

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

Ashtavakra was a spontaneous person with great respect for himself. Unless we allow or give our silent permission, nobody can disrespect us or hurt us. Ashtavakra was such an integrated being, such a beautiful being, he did not allow others to hurt him or depress him.

Contemplate on the following:

1. Reflect on Ashtavakra's teachings about detachment and inner intelligence. How can we apply these concepts in our daily lives to attain peace and freedom from bondage? Develop a short journal entry exploring this idea.
2. Discuss Ashtavakra's perspective on the body and mind as not being necessary for living.
3. Craft an essay on how to examine our own beliefs about the relationship between physical existence and spiritual enlightenment.
4. [For your friends] Create a group discussion prompt focusing on King Janaka's transformation after engaging with Ashtavakra's wisdom.
5. How can seeking truth lead individuals or societies towards awakening?
6. [For your friends] Write an exercise that asks friends to analyze the role of questioning and doubt in one's spiritual journey, using examples from Janaka's interaction with Ashtavakra as a reference point.

Further References from THE SPH BHAGAVĀN NITHYĀNANDA PARAMASHIVAM:

1. Ashtavakra Gita Discourse 1 Vol 1 The Ashtavakra Gita (Nov 10, 11 & 12 2005)
0:58:28 <https://youtu.be/1rMkzosx8VQ>
2. Ashtavakra Gita Discourse 1 Vol 2 Nithyananda The Ashtavakra Gita (Nov 10, 11 & 12 2005) 1:25:28 <https://youtu.be/9zyqbW8CwG4>
3. Darshan Initiation into Powerful Cognition || Shakti Darshan || 11 November 2005
0:56:39 <https://youtu.be/gmS1KcqIEqA>
4. Guaranteed Enlightenment-Ashtavakra Gita || KAILASA'S Contributions || 11 November 2005 0:52:28 <https://youtu.be/8i3D6feqhl8>
5. Ashtavakra Gita- Enlightenment Is A Fact And Truth 0:08:00
<https://www.youtube.com/watch?v=25WmRVXLlu8>