



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

A technique to achieve the Nithyananda state in you-“I wanted that it should work on the entire being to transform it and make it ready for the ultimate experience to dawn..Nithya Dhyaan.  
Contemplate on the following:

1. What are the three preliminary levels mentioned in the context, and how do they differ from higher-level practices like love-based, meditation-based, and celebration-based activities?
2. According to the text, what qualities does a person radiate when surrounded by an individual who is peaceful, radiant, and full of energy?
3. What are some potential health benefits associated with regular meditation practices as outlined in the provided document?
4. Why might someone want to practice meditation, and what aspects of wellness does it purportedly influence based on the text?

Further References from THE SPH BHAGAVĀN NITHYĀNANDA PARAMASHIVAM:

1. How, What, When, Where and How of Meditation, <https://youtu.be/QUilg4s6H0M>
2. Meditate and Change Your "Inner Software", 0:08:44  
<https://youtu.be/yZ0kOjLgc9c>
3. Corruption of the Inner Space - Samskaras 0:10:19,  
<https://youtu.be/oXDmzCkACQ8>
4. Relationships - Man Versus Animal 0:7:08 <https://youtu.be/xcXEnRQG0rI>
5. Samskaras and the Seven Layers -- Deep Truths 0:29:02,  
<https://youtu.be/Yx00NGbMb04>
6. Seven Layers of Our Being 0:09:02 <https://youtu.be/ze5WfKQVNw8>
7. Masters Experience and Disciple's Logic 0:02:52  
<https://youtu.be/dGCWTKoq5UA>
8. Q&A on Master, Surrender, Service, Suffering & Guru 0:28:57  
<https://youtu.be/q99rBVaVcGw>
9. Judging the Masters 0:05:16 <https://youtu.be/CTJxR44R520>
10. Care about your inner space 0:10:06 <https://youtu.be/2Lt5V9Z-4Ec>