

The Supreme Pontiff of Hinduism (SPH) Bhagavān Nithyānanda Paramashivam 1008th Incarnation of Paramashiva

Life will always be a mix of the good and the bad, the Divine and the evil. Choosing one over the other does not enrich. We need to complete and go beyond both!

Contemplate on the following:

1. How can I practice being a "light unto myself" in daily life?
2. What steps can I take to avoid self-defeating thoughts during low moods or deviations
3. Could you suggest an activity that promotes unclutching as mentioned by Ramana Maharishi?
4. How might one integrate the concept of being Spirit transcending the body into their meditation practice?
5. What are some mindfulness exercises to help me become my own enlightened guide rather than an enemy?

Further References from THE SPH BHAGAVĀN NITHYĀNANDA PARAMASHIVAM:

1. Bhagavad Gita Chapter 1 Part 1 (Shastras Strotas Sutras) Discourse 1, Vol 1
1:26:47 https://www.youtube.com/watch?v=J-xn3I6Q_QM
2. Bhagavad Gita Chapter 1 Part 2 (Shastras Strotas Sutras) Discourse 1, Vol 2 1:18:28
<https://www.youtube.com/watch?v=c2bPDJTfG6s>
3. Bhagavad Gita Chapter 2 Part 1 (You Are God, Discourse 2, Vol 1) 1:21:02
<https://www.youtube.com/watch?v=OA6dJ0r9Jh0>
4. Bhagavad Gita Chapter 2 Part 2 (You Are God, Discourse 2, Vol 2) 1:12:55
<https://youtu.be/3oFBl1qgxQ>
5. Bhagavad Gita (Song of God) Chapter 3: Drop the goal and enjoy the path Beauty of Purposelessness 0:22:32 https://youtu.be/y4z4j4Up_WY
6. Bhagavad Gita Chapter 3 www.LifeBliss.org Life is Purposeless Beauty of Purposelessness 0:21:40 <https://youtu.be/rNyQwjspcGU>
7. Bhagavad Gita Chapter 4 Part 2 - Nithyananda Song of God Path of Knowledge 1:15:41 <https://youtu.be/nDXxDyiH9FE>
8. Bhagavad Gita Chapter 5 Part 1 - Nithyananda Discourse: Live All Your Dimensions 0:45:37 <https://youtu.be/MOH1IjbcS8E>
9. Bhagavad Gita Chapter 5 Part 2 - Nithyananda Discourse: Live All Your Dimensions 1:21:45 <https://youtu.be/hdPBdgbR4nI>
10. Bhagavad Gita - Chapter 6- Look In 1:26:39 <https://www.youtube.com/watch?v=4HG0WjzIRxQ>

11. Bhagavad Gita Chapter 7 Part 1 - Nithyananda Song Of God The Indian Community System 1:25:19 <https://www.youtube.com/watch?v=dV5RNGrNK6E>
12. Bhagavad Gita Chapter 8 Part 1 - Nithyananda Song of God The Art of Leaving 1:36:26 <https://youtu.be/39Rb8RRuc1w>
13. Bhagavad Gita Chapter 8 Part 2 - Nithyananda Song of God The Art of Leaving 0:53:14 <https://www.youtube.com/watch?v=VQt2MctaPyY>
14. Bhagavad Gita Chapter 9 Part 1 - Nithyananda Song of God Secret of Secrets 1:16:13 <https://youtu.be/dHH5fSaswGY>
15. Bhagavad Gita Chapter 9 Part 2 - Nithyananda Song of God Secrets of Secrets 1:10:03 <https://youtu.be/vpdo1hu9MC0>
16. Bhagavad Gita Chapter 10 Part 1 - Nithyananda Song of God I Am The Ultimate 1:16:14 <https://youtu.be/-L3evXPPs2w>
17. Bhagavad Gita chapter 10 Part 2 - Nithyananda Song of God I Am The Ultimate 0:59:23 <https://youtu.be/6JSt8mmNGQo>
18. Bhagavad Gita Chapter 11 Part 1 - Nithyananda Song of God Krishna Cosmic Window 0:55:52 <https://youtu.be/ZMiYEH8CF9c>
19. Bhagavad Gita Chapter 11 Part 2 - Nithyananda Song of God Krishna Cosmic Window 1:28:20 <https://youtu.be/r43caSDo9JE>
20. Bhagavad Gita Chapter 12 Part 1 - Nithyananda (song Of God) Love Is Your Very Life 1:15:02 <https://www.youtube.com/watch?v=EZ6SH3vzVhM>
21. Bhagavad Gita Chapter 12 Part 2 - Nithyananda (song Of God) Love Is Your Very Life 1:25:37 <https://www.youtube.com/watch?v=5cUZyfGi3eQ>
22. Bhagavad Gita Chapter 13 Part 1 - Nithyananda Song Of God Field And Knower Of Field 1:21:30 <https://www.youtube.com/watch?v=Kj5bEkvN2kQ>
23. Bhagavad Gita Chapter 13 Part 2 - Nithyananda Song Of God Field And Knower Of Field 0:53:50 <https://www.youtube.com/watch?v=yUvnQu19i-s>
24. Bhagavad Gita Chapter 14 Part 1 - Nithyananda Drop Your Conditioning (Drop your Samskaras) 1:16:09 https://www.youtube.com/watch?v=_ZbVR-7YLik
25. Bhagavad Gita Chapter 14 Part 2 - Nithyananda Drop Your Conditioning (Drop your Samskaras) 1:23:19 <https://youtu.be/XtonGYpZUCY>
26. Bhagavad Gita Chapter 15 Part 1 - Nithyananda No Questions Only Doubts 1:15:29 <https://youtu.be/s00OMOtvgdw>
27. Bhagavad Gita Chapter 15 Part 2 - Nithyananda No Questions Only Doubts 1:08:31 <https://youtu.be/LASA0X00XC0>

28. Bhagavad Gita chapter 16 Part 1 - Nithyananda Song of God You and Me 1:28:04
<https://www.youtube.com/watch?v=cMJZOjbWFGM>
29. Bhagavad Gita chapter 16 Part 2 - Nithyananda Song of God You and Me 0:45:50
<https://www.youtube.com/watch?v=NOXAZFxjgIo>
30. Bhagavad Gita chapter 17 Part 1 - Nithyananda Song of God Sincerity straight way to Liberation 0:57:12 <https://youtu.be/hpv5qg4qzVs>
31. Bhagavad Gita chapter 17 Part 2 - Nithyananda Song of God Sincerity straight way to Liberation 1:31:30 <https://youtu.be/OYyXj8OPe2Q>
32. Bhagavad Gita Chapter 18 Part 1 - Nithyananda Song of God Drop Everything Surrender 0:52:45 <https://youtu.be/iwPnBos1--0>
33. Bhagavad Gita Chapter 18 Part 2 - Nithyananda Song of God Drop Everything Surrender 1:31:17 <https://youtu.be/biAC-JKwR2k>