utterly enjoying being alive at that moment, enjoying the beautiful relationship that they had with Sadashiva himself.

A few weeks later, Nithyananda YogamSM participants also began manifesting this power. Anything they would project, an onlooker would be able to see visually and tell them without any hint. There was no special penance that they did, no extreme tapas. They were lucky enough to be in the presence of their Guru and be witness to his ultimate compassion.



Later, the same initiation was given to the Nithyananda GurukulSM students to see scenes on the sacred Banyan tree leaf with Jnana Anjana applied on it.



Using the Mirror

Sitting in a cozy setting of Ananda Puri once again, Paramahansa Nithyananda began the initiation with these words. He told his kids very clearly, “I never had incompleteness with school and neither should you. School is too small for you. You’ll be able to download the entire curriculum immediately now.”

A defining factor of any childhood is school. Education shapes much of the decisions made about success, career and general future. Therefore the very relationship with studies is fundamental to the completion

with life. The way school is structured now renders it almost impossible for anyone to maintain will-persistence. Facts and figures are forced down our throats. Rather than encouraging passion and ambition, a fear of failure is instilled and harbored with our inner space. We are weakened by the education system rather than emboldened by it.

Nowadays, the most successful people did not even finish school – proving that education has been disconnected to success a long time back. Paramahansa Nithyananda,



ruler of the inner world, showed that he did not only not need school but is simply beyond it. He was never a regular attendee of his school at a young age and always prioritized time in the temple or time with Yogananda Puri and Mata Vibhutananda Devi over sitting at a desk.

Paramahansa Nithyananda recounts his childhood experiences...

“I had a Banyan tree in the Arunachala temple that was my pet. Whole day I would be sitting there. Whenever I didn’t go to school I would straight climb that tree and sit. That was my hiding place. See, in the Indian villages if a kid didn’t come to school the watchman would go to the kid’s home and bring him forcefully. He would go house to house and forcibly bring the child. He would hold their hands, dragging them, bringing them to school.

And this watchman fellow knew exactly where I’d hide. And I would not hide in any other place that was



Then I'd feel I am caught and I'd get down and he'd drag me to school. Next day again I'd be hiding only in the same place. I won't even have the intelligence to change the hiding place. And it is like every day's routine. He would come there and take me and go to the

So when he knew I was missing, he knew I'd be there only, nowhere else."

Even though he was never at school, never forced into the same grid of fear of the institution, he still passed first class from college with distinction. This shows how much he didn't have any incompleteness.



Studies, books, exams, college – all of that were too small to stop him from seeking his true passion, enlightenment itself.

Paramahansa Nithyananda is now making education redundant for the Nithyananda GurukulSM kids. Just by looking in the mirror with a textbook kept near them, facing away from them, they are able to see what is inside the book as you flip page by page without even looking once at the book. Ten year olds are able to read twelfth grade textbooks and

recite them. Just by seeing in the mirror, they are able to download the subject of the entire book and recite the whole thing sentence by sentence. They describe what the page looks like, what kinds of diagrams are there. You'll be shocked when they can see the exact chemical equation that you are looking at in the textbook sitting across from them!

In this day and age, the education system is so back logged and uninspiring. Most



students have problems with school-before they even start it. It does not even start to encourage passion within the youth. That stops how much they learn, how much they have a love for learning. That is the one drawback of the current education system that can't be ignored: destroying the love for learning that is inherent within a child.

The Hindu Gurukul system, on the other hand, is Para Vidya, which is beyond all existing education systems. Paramahansa

Nithyananda is taking the Nithyananda GurukulSM way ahead of the time by reverting back to how the ancient Hindus taught their children. By the age of 14, every adolescent was already completely enlightened. That is his ambition with the Nithyananda GurukulSM students. They are the future of the world.



Experience of Manifesting Powers by Sri Nithya Sundareshwarananda

“My name is Sri Nithya Sundareshwarananda, I am from Hyderabad, India and I’m studying in the Gurukul for the last five years. If I look in about what is different in Nithyananda GurukulSM compared to other schools, the one thing that immediately emerges is that here we know the reason why are doing what we are doing.

As kids, we hear many instructions from parents about what to do and what not to do and that is frustrating when you don’t know the reason behind them. In my personal experience, my parents used to tell me that only if I studied and went to school would I have bread and butter tomorrow. I just didn’t understand that statement nor did I accept it. I have seen many sports personalities who have failed in their academics but are successful in life. I never liked anything which had to be done without a reason. This became a big incompleteness in me and I was a very angry kid. I used to just beat up people and was very short tempered.



When my parents got connected to Paramahansa Nithyananda, they told me there was 21-day program called Inner Awakening® for kids. Initially I was very reluctant to go for it. Finally, I decided to go because my parents were planning to leave me alone at home. Once I reached the program I discovered, “Oh! There is something in our life, there is a meaning to it. Once I came here, everything I did; be it waking up early in the morning, be it doing yoga in the morning, be it chanting, be it puja, everything

had a convincing answer on why I should do what I should do!

Immediately after the program I joined the Nithyananda GurukulSM. And here in the Nithyananda GurukulSM the best thing is; you know the context of every action that you do. And when you know the context of everything, you just know how it has to be done, and you are continuously aligned to it. And that is the major difference which I find between the other schools and Nithyananda GurukulSM.



In the Nithyananda GurukulSM, Paramahamsa Nithyananda uses ancient alchemy products to initiate us into deeper shaktis, one of them being the jnananjanam. The way the jnananjanam is made is this - a silver lamp with pure cow ghee and pure cotton wick is lit. Paramahamsa Nithyananda energizes the whole flame with his Third Eye, infusing his bioenergy into the flame. The soot from the flame is collected in a silver vessel kept over it, mixed again with pure cow ghee, to form a black paste - the Jnana Anjana.

We apply the JnanaAnjana on our Third Eye as well as our two eyes. Wherever we apply it, that area becomes the receiver. In other words, that becomes Paramahamsa Nithyananda's Third Eye itself.

So if we have any question we want an answer for, we just look into the mirror or Banyan tree leaf, and the whole scene is seen like a HD display. So this is one level of the initiation. First we all practiced with the Betel leaf, and then with the Banyan tree leaf.

You can see anything in the world. Nothing can stop you. We're seeing how Sadashiva looks, how Meenakshi looks, how different deities look in their real form. Not only are we able to see it in high definition, we are able to show people in high definition. And we are showing each other. If anybody asks, "How does my house look, describe it to me", we are able to get into the exact details of the house and even show it to other people.

Paramahansa Nithyananda says that the next power is not just the video which you will be able to see in HD quality but also hear the audio. He has also initiated his disciples into seeing pages of a closed book in a mirror. So the whole library is presented before you. Any information you want, you can just download it and use it. So now we're all writing exams just by looking into the mirror. We don't need to read anything. We just look in the mirror and we just write the answers."







Using the Stone Slab

Just as they did in the era of Meenakshi's civilization, the Nithyananda GurukulSM students were initiated by The AvatarTM into this power using the stone slab. The uniqueness of the stone slab, Paramahansa Nithyananda says, is that the entire Universe is in their hands. They can find out the secrets of the Universe through this piece of granite far more than modern day science has. Paramahansa Nithyananda explains that the resolution of what's seen on granite slab is highest.

He says,

“In the Banyan leaf, if it is one unit, in the mirror it is hundred. In stone slab, it will be thousand, most perfect HD high quality!”

Seeing anything in high resolution on stone slabs is the true revival of the ancient Vedic Shaktis to access any information needed to enrich humanity. All these powers express without much effort from the person, but by the direct initiation of The AvatarTM.





Mercury Installation

Alchemy science starts with preparing the ground on which the meditation, alchemy process is going to happen. An Incarnation is capable of dismantling any molecule and assembling it as any other molecule, at any place and space and time he wants. The science of solidifying mercury is dismantling the liquid form of mercury, and retaining its mercurian quality, assembling it back as solid.

Paramahansa Nithyananda recalls when he did this in the Bengaluru Adheenam,

“In this body, I did this three times: once under Sri Dakshinamurti (the AdiGuru, first incarnation of Bhagavan Sadashiva), once under the present Garbhamandir (at the temple), once under Vaidya Sarovar Nithyananda Lingam. It starts from preparing the ground and installing the solidified mercury, installing proper Yantras, Mandalas, as per the instructions of Sadashiva.”

Just these three Garbha installed in Bengaluru Aadheenam contribute and play a major role in preparing the Nithyananda GurukulSM students and their capacity to



radiate so many powers because they're constantly living in that space. When this is done while the muscle-memory and bio-memory of a child is growing, while they are living in the sanctified space, living in the space where Prana Pratishta is done, it does thousands of good things to them, starting with preparing their whole system for expressing extraordinary powers right from childhood.





Pulluruvi Puja

Perhaps the most unique feature of the Sanatana Hindu Dharma is the detailed rituals called 'Kriya Paada' in Agamas, for everything, from birth to death, to sanctify every act of man, and establish him in the frequency of the Divine. Every puja performed before the start of something brings the person and the whole space in a state of 'poornatva' or complete completion with the Whole. The pujas that involve spiritual alchemy also raise the frequency of the entire space and keeps it in that frequency for long periods of time. Pulluruvi Puja is one such puja. The word "Pulluruvi" is Prakrit language, used by the great Siddhas and spiritual alchemists.

"I'll give you the exact science of what it is: it is when different bio-memories and muscle-memories can be clubbed together to evolve a unique biological product, which can hold the best bio-memory, muscle-memory and bio-energy. It is like genetical modification done for the sake of holding certain bio-memory, muscle-memory, bio-energy, to prepare enlightenment pill.

For example, Neem leaf can hold certain bio-memories, muscle-memories. It can be programmed and given to you. They will become part of you. Bel leaf can be



programmed with certain bio-memory, muscle-memory and given to you, that will become part of you. Same way, non-vegetarian food – when the animals die, they're not going to bless you and die! They release so much of anger, fear, suffering, and frustration. All that will be in the flesh, and when you eat that, you get that.

Understand, in a product, either a leaf or a flesh, you can program muscle-memory, bio-memory and give it to a person. Whoever consumes it will have the same bio-memory, muscle-memory. This is the basic truth.”

Each herb has certain ability to retain certain bio-memories and muscle-memories. The ancient Vedic Masters were adept in this whole science. These Siddhas programmed objects through their will, clubbing different leaves' bio-memories, muscle-memories and evolving a herb which can hold literally the whole Enlightenment bio-energy, bio-memory, muscle-memory. For whatever is required for you to hold Enlightenment in your system. They evolved certain plants and herbs. Those plants and herbs are called, 'Pulluruvi.' It is ancient. Our Masters did it



sixty thousand years ago for Enlightenment purpose. Just by will, they do it.

When Paramahamsa Nithyananda came to the Bengaluru Aadheenam campus, there was a huge Neem tree which had the Pulluruvi in it. Under that, he planted the energy field. This place was made a universal cosmic temple, planted under the Pulluruvi Neem tree, near the Laughing Temple in the Aadheenam. While Paramahamsa Nithyananda was on his trip to the USA for

the first time, the gardener thought it was a parasite plant. Without asking, he cut that part of the plant. Because the part was cut, the tree left the body. It was a conscious soul. When Paramahamsa Nithyananda came back, he just called the tree and completed the soul. He then described an incredible spiritual happening:



“When I blessed that soul and looked around, it entered into my Third Eye. And any tree I saw, that soul entered into all the trees. So now we have more than 20 trees grown from that same Pulluruvi. Only around the Laughing Temple, all the trees will have Pulluruvi.

That leaf which comes out, which is modified in the mitochondria-cell-energy, that leaf can hold the programming of bio-memory/muscle-memory/bio-energy which is required for Enlightenment. There’s a process called ‘Moolike Prana Pratishtha,’ Prana Pratishtha for herb, where prana is installed in the leaf, which will be there forever even after leaf is taken out of the tree.

Even after the leaf is removed, may be 2 or 3 or even 6 months, it will be fresh, as if you picked it up today. There will be no signs of withering away!”



Chidambara Chakra

The Yantras are different chakras paired together: Muladhara-Swadhishthana, Manipuraka-Anahata, Ananda Gandha-Ajna, Vishuddhi-Sahasrara. All these chakras are represented here with their Divinities.

These copper squares with sacred patterns inscribed on them are specially energized “Chidambara Chakra” given to Paramahansa Nithyananda by Maataaji Vibhudananda Devi which he took to Arunagiri Yogishwara. He formally blessed and approved that this

IS the original Chidambara Chakra. It can hold the inner space of Sadashiva!

They are the Gods and Goddesses who reside in the 7 energy centers you have in addition to the Cosmic DNA, the DNA of the whole Cosmos – **Sri Yantra**, this forms the basis, *meru sthandila* on which, AdiShakti and Sadashiva will be invoked. Even if you just keep it near your bed where you sleep, or where you spend more time, it’ll change your life!

ishaastra pramaana

On the Mandalas and Mantras

Sadashiva reveals about the science of Mandalas, the geometric cosmic energy centers in the shape in which the cosmic DNA is seen, the Mantras, seed syllables of Cosmos, and their powers.

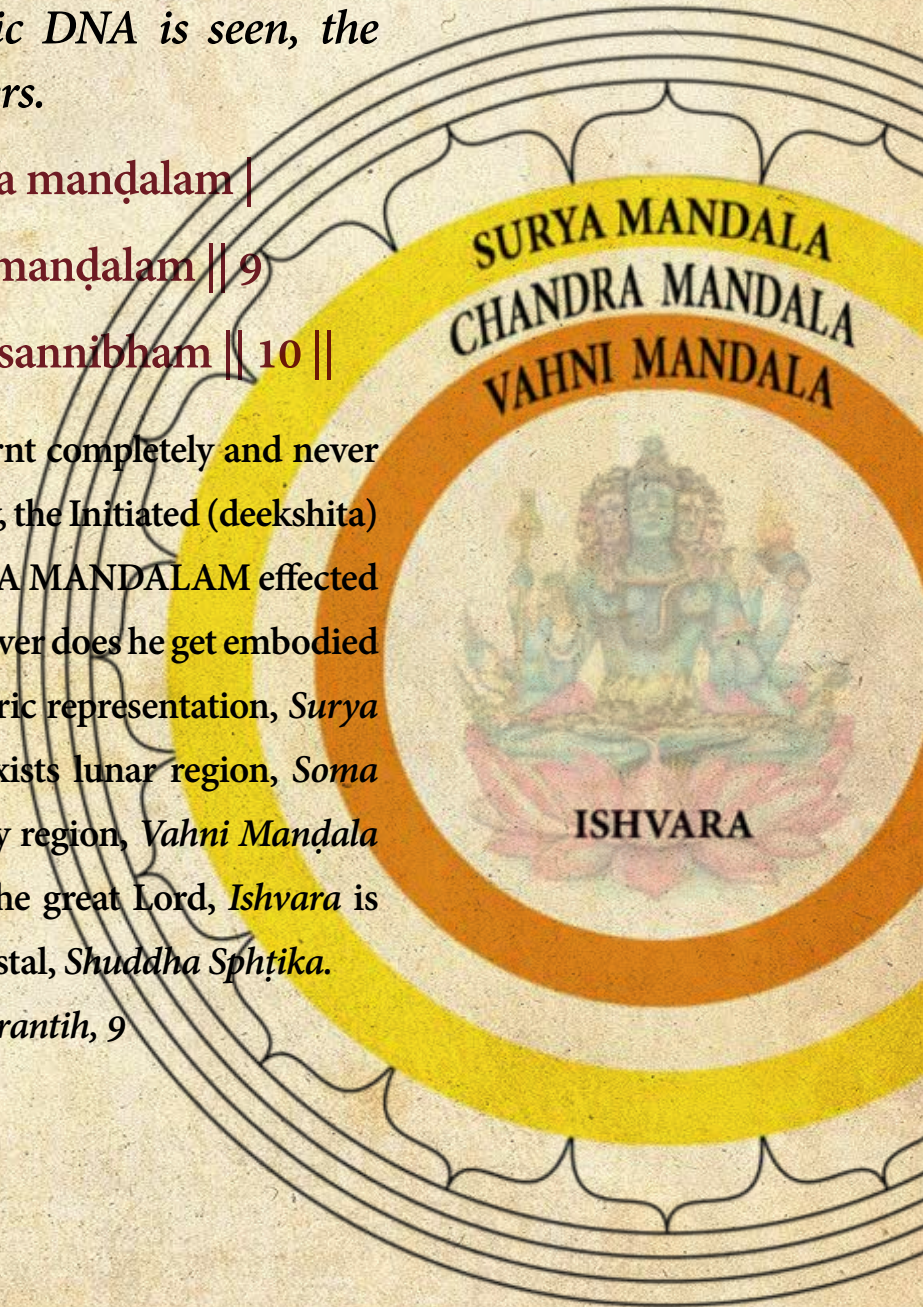
mandalam tatra suryasya tanmadhye soma mandalam |

soma mandala madhye tu vimalam vahni mandalam || 9

vahnimandala madhyastham suddhasphatika sannibham || 10 ||

“The heap of dry grass thrown into the blazing fire gets burnt completely and never again attains its original state of being a grass. In the same way, the Initiated (deekshita) supreme among the human beings, attains the space of SHIVA MANDALAM effected through the happening of Deeksha and Mantra. Therefore, never does he get embodied again. At the center of the heart-lotus, there is solar geometric representation, *Surya mandala*, and at the center of the Surya mandala, there exists lunar region, *Soma mandala*. At the center of the *Soma Mandala*, there is a fiery region, *Vahni Mandala* with its innate purity. At the center of the fiery mandala, the great Lord, *Ishvara* is present. He presents Himself there existing like a pure crystal, *Shuddha Sphtika*.

~ Raurava Agama, Vidya Paada, Atmasamkrantih, 9



ādvāgni-maṇḍalam | tad-upari sūrya-maṇḍala | tan madhye
sudhā- candra-maṇḍalam | tan-madhye'khaṇḍabrahma-tejo-
maṇḍalam | tadvidyul-lekhāvac-chukla-bhāsvaram |
tad-eva śāmbhavi-lakṣaṇam |

In the beginning orb of fire, Agni maṇḍala is perceived followed by solar geometric cosmic orb, Sūrya-maṇḍala at the center of which lunar orb, *Chandra Maṇḍala* of nectar is situated. Yet inside the *Chandra maṇḍala*, the maṇḍala of undivided radiance of Brahma, brahma-tejo-maṇḍala is located which shines forth like a white streak of lightnings. This alone is to be recognized as Śāmbhavi (śambhavi lakṣhanam).

~ *Maṇḍalabrāhmopaniṣad*, (II.i.5. – śāmbhavya tad-adhigamaḥ)

Shiva is Mandali, the Lord of Mandalas and Mantra

“In the rituals performed with maṇḍalas, Bhagavān Shiva becomes known as MANDALI as He occupies these Maṇḍalas and presents Himself there eternally. These maṇḍalas of such greatness are worshipped by the enlightened sages, celestial beings, demoniac beings, human beings and by all those who are seeking to attain the ultimate liberation. The *Vidyāmaṇḍala Rājās*, king of Vidyeshwara and Mandaleshas and those who have manifested with elegance and greatness as the unfailing associates of Mantreshvaras (lord of Mantras) and *Mandaleshas* (lord of Mandalas), present themselves in these mandalas through the appropriate mantras. Verily, they are of the nature of these mantras. They are the souls of these mantras. Even for the enlightened sages, it is not possible to give the exact number of such mantras.”

~ *Raurava Agama*, vr. 23-24, ch 3



above: Paramahansa Nithyananda as the Mandali, in the Mandala formation during the Sadashivoham 2016 program, Bengaluru Aadheenam, India

Sadashiva Garbha

Sadashiva garbha is an alchemy product that literally contains Sadashiva in the powder form! It comprises four tubes which contain a sepecially energized powder, which is prepared by mixing many sacred materials like bhasma, Kumkum, turmeric, haritaki etc. Paramahansa Nithyananda infuses His very own bio-energy into this powder by a sacred process as per the Agamas. He draws yantra or powerful geometric diagrams with his trishul. The tip of the trishul is the bridge between matter and consciousness. It infuses the Bhagavan

particle into the powder through this alchemy process.

“The four tubes represent Sadashiva’s and AdiShakti’s bio-memory and muscle-memory, Sadashiva’s bio memory and muscle memory...it is Sadashiva and AdiShakti’s bio-energy. It is literally the garbha (cosmic womb) of Sadashiva and AdiShakti.”

Paramahansa Nithyananda shares a beautiful story from his childhood to explain the power of the garbha,



“As a child, when I was brought up by Arunagiri Yogishwara, whenever I sleep next to Him, whenever I got a chance to sleep in His lap, I’ll pick up His thumb and put it in my mouth and hold with both the hands, so that He will not get up and go away when I’m sleeping. Only after I get up, I’ll allow His hand to be removed. Whenever I put His thumb and held, I know it is like a biting the live wire and I will be in a different plane all together. I tell you, put this garbha under your pillow, you will be in that same plane.”

Sadashiva Garbha is the Bhagavan particle, the highest frequency of Sadashiva infused into matter and can be kept alive comfortably for next 20-30 yrs.

Kulisa Mandala

It is named in Hindu tradition as 'Kulisa Mandala' – the alchemy product which keeps you in high energy, to manifest what you want as Reality. These are the yantras of 7 chakras, the Bhagavans and Goddesses who reside in the 7 energy centers you have. And this is the Cosmic DNA – Sri Yantra. This forms the Meru sthandila in which AdiShakti and Sadashiva are invoked, and kept in another product.

The Kulisa Mandala represents the body. It's a very systematic science of infusing higher energy, and keeping the body capable

of holding the higher energy. Some of the great Siddhars, like Agastya, and Satta-Muni, Vamadeva, Kapila, some of the great Munis and Siddhars explain these sciences in a detailed form, in a scripture called Valai-Puja-Nidhi of invoking AdiShakti in the body and mind. This is not black magic or witchcraft, but purely spiritual alchemy science, from the original Agamas and Vedas.

It's a combination of masculine and feminine principles:



- **Brahmanda Yoni**, female energy from which Cosmos energizes
- **Brahmanda Linga**, male energy from which Cosmos energizes

These are united and stored in a product, which can radiate the same in your system.

The Kulisa Mandala should be kept where the person is sleeping, preferably under the pillow or near the bed. This makes sure that the person will constantly be kept in high frequency, and the tiredness and boredom will be sucked away and removed from their bio-memory. That naturally manifests the higher energy system, and the muscle-memory and bio-memory will be capable of higher experiences. This whole system and procedure, is from Kamika Agama.



Soma Mandala

Soma Mandala, another powerful spiritual alchemy product prepared by Paramahansa Nithynanda, represents the left eye of Sadashiva. Love, compassion, keeping it together, for life, pro-life, these energies radiate through the Soma mandala, left eye. Romance, love, compassion, for love, keeping it together, breaking all the obstacles, all those passive but foundational qualities of life in the *ananta kalyana guna*, the infinite auspicious qualities, they manifest through the Soma mandala, left eye of Sadashiva.

The Soma Mandala is programmed with the Soma (Moon) energy on Somavara (Monday) – the day of the Moon – and Full Moon day, which happened together this time on Big Moon day. This nectar, Soma energy of Sadashiva, was captured and stored in the Soma Mandala.





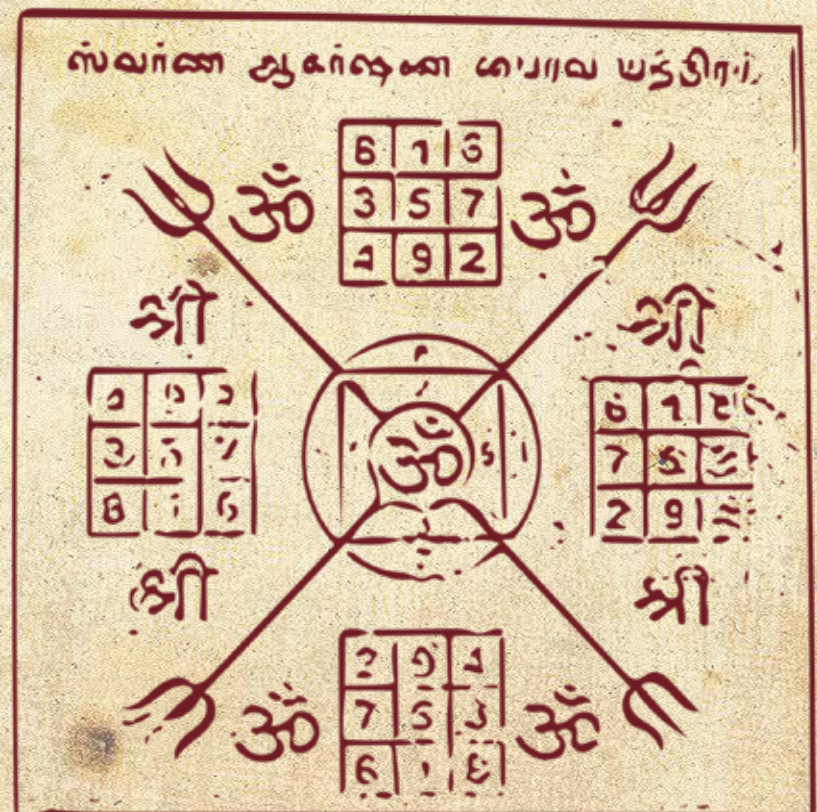
“This Soma mandala I’m sharing with all of you is the Soma energy, the Moon energy of Sadashiva, amritattva, nectar, the Ganesha energy, the energy from which Ganesha manifested. This Soma energy will remove all the obstacles and make you be there, and make Sadashivoham happen to you.”



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Surya Mandala

Surya Mandala is the right eye of Sadashiva. The right eye of Sadashiva represents power and Life. It is the bio-memory of Sadashiva. It is the energy from which Kalabhairava & Veerabhadra manifested. The Surya mandala carries this energy and can make you manifest powers strongly.



Glossary

Advaita: Non-duality; the space of experiencing oneness, infinity with Cosmos where each one is infinitely powerful and infinitely intelligent. Advaita truth integrates the Self and Creator into one non-dual entity, where everything is 'you' and 'you' are everything.

Akashic Records: The cosmic records of all happenings – past, present, future, imprinted in Space or Akasha element. Only incarnations or Avatars, beyond time and space, can directly read, decode these records and reveal the Truths.

Ashta mahasiddhis: the eight extraordinary mystical powers

Avyakta: unseen or unmanifest

Avatar: Incarnation, the Supreme Divine; formless energy, the Super-conscious energy that manifests in human or living form for a specific Cosmic mission to bless, protect and grace humanity; Avatar literally means 'the happening or the appearance or the descent' as they appear in human plane with complete consciousness. Krishna promises in Bhagavad Gita that Incarnations or enlightened beings who eternally happen again and again to protect their devotees (Sadhu), to destroy the adharmic (wicked) forces and to re-establish dharma, the Yoga, sacred science of Enlightenment.

Bhagavan: literally god who possesses fortune, divinity; the blessed one; often used for an incarnation, the Supreme God or embodiment of Absolute Truth

Blindfolded Reading – The act of reading things and cognizing objects or having sight with eyes closed and covered with a cloth using the divine power of the Third Eye, which intuitively cognizes beyond the normal seen.

Brahma: the Lord of Creation

Brahmaanda: Cosmos, macrocosm

Brahmastra: divine nuclear weapon in Vedic history of Bharat by great accomplished warriors and sages; invoked by the power of mantras, sound vibration frequency. Used in Mahabharat world war

Brahmacarya: the state of living without fantasies or living like Bhagavan; the person who walks the path of Brahma (Divine)

Darshan: vision; usually referred to seeing divinity

Dharma: righteousness, the eternal path of living in righteousness or Truth

Deeksha: grace bestowed by the Master (Guru) and the energy transferred by the Master to the disciple as an initiation or any other time, through a mantra, a touch, a glance or even a thought.

Divya chakshu: divine eye. Also called divya netra

Ghee: clarified butter

Guru: Spiritual Master; literally one who leads from gu (darkness) to ru (light)

Gurukul, Gurukulam: literally 'tradition of guru', refers to the ancient education system in which children were handed over to a Guru at a very young age by parents for upbringing and education.

Hiranya garbha: literally means 'the golden womb' where gold means the space of completion and joy of creation. Upanishads calls it the source of creation of the Universe or the manifested cosmos.

Ida: along with pingala and sushumna, the virtual energy pathway through which pranic energy flows awakening the Kunalini energy

Incompletion – (or apurnatva) Anything that does not allow, anything which stands in between you and the present moment, acting as a barrier; not allowing you to connect completely with life and with other people (as defined by Paramahansa Nithyananda).

Ishvara: Lord of the Universe

Ishvaratva: the space of leadership consciousness awakened by the tattva of responsibility; the dimension of being the Lord where one takes ownership and responsibility for the whole Universe

Ishavasya Upanishad or Ishopanishad: (lit: enveloped by Energy or a, Lord) The first and one of the shortest Upanishads of the Hindu scriptures

Jagat: Universe

Kalpataru, Kalpavriksha: a wish-fulfilling divine tree; sacred banyan tree embodying cosmic energy; associated with spiritual awakening

Mantra: a sound, a formula; sometimes a word or a set of words, which because of their inherent sounds, have energizing properties. Mantras are used as sacred chants to worship and invoke the Divine

Maya Matrix: that which is not reality, but gives the illusion that it is real

Muladhara chakra: energy center located at the base of the spine

Nirvikalpa samadhi: the state of deep meditation wherein one transcends the form of the deity and experiences the pure space of Advaita, infinite oneness with Cosmos and beyond.

Nithya kirtans: holy hymns and bhajans sung in the Nithyananda Sangha in the space of devotion

Aum: sacred syllable; the primordial sound.

Prana Pratistha: installation of cosmic energy in the main diety.

Prana: life energy; also refers to breath; pranayama is control of breath.

Pratyahara: fifth limb of Patañjali's Ashtanga Yoga referring to turning away from sensory inputs

Purnavatar: complete, absolute Incarnation of Bhagavan who appears in human plane of Existence in Its pure form with His infinite energies and qualities

Purna: literally 'complete'; refers in the advaita context to reality.

Purnatva: the space or state of 'completion' that signifies the Truth that from completion (Whole) comes the Whole.

Rig Veda: (lit: c-praise, veda-knowledge) the foremost of the 4 Vedas.; the most ancient scriptural texts of Hinduism. Considered the oldest written text on the planet. The sacred vedic hymns from Rig Veda are recited in sacrificial rituals; consists of 1017 hymns composed in Vedic Sanskrit mostly devoted in praise of Bhagavan and His attributes.

Rishi: a sage who are seers of Truth.

Rudra: another name for Lord Shiva.

Samana: part of prana responsible for digestion and assimilation of food.

Sanatana Hindu Dharma: eternal path of righteous living (later called Hinduism). The most powerful, most sophisticated, intelligent presentation of the Ultimate Truth with the possibility to evolve by enlightened Masters. It is not a religion but the complete science of living, leaving and beyond.

Sankalpa: vow or promise; also means conscious decision.

Sarvajña: the Knower of all

Sat-chit-ananda: existence, knowledge, bliss

Satori: high state of consciousness

Satsang: spiritual gatherings; literally 'association (sangha) of the Truth (sat)'

Shashtanga Yoga – the original yoga as given by Sadashiva in the Agamas

ShuddhadvaitamSM – spiritual process by which each of the Kundalini thought current, the conscious thought currents, ultimate reality, awakens the non-mechanical parts of your brain

Shiva: rejuvenator in the trinity; devotees call Him, Mahadev, Bhole Baba and Kalabhairava, Mahakala. Shiva also means 'causeless auspiciousness—mangalatva'; 'The original substance of Existence is Shiva'—defines Paramahansa Nithyananda.

Svapna: dream state

Tapas: severe spiritual endeavour, penance done voluntarily for inner purification

Turiya: state of samadhi, fourth state of consciousness.

Upanishads: scriptures that form the essence of the ancient texts of the Vedas, which show the direct path to Bhagavan or Self-realization. Upaniad literally means 'sitting with the Master'. Eleven main Upanishads are commented on by Incarnation, Bhagavan Adi Shankara.

Vaak Shakti: the power of words; ability to utter the right words and make them occur as reality. Awakened by the tattva of integrity

Vayu: lord of wind.

Vyakta: seen or manifest.

Yogi: practitioner of yoga.

