



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

The Shiva Sutras are techniques given by Paramashiva Himself to Devi Parashakti for Her to experience the state, space, powers, being and consciousness of Paramashiva. Ageless truths, ageless wisdom, is Sanatana Hindu Dharma. The Shiva Sutras is the essence of that wisdom, the essence of that technology. 112 meditation techniques to experience the bliss, to experience the peace and joy which is eternal in every one of us.

Contemplate on the following:

1. What is meditation primarily used for?
2. How does meditation help in understanding the concept of 'Atman' or the self within us?
3. Can individual consciousness be equated with Atman according to our discussion? Why or why not?
4. What might cause a person (considered as an 'Atman') to seek additional amusement or experiences in life beyond their innate state of bliss and awareness?
5. How does consciousness enter into individual experience? What role does meditation play here?
6. According to traditional beliefs, what is the ultimate purpose of practicing meditation or similar spiritual exercises?
7. How might one's perception of 'energy needs action,' as mentioned in our discussion, relate to meditative practices such as mindfulness and yoga?
8. How can a person reconcile the concept of Atman (the eternal self) with physical life experiences?
9. How does energy manifest within an individual according to Hindu philosophy or similar spiritual teachings we discussed?
10. Based on the discussion on consciousness and meditation, what might be some benefits of understanding 'Atman' or the true nature of the self through such practices?

Further References from THE SPH BHAGAVAN NITHYANANDA PARAMASHIVAM:

23Feb2006\_Breathe Into Enlightenment \_ Part 1 \_ Shiva Sutras \_ 23 Feb 2006,  
<https://youtu.be/iGI4YnCdlaU>, <https://youtu.be/GHIeYQbP-Rk>, <https://youtu.be/-GwpXC3vxzY>, <https://youtu.be/bpvNZQTDSa4>

[The more we use the body the more productive we will be](https://youtu.be/6BFQK_QGEQ8), [https://youtu.be/6BFQK\\_QGEQ8](https://youtu.be/6BFQK_QGEQ8), 9 February 2006