

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

Whatever you believe as you, what you project as yourself to others, how you fulfill others' expectations about you, how you experience life for yourself, living at your peak in every dimension of yourself, is Authenticity. Contemplate on the following:

1. What practices or techniques mentioned in this program can help an individual achieve a state of Authenticity?
2. How does the concept of "Authenticity" relate to one's own belief system, self-presentation to others, and fulfilment of perceived expectations by society as described in the document?
3. Can you explain the neurochemical process that occurs during meditation or spiritual practices, and how does it affect rational thinking and interaction abilities?
4. What are some methods outlined for overcoming fear patterns, particularly those associated with personal growth and self-discovery?
5. Describe a potential exercise routine focusing on the Swadhisthana Chakra to balance energy according to this program's principles.
6. How does aligning one's inner belief system (the first layer of Authenticity) impact how we show ourselves to others, and what role does personal responsibility play in this?
7. Discuss the significance of living at your "peak" as mentioned in relation to Authenticity. What are practical steps that can be taken towards achieving such a state?
8. Considering the importance placed on stretching oneself without fear, how might one integrate these concepts into their daily life and exercise routines for personal growth?
9. In what ways does taking responsibility for others' perceptions of us contribute to our own Authenticity journey as discussed in this context?
10. Explain the relationship between overcoming hangover patterns (fears) and achieving a state of authentic self-expression according to this program.

### Further References from THE SPH BHAGAVĀN NITHYĀNANDA PARAMASHIVAM:

1. Discourse (Initiation into Power Cognitions)      Choicelessness is Bliss || Part 1 ||  
Initiation into Powerful Cognitions || 02 Feb 2004    0:13:57  
<https://youtu.be/yYgDH-PLi48>
2. Discourse (Initiation into Power Cognitions)      Choicelessness is Bliss || Part 2 ||  
Initiation into Powerful Cognitions || 02 Feb 2004    0:07:06  
<https://youtu.be/16dEYi0NyFo>
3. Discourse (Initiation into Power Cognitions)      Direct Guidance of The Master ||  
Initiation into Powerful Cognitions || 02 Feb 2004    0:05:13  
<https://youtu.be/rB8fsNnU4eE>
4. Nithya Satsang      Love The Door To Divine || Part 1 || 03 February 2004 ||  
0:20:00      <https://www.youtube.com/watch?v=d0ULlM6wTWg>

5. Nithya Satsang      Love the Door to the Divine II Part 2 || 03 February 2004 ||  
0:20:27      [https://www.youtube.com/watch?v=NaYRnYp\\_HKc](https://www.youtube.com/watch?v=NaYRnYp_HKc)
6. Nithya Satsang      Love The Door To Divine || Part 3 || 03 February 2004  
0:20:06      <https://youtu.be/GfwvIilkVFI>
7. Nithya Satsang      Love The Door To Divine || Part 4 || 03 February 2004  
0:20:44      <https://youtu.be/KBqY1UAtHwY>
8. Program (Discourse) (Initiation into Powerful Cognitions) Talk with Scientists  
Explore All your Dimensions || 04 February 2004    0:18:52  
<https://youtu.be/hgZtjn-Naxw>
9. Program (Discourse) (Initiation into Powerful Cognitions) Talk with Scientists  
Explore All Your Dimensions || Part 2 || Initiation into Powerful Cognitions  
0:17:01      <https://youtu.be/Qx8n0FzjP5k>