

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

Upaniṣads, the original source of all the religions, the original source of all the Truths! The Upaniṣads say - you have to sit with the Master. Contemplate on the following:

1. ****Reflective Listening Exercise**** - Write a journal entry describing your most memorable experience of listening to someone's story or perspective. Reflect on what made this moment meaningful to you and how it resonates with the idea of "Shravana" from Vedanta philosophy.
2. ****Self-Inquiry Exercise****
- Craft an essay questioning your aspirations in life, inspired by the queries about purpose and values mentioned in the text. Ask yourself why you hold certain beliefs or desires dear to your heart and how these aspirations might guide your daily actions.
3. ****Philosophical Debate****
- Prepare a list of discussion topics that explore different motivations for waking up every day. Encourage debates on the significance of personal ambition versus altruistic or spiritual motives, drawing inspiration from the text's mention of "what keeps you alive."
4. ****Mindfulness and Meditation Prompt****
- Design a meditation exercise focusing on self-discovery and inner listening. For instance: "Sit in a quiet space facing your chosen direction, close your eyes, and begin to listen intently – first to the sounds around you, then to your thoughts, finally to the silence within."

Further References from THE SPH BHAGAVĀN NITHYĀNANDA PARAMASHIVAM:

1. Rising in Love with the Master || NSC || 7 Jan 2008 0:02:51
<https://youtu.be/NlgBBc-PKGE>
2. Eternal Truths From the Master || Part 1 || NSP || 4 Jan 2008 0:18:34
https://youtu.be/urplij_S9I4
3. Eternal Truths From the Master || Part 2 || NSP || 4 Jan 2008 0:17:23
<https://youtu.be/gSGNlnSxWds>
4. Rapid Fire Questions with the Master || NSC || 5 Jan 2008 0:06:48
https://youtu.be/Hg28od1k_-0
5. Why Does Master Give Spiritual Name || NSC || 06 Jan 2008 0:05:37
<https://youtu.be/htymYSeL9YM>
6. Rising in Love with the Master || NSC || 7 Jan 2008 0:02:51
<https://youtu.be/NlgBBc-PKGE>
7. Ashramites Admire Enlightened Master's Life || Part 1 || Inspirational Talks || Tamil || 27 Dec 2008 0:15:46 <https://youtu.be/mxjNrKgFm2w>