SHRIKAILASA

REVIVAL OF HINDU CIVILIZATIONAL NATION

By

The Supreme Pontiff of Hinduism

Bhagavan Nithyananda Paramashivam

NITHYANANDA
UNIVERSITY
PRESS

SHRIKAILASA

Revival of the Enlightened Civilizational Nation

By The Supreme Pontiff of Hinduism

Bhagavan Nithyananda Paramashivam

Published by Nithyananda University Press | Copyright © 2021

Nithyananda University
9720 Central Avenue, Montclair, CA 91763 USA
www.nithyanandauniversity.org

All rights reserved. No part of this publication may be reproduced, distributed, or transmitted in any form or by any means, including photocopying, recording, or other electronic or mechanical methods, without the prior written permission of the publisher.

This book is not a platform, guide or instruction for learning or practicing any meditation, siddhi, process, asana, kriya, diet, or other technique that is described or pictured in this book. Any such technique included in this book is for illustrative and informative purposes only and should be practiced only under the guidance of a trained teacher or Acharya. To learn more, please contact support@innerawakening.org.

Copyright ©2021 Sri Nithyananda Paramashivam. All Rights Reserved

"In my personal research I realized millions of people in the world suffer and create more and more complicated patterns of creating suffering for themselves and others without knowing the simple solutions and truths. That is why here I am opening up and sharing myself with the world making myself available freely without any economical commitments to all of you to live and radiate the joy of life. So that is the reason I want to reach out to people and stop creating more and more suffering."

~ **The Supreme Pontiff of Hinduism, Bhagavan Nithyananda Paramashivam**

Copyright ©2021 Sri Nithyananda Paramashivam. All Rights Reserved

Table of Contents

SOVEREIGN ORDER OF KAILASA ____ 9
Introduction to the Sovereign Order of KAILASA ____ 9
Amalgamation of Governance & Aid with over 108 humanitarian initiatives ____ 9
EDUCATION ____ 11
The Two Faces of Education – Historical and Contemporary Context ____ 11
Case Study – Education as A Tool for Ethnic Cleansing – Nazi Germany ____ 12
Case Study – Residential Schools for Canadian Aboriginal Children ____ 14
Setting the Stage for the SPH's Contribution ____ 15
Cultural Genocide of Indigenous Hindu Traditions in Asia - Destruction of the Indigenous Hindu Gurukul Education System ____ 16
Pre-Independence Era Diarchal Government ____ 20
The origin of the anti-Hindu caste system in India – a colonial-era census ____ 20
Attacks on Nithyananda Gurukul ____ 28
Nithyananda Gurukul - Creating an enlightened generation ____ 31
What is Gurukul Education? ____ 31
Accomplishments ____ 31
The SPH's Future Vision for Gurukul Education ____ 32
Students Testimonials ____ 34
Akashic Reading Testimonials ____ 37
Behavioral Analysis of Nithyananda Gurukul℠ Children ____ 42
Effects of Third Eye Awakening℠ – the Spiritual Initiation Given by the SPH ____ 44
Whole-Brain Activation Studies on Nithyananda Gurukul℠ Students ____ 44
Worldwide Peace Movement Spearheaded by Leaders of Tomorrow ____ 55
Nithyananda University ____ 102
Overview ____ 102
Mission ____ 103
Breakthrough in Education ____ 104
Academic Schools ____ 104
Administration (by Service) ____ 104
Extended Campuses (by Country) ____ 105
Transformational Meditation Programs ____ 107
Powerful Discourses on Various Topics ____ 113
KAILASA'S GREATER SCIENCE OF POWER MANIFESTATION ____ 114
Background ____ 114

Copyright ©2021 Sri Nithyananda Paramashivam. All Rights Reserved

Vedic Tradition, The Origin of All Mystic Powers ____ 115
Introduction ____ 117
Extraordinary Powers, *Shaktis* ____ 119
Science of Power Manifestation ____ 121
Implications of Kundalini Awakening on Manifestation of Powers ____ 123
Knowledge Transmission, *Deeksha* ____ 123
Genetic Science Behind Initiation, Deeksha ____ 124
What is Initiation? ____ 124
Background: Human DNA can be reprogrammed ____ 124
Words and Sentences of Proper Frequencies Is Initiation ____ 126
Incarnation Programs Your DNA Through Initiation ____ 127
Initiation into Power of Going Beyond Pain, Hunger and Thirst ____ 127
Q&A ____ 129
Highlights ____ 132
A Few Key Initiations Revived by SPH JGM Bhagavan Nithyananda Paramashivam ____ 132
Types of Deeksha ____ 133
Kundalini – the Macrocosm within the Microcosm ____ 134
Third Eye Awakening[SM] ____ 135
Process of Third Eye Awakening[SM] ____ 136
Powers of the Third Eye ____ 137
KAILASA's Third Eye Awakening[SM] makes Disability Redundant ____ 141
KAILASA's Nirahara Samyama for Hunger-Free. Thirst-Free Empowered Life ____ 145
KAILASA's Sarvajnatva: No One is Denied Education, Conscious Living for All ____ 147
INDIGENOUS KNOWLEDGE LIBRARY ____ 152
Indigenous Peace literature ____ 152
Destruction of Libraries by invaders, extremists, and neglect ____ 155
The Vastness of indigenous knowledge corpus ____ 160
Vision and Mission ____ 166
KAILASA'S GLOBAL HUMANITARIAN SERVICES ____ 172
An Overview ____ 172
Saffron Om ____ 176
Objectives ____ 178
Prevalence And Relevance ____ 180
Policy ____ 181
Humanitarian Response Plan ____ 182

Copyright ©2021 Sri Nithyananda Paramashivam. All Rights Reserved

Red Om ____ 190
Objectives ____ 192
Prevalence And Relevance ____ 193
Humanitarian Response Plan ____ 196
White Om ____ 217
Objectives ____ 219
Prevalence And Relevance ____ 220
Policy ____ 222
Humanitarian Response Plan ____ 224
Yellow Om ____ 234
Objectives ____ 237
Prevalence And Relevance ____ 238
Policy ____ 239
Humanitarian Response Plan ____ 241
Conservation And Preservation of Manuscripts ____ 247
Green Om ____ 256
Current Global Status and Trends ____ 257
Facilitating A Transition Towards Zero - Carbon Emission Ecosystem ____ 258
1. *Clean Air Initiative* ____ 258
2. *Sustainable Agriculture* ____ 277
3. *Reduction in Carbon Footprint* ____ 282
4. *Go Zero Waste Initiative* ____ 285
5. '*Say No To Plastics' Initiative* ____ 288
6. *'Climate Resilient Planet' - An Initiative Through Vedagamic Rituals to Invoke Rain* ____ 289
The Way Forward ____ 292
Blue Om ____ 293
Objectives ____ 294
Prevalence And Relevance ____ 296
Policy ____ 299
Humanitarian Response Plan ____ 300
GLOBAL PUBLIC HEALTH AND WELLBEING ____ 307
Hindu Joint Family, Village, and communities as a healthcare ecosystem ____ 313
Role of Mother, Traditional home remedies, and Haritaki ____ 316
Food as medicine ____ 318
En-Pregnancy ____ 320

Copyright ©2021 Sri Nithyananda Paramashivam. All Rights Reserved

Ayurveda and Traditional Medicine 351
Science of Aushada 352
Yoga 353
Kriyas 388
Spiritual Healing 395
REVIVAL OF HINDU TEMPLES AND CULTURAL HERITAGE 412
A Glimpse of Temples Worldwide 420
KAILASA's Sri Nithyanandeshwara Sadashiva Devasthanam, Nithyananda Peetham, Bengaluru Aadheenam, India 420
KAILASA's Sri Nithyanandeshwara Hindu Temple, Los Angeles Aadheenam, USA 425
KAILASA's Sri Nithyanandeshwara Hindu Temple, Seattle Aadheenam, USA 428
KAILASA's Sri Nithyanandeshwara Hindu Temple, Columbus Aadheenam, USA 431
KAILASA's Sri Nithyanandeshwara Hindu Temple, Oklahoma Aadheenam, USA 434
KAILASA's Sri Nithyanandeshwara Hindu Temple, San Jose, Aadheenam, USA 436
KAILASA's Sri Nithyanandeshwara Hindu Temple, Phoenix, Aadheenam, USA 439
KAILASA's Sri Nithyanandeshwara Hindu Temple, Toronto, Aadheenam, Canada 442
KAILASA's Sri Nithyanandeshwara Hindu Temple, Houston, Aadheenam, USA 443
KAILASA's Sri Nithyanandeshwara Hindu Temple, Charlotte, Aadheenam, USA 444
KAILASA's Sri Nithyanandeshwara Hindu Temple, Oman 445
KAILASA's Sri Nithyanandeshwara Hindu Temple, Melbourne Aadheenam, Australia 446
KAILASA's Sri Nithyanandeshwara Hindu Temple, Singapore Aadheenam, Singapore 447
KAILASA's Sri Nithyanandeshwara Hindu Temple, Kuala Lumpur, Malaysia 448
Glimpse Of Nithyanandeshwara Hindu Temples in South India 450
KAILASA's Sri Nithyanandeshwari Devasthanam, Hyderabad 450
KAILASA's Nithyananda Peetham, Puduvai Aadheenam 451
KAILASA's Nithyananda Peetham, Chennai Tiruvanmiyur Aadheenam 452
KAILASA's Nithyananda Peetham Tiruvannamalai Aadheenam 454
Global Nithyananda Sangha - Paduka Mandirs, Satsang Centers 456
How did it all begin 461
INTERNATIONAL PEACE AND SECURITY 498
POVERTY AND ECONOMIC DISPARITY 520
CLIMATE CHANGE AND HUNGER 525
SCIENTIFIC RESEARCH 534
Establishing Scientific Legitimacy of Sanatana Hindu Dharma (Hinduism) 534
Highlights of Scientific Research 534

Copyright ©2021 Sri Nithyananda Paramashivam. All Rights Reserved

Scientific Studies on the Avatar ____ 537
Imaging Brain Activity ____ 537
Measuring Brain Waves ____ 538
Measuring Autonomic Functions ____ 538
Galvanic Skin Resistance (GSR) ____ 538
Summary ____ 539
Scientific Studies on the SPH's Disciples ____ 543
Advanced Kundalini Awakening Research ____ 543
Inner Awakening® – The Program ____ 543
The Need for Medical Research in Inner Awakening® ____ 544
Health Recoveries as a result of Inner Awakening® ____ 544
Inner Awakening® and Cellular Transformation ____ 546
Genetic Transformation – breakthrough Results ____ 553
Neurological Changes – Quantitative EEG (qEEG) Studies ____ 554
Scientific Validation of Materialization ____ 556
Nirahara Samyama – The Science of Living Food-Free ____ 558
Scientific Research at Kailasa in Gujarat ____ 562
Neurological Research at Apollo Hospital ____ 562
Blind Peoples Association ____ 566
DISPUTE RESOLUTION, HUMAN RIGHTS, AND RELIGIOUS FREEDOM ADVOCACY ____ 569
Nithya Dharmam - Dispute Settlement ____ 570
EARLY DAYS - HUMBLE BEGINNINGS ____ 571
BRIEF BIOGRAPHY OF KAILASA'S SUPREME PONTIFF OF HINDUISM JAGADGURU MAHĀSANNIDHĀNAM BHAGAVĀN NITHYANANDA PARAMASHIVAM ____ 583
APPENDIX – A ____ 600
APPENDIX – B ____ 657

Copyright ©2021 Sri Nithyananda Paramashivam. All Rights Reserved

Sovereign Order of KAILASA

Introduction to the Sovereign Order of KAILASA

The Sovereign Order of KAILASA is the oldest Hindu Governing Body for Hinduism, the Enlightenment ecosystem. It is the largest organized Hindu body since time immemorial originating from Paramashiva Himself.

The Hindu Governance as described by Paramashiva is presently revived by the 1008th living incarnation of Paramashiva, The Supreme Pontiff of Hinduism, Jagatguru Mahasannidhanam, His Divine Holiness Bhagavan Nithyananda Paramashivam since 1981.

The Supreme Pontiff of Hinduism is the 1008th Acharya Mahamandaleshwar (the head for all spiritual leaders) of Atal Akhada (ancient apex body of Hinduism), ordained as the 233rd Guru Mahasannidhanam (Pontiff) of Kanchee Kailasa Sarvajnapeetham (Thondai Mandala Aadheenam), present 293rd Jagatguru Mahasannidhanam (Pontiff) of Shyamalapeetha Sarvajnapeetham, present 23rd Guru Mahasannidhanam of Dharmamukti Swargapuram Aadheenam, present Mahamandaleshwar (Supreme Spiritual Head) of Maha Nirvani Akhada - largest apex monastic order, elected as the Supreme Pontiff of Hinduism by a congregation of over 1000 Hindu leaders (Pontiffs) and the incumbent Emperor of Suryavamsa Surangi Samrajyam.

The Sovereign Order of KAILASA was revived with the divine vision of administering, supporting, serving, catering, governing all the religious and spiritual needs of 2 billion born and practicing Hindus. 81 Orders constitute the Sovereign Order of KAILASA.

Amalgamation of Governance & Aid with over 108 humanitarian initiatives

KAILASA's supreme aim is to serve the religious and spiritual needs of 2 billion Hindus and the whole of humanity. KAILASA is a consortium of multiple micronations, educational institutions including Hindu universities and school (gurukul), de facto spiritual embassies, temples, temple monastery complexes, nunneries, food banks (Annamandir), animal shelters (Goshala), libraries (Jnanalaya), organic agriculture.

The Sovereign Order of KAILASA functions in a systematic dynamic approach of amalgamating its governance with aid of over 108 humanitarian, charitable initiatives in over 100 countries through its legitimate institutions in the countries it is operating from. The Sovereign Order of KAILASA is permanently present with educational, medical, social, spiritual, and humanitarian projects in most countries in the world.

Members of the Sovereign Order of KAILASA form an efficient network that includes everything from educational needs, medical needs, food bank programs, emergency relief programs, spiritual support for the displaced living through war, conflict, or lawfare to intervention in areas hit by natural disasters, and various social services.

Copyright ©2021 Sri Nithyananda Paramashivam. All Rights Reserved

Its programs, run independently or within a framework of partnerships with governments, international agencies and universities are now active in over 100 countries.

The Order's network across nations strengthens KAILASA's relationships and scope of aid with governments of the countries in which it operates. This network enables charitable initiatives including food programs, education programs, job opportunities, holistic healthcare programs, empowerment programs, environmental programs, eradication of poverty programs, etc. to be a virtuous cycle mutually benefitting KAILASA and the nation in which it operates.

KAILASA Paramparagatha Arunachala Sarvajnapeetham 14 religious orders	KAILASA Paramparagatha Kanchee Kailasa Sarvajnapeetham 26 religious orders	Kailasonnata Shyamala Peetha Sarvajnapeetham 36 religious orders
KAILASA Paramparagatha Atal Peetham 25 Religious Orders	KAILASA Paramparagatha Mahanirvani Peetham 25 Religious Orders	KAILASA Paramparagatha Adi Kailasa Nithyananda Peetham 43 Religious Orders
KAILASA Paramparagatha Surya Vamsa Adi Chola Samrajya Kamala Peetha Sarvajnapeetham 26 Religious Orders	KAILASA Paramparagatha Agni Vamsa Sarvajnapeetha Pallava Samrajyam 26 Religious Orders	KAILASA Paramparagatha Kashi Sarvajnapeetham 26 Religious Orders
KAILASA Paramparagatha Sripura Sarvajnapeetham 26 Religious Orders	KAILASA Paramparagatha Surya Vamsa Chola Samrajya Sarvajnapeetham 26 Religious Orders	KAILASA Paramparagatha Suvarnapeetha Sarvajnapeetha Swargapuram Samrajyam 26 Religious Orders
KAILASA Paramparagatha Tiruchengode Sarvajnapeetham 26 Religious Orders	KAILASA Paramparagatha Surya Vamsa Vedaranyam Sarvajnapeetham 26 Religious Orders	KAILASA Paramparagatha Surya Vamsa Sarvajnapeetha Chola Samrajyam (Thanjavur) 26 Religious Orders

Copyright ©2021 Sri Nithyananda Paramashivam. All Rights Reserved

Education

The Two Faces of Education – Historical and Contemporary Context

"The mind once enlightened cannot again become dark," wrote Thomas Paine in one of his letters expressing the importance of education in the life of an individual. Education is the most potent tool to shape the trajectory of the entire life of an individual. The right kind of education if given at an early age, has the power to not only mold an individual's life in the direction of his/her good but can organically engineer a society based on the highest principles of peace and tolerance, harmony, collective prosperity, social cohesion, mutual respect as well as scientific temper. The well-known British writer Charlotte Brontë's quote on education, "Prejudices, it is well known, are most difficult to eradicate from the heart whose soil has never been loosened or fertilized by education: they grow there, firm as weeds among stones," also alludes to the fact that without proper education, our minds become susceptible breeding grounds for dogmas and prejudice, and even life-long beliefs rooted in violence and hate.

A UNICEF study titled "The Two Faces of Education in Ethnic Conflict"[1] presents a detailed analysis of various ways, both constructive and destructive, in which education has been and can be used to further the interests of an interest group with perverted goals, or for the collective good of the society respectively. After witnessing two world wars and the level of destruction they caused on all fronts, and the establishment of the United Nations over the ruins that resulted from them, a crude physical war with a heavy military component has almost become a barbaric concept in the collective psyche of the human civilization. However, the forces whose beliefs and perspective on life are antithetical to the values of collective peace and harmony, social upliftment, democracy, human rights, social justice, and multicultural tolerance are still very much operating amongst us, incessantly trying to co-opt the present social and political structures to further their malicious agendas. It is a well-known fact in the domain of geopolitics and international relations that the modern battlefield is not the ground but the human mind. Wars, now are fought, not using weapons, but ideas. Ideas that sabotage the enemy both from within and without. It is in this context that the role of education becomes even more important as both a positive force to inspire human beings to work collectively towards a bright future, and at the same time, to defend the human consciousness against the hateful, malignant, and self-defeating ideologies, which once sparked in the mental plane and if not checked at the right time, has a possible effect of turning into a chain reaction of collective human behavior that can cause destruction of catastrophic proportions.

[1] The Two Faces of Education in Ethnic Conflict, Towards a Peacebuilding Education for Children, Kenneth D. Bush and Diana Saltarelli, UNICEF, Innocent Research Center, Florence Italy

Copyright ©2021 Sri Nithyananda Paramashivam. All Rights Reserved

Case Study – Education as A Tool for Ethnic Cleansing – Nazi Germany

It is essential here to highlight the Nazi era in Germany and how certain policies of the state eventually resulted in one of the bloodiest mass slaughters in human history. Under Hitler's regime, the schooling system and public institutions were subverted to "normalize" internal oppression and systematic violence. Common people who worked in these state institutions eventually internalized this exclusionary principle, thereby "othering" groups such as Jews, homosexuals, and gypsies. Thereafter, it was a small step from exclusion to dehumanization to extermination. The ideas of a racially superior "Aryan" race, as Hitler mistakenly put it, as well as others such as eugenics, were systematically disseminated using the education system as a carrier of the virus, a virus on the mental plane which would eventually engulf the whole nation into utter chaos, turning it into an appalling spectacle of the most inhuman tortures in history.

As discussed in the case study above, the use (in fact abuse) of education as a tool for establishing the dominion of one group over another is not new. There are several examples where the seeds of many modern-day conflicts and violent worldviews have been sown decades ago, not by armed personnel or statesmen of lofty credentials, but by teachers and thinkers with a strong intellectual bent of mind, that grasps the domain of thought and the workings of the human mind at a deeper level. For instance, contrary to the common perception that modern transnational terrorist groups such as Al Queda and ISIS are but a group of ganged up rabid illiterate violent men (or women) with no understanding of the world, it is important to assert in this discussion that the very ideological foundation on which these groups function was provided, originally, by a school teacher, named Hassan-al-Banna, the founder of Muslim Brotherhood, in the 1920s. The violent Islamist supremacist ideology propounded by Banna and his successor Sayyid Qutb, wrapped in the covering of astute argumentation and seductive appeal to a puritanical moral and just society as opposed to the supposedly exploitative and materialist Western civilization, after years of consistent grassroots-level indoctrination via local mosques and madrasas (traditional schools), has penetrated the collective consciousness of a vast number of people to such an extent that during the Arab Spring, the first "democratically" elected president of Egypt, who came to power through free and fair elections, mostly with the favor of the youth population, was the

Copyright ©2021 Sri Nithyananda Paramashivam. All Rights Reserved

leader of Muslim Brotherhood, which has openly declared its intention of global civilizational takeover through various sophisticated means, including sabotaging the host society from within, by infiltrating the intelligentsia and education system of that society, and spreading their thought-current through a well-established network of mosques, madrasas,and university chapters.[2]

Almost all contemporary conflicts inform us that merely sending children to schools and increasing gross enrolment ratio, although commendable work in its own merit, might not be enough to defend our civilization from hateful ideologies and repeated politicization and weaponization of textbooks by State governments to subjugate a section of its population, such as indigenous communities, ethnic minorities, or certain racial or religious groups. It won't be an exaggeration to say that it is better for a child to not be schooled than to be schooled by an education system with a curriculum that is designed to systematically subjugate and eliminate the identity, culture, tradition, language, and knowledge of his/her ancestors, by means of teaching fabricated history, instilling a sense of self-hate and inferiority complex in the minds of children of a community, resulting in an identity crisis along with the loss of pride and self-respect, in which case the only way to fully cope with the resulting identity crisis would be to leave the ancestral identity altogether, which in turn advances the genocidal cause of the oppressor. There have been several cases where the education system has been used to eliminate indigenous and aboriginal traditions and "convert" these people to a worldview that is aligned with that of the group that controls the State institutions.

[2] The Muslim Brotherhood in North America, Tom Quiggin, report by Terrorism and Security Experts of Canada Network, 27 May, 2014

Copyright ©2021 Sri Nithyananda Paramashivam. All Rights Reserved

Case Study – Residential Schools for Canadian Aboriginal Children

Thomas Moore before and after his entrance into the Regina Indian Residential School in Saskatchewan in 1874.
Library and Archives Canada / NL-022474

For over a century, Canada followed a policy of "cultural genocide" to eliminate the existence of Aboriginals as distinct legal, social, cultural, religious, and racial entities in Canada, by assimilating them into the Canadian mainstream against their will.[3] At the core of this process was the operation of residential schools where about 150,000 Aboriginal children were brought, separated from their parents, not to educate them but to de-link them from their root culture and identity. Canada's first prime minister Sir John A. Macdonald publicly justified this policy as a means to make the Aboriginals "acquire the habits and modes of thought of white men."[4] In 1920, Duncan Campbell Scott, the then Deputy Minister of Indian Affairs, told a parliamentary committee that "our object is to continue until there is not a single Indian in Canada that has not been absorbed into the body politic."[5] These residential schools provided very harsh conditions to the Aboriginal children and ran on the assumption that European civilization and Christian religions were superior to Aboriginal culture, as a result of which they denigrated and suppressed the Aboriginal cultures and languages, as well as their spiritual practices, to further their plan to "civilize the savages". Many of these children faced physical and sexual abuse and many died because of diseases and other factors. Many children have been reported missing and the discovery of unmarked graves at the sites of abandoned residential schools points to a dark truth in the history of Canada.

The aim here is not to defame any particular religion or country, or their institutions, but to drive home a point that it is "thought" that decides whether an innocent child grows into a contributing global citizen or a hateful ideologue, ready to die and kill for some perverted sense of purpose and identity, and education is the tool to nudge him/her in either direction. Wrong education, instilling hateful thought-current into a child (or an adult), or the absence of right education, which nurtures an individual with the right kind of thought-currents, empowering him/her to become an enricher instead of an invader, has a negative impact on the collective human society, as the lessons from history teach us. It is education alone, that can act as an antidote to hate. It is education alone that can instill long-lasting peace on our planet. It is not military conflicts and wars, no matter how justified they might be, but only education that can defeat the life-negative thought-currents from the collective psyche of human civilization and replace them with life-affirmative and enriching thought-currents, resulting in a just, peaceful and harmonious world we all want to live in. A world where rights

[3] Honouring the Truth, Reconciling for the Future, Summary of the Final Report of the Truth and Reconciliation Commission of Canada, 2015

[4] Canada, House of Commons Debates (9 May 1883), 1107–1108.

[5] Library and Archives Canada, RG10, volume 6810, file 470-2-3, volume 7, Evidence of D. C. Scott to the Special Committee of the House of Commons Investigating the Indian Act amendments of 1920, (L-2)(N-3).

Copyright ©2021 Sri Nithyananda Paramashivam. All Rights Reserved

and responsibilities are valued, and a world where each being is not merely a statistic but a unique expression of life that deserves dignity and respect.

Setting the Stage for the SPH's Contribution

> ***"The highest education is that which does not merely give us information but makes our life in harmony with all existence."***
>
> Rabindranath Tagore
> (Nobel Prize in Literature, 1913)

In light of the context presented in the previous section, the Supreme Pontiff of Hinduism (SPH) Bhagavan Nithyananda Paramashivam has been a vanguard in championing the cause of education as a means to achieve lasting peace and harmony on the planet and an antidote to poisonous hateful thought-currents plaguing our society. He has given thousands of free public discourses on almost all topics that are relevant to our individual as well as collective journey, touching all dimensions of existence, be it spiritual, social, economic, cultural, personal, societal, etc. His vision is to establish the spiritual, economic, social, and political legitimacy of Sanatana Hindu Dharma (Hinduism) and reveal its solutions for the benefit of modern-day human society ravaged by violent conflicts and socio-economic distress. In addition to this, He has spearheaded the movement of reviving the ancient authentic indigenous Hindu *gurukul* education system which forms the most important project of his divine mission to establish a conscious society that lives based on evolved principles of non-violence and peaceful co-existence as a core cognition experienced via spiritual and superconscious breakthrough at an existential and experiential level, rather than merely being moral values one has to abide by. He is literally creating a new species that will spearhead the next breakthrough in the evolutionary process of human beings, turning them into divine superhumans, capable of extraordinary abilities previously confined only to ancient Yogis.[6]

Before we introduce SPH's relentless contributions to the field of education and in turn contributing towards inner and outer peace and harmony at an individual and collective level, it is essential to understand why his efforts to revive the ancient Hindu education system as well as the Science of Power Manifestation have attracted so much resistance and opposition from so many people, and why He has been subjected to a chain of unending persecution and torture from forces operating from within and outside India. To understand the reason behind the persecution of the SPH and the continuous attempts to sabotage His indigenous Hindu gurukul, the Nithyananda Gurukul, it is important to understand the history of gurukul

[6] Nithyananda Yoga, Mahasadashivoham World Tour, Houston, Oct 23, 2017

Copyright ©2021 Sri Nithyananda Paramashivam. All Rights Reserved

education in India and how it was systematically dismantled by invaders and colonial forces who, like the cases we discussed in the last section, were motivated solely by the sinister ambition of annihilating the local indigenous Hindu cultural fabric of Indians and turn them into brown-skinned copies of the invaders and colonialists, serving the interests of their masters.

Cultural Genocide of Indigenous Hindu Traditions in Asia - Destruction of the Indigenous Hindu Gurukul Education System

In Hinduism spiritual lineage[7] can be passed to the next generation only through lifelong, multi-generational[8] spiritual practice, mentoring, and initiation by the Guru[9] (or Gurumahasannidanam). Hindu spiritual practices involve yogic processes which cause a conscious mutation at a physical, physiological, psychological, and neurological level, allowing practitioners to maintain meditative states of consciousness (Samadhi[10]) for prolonged durations.[11] These meditative states are essential for the Hindu religion. Some short-duration experiences of these meditative states are studied by contemporary western scientists in various groups of meditators[12], martial artists[13], and athletes[14]. Hindu spiritual processes and initiation by the enlightened Guru make the attainment of these meditative states of consciousness accessible to every practitioner, and not just to an accomplished group of people. As per the Hindu religious laws prescribed in Veda-Agamas (scriptures), only the ordained supreme pontiff (Guru or Gurumahasannidanam) can initiate their native Hindu

---

[7] Kularnava Tantra, 14th Ullasa, verse 8 – "तस्मात् सर्वप्रयत्नेन साक्षात्परशिवोदितम्। सम्प्रदायमविछिन्नं सदा कुर्यात् गुरुः प्रिये ॥८॥" - *"Therefore, O My Beloved! One should seek with all efforts to have a Guru of unbroken tradition originating from Para Siva Himself."*

[8] Early Life Exposure to Environmentally Relevant Levels of Endocrine Disruptors Drive Multigenerational and Transgenerational Epigenetic Changes in a Fish Model https://www.frontiersin.org/articles/10.3389/fmars.2020.00471/full

[9] (i) Kāmikāgama Uttara Pada Chapter 25 verses 5-7, 8-11, 39-41
docs.google.com/document/d/1UB40gY9qADTdH5VrjleejlesaDqzdX5nXxHaaXZQe3U
www.himalayanacademy.com/media/books/kamika-agama-uttara-pada-part-2/kamika-agama-uttara-pada-part-2.pdf
(ii) Regarding ādiśaiva the Kāmikāgama says that they are born in the family of sages such as Kauśika who were initiated directly by Śiva immediately after the creation of the world. Therefore, they are qualified to undertake all the rites [as prescribed in the āgamas] such as consecration, installation [in the temple], worship in public and expounding the [āgamas] (vyākhyāna). The Kāraṇāgama and the Santānāgama also state that only the ādiśaiva is qualified to do these rites and if the rites are done by others it will bring only calamity. www.wisdomlib.org/definition/adishaiva

[10] https://en.wikipedia.org/wiki/Samadhi

[11] Mystic Phenomena Scientific Data - ISBN: 978-1-934364-45-1 books.nithyanandatimes.org/product/mystic-phenomena-scientific-data

[12] Veltri, Michael (2017). The Mushin Way: How the Power, Clarity and Mindfulness of Aikido Can Bring Success in Business and Life. John Wiley & Sons, Incorporated. ISBN 9781119285267.

[13] Hyams, Joe. Zen in the Martial Arts. New York: Bantam Books, 1979

[14] (i) Young, Janet A. & Pain, Michelle D. "The Zone: Evidence of a Universal Phenomenon for Athletes Across Sports".
(ii) 'Do Top Athletes Experience the State of Pure Consciousness? Going Beyond Tiredness and Boredom' - youtu.be/tNRUKLy0PMw

Copyright ©2021 Sri Nithyananda Paramashivam. All Rights Reserved

community members into the practice of these yogic sciences, lifestyle sciences, knowledge system sciences, and sciences of ritual[15].

United Nations Declaration on the Rights of Indigenous Peoples, Article 8 (2) declares, "*States shall provide effective mechanisms for prevention of, and redress for: (a) Any action which has the aim or effect of depriving them of their integrity as distinct peoples, or of their cultural values or ethnic identities;".* 16 Killing the Gurus (or Gurumahasannidanam), or breaking the lineage of Gurus, irreversibly disrupts the continuation of the spiritual tradition to the next generation, destroys the distinct identity of indigenous Hindu traditions, and leads to their permanent destruction. This is how the majority of the 8,000 of the 10,000[17] indigenous enlightenment ecosystems were destroyed, and less than 2,000 of them remain now. The distinct religious practices of the ASMT are extremely vulnerable to this irreversible destruction. Just like the destruction of Lamas in Buddhism is the destruction of Buddhism as the yogic bodies of the Lamas are the repository[18] of Buddhahood[19], Hinduism in its entirety and not just some traditions of Hinduism will permanently be destroyed after the extermination of the lineages of the Gurus.

1948 UN-Res.-260(III) **Prevention of Crime of Genocide[20], Article 2**

In the present Convention, genocide means any of the following acts committed with **intent to destroy**, in whole or in part, a national, ethnical, racial, or religious group, as such:

(a) Killing members of the group;

(b) Causing serious bodily or mental harm to members of the group;

(c) Deliberately inflicting on the group conditions of life calculated to bring about its physical destruction in whole or in part;

(d) Imposing measures intended to prevent births within the group;

(e) Forcibly transferring children of the group to another group.

Destruction of the lineage of Gurus does not only destroy the religion but also the entire Hindu society in totality. The Agama scriptures are voluminous[21]. As per Hindu scriptural

[15] Pauskara Agama Vidya Pada, 1 Pati Patalah, 1 Chapter, 2nd Verse, www.himalayanacademy.com/view/pauskara-agama-vidya-pada_v2. docs.google.com/document/d/1UB40gY9qADTdH5VrjleejlesaDqzdX5nXxHaaXZQe3U

[16] UNDRIP http://un.org/development/desa/indigenouspeoples/wpcontent/uploads/sites/19/2019/01/UNDRIP_E_web.pdf

[17] PARAMANANDA-TANTRA, Chapter 2, verses 7-10

[18] https://tergar.org/about/tergar-lineage/

[19] https://en.wikipedia.org/wiki/Buddhahood

[20] https://www.un.org/en/genocideprevention/genocide.shtml

[21] Klaus Klostermaier (2007), A Survey of Hinduism: Third Edition, State University of New York Press, ISBN 978-0-7914-7082-4, pg. 49–50

Copyright ©2021 Sri Nithyananda Paramashivam. All Rights Reserved

records, there are 10,000 Agamas for the ASMT alone[22]. In totality, all Agamas and sourcebook scriptures of Hinduism put together are more than 100 million, of which only 20 million remain today.

"Centuries of history of discrimination, exploitation, dispossession, and colonization have led to the loss of traditional knowledge. Traditional knowledge is under threat and is being misused and misappropriated …"

*"**Indigenous peoples' traditional knowledge has been developed over generations through daily life practices** and a close understanding of local environments. It can offer valuable responses to climate change, food insecurity, reducing inequalities and other challenges that we are trying to resolve …"*

18th Session of the United Nations Permanent Forum on Indigenous Issues (UNPFII)

The mastery over the magnanimous volume of Veda-Agamic scriptures is achieved by specializing in a branch of Veda-Agama scripture over multiple generations. Hindu sects and schools specialize and systematically practice a particular branch (Shakha) of the Veda-Agamas and continue the tradition over thousands of years.[23] It is considered nearly impossible for a single group to master the Veda-Agamas (Hindu scriptures) in its entirety, and thus each Hindu sect or school (Shakha or Sampradaya) is interdependent on other schools (Shakha) for practice and application of the entirety of Hinduism.[24] (different systems of chanting and preserving)

The loss of one lineage, or school (Shakha or Sampradaya) is not just a loss for the respective Hindu sect but entire Hinduism. Therefore, the persecution of a Hindu Guru is not limited to the destruction of His lineage alone but of an integral body of Hinduism in its entirety.

The destruction of the lineage of Gurus destroys several thousands of years of scholarly research and practice of the Veda-Agamas. The Veda-Agamas is not just the repository of ancient spiritual and religious knowledge, they are a repository of a phenomenal volume of ancient Human knowledge and expertise, in various fields such as State Policies, Politics &

[22] Paramananda Agama (2nd chapter, Verse 7-10)
https://archive.org/details/64.tantraparamanandatantraraghunathmishra/page/n29/mode/2up
[23] https://en.wikipedia.org/wiki/Shakha
[24] http://rajavedapatasala.org/FAQ2.html

Copyright ©2021 Sri Nithyananda Paramashivam. All Rights Reserved

Statecraft[25], Law[26], Banking & Accounting[27], Architecture & Civil Engineering[28], Performing Arts[29], Medicine[30], Surgery[31], Botany[32], Chemistry and Metallurgy[33], Music[34], Agriculture[35], Astrology[36], Shipbuilding[37], Manufacturing[38], Food sciences[39], etc. The entire Hindu education is done and supervised by the enlightened Guru. The Hindu knowledge in various fields is unique, unlike their modern counterparts. The Veda Agamas (Hindu scriptures) enable not just excellence in the profession but the attainment of spiritual liberation even through the mere practice of the profession[40]. This is why, for example, the science of archery in Hinduism (Dhanurvidya), does not just deal with archery alone but also with the attainment of liberation. The Acharyas (Hindu scholars and teachers) can transmit some portion of the domain expertise, but only the Guru guides into the science of liberation[41] that is even realized while practicing a particular trade or profession[42] without necessarily mandating additional spiritual practices. The destruction of the Guru's lineage destroys this possibility for every Hindu.

This is why, for example, the science of archery in Hinduism (Dhanurvidya), does not just deal with archery alone but also with the attainment of liberation. The science of Dhanurvidya is comparable to Kyūdō a Japanese martial art (budō), which is a form of meditation in action for moral and spiritual development – which has the supreme goal of kyūdō – the state of shin-zen-bi - which loosely translated as – *when archers shoot correctly (i.e. truthfully) with virtuous spirit and attitude toward all persons and all things which relate to kyūdō (i.e. with goodness), beautiful shooting is realized naturally*.[43] There are primarily 32 such knowledge sciences (Vidya) and 64 such meditative arts (Kalaa) in Hinduism, most of which have lost their spiritual components in the contemporary era. The Acharyas (Hindu scholars and teachers) can transmit some portion of the domain expertise, but only the Guru guides into the science

[25] Samrajya Laxmi Pithika, Niti Shashtra, Artha Shashtra, Manu Smriti
[26] Dharmashastra, Manu Smriti, Parasara Smriti, Yagya Valk, Gautama, Mitakshara
[27] Arthashashtra, Krisi-Parasara
[28] Kamikagama, Mahaagama, and Suprabhedagama
[29] Pancharatra Agama
[30] Charaka Saṃhitā, Sham Raj, Nighant, Bhashya Parichehed, Madhava Nidan, Vagbhat
[31] Sushruta Samhita
[32] Vrukshayurveda, Bruhat Samhita, Sarngadhara's Vrukshayurveda, Parasara's Vrukshayurveda
[33] Rasahrudaya Agama, Rasendra Mangala, Rasarathnakara, Karshaputa, Lohasastra
[34] Gandharva Veda
[35] Krishi Parasara
[36] Siddbant Shiromani, Nil Kanthi, Mahurta Chintamani, Brihat Jatak, Shighra Bodh, Parasariya
[37] Yukti Kalpa Taru
[38] Nagalingayna-Kutha, Vishvakurma-Poorana, Kumalesherra Kalikamahata
[39] Bhaga Shashtra
[40] Ishavasya Upanishad, verse 2
[41] Guru Gita verse 1 to 11, https://www.hardlight.org/wordpress/images/Guru-Gita-complete.pdf
[42] Bhagawat Gita Chapter 3 verse 9,17-20.
[43] Kyudo Manual, Volume 1, All Nippon Kyudo Federation (revised edition)

Copyright ©2021 Sri Nithyananda Paramashivam. All Rights Reserved

of liberation[44] that is even realized while practicing a particular trade or profession[45] without necessarily mandating additional spiritual practices. The destruction of the Guru's lineage destroys this possibility for every Hindu.

Pre-Independence Era Diarchal Government

The indigenous origin political leaders in South Asia, during and subsequently, after the independence of India, had antagonistic views on indigenous cultures such as Hindu feminism, Hindu worship of divine as Mother, indigenous Gurukul education[46], and traditional decentralized self-governance institutes that administered villages and temples. As the Chief Minister of Madras Presidency, Panaganti Ramarayaningar banned the distribution of poems on indigenous forms of governance, Hindu education, Hindu feminism, women empowerment, and religious freedom.[47]

The origin of the anti-Hindu caste system in India – a colonial-era census

The pre-colonial indigenous education system was widespread[48] imparting education to every person even in the remotest village[49], it was economical[50] and inclusive, catering to boys and girls[51] of all sections of society with as many as 70% of students being from impoverished communities[52] that now are recognized[53] as OBCs, SCs, and STs[54]. The table below shows data from

[44] Guru Gita verse 1 to 11, https://www.hardlight.org/wordpress/images/Guru-Gita-complete.pdf

[45] Bhagawat Gita Chapter 3 verse 9,17-20.

[46] Eugene F. Irschick (1969). Political and Social Conflict in South India; The non-Brahmin movement and Tamil Separatism, 1916 – 1929. University of California Press.

[47] Parthasarathy, R. (1979). Builders of modern India:S. Satyamurti. Publications Division, Government of India. p. 43.

[48] House of Commons Papers, 1831-32, volume 9, p.468, Presidency of Bombay, G.L. Prendergast '*there is hardly a village, great or small, throughout our territories, in which there is not at least one school, and in larger villages more*.'

[49] House of Commons Papers, 1812-13, volume 7, Evidence of Thomas Munro (Governor of Madras Presidency 1819-1827), p.127, The Beautiful Tree, Indigenous Indian Education in the Eighteenth Century, Dharampal, (ISBN No.: 81-85569-49-5 republished ISBN-10: 8175310952), page 26.

[50] Collector of Bellary (A.D. Campbell) to Board of Revenue, 17 August 1823 (TNSA: BRP: Vol.958 Pro.25.8.1823 pp.7167-85 Nos.32-33), para 16. "*The economy with which children are taught to write in the native schools, and the system by which the more advanced scholars are caused to teach the less advanced and at the same time to confirm their own knowledge is certainly admirable, and* ***well deserved the imitation it has received in England***."

[51] The Beautiful Tree, Indigenous Indian Education in the Eighteenth Century, Dharampal, (ISBN No.: 81-85569-49-5 republished ISBN-10: 8175310952), Chapter IV, "*Education of Girls*" page 43

[52] (i) The Beautiful Tree, Indigenous Indian Education in the Eighteenth Century, Dharampal, Chapter IV, *Table 3 - Caste-wise division of male school, student*, republished here, (ii) Ibid see also pg 29, "*while the Soodras and the other castes ranged from about 70% in Salem and Tinnevelly to over 84% in South Arcot*" (iii) TNSA: Revenue Consultations: Vol.920: dated 2 July 1822

[53] Ibid Chapter IV page 22 "*this included most such groupings which today are listed among the scheduled castes*"

[54] OBCs – Other backward castes, SCs – Scheduled Castes, STs – Scheduled Tribes are some of officially designated groups of people in India that are considered disadvantaged and marginalized by the State of Republic of India.

Copyright ©2021 Sri Nithyananda Paramashivam. All Rights Reserved

DIVISION OF SCHOOL STUDENT AS PER COLONIAL CASTE SYSTEM[55] **(year - 1823)**							
District	Classification of Hindus per 1871 British Census					Other religions	TOTAL Students
	Brahmin/ Scholar	Kshatriya/ Warrior	Vaishya/ Trader	Shudra/ Worker	Others		
TANJORE	16.2%	2.1%	1.3%	61.3%	13.9%	5.4%	17,423
MADRAS	7.0%		15.4%	68.6%	6.1%	2.8%	5,109
SERINGAPATAM	7.8%		3.8%	47.8%	25.8%	14.0%	613
MADURA	8.7%		8.2%	53.0%	21.8%	8.4%	13,676
SOUTH ARCOT	9.6%		3.6%	76.2%	8.2%	2.4%	10,419
NORTH ARCOT	9.6%		8.7%	66.7%	7.4%	7.6%	7,274
SALEM	10.8%		7.6%	39.4%	32.6%	10.2%	4,238
COIMBATORE	11.3%		3.6%	78.5%	2.8%	3.8%	8,124
TRICHNOPOLY	11.8%		2.2%	76.0%	3.2%	6.8%	10,191
CHINGLEPUT	12.8%		1.8%	71.5%	6.7%	2.8%	6,729
BELLARY	18.0%		14.9%	45.6%	17.8%	3.7%	6,581
MALABAR	18.6%		0.7%	30.9%	23.0%	26.7%	11,963
TINNEVELLY	21.8%			31.2%	38.2%	8.5%	9,258
CUDDAPAH	24.0%		29.1%	30.1%	11.0%	5.8%	5,892
GANJAM	27.3%		8.2%	33.8%	29.9%	0.9%	2,965

[55] The Beautiful Tree, Indigenous Indian Education in the Eighteenth Century, Dharampal, (ISBN No.: 81-85569-49-5 republished ISBN-10: 8175310952)

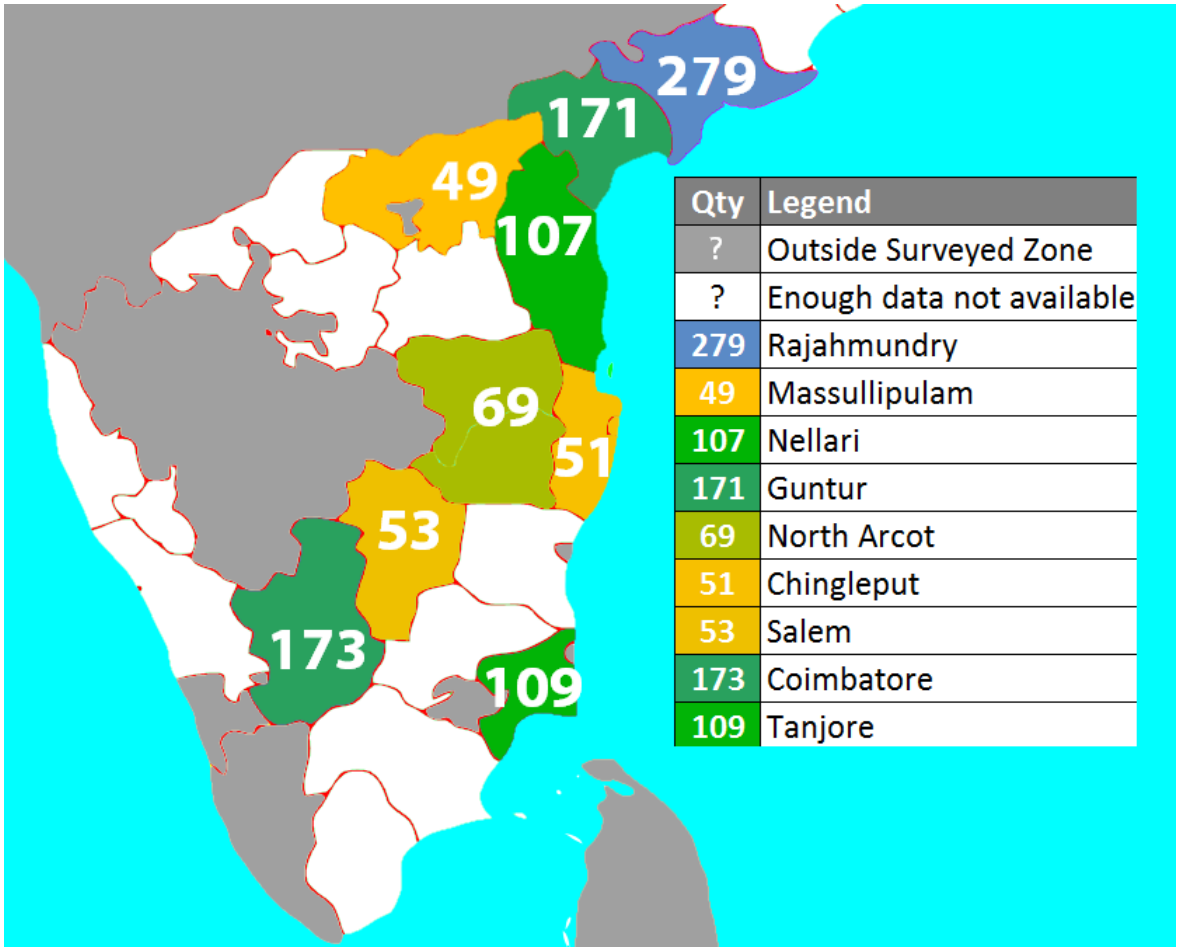
Copyright ©2021 Sri Nithyananda Paramashivam. All Rights Reserved

DETAILS OF SCHOOLS AND COLLEGES[56]						
	SCHOOLS		COLLEGES		TOTAL POPULATION[57]	
	Number	*Students*	*Number*	*Students*	*(1823 Estimates)*	*REMARKS*
Oriya Speaking						
GANJAM	255	2,977			3,32,015	Partial Returns
				*	(9,41,004)	*Privately in Agraharams
Telugu Speaking						
VIZAGAPATTAM	914	9,715			7,72,570	Returns somewhat incomplete.
					(9,41,004)	
RAJAHMUNDRY	291	2,658	279	1,454	7,38,308	
MASULIPATAM	484	5,083	49	199	5,29,849	
GUNTOOR	574	7,724	171*	939*	4,54,754	*Privately Taught
NELLORE	697	7,621	107	*	3,39,647	*Included in schools total
CUDDAPAH	494	6,000		*	10,94,460	*Privately Taught
		38,801				
Kannada Speaking						
BELLARY	510	6,641	23		9,27,857	*Included in school total
SERINGAPATHAM	41	627			31,612	
		7,268				
Malayalam Speaking						
MALABAR	759	14,153	1	75*	9,07,575	*Those privately taught given separately
Tamil Speaking						
NORTH ARCOT	630	7,326	69	418	8,92,292	
					(5,77,020)	
SOUTH ARCOT	875	10,523			4,55,020	
					(4,20,530)	
CHINGLEPUT	508	6,845	51	398	3,63,129	
TANJORE	884	17,582	109	769	9,01,353	
					(3,82,667)	
TRICHNOPOLY	790	10,331	9	131	4,81,292	*Privately in Agraharams
MADURA	844	13,781		*	7,88,196	
TINNEVELLY	607	9,377			5,64,957	
COIMBATORE	763	8,206	173	724	6,38,199	
SALEM	333	4,326	53	324	10,75,985	
MADRAS	322	5,699		*	4,62,051	*Privately, Gratis
		93,996				
TOTAL:	11,575	1,57,195	1,094	5,431	1,28,50,941	

[56] The Beautiful Tree, Indigenous Indian Education in the Eighteenth Century, Dharampal, (ISBN No.: 81-85569-49-5 republished ISBN-10: 8175310952)

[57] Varying population figures in parenthesis are those sent by the Collectors with the educational data.

Copyright ©2021 Sri Nithyananda Paramashivam. All Rights Reserved



The pre-colonial indigenous gurukul education system encouraged harmony amongst all social communities by recognizing the dignity of labor and respect for all professions, for example, the second verse from an ancient treatise on agriculture says, *"Despite being learned of four Vedas (core Hindu scriptures) if a Brahmin considers agriculture inferior he is bound to be stuck in a cycle of poverty."*[58] The Hindu scriptures taught to respect each human being without discrimination as not just an equal human being but a divine manifestation of God - *"Whether a woman or a man, a Cāṇḍala or a high-born Dvija, there is absolutely no discrimination in the Cakra. Everyone here is considered like Śiva (Primordial Hindu Divinity)"* 59 . Despite the inclusive nature of pre-colonial indigenous education and fluid nature of pre-colonial indigenous social structures, the Chief Minister of Madras Presidency, Ramarayaningar, a strong advocate of westernization parroted a colonial trope[60] in one of his

[58] "चतुर्वेदान्तगो विप्रः शास्त्रवादी विचक्षणः। अलक्ष्म्या गृह्यते सोऽपि प्रार्थनालाघवान्वितः॥२॥" कृषिपराशरम् https://sa.wikisource.org/s/d9w

[59] *"खी वाथ पुरुषः षण्ढचण्डालो वा द्विजोसमः। चक्रेऽस्मिन्नेव भेदोऽस्ति सर्व शिवसमाः स्मृताः ॥९७॥"* verse 97 and *"जातिभेदो न चक्रेऽस्मिन् सर्वे शिवसमाः स्मृताः। वेदेऽपि स्थितमेवं हि सर्व हि ब्रह्मा चाव्रतीत्॥१०१॥"* verse 101, etc., Kularnava Tantra, 8th Ullasa https://archive.org/details/Kularnava/mode/2up

[60] Wylie, Lesley. *"Colonial Tropes and Postcolonial Tricks: Rewriting the Tropics in the 'Novela De La Selva.'"* The Modern Language Review, vol. 101, no. 3, 2006, pp. 728–742. JSTOR, www.jstor.org/stable/20466906.

Copyright ©2021 Sri Nithyananda Paramashivam. All Rights Reserved

most cited interviews stating – *"What did the Brahmans do for our education in the five thousand years before Britain came? I remind you: They asserted their right to pour hot lead into the ears of the low-caste man who should dare to study books. All learning belonged to them, they said."*[61] The dangerous colonial caste constructs as seen in the Rwanda Genocide are also the basis for depriving Hindus of their religious rights, marginalization of various Hindu people groups, and the destruction of Hindu temples and monasteries. The indigenous Gurukul education system was not limited to imparting spiritual and religious knowledge, they contributed a phenomenal volume of ancient Human knowledge and expertise, in various fields such as State Policies, Politics & Statecraft[62], Law[63], Banking & Accounting[64], Architecture & Civil Engineering[65], Performing Arts[66], Medicine[67], Surgery[68], Botany[69], Chemistry and Metallurgy[70], Music[71], Agriculture[72], Astrology[73], Shipbuilding[74], Manufacturing[75], Food sciences[76], giving breakthrough contributions to humanity such as – knowledge, and application of zero, binomial theorem[77] (200BCE[78]), calculations with zero[79], positive numbers, negative numbers, generalization of Fibonacci identity, Euler's four-square identity, Lagrange's identity[80], knowledge, and application of infinity[81] (300BCE), average values[82] (1150 CE), fractions[83] (628 CE), arithmetical and geometrical progressions, plane geometry, angular dimensions, solid geometry, simple, quadratic, simultaneous, and

---

[61] Mayo, Katherine (1937). Mother India. New York. p. 178.

[62] Samrajya Laxmi Pithika, Niti Shashtra, Artha Shashtra, Manu Smriti

[63] Dharmashastra, Manu Smriti, Parasara Smriti, Yajnyavalkya smrit, Gautama, Mitakshara

[64] Arthashashtra, Krisi-Parasara

[65] Kamikagama, Mahaagama, and Suprabhedagama

[66] Pancharatra Agama

[67] Charaka Saṃhitā, Sham Raj, Nighant, Bhashya Parichehed, Madhava Nidan, Vagbhat

[68] Sushruta Samhita

[69] Vrukshayurveda, Bruhat Samhita, Sarngadhara's Vrukshayurveda, Parasara's Vrukshayurveda

[70] Rasahrudaya Agama, Rasendra Mangala, Rasarathnakara, Karshaputa, Lohasastra

[71] Gandharva Veda

[72] Krishi Parasara

[73] Siddhant Shiromani, Nil Kanthi, Mahurta Chintamani, Brihat Jatak, Shighra Bodh, Parasariya

[74] Yukti Kalpa Taru

[75] Nagalingayna-Kutha, Vishvakurma-Poorana, Kumalesherra Kalikamahata

[76] Bhaga Shashtra

[77] (i) Plofker, Kim (2009). Mathematics in India. Princeton University Press. pp. 54-56. *"Pingala's use of a zero symbol as a marker seems to be the first known explicit reference to zero."* ISBN 0-691-12067-6. (ii) पिङ्गलछन्दःसूत्रम्

[78] (i) R. Hall, Mathematics of Poetry, has "c. 200 BC" (ii) Mylius (1983:68) mentions "very late" within the Vedānga corpus.

[79] The Siddhanta-Sekhara of Sripati: A Sanskrit astronomical work of the 11th century : Cambridge University Press.

[80] Henry Thomas Colebrooke. Algebra, with Arithmetic and Mensuration, from the Sanskrit of Brahmegupta and Bhaascara, London 1817, p. 339 (online)

[81] (i) Ian Stewart (2017). Infinity: a Very Short Introduction. Oxford University Press. p. 117. ISBN 978-0-19-875523-4. (ii) वधादौ वियत् खस्य खं खेन घाते खहारो भवेत् खेन भक्तश्च राशिः॥2.18॥ अस्मिन् विकारः खहरे न राशावपि प्रविष्टेष्वपि निःसृतेषु। बहुष्वपि स्यात् लय-सृष्टिकाले अनन्ते अच्युतेभूतगणेषु यद्वत्॥2.20॥ Bhaskaracharya's Bijaganita

[82] Plofker, Kim (2009). Mathematics in India. Princeton University Press. page 71, ISBN 0-691-12067-6.

[83] Bhāskara II's treatise on mathematics, Līlāvatī

Copyright ©2021 Sri Nithyananda Paramashivam. All Rights Reserved

indeterminate equations[84], Baudhayana-Pythagoras Theorem[85], Madhava–Leibniz infinite series for the value of pi (Π)[86], trigonometry, infinite series for calculating value of a sine function, Nilakanta-Taylor series (1685 CE), Govindaswami-Newton-Gauss interpolation (1670 CE), calculus[87]. Somayaji-Newton Power series (1660 CE), Madhava-Gregory's series for inverse tangent (1632 AD), astronomy, Velocity of Planets (Puthumana Somayaji 1450 CE), Gravity (1114 CE), freely available organic antibiotic remedies[88], free and affordable[89] healthcare, vaccination[90] procedures, surgical[91] procedures including plastic surgery, etc. The State of the Republic of India however, considers indigenous heritage, knowledge, and acumen in poor light. In India, the interference of the State is not limited to Hindu religion and Hindu temples alone, but various fields like business and even science. C V Raman, the first Indian and first Asian to win Nobel Price, in one of his lectures about a series of experiments that required platinum, remarked that he had found his first sliver of platinum, when he, in a fit of rage against the government's ill-conceived policies on science, had smashed his Bharat Ratna medal (highest civil honor).[92] Raman was outraged at what he felt was the government's use of power to grant funds as a means to establish control over research institutes.[93] In his twilight years, he said in frustration, "*My life has been an utter failure. I was the first Asian to bring home the Nobel Prize in the scientific field. I thought I would bring true science to our country.*" Similarly, the interference of government on the economy was devastating, often termed – License Raj – referring to the red tape of the State

[84] B. S. Yadav (28 Oct 2010). Ancient Indian Leaps Into Mathematics. Springer. p. 88. ISBN 978-0-8176-4694-3, Aryabhatiya

[85] Thibaut, George (1875). "On the Śulvasútras". *The Journal of the Asiatic Society of Bengal*. **44**: 232–238

[86] (i) Edwards (1994), The historical development of the calculus, Springer Study Edition Series (3 ed.), Springer, p. 247, ISBN 978-0-387-94313-8 (ii) ഇരിഞ്ഞാറ്റപ്പിള്ളി മാധവൻ നമ്പൂതിരി Madhava of Sangamagrama discovered before Leibniz

[87] (i) "Neither Newton nor Leibniz - The Pre-History of Calculus and Celestial Mechanics in Medieval Kerala". MAT 314. Canisius College. (ii) "An overview of Indian mathematics". Indian Maths. School of Mathematics and Statistics University of St Andrews, Scotland.

[88] https://www.nature.com/articles/37838

[89] Gopinath BG. Foundational ideas of Ayurveda. Medicine and Life Sciences in India. In: Subbarayappa BV, Chattopadhyay DP, editors. New Delhi: Centre for Studies in Civilizations; 2001. pp. 59–107. History of Science, Philosophy and Culture in Indian Civilization; Part 2. Vol. IV.

[90] J. Van Alphen; A. Aris (1995). "*Medicine in India*". Oriental Medicine: An Illustrated Guide to the Asian Arts of Healing. London: Serindia Publications. pp. 19-38 ISBN 978-0-906026-36-6.

[91] Kansupada, KB; Sassani, JW (1997). "*Sushruta: the father of Indian surgery and ophthalmology*". Doc Ophthalmol. **93** (1-2): 159-67. doi:10.1007/bf02569056. PMID 9476614. S2CID 9045799.

[92] (i) Parameswaran, Uma (2011). C.V. Raman : a biography p. 222. OCLC 772714846. (ii) Malhotra, Inder (2014). "C. V. Raman and the Bharat Ratna". www.freedomfirst.in

[93] (i) "The ups and downs of a science city". (ii) Krishna, V.V.; Khadria, Binod (1997). *"Phasing Scientific Migration in the Context of Brain Gain and Brain Drain in India".* Science, Technology and Society. **2** (2): 347 - 385. doi:10.1177/097172189700200207. S2CID 143870753. (iii) Krishna, V. V. (1 June 2001). *"Changing policy cultures, phases and trends in science and technology in India"*. Science and Public Policy. **28** (3): 179 - 194. doi:10.3152/147154301781781525.

Copyright ©2021 Sri Nithyananda Paramashivam. All Rights Reserved

that hindered the setup and running of businesses in India between 1947 and 1990.[94] During this era, based on political interest[95], the banking sector in India was nationalized. This brought down their profitability[96] and viability[97]. Five decades later, the government was forced to pump in INR 2.5 trillion to counter the effect of several scams[98] that had resulted in a high level of non-performing assets standing at around INR 7.5 trillion[99]. The government had also nationalized the airline industry. Before the nationalization of the airline company Air India, its owner JRD Tata would take interest in minute details like cleanliness and even clean dirty toilets inside aircraft by himself to set an example for his staff to follow[100], after nationalization over decades of destruction[101] the airline gathered a total of INR 500 billion in debt, with the government determined to sell it off and privatize it again by December 2019.[102] Similarly, the government had nationalized various companies and organizations which over decades underperformed for various reasons linked to the economy in general and also because of red tape, and lack of accountability. The same is the fate of Hindu temples that were nationalized by the State governments of India. Madurai Temple for example used to offer Anna Daan (free food as a charitable service) to everyone irrespective of their status, religion, or caste. After State take over of the temple, not just Anna Daan several important services were stopped. In 1990, India faced a severe balance of payments crisis and as a part of a bailout deal with the IMF, India was forced to pledge 20 tonnes of gold to the Union Bank of Switzerland and 47 tonnes to the Bank of England and Bank of Japan and subsequently, liberalized the economy ending the red-tapism to some extent.[103] Despite the lessons learned from the past, several political groups in the State of the Republic of India are determined to nationalize and usurp ancient wealth and gold of several Hindu temples and loot it in the guise

---

[94] (i) Mathew, George Eby (2010). India's Innovation Blueprint: How the Largest Democracy is Becoming an innovation Super Power. Oxford: Chandos Publishing. pp. 13 ff. ISBN 978-1-78063-224-7. OCLC 867050270. (ii) Nehru, S., ed. (2019). Economic Reforms in India: Achievements and Challenges. Chennai: MJP Publisher. p. 271. ISBN 978-81-8094-251-8. OCLC 913733544. (iii) Street Hawking Promise Jobs in Future Archived March 29, 2008, at the Wayback Machine, The Times of India, 2001-11-25

[95] https://economictimes.indiatimes.com/news/politics-and-nation/view-indias-leap-to-nationalisation-as-world-jumped-over-the-moon/articleshow/70402194.cms

[96] https://www.business-standard.com/article/opinion/50-years-of-nationalization-119071801749_1.html

[97] https://www.livemint.com/opinion/columns/opinion-the-1969-bank-nationalization-did-india-more-harm-than-good-1563295097940.html

[98] https://www.business-standard.com/article/opinion/shekhar-gupta-dump-it-sell-it-forget-it-118021601397_1.html

[99] (i) https://www.statista.com/statistics/1064657/india-gross-npa-public-sector-banks-india/ , (ii) https://www.business-standard.com/article/politics/here-s-why-communist-party-of-india-opposes-privatisation-of-psbs-118022200476_1.html

[100] https://www.livemint.com/Companies/rLr3BwZ3II8vk5j8xI8ypJ/air-india-tata-air-india-flights-air-india-sale-airline.html

[101] https://www.firstpost.com/business/the-praful-patel-guide-to-destroying-ai-revised-edition-34635.html

[102] https://www.newindianexpress.com/specials/2019/dec/25/from-jet-airways-closure-to-air-india-crisis-how-indian-aviation-sector-got-stalled-in-2019-2080409.html

[103] (i) Economic Crisis Forcing Once Self-Reliant India to Seek Aid, The New York Times, 29 June 1991(ii) Bank, The World (12 November 1991). "India - Structural Adjustment Credit Project (English) - Presidents report". World Bank: 1. (iii) "Structural adjustments in India - a reportof the Independent Evaluation Group (IEG". World Bank.

Copyright ©2021 Sri Nithyananda Paramashivam. All Rights Reserved

of the greater interest of the nation – the prime example being the gold monetization[104] scheme planned for the Padmanabhaswamy Temple – the largest collection of items of gold and precious stones in the recorded history of the world.[105] Though the State of the Republic of India got political independence in 1947, and economic liberalization in 1990, there is a long way to go, especially in terms of religious rights more so for minority Hindu religious sects.

As per the colonial government data, the pre-colonial indigenous education system was widespread[106] imparting education to every person even in the remotest village[107], it was economical[108] and inclusive, catering to boys and girls[109] of all sections of society with as many as 70% of students being from impoverished communities[110] that now are recognized[111] as OBCs, SCs, and STs[112]. Despite this E. V. Ramasamy concocted several racist theories and delivered a massive volume of anti-Hindu speeches, such as claiming that historically in Hinduism education was fundamentally denied especially to impoverished communities.[113]

How many of us know that there is a 479 years old Educational Institution in India with an unbroken tradition of imparting knowledge? The oldest living institution is Raja Veda Kavya Patasala, Kumbakonam, TN, established in 1542 AD. Started by Govinda Dikshitar, the prime minister of Nayaka kings, the Veda Patasala still runs in Kumbakonam today.[114]

[104] https://www.indiatoday.in/india/story/pm-narendra-modi-temples-gold-jewellery-banks-248110-2015-04-11

[105] (i) "India to evaluate world's largest gold treasure soon". Archived from the original on 2015-04-14. (ii) R. Krishnakumar (16 July 2011). "Treasures of history". Frontline. 28 (15). Retrieved 27 November 2015.

[106] House of Commons Papers, 1831-32, volume 9, p.468, Presidency of Bombay, G.L. Prendergast '*there is hardly a village, great or small, throughout our territories, in which there is not at least one school, and in larger villages more*.'

[107] House of Commons Papers, 1812-13, volume 7, evidence of Thomas Munro (Governor of Madras Presidency 1819-1827), p.127, The Beautiful Tree, Dr. Dharampal, (ISBN No.: 81-85569-49-5 republished ISBN-10: 8175310952), page 26.

[108] Collector of Bellary (A.D. Campbell) to Board of Revenue, 17 August 1823 (TNSA: BRP: Vol.958 Pro.25.8.1823 pp.7167-85 Nos.32-33), para 16. "*The economy with which children are taught to write in the native schools, and the system by which the more advanced scholars are caused to teach the less advanced and at the same time to confirm their own knowledge is certainly admirable, and well deserved the imitation it has received in England.*"

[109] The Beautiful Tree, Dr. Dharampal, (ISBN No.: 81-85569-49-5 republished ISBN-10: 8175310952), Chapter IV, "*Education of Girls*" page 43

[110] (i) The Beautiful Tree (Dharampal), Chapter IV, *Table 3 - Caste-wise division of male school, student*, republished here, (ii) Ibid see also pg 29, "*while the Soodras and the other castes ranged from about 70% in Salem and Tinnevelly to over 84% in South Arcot*" (iii) TNSA: Revenue Consultations: Vol.920: dated 2 July 1822

[111] Ibid Chapter IV page 22 "*this included most such groupings which today are listed among the scheduled castes*"

[112] OBCs – Other backward castes, SCs – Scheduled Castes, STs – Scheduled Tribes are some of officially designated groups of people in India that are considered disadvantaged and marginalized by the State of Republic of India.

[113] Saraswathi, S. (2004) Towards Self-Respect. Institute of South Indian Studies: Madras pp. 119.

[114] https://www.facebook.com/mani.ramalingam.5/posts/4230673080312611

Copyright ©2021 Sri Nithyananda Paramashivam. All Rights Reserved

Attacks on Nithyananda Gurukul

In continuation of the constant persecution of Hindu indigenous gurukuls, Nithyananda Gurukul, the revival of the ancient indigenous Hindu ASMT[115] gurukul education system, has been subjected to continuous harassment and torture by various Hinduphobic terrorists who have not left any stone unturned to make sure the SPH is not allowed to run His gurukul peacefully. These forces are heavily invested in stopping any genuine attempt of the revival of indigenous Hindu traditions in India as they have a clear-cut policy of cultural genocide of the indigenous Hindu population in India in the next few decades, ASMT community, in particular, completely eliminating the authentic enlightenment-based ecosystems which are in complete alignment with the revealed scriptures – Veda-Agamas of Sanatana Hindu Dharma (Hinduism). This global nexus of various forces, ranging from other religious groups, atheists, communists, or neo-Hindutva terrorists have employed all forms of tactics to sabotage the SPH's work to revive Sanatana Hindu Dharma in India and elsewhere, especially through the re-establishment of scientifically and spiritually legitimate gurukul education system. These tactics range from mob lynching attempts, assassination attempts, vandalism of monastery properties, assault on His monks and nuns, misuse of State power, and lawfare to coerce the smooth functioning of Nithyananda Gurukuls at several places, especially in the states of Karnataka and Gujarat.

The Gujarat gurukul was housed inside the Yogini Sarvajnapeetham, the ASMT monastery dedicated to female monks of the SPH, with the responsibility of keeping the science of Chatushashtiyogini Sampradaya, an ancient spiritual science within Sanatana Hindu Dharma centered around the worship of the Cosmic Mother Parashakti. This monastery was the largest female Hindu monastery in the world and the only Hindu University in India. In November 2019, based on completely false charges made by a person named Janardhan Sharma, who had close ties with the neo-Hindutva politicians in the State of Gujarat, the Gujarat State government (CWC) Child Welfare Commission officials raided the female monastery and molested the children studying there, particularly the minor girls and boys studying there. The Gujarat State CWC officials and the State policemen showed pornography to the children. When a small girl went to change her clothes the state officials peeped into the bathroom. The state officials pulled the Jattas (dreadlocks) of the children causing them physical pain and emotional pain due to the ridicule. The state officials intimidated the children threatening to put them in jail if they did not attest to the views of the state officials. Some officers pressurized the children to eat unhealthy processed substances containing non-vegetarian substances avoided by the ASMT community on religious grounds and for health

[115] ASMT – Adi Shaivite Minority Tradition, an ancient indigenous Hindu sub-tradition founded by Paramashiva Himself. The community is the custodian of the ancient spiritual science of the Shaivite sect of Sanatana Hindu Dharma – the science of Power Manifestation from the Space of Oneness with Paramashiva – the Supreme Consciousness – the Source of All Creation

Copyright ©2021 Sri Nithyananda Paramashivam. All Rights Reserved

reasons. Children were traumatized by these harassments and for more than a year, a few children became so afraid of going to the bathroom alone that they would otherwise keep the door open in fear somebody might suddenly barge in. The statements of the children collected by coercion by the Gujarat State CWC officials and the State police were further manipulated by these officials wherein the officials attributed false statements against the names of the children and included the names of these children as witnesses of these claims (made by the state authorities) in the chargesheet made against the SPH Nithyananda Paramashivam and volunteer nuns working in the monastery. For the abuse done to children, the CWC officials were pulled up by the parents of these children in the High Court of Gujarat.[116]

A security camera CCTV footage of an officer touching a minor ASMT girl's Jatta (dreadlocks) made the minor girl very uncomfortable, as per her testimony.

A security camera CCTV footage of an officer who was showing a minor girl an obscene scene with his phone.

Following the High Court order fourteen Gujarat State government Child Welfare Commission (CWC) officials and the Gujarat State government Police officers who had raided the female monastery on the order of a Special Protection of Children from Sexual Offences Court were booked under POCSO Act for showing pornographic material to children. On December 28, 2019, The State Government completely demolished the monastery infrastructure.

[116] In High Court of Gujarat, R/SCR.A/26/2020, https://indiankanoon.org/doc/74023602/

Copyright ©2021 Sri Nithyananda Paramashivam. All Rights Reserved

The police complaint against the State authorities was closed without investigation and the petition to the Court was forced to be withdrawn by the Court. The only women monastery and Hindu University in India were demolished by the State.[117]

This is only one example to illustrate how Hinduphobic forces have gone to the extent of subverting the State authority to completely dismantle the indigenous Hindu enlightenment ecosystems kept alive by gurukuls. They did not even spare a female-centric Hindu ecosystem belonging to the indigenous ASMT community which stood for the values of Vedic feminism and spiritual and social empowerment of women in all forms. Their strategy of completely eliminating the authentic enlightenment-based indigenous spiritual traditions of Hindus from the soil of India via cultural and physical genocide has reached its peak and if nothing substantial is done to address this issue, Hindus who want to practice their religion in unadulterated and authentic ways will become a minority in their own ancestral land – India within no time, like they have been almost wiped out from all the countries where they once lived with pride and dignity. The SPH Bhagavan Sri Nithyananda Paramashivam stands as a tall figure for all two billion Hindus worldwide, as not just their spiritual leader but also their voice on the global stage, addressing the serious issue of consistent human rights violations done to Hindus, especially the ASMT community, telling their story to the whole world, the story of the Hindu Holocaust, which has not only been much gorier and bloodier than the Jewish Holocaust but comes with the additional trauma of complete silence and denial of this genocide for centuries, by almost all world leaders and communities. Despite all these attacks, the SPH stands firm on His ground to revive the indigenous knowledge tradition of Sanatana Hindu Dharma and enrich the whole world with the solutions that this great ancient science offers to solve the contemporary individual and societal problems we are facing as a civilization, especially through the revival of Hindu Gurukul System.

[117] https://timesofindia.indiatimes.com/city/ahmedabad/got-cbse-affiliation-without-govt-noc-dps/articleshow/72267554.cms

Copyright ©2021 Sri Nithyananda Paramashivam. All Rights Reserved

Nithyananda Gurukul - Creating an enlightened generation

auṁ saha nāvavatu | saha nau bhunaktu | saha vīryam karvāvahai |
tejasvi nāvadhītamastu mā vidviṣāvahai || auṁ śāntiḥ śāntiḥ śāntiḥ ||

"**AUM. May we both (the Guru and the disciple), together be protected. May we both be nourished and enriched with knowledge. May we both work with great strength, energy, and enthusiasm. May our study and learning together, illumine us both with the sharp, absolute light of higher intelligence. So be it. May we both not have enmity or incompletion with each other. AUM.**
Let there be Peace (in my inner space). Peace (in nature). Peace (in the Divine forces)."

~ kṛṣṇā yajurveda, taittriya upaniṣad 2.2.2

"The current system of education established by Macaulay and Max Muller in India is the 'non-involving narrative style' of teaching. The original Indian education system was not about continuously giving words, ideas, concepts, theories, or theologies. It was about awakening you to the right context – Enlightenment. The Indian Education System – the Gurukul - is more of a 'transmission of the knowledge, rather than mere 'transfer' of knowledge. My Gurukul kids will not use their body as a 'PC' that merely processes information that is fed to it. They will function as the 'internet', accessing knowledge from the cosmic archives and having their own inventions and discoveries!"

- The SPH Bhagavan Nithyananda Paramashivam

What is Gurukul Education?

It is the original Indian Education System of Sanatana Hindu Dharma where students lived with enlightened masters from a tender age, learning the 64 vidyas - types of knowledge. Knowledge was transmitted through the very bio-memory of the master. The children emerged as spiritually anchored geniuses who radiated siddhis (mystical powers) and were high-achievers and world leaders. Nithyananda Gurukul[SM] is fast reviving the gurukul education in its entirety not only in India but around the world, spearheaded by living incarnation SPH Bhagavan Nithyananda Paramashivam.

Accomplishments

- 2 Oct 2006: Inauguration of Nithyananda Gurukul - the revival of the ancient Adi Shaivite Guru-disciple education – an authentic knowledge transmission system based on enlightenment.
- 2018: Nithyananda Gurukul is recognized as the Primary school with the highest ratio of children appearing for high school graduation (under IGCSE - International General Certificate of Secondary Education and Edexcel – an international secondary school certification created by Edexcel Limited, a UK company) ahead of their age.
- 2018: Awarded Leadership in Education in the 12th World Education Summit 2018, New Delhi.

Copyright ©2021 Sri Nithyananda Paramashivam. All Rights Reserved

- Re-established academic excellence as a blissful byproduct of the stress-free Hindu knowledge transmission system that harnesses the spiritual powers of the awakened Third Eye.
- Successfully established as a lifestyle for children, the ancient Hindu Science of "Power Manifestation" - Expression of Yogic Powers such as "functioning with an awakened Third Eye".
- Successfully established the authentic Shashtanga Yoga of Paramashiva as the lifestyle that aids in Power Manifestation for children.
- Primary school with the highest ratio of children appearing for and clearing high school graduation ahead of their age.
- Standard academics, along with Nithyananda Yoga[SM] , mallakhamba (pole yoga), kundalini rajju (rope yoga), dhanur vidya (archery), dhyana (meditation), akhada (traditional gym), Veda parayana (Vedic chanting), natya-nataka-sangeeta-shilpa-citrakala (all forms of traditional performing arts and fine arts), vakyartha sadas (spiritual discussions for life solutions), puja vidhi (worship and rituals) and lifestyle as per the Agama Shastra.
- Whole-brain learning, stress-free, zero teen violence or aggression.
- 50% of children are at 1 to 3 years ahead of their grades, giving their Class X Board Exams before 15 years.
- 35% of children have IQ scores above 130 – 'gifted' category as per SLOSSON IQ score.
- Quantum memory activation is rapidly moving towards recalling verbatim after a single hearing (called ekasanthagrahi in the Vedic age).
- Awakening yogic powers such as communing with and commanding Nature to cause rain and rose plants to drop their thorns.
- 100% of children initiated into Third Eye Awakening[SM], showing high intelligence, blindfolded reading, X-ray vision, clairvoyance, and more.
- 30% of children spontaneously play musical instruments without formal lessons.
- 100% of children produce creative temple arts like deity making, alankar (deity decoration), planning and building children's temples, making deity jewelry, and art.
- 100% of children organize and conduct their own temple rituals around the year.
- Established schools in Bidadi, Tiruvannamalai, and Chennai teaching 250 children.
- 1000s of children are taught through Nithyananda Bala Vidyalayas (weekend gurukul education) worldwide.
- India's first-ever television show with daily spiritual debates and life solutions presented entirely by children

The SPH's Future Vision for Gurukul Education

- 10,000 gurukuls to be established worldwide (work underway in Rajapalayam, Hosur, Salem, Chennai, Erode, Seeragapadi, Rasipuram, Hyderabad, Mumbai, Baroda, Pondicherry, and Varanasi in India).
- Full-fledged Vedic University with 5000 teachers and modern infrastructure.
- Gurukul students to emerge as the new generation of enlightened beings holding early Ph. D degrees and carrying extraordinary knowledge, powers, and solutions for the planet.
- Nithyananda Bala Vidyalaya (weekend gurukul) classes to reach 108 countries in the next 5 years. (Work underway in USA, UK, Australia, New Zealand, Oman, and Singapore).
- All villages of India to have the gurukul way of education.

Copyright ©2021 Sri Nithyananda Paramashivam. All Rights Reserved

One of the greatest happenings in Nithyananda Gurukul is not only that they are groomed to be the enlightened leaders of tomorrow, but operating with life from the fundamental cognition of life 'Enriching'. Enriching themselves and others through the free services of Third Eye Powers but also enabling their presence in global efforts and world stage to educate the world population on this most accessible highest form of lifestyle - a lifestyle of Power Manifestation. The image above is the demonstration of one of the foremost Powers of the Third Eye initiated by the Living Avatar, the SPH Bhagavan Nithyananda Paramashivam - Demonstration of the Power of Blindfold Reading at Business Advocacy Summit, Washington D.C., USA

Copyright ©2021 Sri Nithyananda Paramashivam. All Rights Reserved

Students Testimonials

"Swamiji wants Rabbits and lions, snakes and frogs, all of them to live together happily without hurting each other in Gurukul. From our space of non-violence, we speak to the animals and make them vegetarian and human-friendly. To start with, we spoke to one cat and made it a vegetarian, after which Swamiji blessed the cat to eat only vegetarian food(Now known as Shaiva Pune). Now recently we got a squirrel (Kartikeya) who was doing namaskar for more than 10 minutes to Kala Bhairava! When Swamiji gives us a project, he gives us the energy and power also to make it happen!" - A Nithyananda Gurukul student

Copyright ©2021 Sri Nithyananda Paramashivam. All Rights Reserved

Sri Nithya Parameshananda

Legal name: Ishwar Sairam
Spiritual name: Nithya Parameshananda
Age: 6 (at the time of the incident)
Location: Nithyananda Peetham, Bengaluru Aadheenam
Student of Nithyananda Gurukul, India

Susadha: Described in the Linga Purana, Susadha translates as 'one who helps to calmly bear the pain.' This attribute applies not only to the Avatar but also to his disciples, who would have a similar capacity to calmly bear the pain

Bigata Vajra: The ability to spontaneously return to health under any conditions, referred to in the Linga Purana as the quality of Shiva Himself

"Hi, I am Ishwar, I am six years old, and I am going to explain how I broke my hand. Once I went to my friend's house in the ashram during the holidays. I was sitting on the corner of a plastic chair, and lost my balance, and fell off with such force that I broke my hand. I went up to the third floor to our apartment in the ashram and told my mom that my hand was disconnected. I was not crying, I was just focusing on the pain.

My dad and mom rushed me to Swamiji and told Him that I had broken my hand. Swamiji immediately asked an assistant to call an ambulance and take me to the hospital. In the hospital, they took me to the operation theater and did something... after that, I was in the hospital for four days and then came back home."

Copyright ©2021 Sri Nithyananda Paramashivam. All Rights Reserved

Experience of Sri Nithya Tattvananda, 18 years old

"It was the time when Swamiji came to Gurukul and gave us the Third Eye Initiation for the first time. After Swamiji left we immediately started a manifesting powers session. In a few minutes, I started seeing letters and numbers and within 1 hour I started solving puzzles and playing board games. Then next day again we had a manifesting power session, and within 1 1/2 hours I started to read sentences and paragraphs and soon enough in 3 days I was demo ready, and now because of the initiations that Swamiji has given me and so many others, I have been manifesting so many powers, and I have done over 500 demos around the world."

Ma Nithya Madhurananda - 12 years old

"In a sudden Satsang, Swamiji was speaking about Powers. When Swamiji was speaking about that, it was going beyond my head. So after Satsang, I was continuing with my routine and after some time Swamiji called all the Balasanths to His courtyard for initiation to awaken our Third Eye. After the initiation, Swamiji told us to go and manifest powers, so we assembled in a row. They told that we are going to manifest powers of Third Eye which is blindfold reading. So they gave me a blindfold and tied my eyes. They gave me a piece of paper with some letters on it. I read the piece of paper which they gave me to read with some mistakes. After some time I removed my eye band and I felt very bad as all other Balasanths were able to read through their third eye; they were demo ready. So I was crying and very powerless for not reading through my third eye. My friends saw me crying and asked me why was I crying and I told them what was happening inside me to my friends. After some time my friends start explaining to me how the third eye is possible. They told me that just have oneness with Swamiji and ask to show the letters or the words. After few minutes, my friends told me, "Come we will manifest third eye reading." My friends put the eye band on me. I was having that oneness with Swamiji when my friends gave me the piece of paper. I was able to read it very clearly without any mistakes and my friends were clapping their hands. I felt very excited at that time. What I want to tell from this is if you have oneness with Swamiji, it is easy to manifest!"

Sri Nithya Shivatmananda - 15 years old

One week after we came back from a trip to Omkareshwar with Swamiji, my friend and I had to go for a demo in Bangalore. The demo was in a famous place in Karnataka (The Lalbagh Park). It was around 7:00 early in the morning, we were in the park. Our original plan was we will do only the Third Eye Reading, House Scanning, and body scanning. We started with third eye reading, only 20 to 30 people gatehred at the spot. When we started with the body and house scanning around 50 people gathered, then suddenly out of nowhere one person joined the crowd and stepped forward and told us if at all your third

Copyright ©2021 Sri Nithyananda Paramashivam. All Rights Reserved

eye is really awakened and your Guruji is really great then scan my bag and please say what is inside. At first, we were shocked, we never tried this one and how 50 people have gathered and that man had brought more of his own people. At that time something stuck me, 'Hey come on, you are representing Swamiji here and it is Him who is manifesting through you, then why should you get scared? Come on let's do this!' Immediately the next moment I just held onto my mala's dollar tightly and within seconds Swamiji showed me a blue pen with a black cap, a bunch of keys, and a bundle of money tied with a green rubber band. The man opened his pouch in front of the crowd and clapped aloud. Then all the 50-60 people who stood there were stunned and also loudly clapped. Then without speaking another word the man just closed his pouch and escaped through the crowd.

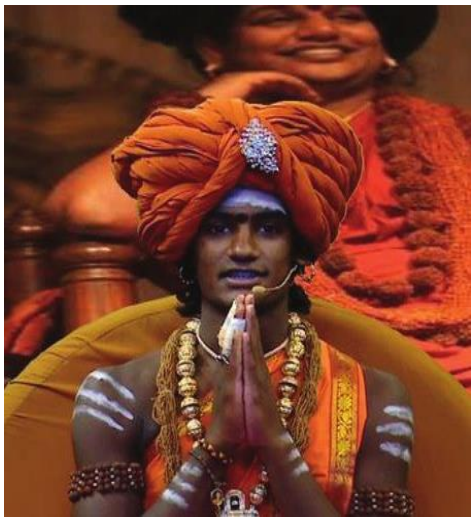
Akashic Reading Testimonials

I discovered my link with my father through an Akashic Reading

Spiritual name: **Ma Nithya Atma**
Location: **USA**
"As a child, I was strongly attached to my dad, and as long as he was around I would feel safe and more comfortable with life. Around the age of 50, his life took a radical spiritual turn and he became a healer. One morning when he was alone in his office, he began experiencing a heart attack. He later shared with me that he met the attack fearlessly, and survived through prayer alone. Recently, during an Akashic Reading, I asked Kalabhairava about his interest in India. Kalabhairava said that in a past life, he was a student of Totapuri, Sri Ramakrishna's teacher. I had to research this after receiving this information, and the connections make perfect sense. This explains so much my deep connection to him!"

Copyright ©2021 Sri Nithyananda Paramashivam. All Rights Reserved

Kalabhairava revealed His footprints on my head



Spiritual name: **Sri Nithya Sundareshwarananda**
Age: 12 (at the time of the incident)
Student of Nithyananda Gurukul
"During an Akashic Readings session in Kodaikanal, the children of Nithyananda Gurukul got an opportunity to ask their questions to Kalabhairava. I asked Kalabhairava, 'I heard that footprints appeared on the Dalai Lama's skull, showing the directions to the next Dalai Lama… what is the science and the reason behind this?' Kalabhairava replied, 'All enlightened beings and incarnations leave their body in this way only. Shave your head, I will show you my footprints!' When I shaved my head, I found that indeed there was a clear mark of footprints on the crown of my head!' There was no way anyone could have made that other than Kalabhairava himself!"

Swamiji predicted my friend's marriage four years in advance

Name: **Devi**
Location: **Coimbatore, India**
"I would like to share a friend's experience that happened at Kalabhairava darshan. She is also Swamiji's devotee and was in love with a guy, but was not able to marry him due to severe opposition from her family. She had Kalabhairava darshan in 2011 and asked Swamiji about when she would get married. Swamiji replied that she will get married in December 2015, to the same person who she is in love with now. Four years later, she got married to the same guy in December 2015, just as Swamiji predicted. There were a lot of struggles with her family, but they both finally overcame all struggles and got married as per His Blessings."

Eka-santha-grahis

Sanskrit being a highly sophisticated and phonetic language, the very sounds are embedded with the subtle aspect of their meaning. Thus, a truth transmitted orally from a Guru to a receptive disciple would directly penetrate and alter the bio-memory of the disciple, without even the need for active participation from the disciple's logical faculties. Mantras (syllables carrying a conscious vibration), shastras (expositions of the Truth), stotras (expressions of devotional ecstasy), and sutras (compact spiritual techniques) were all

Copyright ©2021 Sri Nithyananda Paramashivam. All Rights Reserved

transmitted orally from Guru to disciple as part of a committed learning process. Apart from embedding the meaning of the words in the bio-memory of the disciple, this form of transmission carried the power to raise the vibrational frequency of the learner, simply through his listening and repetition. Learners were frequently '**eka-santha-grahis**', able to imbibe and reproduce an entire lesson after a single listening. Several students of Nithyananda Gurukul[SM] have also demonstrated this rare capability.

Third Eye Awakening[SM] demonstration with blindfolded reading by an initiated 9-year-old Nithyananda Gurukul[SM] child at Business Advocacy Summit, Washington D.C., USA

Copyright ©2021 Sri Nithyananda Paramashivam. All Rights Reserved

Nithyananda Gurukul[SM] children initiated and trained directly by
The SPH Bhagavan Sri Nithyananda Paramashivam explore the powers of the Third Eye

Third Eye power demonstration to a live audience by Nithyananda Gurukul[SM] Balasants (students)

Copyright ©2021 Sri Nithyananda Paramashivam. All Rights Reserved

For me, there is no difference between a wish and a will

Name: Ma Nithya Yogamatananda
Age: 9
Student of Nithyananda Gurukul[SM]
"When I do blindfold reading, it looks like everything is just coming like an image. It just pops up and goes. How I look at it is, just like an image - sometimes an image, or sometimes like how I look around, like with my normal two eyes. You should be first self-confident when it comes, then with that confidence, it will benefit you with everything. For me, there is no difference between a wish and a will. For example, when I want a toy and I wish for it, then it just happens. I just wish, I want a Lego and it just happens!"

I am learning from Yogamata every day!

Name: Ma Nithya Shivajnanananda (mother of Ma Nithya Yogamatananda)
Location: USA
"Yogamata is showing me every day what it means to believe in yourself and know that you can do anything. Anything is really possible! The way she approaches life or tackles problems is so beautiful and inspiring. She expresses so much intelligence and maturity; she is able to learn new subjects so quickly after the initiation. We knew that when we enrolled her in the Gurukul, Swamiji was going to teach her to be successful and a better human being - but we never expected this!"

I can read languages which I don't know!

Name: Ma Nithya Prajnananda
Age: 13
Student of Nithyananda Gurukul[SM]
"After Swamiji awakened my Third Eye, I am able to read comfortably even when blindfolded. The most surprising thing is that I am able to read languages like Tamil and Gujarati, which I normally don't know how to read! After these experiences, I feel that I have transformed a lot."

Copyright ©2021 Sri Nithyananda Paramashivam. All Rights Reserved

Behavioral Analysis of Nithyananda Gurukul[SM] Children

Debbie Chance
Ph.D. in Education
School Administrator, Winston-Salem
Forsyth County Schools
North Carolina, USA

"

General observations

Gurukul students were mature and very respectful of the adults, of me, and of each other. They were highly attentive and conscious of the needs of other students and were frequently observed dressing, helping, nurturing, and problem-solving with each other. This was regardless of age; even young students assisted older ones and helped teachers as well.

De-escalation of conflict

There was no competition or comparison, and no aggression except for a few times, which was immediately solved by a self-appointed group of 'de-escalators' who intervened quickly, asking questions like, 'Are you in the space of Shivoham?' Or, 'How can you get in the space of Shivoham now?'

One young student was observed crying and hitting another older student multiple times. This older student just 'took the hits' and moved away. Within five minutes, he had 'completed' with the de-escalators, and moved on.

Response to pain

School Administrator was presented with a student with pain in the body. She asked the students, 'What is pain?' and 'Can you take care of it?' The student said yes and went away. The administrator was observed allowing students to be self-directed in the classroom, assigning work with flexible time limits, and students could pace themselves - play or sleep, play with beads, and do whatever, so long as they finished the assignment according to the parameters.

Restful awareness

Basically, the group functions as a WHOLE and they appear to be able to sit quietly for long periods of time in restful awareness. There is no picking-on, harassing, fighting, put-downs, as one would expect in a 'normal' school. On one occasion dinner was late, and they waited quietly for over an hour with no complaints.

Copyright ©2021 Sri Nithyananda Paramashivam. All Rights Reserved

Adult-type behavior

Students assume responsibility for adult-type behaviors like re-directing, advising, questioning, and actively listening to each other. One 7-year-old after finishing his report, spelling, and printing correctly, got up walked over to another student, and helped him to write and spell for his report. Another 11-year-old frequently directed the whole class, “Everyone be in the space of listening”. Of course, everyone listened, and the re-direction happened easily.

Completion

Students also take responsibility for helping one another ‘complete’ themselves by asking relevant questions to facilitate each other’s understanding of the completion process. Students would not allow themselves or others to be in the space of powerlessness. Completion happened constantly. They appeared to be a self-correcting, inter-woven network of completion.

Living Enlightenment as the goal

Copyright ©2021 Sri Nithyananda Paramashivam. All Rights Reserved

Students challenge each other to grow into higher states of social and emotional functioning by actively facilitating the thinking/understanding of the common goal: Living in the state of Enlightenment. Students used a common language that was based on the common goal of living in a state of balanced emotional maturity. Where else would you find over 100 students of all ages in one big room, sitting together, eating together, just being together, in such silence?

The incident of rose plants in the Nithyananda Gurukul[SM] garden dropping thorns

A surprising incident that was brought to our notice was that the children's garden of the Gurukul had dropped their thorns after being counselled by the students, and assured them that there was no danger to them, and no need to keep their thorns to defend themselves. I personally investigated this with my team, spending some time in the garden during the students' counselling session.

Observation

Students sat with their roses for approximately 20-30 minutes per day. Some caressed the leaves, some sat quietly, some talked to each other, yet they were sitting casually... not praying, speaking to the plant, or exhibiting any obvious behavior... yet the majority of the plants had dropped their thorns.

Effects of Third Eye Awakening[SM] – the Spiritual Initiation Given by the SPH

- Blindfolded reading
- Enhanced intuition
- Increased IQ
- Ability to use all aspects of the brain's potential
- Parakaya Pravesham - the ability to enter and understand the other being.

Whole-Brain Activation Studies on Nithyananda Gurukul[SM] Students

Bender-Gestalt II Test

The Bender-Gestalt Test is a determinant of neurological functioning. It assesses the level of whole-brain activation; the students' ability to see the "big picture" and recall the details of it.

It is not just an IQ Test. The test is in two phases.

In the first phase or 'copy phase', students are first asked to copy 12 images of various complexities. This 'copy phase' reflects the students' visual-motor intelligence and maturity. In the second phase or 'recall phase', students need to remember all of the images previously drawn without seeing them. The recall phase reflects the students' visual recall intelligence. The recall image is scored based on the level of recall ability. Of the 75 students who have

Copyright ©2021 Sri Nithyananda Paramashivam. All Rights Reserved

taken the Bender Gestalt II test so far, the average percentile rank of Copy Phase is 95.07 and Recall Phase is 86.91.

Note: These extremely high scores are indicative of above-average results compared to other students who were used to norm this test.

Overview of test-taking behavior

It Is very important to document the way in which the student approaches this test, because (according to the testing protocol) it reflects the way the student approaches life itself.

- Students consistently avoided complaining and approached each event with composure and alertness.
- They exhibited extremely meticulous precision in transposing the Gestalt forms.
- They consistently took much more than the average amount of time to transpose the Gestalt. On average, it took a total of two hours per student: one hour to copy all twelve Gestalt forms and one hour to recall them.
- If an examinee takes a large amount of time to complete the geometric figures, it demonstrates a methodical approach to tasks, low compulsive tendencies, and low symptoms of depression. In the modern world, delayed gratification is considered one of the highest assets of an employee. The observed ability of delayed gratification was the the most impressive result of the Bender Gestalt II test.
- The other outstanding attribute in Bender Gestalt II results was the superior memory ability of students. It is very unusual for students to remember such a high number of Gestalt forms. Each gurukul student attended to the test card carefully, and persistently transposed the Gestalt form; remaining calm, cool, and collected. They initially approached each Gestalt form with keen observation and analysis of the form, and then exhibited steady perseverance, attending to minute details.
- The students appeared to be in the deep state of restful awareness as they performed the memory recall aspect. They showed no signs of confusion, neither were they conflicted nor agitated. They consistently exhibited presence of mind. Because of their deep ease, the clarity of their memory was obvious. These impressions indicate strong mental stability, persistence, attention to detail, high motivation, and emotional maturity. The superior level of precision is evident in the high percentile ranking scores listed in the tables.

The superior level of precision is evident in the high percentile ranking scores listed in the tables.

Copyright ©2021 Sri Nithyananda Paramashivam. All Rights Reserved

Bender Gestalt II and Slosson Test

Partial TEST Data and Observations

April 27, 2015

Age (as on test day)	Copy Phase Standard Score	Copy Phase Percentile Rank	Recall Phase Standard Score	Recall Phase Percentile Rank	Motor Test (T: 12)	Perception Test (T:10)
10y 9m	148	99.93	143	99.79	12	10
9y 8m	147	99.91	116	85.69	12	10
9y 9m	144	99.83			12	10
12y	144	99.83	157	99.99	12	10
12y 5m	143	99.79	160	99.99	12	10
10y 1m	141	99.69	140	99.62	12	10
13y 7m	140	99.62	160	99.99		10
15y 1m	138	99.44	160	99.99	11	10
15y 4m	138	99.44	135	99.02	12	10
12y 7m	138	99.44	116	85.69	12	10
10y	138	99.44	106	65.54	11	10
14y	138	99.44	158	99.99	12	10
15y 9m	137	99.32	160	99.99	12	10
15y 8m	137	99.32	151	99.97		10
16y	137	99.32	143	99.79	7	10
14y 1m	136	99.18	160	99.99	12	10
13y 1m	136	99.18	149	99.95	12	10
15y 11m	135	99.02	153	99.98	11	10
18y 9m	135	99.06	140	99.62	12	10
14y 10m	134	98.83	125	95.22	12	10
15y 1m	134	98.83	138	99.44	11	9
16y 7m	134	98.83	110	74.75	11	10
7y 5m	133	98.61	160	99.99	10	
12y 6m	133	98.61	148	99.93	12	10
13y 11m	133	98.61	142	99.74	12	10

Bender Gestalt II and Slosson Test

Partial TEST Data and Observations

April 27, 2015

Age (as on test day)	Copy Phase Standard Score	Copy Phase Percentile Rank	Recall Phase Standard Score	Recall Phase Percentile Rank	Motor Test (T: 12)	Perception Test (T:10)
13y 5m	132	98.36	160	99.99	12	9
15y 10m	132	98.36	128	96.9	10	
16y 8m	132	98.36	141	99.69	12	10
10y	131	98.06	123	93.74	10	10
10y 2m	131	98.06	87	19.31	12	10
11y 5m	131	98.06	160	99.99	11	10
9y 1m	130	97.72	135	99.02	12	
11y 10m	130	97.72	116	85.69		9
14y 4m	130	97.72	108	70.31	11	10
13y 11m	129	97.34	150	99.96	12	10
13y 1m	129	97.34	144	99.83	11	9
13y 1m	129	97.34	100	50	11	10
14y 9m	129	97.34	144	99.83	12	10
16y 5m	129	97.34	132	98.36	12	10
12y 5m	128	96.9	145	99.87	12	9
12y 4m	128	96.9	126	95.5	10	10
14y 3m	128	96.9	145	99.87	12	10
13y 10m	127	96.41	116	85.69	12	10
11y 6m	126	95.85	160	99.99	12	10
13y	126	95.85	107	67.96	12	10
7y 9m	125	95.22	147	99.91	12	10
9y 9m	125	95.22	160	99.99	11	10
15y 11m	125	95.22	93	32.04	12	10
14y 11m	125	95.22	92	29.69	12	10
15y 5m	123	93.74	100	50	11	10

Copyright ©2021 Sri Nithyananda Paramashivam. All Rights Reserved

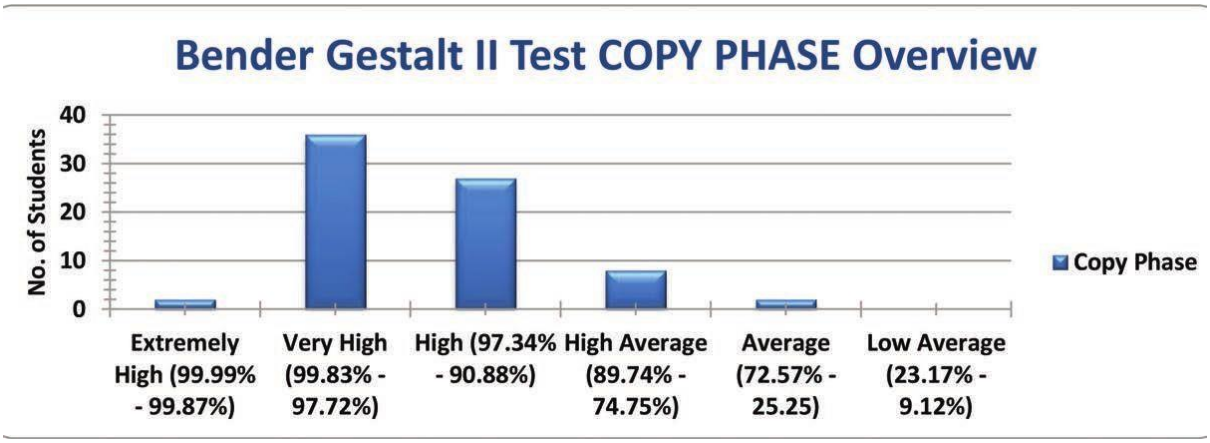
Bender Gestalt II and Slosson Test Partial TEST Data and Observations April 27, 2015						
Age (as on test day)	Copy Phase Standard Score	Copy Phase Percentile Rank	Recall Phase Standard Score	Recall Phase Percentile Rank	Motor Test (T: 12)	Perception Test (T:10)
17y 4m	123	93.74	131	98.06	12	10
12y	122	92.88	140	99.62	12	9
10y 11m	121	91.92	134	98.83	11	10
13y 2m	121	91.92	102	55.3	12	9
10y 3 m	121	91.92	92	29.69	4	10
14y 3m	121	91.92	109	72.57	10	10
10y 5m	120	90.88	133	98.61	12	9
18y	119	89.74	114	82.47	9	9
12y 5m	118	88.49	116	85.69	12	10
12y 7m	118	88.49	123	93.74	8	9
8y 3m	117	87.15	138	99.44	10	10
14y 9m	117	87.15	127	96.41	10	10
16y	117	87.15	86	17.53	12	10
11y 1m	115	84.13	140	99.62	12	10
12y 4m	111	76.83	114	82.47	9	9
15y 4m	109	72.57	116	85.69	12	10
16y 7m	134	98.83	150	99.96	12	10
10y 8m	131	98.06	139	99.53	11	10
9y 7m	120	90.88	105	63.06	7	9
8y 8m	124	94.52	119	89.74	10	10
9y 7m	129	97.34	100	50	11	10
13y 6m	140	99.62	160	99.99	11	10
7y 2m	121	91.92	125	95.22	7	9
12y 5m	140	99.62				
13y 4m	99	47.34	110	74.75	7	10

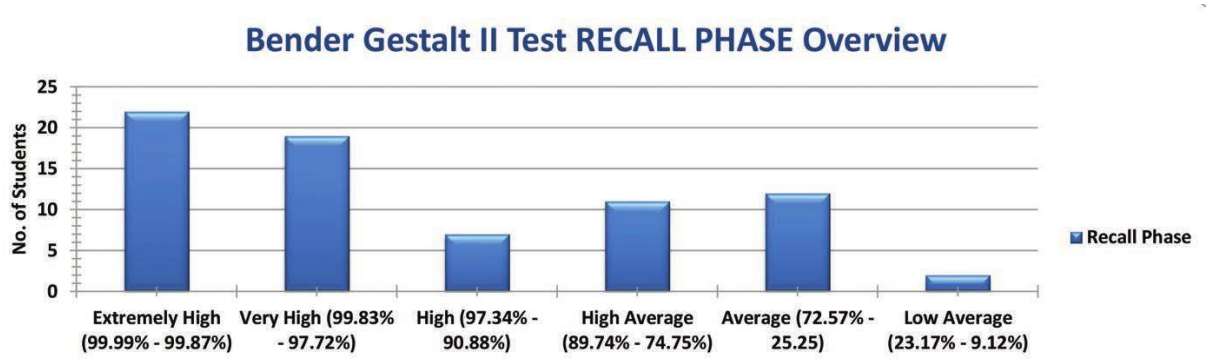
Copyright ©2021 Sri Nithyananda Paramashivam. All Rights Reserved

Overview of Percentile Rank of Bender Gestalt II Test		
	Copy Phase	Recall Phase
Extremely High (99.99% - 99.87%)	2	22
Very High (99.83% - 97.72%)	36	19
High (97.34% - 90.88%)	27	7
High Average (89.74% - 74.75%)	8	11
Average (72.57% - 25.25)	2	12
Low Average (23.17% - 9.12%)	0	2

BENDER - COMPARISON WITH NATIONAL AVERAGE			
Copy Phase Percentile Rank	Recall Phase Percentile Rank	Motor Test	Perception Test (Ability to perceive the Whole)
96.90	99.87	100%	100%
99.79	99.99		100%
99.93	99.79	100%	100%
99.02	99.98	92%	100%
98.83	95.22	100%	100%
98.83	74.75	92%	100%
98.06	93.74	83%	100%

Copyright ©2021 Sri Nithyananda Paramashivam. All Rights Reserved





Slosson IQ Test

The Slosson Intelligence (IQ) Test is a well-respected and highly validated intelligence test worldwide. It measures the following categories: general information, similarities and differences, vocabulary, comprehension, digit span, arithmetic, visual-motor capacity, and auditory memory. After all testing is completed, the examiner will do an item analysis on consistently missed items and categories to provide feedback for future instructional strategies.

Since the Slosson is a highly verbal test, the test administrator observed that many of the IQ scores were not accurate because of a lack of English language immersion. The results pertaining to students with total English immersion have been reproduced here. (Note: The number of years each student has practiced English has been recorded) 50% of the students with total English immersion fell into the category of Genius and Very Superior Intelligence (IQ Score of 120 and above).

The average difference between the chronological age and the intellectual age is 2.7 years ahead.

Note: The MAE (Mean Age Equivalent) of Nithyananda Gurukul[SM] students is much higher than their peers who were used to norm this test.

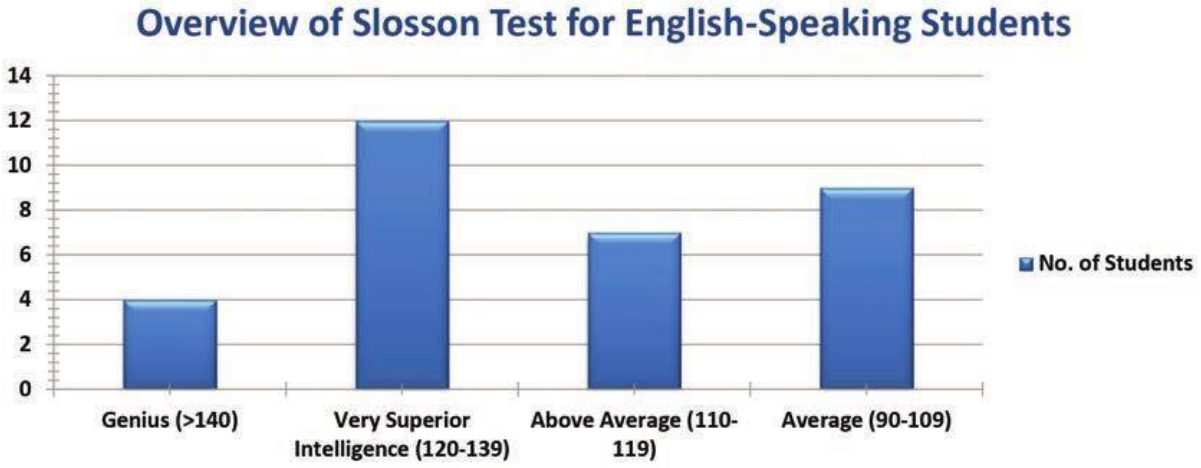
Copyright ©2021 Sri Nithyananda Paramashivam. All Rights Reserved

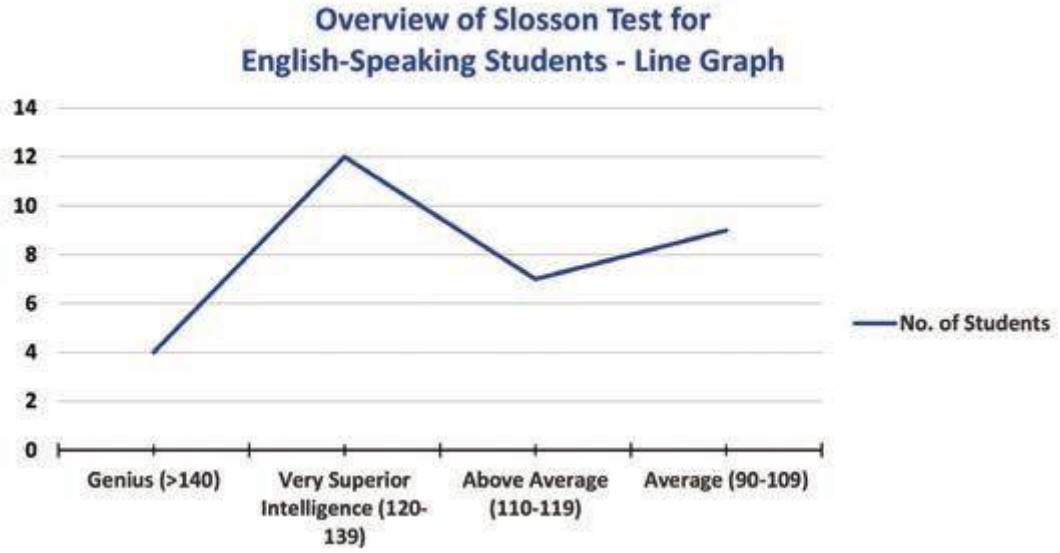
Slosson Test for English Speaking Students				
Exact Age (on test day)	MAE (Intellectual Maturity) Age	+/- Intellectual Maturity Compared to Exact Age	IQ Score	Percentile
10.2	16.5	6.3	144	99
12.5	17.8	5.3	144	99
12.6	17.8	5.2	142	99
7.2	10.5	3.3	140	99
10.9	17.3	6.4	136	99
12.1	17.8	5.7	133	98
10.6	15.8	5.2	133	98
11.5	16.8	5.3	127	95
13.9	17.8	3.9	123	92
13.9	17.8	3.9	123	92
15.9	17.8	1.9	123	92
14.9	17.8	2.9	121	90
16.1	17.8	1.7	121	90
12.7	17.8	5.1	120	89
14	17.8	3.8	120	89
14.9	17.8	2.9	120	89
11.7	16.3	4.6	119	88
16.7	17.8	1.1	119	88
16.6	17.8	1.2	118	87
15.4	17.8	2.4	115	82
7.5	8.8	1.3	111	75
9.8	11	1.2	111	75
7.8	9	1.2	110	73
16.9	17.8	0.9	106	64
17.4	17.8	0.4	105	62
12.4	13.8	1.4	104	59
11.9	13.3	1.4	103	57
11.6	12.8	1.2	100	50
18	17.8	-0.2	98	45
12.5	12.8	0.3	95	38
13.7	13.8	0.1	94	36
12.2	12.3	0.1	93	33

Overview of Percentile Rank of Slosson IQ Test	
Score Range	**No. of students**
Genius (>140)	4
Very Superior Intelligence (120-139)	12
Above Average (110-119)	7
Average (90-109)	9

Copyright ©2021 Sri Nithyananda Paramashivam. All Rights Reserved

SLOSSON - COMPARISON WITH NATIONAL AVERAGE				
Age (as on test day)	Developmental (Intellectual Maturity) Age	Difference between Actual Age & Developmental (Intellectual Maturity) Age	IQ Score	Percentile Rank (As compared to national averages)
12.5	17.8	5.3	144	99
12.6	17.8	5.2	142	99
10.9	17.3	6.4	136	99
15.9	17.8	1.9	123	92
14.9	17.8	2.9	120	89
16.7	17.8	1.1	119	88
9.0	11.3	2.3	107	67





Intellectual Maturity compared to Exact Age

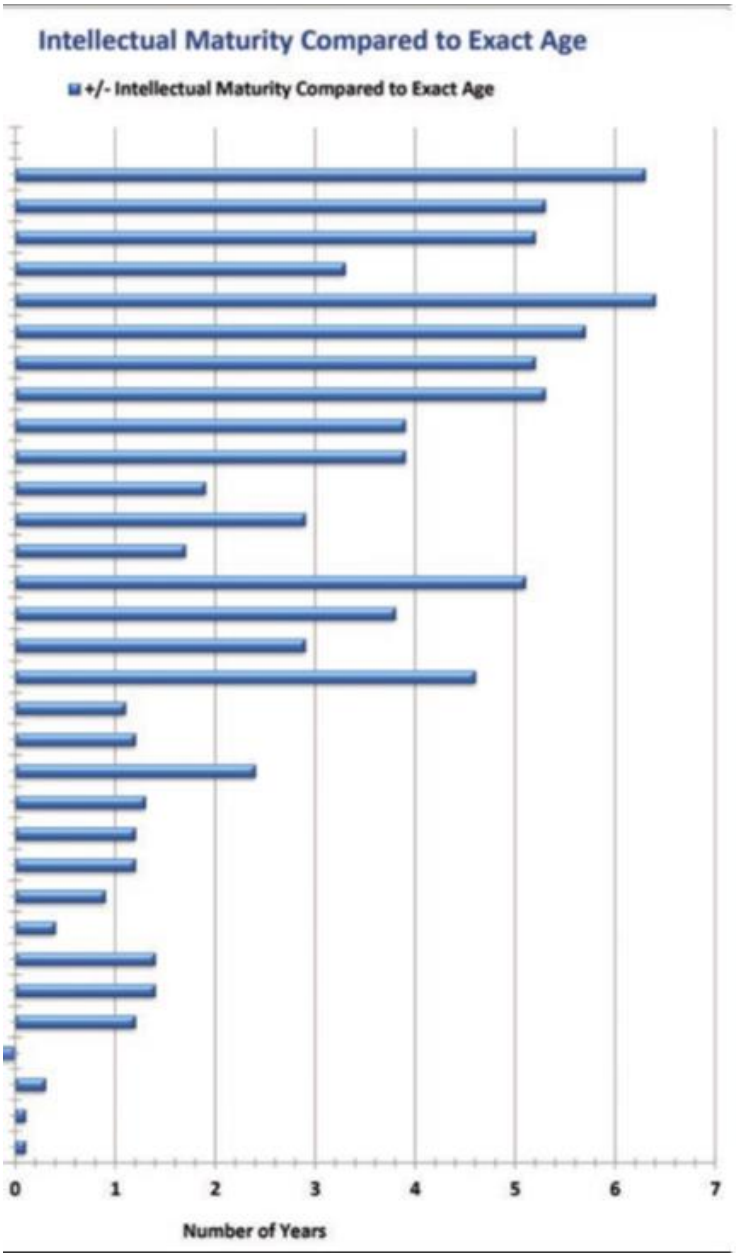
83% of the students are intellectually 1 to 6 years (s) ahead of their actual age (as of students\tested so far), 53% of the students are intellectually 2 to 6 years (s) ahead of their actual age (as of students tested so far)

Copyright ©2021 Sri Nithyananda Paramashivam. All Rights Reserved

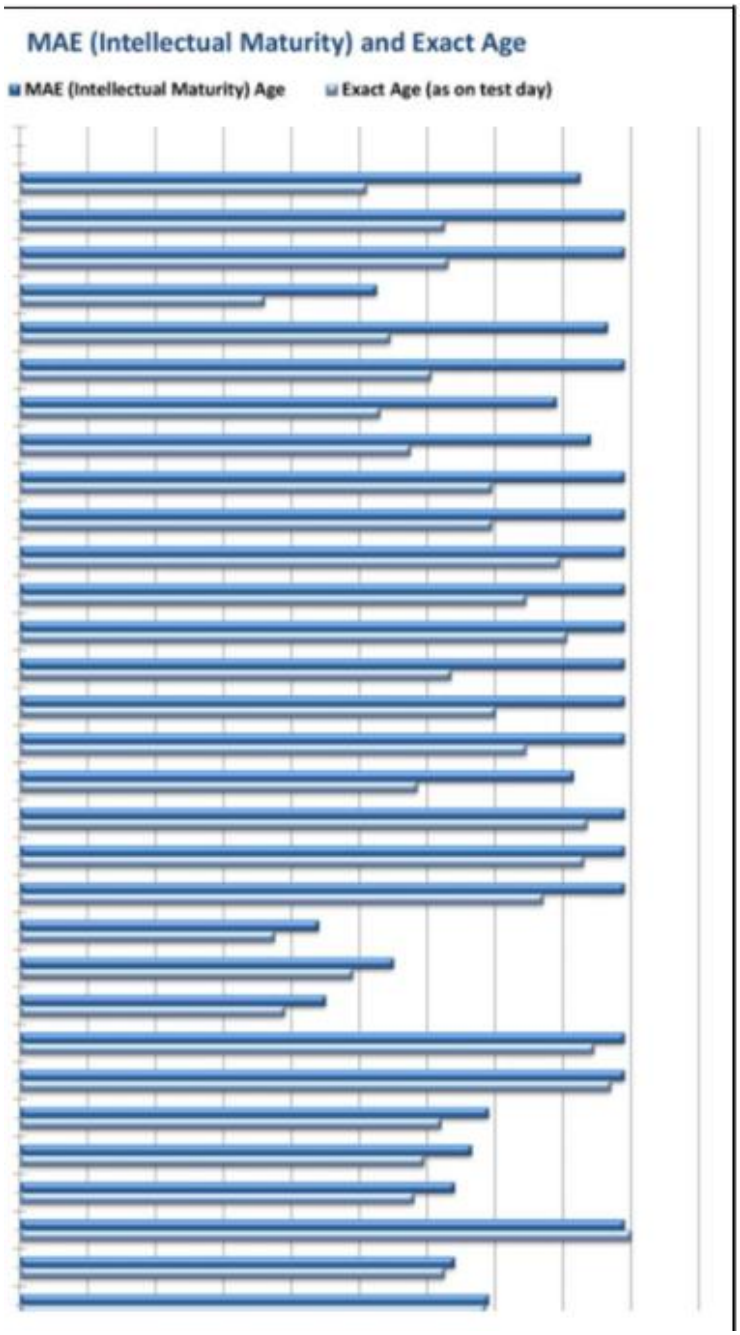
Unique Observations

1. One student,IQ 144, who was very proficient in blindfolded reading, correctly answered the question, 'Who was Longfellow and what did he do to become famous?' When the examiner asked him, 'How did you get this answer?', he said it came spontaneously to him. This 'spontaneous knowledge' acquisition needs to be studied further. There could be a correlation between blindfolded reading and spontaneous knowledge acquisition.
2. Another proficient blindfold reader, IQ 123, after getting question number 181 incorrect, asked me if she could read the answer through the examiner's mind. The question was, 'Who wrote the following: Much Ado About Nothing?' She blurted out the letters S H A K E S and S P E A R, then she said M A I L L W (William), which is of course the correct answer. This student has been studied doing blindfolded reading on many occasions, and it has been observed that many times she reads the letters backward.
3. IQ 119, who was also a proficient blindfold reader, after getting the question number 181 incorrect, asked me if she could read the answer through the examiner's mind. For the question, 'Who wrote the following book: A Tale of Two Cities?', she read the letters C H A R L E S D I C K E N S, and she was able to get the answer for two other authors as well.
4. Sharanya and Lopamudra were asked question number 153: 'What is a panorama?' Neither student knew the definition, so the item was marked incorrect. The examiner then visualized a panoramic scene on top of Mount Everest. Both of these students described the scene in detail, including snow, mountains, and sky.

Copyright ©2021 Sri Nithyananda Paramashivam. All Rights Reserved



Copyright ©2021 Sri Nithyananda Paramashivam. All Rights Reserved



Copyright ©2021 Sri Nithyananda Paramashivam. All Rights Reserved

Worldwide Peace Movement Spearheaded by Leaders of Tomorrow

Gurukuls Across the Globe

Singapore - Nithyananda Weekend Gurukul

Kids from different cultures performing the sacred Guru Pooja, connecting with the Superconsciousness by offering gratitude to the sacred divine feet of The SPH. Bringing the experience of Soham asmi (I am That), raises each kid to a higher cognition about themselves and making them a leader. Not only the kids but even the parents are part of the weekend Gurukul to grow spiritually with the kids.

Copyright ©2021 Sri Nithyananda Paramashivam. All Rights Reserved

Nithyananda Gurukul – Malaysia

Nithyananda Yoga is being practiced by the kids in Malaysia, building a strong Yogic body. This is the purest form of Yoga directly given by Paramashiva himself. Through this, kids start building the Yogic Body as described in the shastras to manifest power.

Balasanths participate in the special Yatra uphill Batu Caves, carrying the name and pride of the Vedic tradition during the Thaipusam event conducted by them

Copyright ©2021 Sri Nithyananda Paramashivam. All Rights Reserved

Nithyananda Gurukul – Hong Kong

Kids learning how to do puja and watching the satsang at Weekend Gurukul

Copyright ©2021 Sri Nithyananda Paramashivam. All Rights Reserved

Gurukul Balasanth playing a Game of Carrom Board with an Awakened Third Eye
Demonstrating Third eye reading to an officer in Hong Kong

Copyright ©2021 Sri Nithyananda Paramashivam. All Rights Reserved

Nithyananda Gurukul – San Jose

Kids celebrate the Divine with Nithya Kirtans and Vedic Indian instruments

Alankaram being done to Bhoga Moorthys

Copyright ©2021 Sri Nithyananda Paramashivam. All Rights Reserved

Surya Namaskaar being practiced by the kids to salute the Sun God, Sri Surya

Kids from different backgrounds celebrated the Indian festival, Holi.

Copyright ©2021 Sri Nithyananda Paramashivam. All Rights Reserved

Rangoli art being done by the kids of San Jose Nithyananda Weekend Gurukul

Kids perform a drama based on the Puranas (Hinduism History)

Kids making the Ganesha deity to worship and play with

Copyright ©2021 Sri Nithyananda Paramashivam. All Rights Reserved

Nithyananda Weekend Gurukul – New York

Nithyananda Weekend Gurukul – Oman

Copyright ©2021 Sri Nithyananda Paramashivam. All Rights Reserved

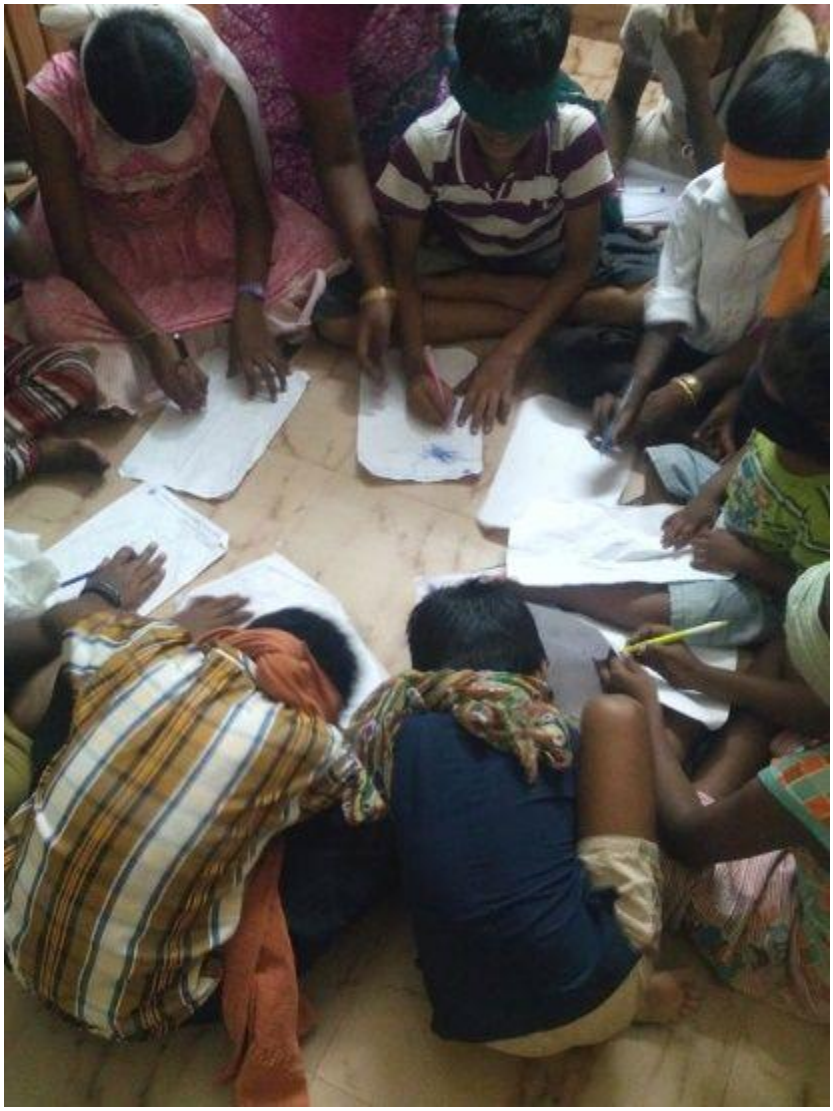
Nithyananda Weekend Gurukul – Ohio

Nithyananda Weekend Gurukul – Mumbai

Nithyananda Weekend Gurukul – Delhi

Copyright ©2021 Sri Nithyananda Paramashivam. All Rights Reserved

Nithyananda Weekend Gurukul Centers – Tamil Nadu, India



Avadi Center

Copyright ©2021 Sri Nithyananda Paramashivam. All Rights Reserved

Kelambakkam Center

Vallur Center

Copyright ©2021 Sri Nithyananda Paramashivam. All Rights Reserved

Madurai Center

Velachery Center

Copyright ©2021 Sri Nithyananda Paramashivam. All Rights Reserved

Classes and Workshops Conducted by Gurukul Balasanths (Child Saints)

26th May 2018: Ma Nithyanandita conducting Kalpataru workshop on “Manifesting Your Reality to Mahasadashivoham”

11th March 2017: Kids conducting a third eye session in a program at Thiruvannamalai, India, for over 250 people showcasing the powers of the third eye

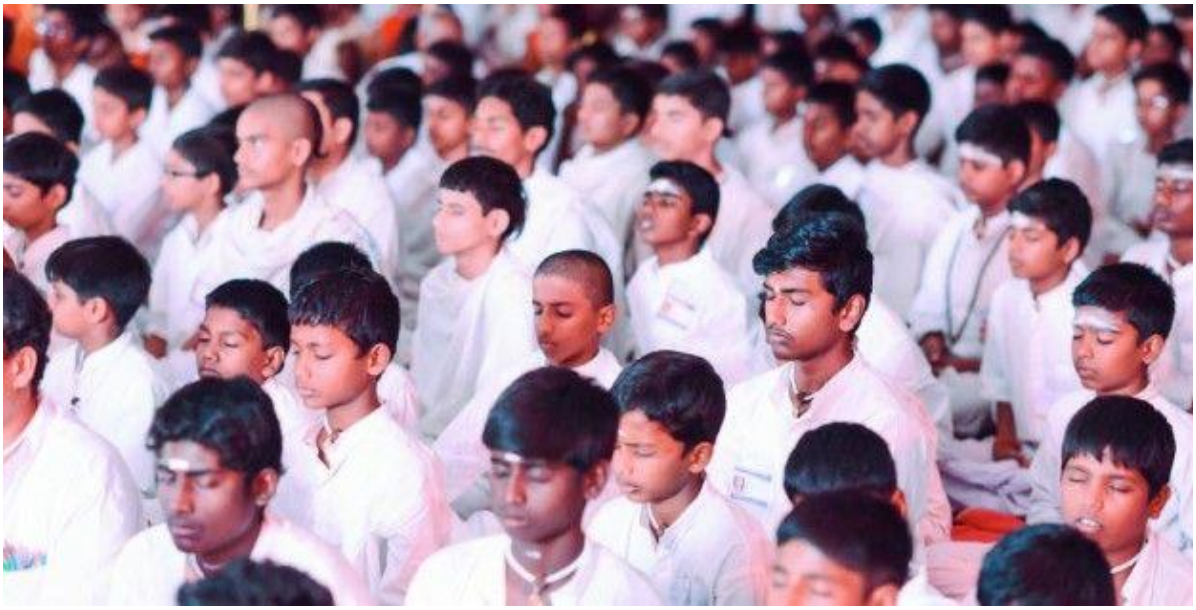
Copyright ©2021 Sri Nithyananda Paramashivam. All Rights Reserved

Gurukul Webinar 2018

Balasanths conducted various programs which were attended by over 2000 people. This helps the Balasanths to understand that they don't need to wait until they grow up to conduct full-fledged programs and webinars in front of thousands of people. The maturity level at which these Balasanths think and function is beyond that of an average person. They do not experience the usual stage-fright problems and it gives them the confidence to speak in front of any number of people spontaneously. Not only webinars and shows but programs as well, where kids learn to deal one-on-one with people and help them come out of their day-to-day problems.

Copyright ©2021 Sri Nithyananda Paramashivam. All Rights Reserved

10-Day Residential Program – “Nithyanandam”



Copyright ©2021 Sri Nithyananda Paramashivam. All Rights Reserved

Balasanths conducting a 10-day power manifestation program where over 5000 kids from India, Malaysia, Singapore were helped to manifest the Powers of the Third eye.

Copyright ©2021 Sri Nithyananda Paramashivam. All Rights Reserved

Training in the Science of Power Manifestation

Balasanths not only manifest powers but are even able to help others regardless of caste and creed to manifest the same powers by themselves using the technique of entanglement with the other person

Inner Awakening for Kids

Inner Awakening for Kids is a one-of-its-kind program and a priceless gift that parents can give to
their child in the intense energy field of the Ashram that ignites a child's true potential under the guidance of the Avatar Bhagavan Nithyananda Paramashivam.

When young children have an enriching environment conducive to learning early in life, they often have higher **IQ** (Cognitive Intelligence), **EQ** (Social-Emotional Intelligence), and **SQ** (Spiritual Intelligence) scores. If a similar kind of experience for the same period of time is provided when a child is 15 years old, the impact on the child will be significantly less. These early experiences are critical for the development of the child.

The SPH says that "**All our upbringing is actually bringing our children down"**. They are already born complete, total with pure innocence and intelligence. All they need is the right environment, and the right guidance from the higher energy to start expressing their extraordinary dimensions that the current social system holds them from.

The eN-Genius Program is just designed to awaken and express the extraordinary dimensions in a child through all areas of growth while retaining the essence of the true Vedic Learning System through the enlightenment-based learning that is currently practiced in the Nithyananda Gurukul.

The program includes the following core concepts:

Whole Brain Learning

Copyright ©2021 Sri Nithyananda Paramashivam. All Rights Reserved

What did Albert Einstein, Beethoven, and Leonardo De Vinci have in common?
They all had extraordinary imagination and visual power tapped from their right brain and combined that with the logical thinking left brain. Nithyananda Gurukul also focuses on children using both sides of the brain to be more successful in life. The learning concepts taught during the program are understood by the child at a much deeper, clearer, and positive level creating a lifelong passion for learning.

Right Brain Stimulation

Right brain activities stimulate the right side of the brain which is usually closed after 6 or 7 years of age. When the child is born they have 100% right brain use and slowly the child adapts itself to the left brain world and eventually forgets to use the right brain, which is the biggest loss for mankind. The right brain is responsible for creativity, intuition, spontaneity, quantum memory, learning in a flash, and computer-like calculations with the speed of a computer.

Brain Yoga

Brain Yoga activates the ability to balance the right and the left brain to help open up the sixth sense. The children are given activities to balance the right and left portions of the body simultaneously using distinctive postures that stimulate both sides. The brain wave moves from Beta to Alpha increasing their alertness and attention. Children are also encouraged to learn a number of postures that bring out a new dimension in their appreciation of their bodies.

Quantum Memory

The brain of a toddler has already formed 1000 trillion connections by the end of its third year (twice as many as adults have). Their brains are twice as active as a college student and can absorb and organize new information much faster than an adult.

Quantum memory is a constant downloading of information without interference of the mind.
Reading skill is directly related to memory skill. When we learn something in complete awareness, usually when we are in shock or ecstasy, we remember it forever. Likewise, reading without the interference of the mind, that is reading at quantum speed, will lead to quantum memory without the mind getting in between.

Confidence – High Self Esteem

One problem with most children including gifted and special children is that their confidence/self-esteem is low, thereby lowering their real potential to excel. Through this program, even a child with low intelligence IQ with high self-esteem can create miracles in the outer world. High stability, great personality, and confidence provide children with the foundation to build a great future.

Copyright ©2021 Sri Nithyananda Paramashivam. All Rights Reserved

Vedic Culture

Stories of enlightened beings, theater club activities like dressing up and acting out their tradition, pottery making, Rangoli, sculpting, etc. are part of learning the 5000-year-old lifestyle. Sanskrit chanting has already been proven to stimulate and enhance brain capacity. It helps reduce the mind's inner chatter and promotes inner silence, thereby increasing the child's attention span which helps them to learn better and faster. The vibration/sound of the chanting heals the body and the mind moving the child towards the next dimension.

Music and Movements (Creative and Performing Arts)

Musical games often combine rhythmic movements with speech or singing. The brain cells that control these activities also regulate motor impulses, so these activities develop children's ability to control their movement. Research confirms that the way you interact with children in the early years and the encouragement and experience you provide them have a big impact on their emotional development, learning abilities, and ability.

Copyright ©2021 Sri Nithyananda Paramashivam. All Rights Reserved

World Tour – From Human to Divine Superhuman

The Grand World Tour of Nithyananda Yogis, that took place from October through November 2017, included 5000+ participants enjoying and experiencing the powers of the Third-Eye. The participants received initiation in the power of "Consciousness over Matter" and "Mind Reading".

Power Manifestation demonstrations

New York

Balasanths traveled to New York and manifested the power of the Third Eye to a wonderstruck 600 citizens of New York

Copyright ©2021 Sri Nithyananda Paramashivam. All Rights Reserved

Malaysia

The Balasanths went on the tour to Malaysia and expressed the power of the Third Eye reading, Body scanning, and many more to a crowd of 400 people

Copyright ©2021 Sri Nithyananda Paramashivam. All Rights Reserved

Copyright ©2021 Sri Nithyananda Paramashivam. All Rights Reserved

Singapore

The Balasanths continued towards Singapore and showcased to an assembly of 250 + Singaporeans, the extraordinary powers of Paramashiva

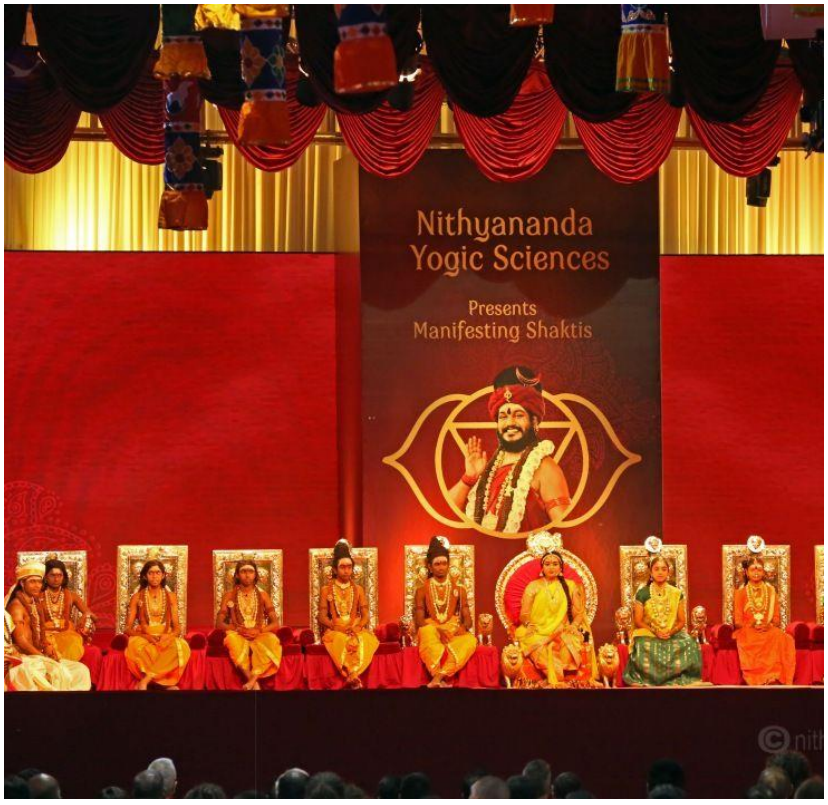
Copyright ©2021 Sri Nithyananda Paramashivam. All Rights Reserved

Copyright ©2021 Sri Nithyananda Paramashivam. All Rights Reserved

Los Angeles

They continued the journey towards Los Angeles and showed a demonstration of Third Eye powers to 400 + people

Copyright ©2021 Sri Nithyananda Paramashivam. All Rights Reserved



The Balasanths demonstrate the various powers of Mahasadashiva described in the Agamas to 1000 participants of the grand Sadashivoham 2016 program

Blindfold Reading

Balasanths performing the demonstration of the first power of the Third Eye, Blindfold Reading to an excited newcomer in one of the programs at the Bengaluru Aadheenam and at Ujjain Kumbh Mela showcasing the possibility of human to superhuman

Copyright ©2021 Sri Nithyananda Paramashivam. All Rights Reserved

Change of Height

A power where Balasanths just increase or decrease the height of a person by at least 10 cm using the power of Third Eye, a feat that usually requires people to undergo years of painful surgeries to increase even 2cm

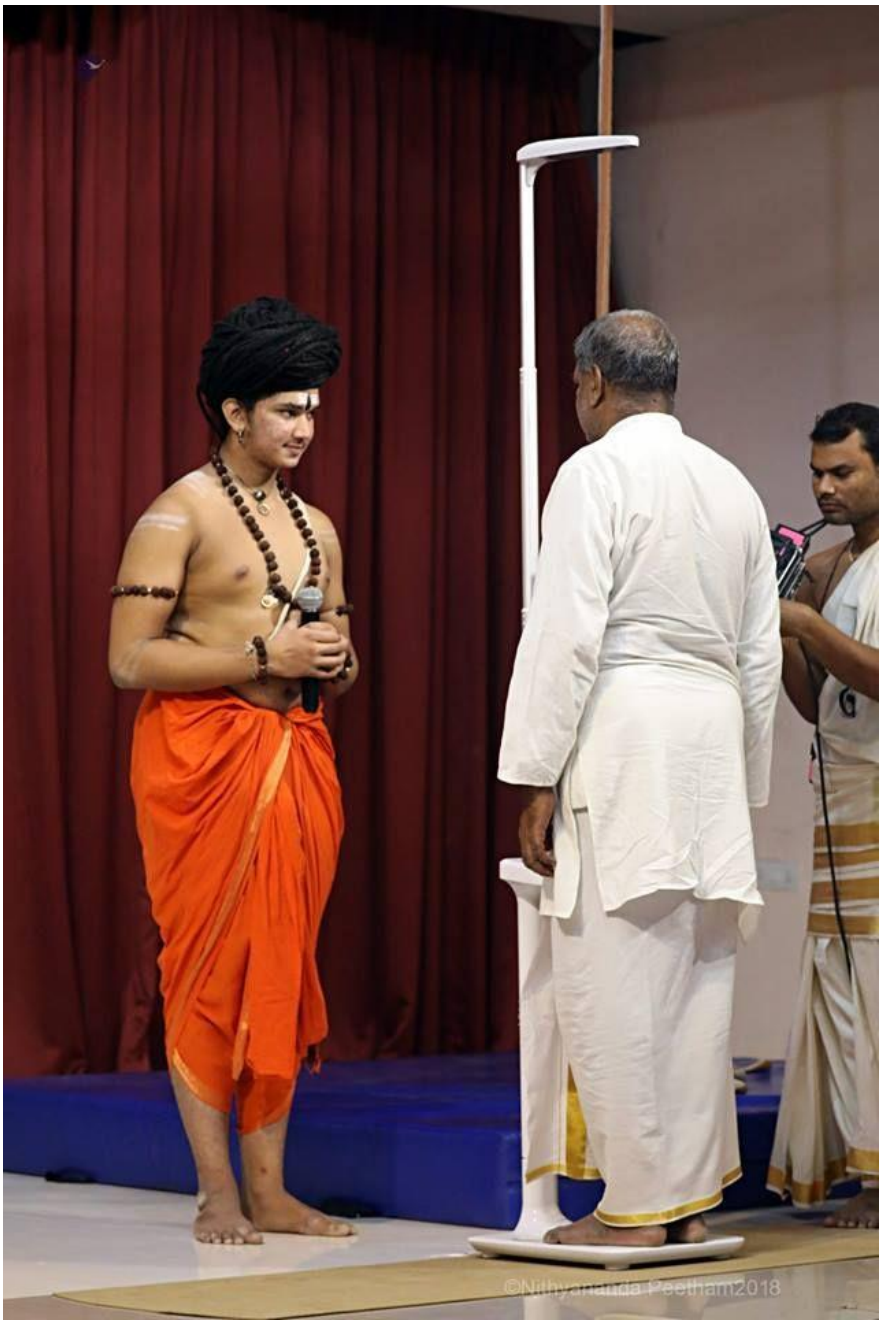
Copyright ©2021 Sri Nithyananda Paramashivam. All Rights Reserved

Altering Blood Pressure

Balasanths using the Third eye to raise or drop the blood pressure of a normal person by 50mm Hg in just a few minutes without the person's physical cooperation needed and with absolutely no side effects

Copyright ©2021 Sri Nithyananda Paramashivam. All Rights Reserved

Change of Weight



Many people want the power to decrease or increase the weight of a normal human. The Balasanths can make a change of a kg weight just by a look of the Third eye, thus debunking the need of liposuction and such surgeries

Copyright ©2021 Sri Nithyananda Paramashivam. All Rights Reserved

Consciousness over matter

Balasanths casually manifesting the power of Consciousness over Matter by rolling a coconut off the other person's palm without external movement, just by using the spiritual cognitions and powers initiated by The Supreme Pontiff of Hinduism.

Body Scanning

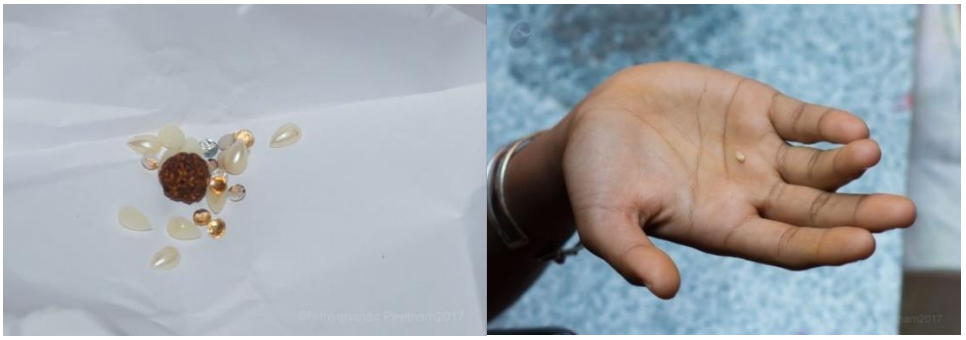
Demonstrating the ability to scan a person's external and internal body using the power of Third Eye and diagnose accurately the diseases in the body and even heal the person of the diseases. The Balasanths create a healthy life for others just by a glance of the third eye, without the need of modern scanning machines

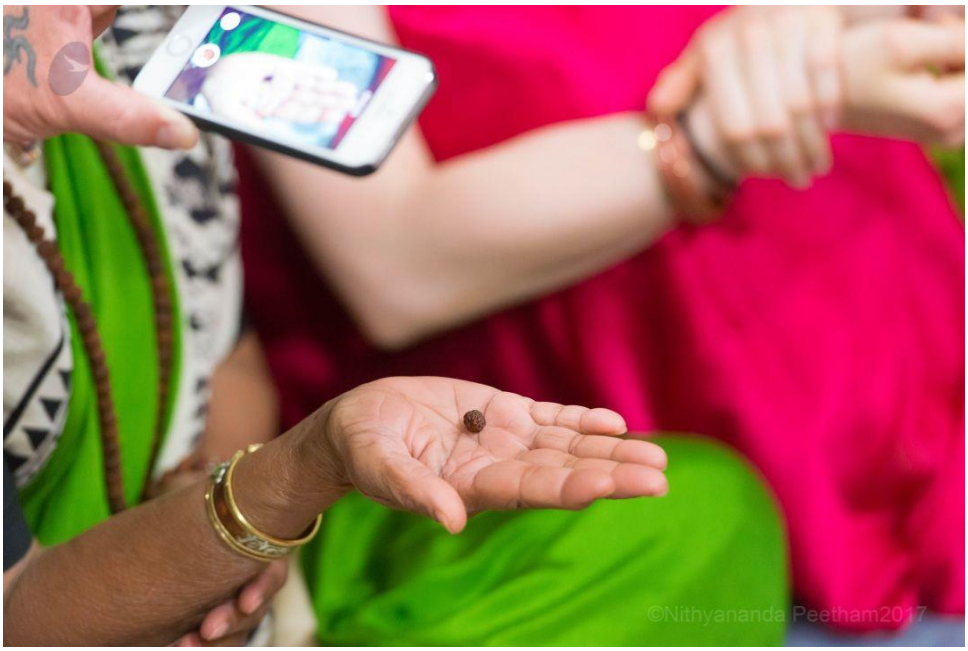
Copyright ©2021 Sri Nithyananda Paramashivam. All Rights Reserved

Remote Vision

Gurukul Balasanths demonstrating a rare power of using the third eye to see a vision of a faraway place in precise accuracy sometimes even dating the history of that place. This is a power that science is yet to understand as in how the Balasanths are able to see such a faraway distance in such precision.

Materialization





An incredible feat that baffles scientists of today, yet is normal for the Balasanths, is the power of creating any object out of thin air just by connecting into the space of The Avatar, The SPH. Balasanths have materialized Sacred powders, Rudrakshas, Precious Stones, Precious Metals, and many more in the presence of various skeptics, doctors, scientists, celebrities and politicians.

Silicon Manifestation - M**anifesting the Power of Commanding Devices**

Copyright ©2021 Sri Nithyananda Paramashivam. All Rights Reserved

Balasanths enjoy having the power of commanding the silicon matter in a phone, iPad, or other device to operate just by mere conscious spiritual power without the usage of touch or speech

Copyright ©2021 Sri Nithyananda Paramashivam. All Rights Reserved

Akashic Readings - Decoding the past, present, and future of the universe

Akashic Readings are the archives of the whole cosmos including past, present, and future. Balasants get into the space of Kalabhairava (Lord of Time) and the answer to the question posed by the person is revealed to the Balasanths creating tremendous healing and energy.

Copyright ©2021 Sri Nithyananda Paramashivam. All Rights Reserved

Life at Gurukul – Various Activities

Satsang

The Balasanths listen to the daily Satsang of the SPH Bhagavan Nithyananda Paramashivam and make it a part of their cognition and daily life which helps them to handle any situation in life with ease and ability to decide for the right thing to be done. In addition to this, the Balasanths experience a space of deep fulfillment and bliss in them after listening to the satsang.

Education

Nithyananda Gurukul makes learning not only stress free and fun but also raises each one's awareness and concentration levels. Students at the age of 12 are clearing their O - level (10th standard) examinations with flying colors, showing that the mainstream education is too shallow and limits what a child is capable of doing and expressing. This way of education is helping the kids to understand that they don't need to be stressed out and tortured to study but just by ability to grasp and be creative.

Copyright ©2021 Sri Nithyananda Paramashivam. All Rights Reserved

Processions

The Balasanths enjoy the happiness of celebrating various festivals and processions which they themselves setup. They play various instruments, dance, create decorations, and experience teamwork and the ability to interact happily and calmly with others.

Copyright ©2021 Sri Nithyananda Paramashivam. All Rights Reserved

Vedic Drama

Dramas from the Puranas (Hinduism history) are enacted by the Balasanths in a very jovial and hilarious way. Balasanths not only learn the great happenings of Vedic tradition but also get to work as a team and conduct shows.

Jeevartha Sadas

Jeevartha Sadas is a routine debate that The SPH has given to the Balasanths of Nithyananda Gurukul. It is one of the most powerful and immediate ways to create powerful cognitions of life, as a first instinctive response to life. The debate allows the participants to integrate cosmic truths into the core cognitions and to make the Cosmic Truths as fundamental cognitions. The effect of Jeevartha Sadas on the Balasanths is to live life experientially, where they go beyond the ups and downs of life, living in the highest states of consciousness thus making Power Manifestation effortless, seamless and immediate.

Copyright ©2021 Sri Nithyananda Paramashivam. All Rights Reserved

Yoga

Building a yogic body is a fundamental requirement for Enlightenment. A Yogic Body is both flexible and strong. The spontaneous and intense building of a yogic body not only builds the physique, but keeps the independent intelligence of the internal organs at its highest. The world has witnessed immediate healing, zero pain, and reduced need for medication simply because of the build of a Yogic Body. A Yogic body makes a person in complete control of their body and mind, bringing single-minded focus and awareness of all their actions and endeavors.

Kundalini Rajju

Kundalini Rajju Yoga℠ (Rope Yoga) has its roots in the ancient science revealed in the sacred Shaiva Agamas. The SPH is bringing back the sanctity of this sacred science rooted in the Sanatana Hindu Dharma.

Copyright ©2021 Sri Nithyananda Paramashivam. All Rights Reserved

Shivastambha

Shivastambha Yoga is the amazing Vedic art of performing yogasanas on a wooden pole. This enhances the Balasanths's longevity and body's ability to sustain good health, peace of mind, ability to grasp profound knowledge and greater powers. This technique was taught by Paramashiva himself to Lord Krishna to sustain his body for greater power expression.

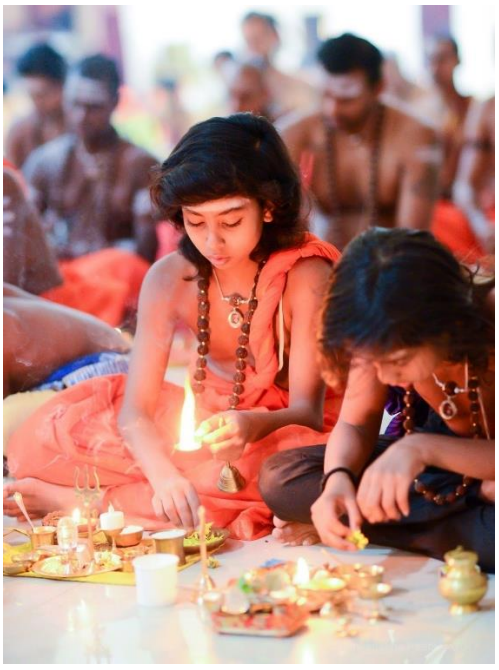
Copyright ©2021 Sri Nithyananda Paramashivam. All Rights Reserved

Physical Activity

The Balasanths do heavy physical workouts building every muscle in their body on a vegetarian diet, giving them an organic body-building experience. They never use artificial steroids or non-vegetarian food which directly contribute to building violence in the body. The Balasanths do physical activities throughout the day that helps them maintain a strong and healthy physical body which creates good health in their physiology and psychology.

Copyright ©2021 Sri Nithyananda Paramashivam. All Rights Reserved

Puja



The Balasanths learn and participate in the science of Puja to experience bliss, peace and the space of nonviolence.

Copyright ©2021 Sri Nithyananda Paramashivam. All Rights Reserved

Temple

Bringing life to the very backbone of Hinduism is living with the temple. Outside the gurukul, kids play with dolls and action figures, but here in Gurukul kids are encouraged to play with deities, forms of God that are associated with higher energies, higher dimensions, and powerful cognitions. Continuously playing and relating with these deities, again and again, reminds the individual of those higher concepts. They are able to manifest these concepts in life when they go through turmoil as they grow into successful leaders.

Vedic Homas

Learning to do sacred fire rituals benefits a child at multiple levels. Spiritually, these fire rituals teach the kids to connect to the divine through one of the most powerful elements, fire. Connecting through the fire, the kids learn that fire does not necessarily need to be hot and violent. Fire can also be friendly and burn-free, when connecting to it through the various chants and invocations of the Deities. Performing these powerful rituals also teaches kids that nature is not something unpredictable and beyond our reach. When performed with integrity the ritual has the power to please that deity and result in a showering from the heavens as rain. The SPH has also taken homa to the next level, teaching the kids that not just rain but creating a space and conscious resolution of anything a person wants can happen by performing the ritual with integrity. Homas also can provide healing, just by inhaling the smoke which comes from the burning ghee on the sacred herbal firewood.

Copyright ©2021 Sri Nithyananda Paramashivam. All Rights Reserved

Spending Time with the Incarnation

Copyright ©2021 Sri Nithyananda Paramashivam. All Rights Reserved

The SPH spends a lot of valuable time with the Balasanths, molding them into the right cognitions by fun interactive sessions. This helps the Balasanths to grow into spiritual giants for the benefit of mankind.

Instruments

The Balasanths learn to play traditional instruments just by listening to the tune. They do it without the help of a skilled teacher or music professionals. This training is through the abilities of an eka santha grahi, a power where just by listening once they master that instrument.

Copyright ©2021 Sri Nithyananda Paramashivam. All Rights Reserved

Arts - Dance, Rangoli, Archery, Singing, Cooking

Copyright ©2021 Sri Nithyananda Paramashivam. All Rights Reserved

In Hinduism, various forms of art not only bring out the creative aspects of an individual but are also designed to connect one with higher concepts. Drawing certain patterns and shapes in rangoli awakens subtle parts of the brain. Singing about the Deities and powerful cognitions makes them get embedded deeply into not only the singer but the listeners as well. The dance was made in such a way that even those with absolutely no skill can build grace and make their movements graceful. It also takes out the restlessness which is built in the body over a full day of only minimum activity. Archery is more than perfecting one's aim. Archery enables focus as well as gives the student experience of having command over the matter and nature, controlling the wind and commanding the arrow as to where to fly.

Sharing food is the best way to relate to people and show affection and love. The food provided by Nithyananda Annalaya is made completely with organic grains and vegetables. The SPH is bringing life to the ancient recipe and cookbook of Paramashiva thousands of years ago, giving the body a soothing effect over the toxins and other harmful chemicals in the system. Kids are taught the basic survival of being able to cook one's own food. They receive basic knowledge of the different properties of important herbs. This has a great effect on the Balasanths, increasing the ability to keep calm, and increasing the power to grasp any knowledge or situation.

Copyright ©2021 Sri Nithyananda Paramashivam. All Rights Reserved

Bhautika Brahmacharya

Bhautika Brahmacharya is the rich lifestyle of living like a Sanyasi, giving the child a taste of the Sanyas lifestyle, where one learns to overcome his anger, greed, violence, strength to always be truthful and to overcome physical and psychological hormonal imbalances. Learning to overcome hormonal imbalances and not falling for them is not only preparation for a child who wants to take up Sanyas, but also if they want to become Grihasthas/householders in the future.

Initiations from the Avatar Directly

Copyright ©2021 Sri Nithyananda Paramashivam. All Rights Reserved

Balasanths get to experience the powers and state of high spiritual energy just by receiving a touch from the Avatar. This helps them to always be in a blissful state.

Copyright ©2021 Sri Nithyananda Paramashivam. All Rights Reserved

Nithyananda University

ABOUT NITHYANANDA UNIVERSITY

We Enlighten & Empower

Nithyananda University is the world's largest Hindu University

270,000+ enrollments

5,000+ courses

1600+ faculty

108+ nations

463+ campuses and centers worldwide

"I am a Superconscious Breakthrough.
I am giving a Superconscious Breakthrough
for the whole of humanity.

It is time humanity enters into the next level of consciousness.
Thanks to the body, mind, conscious evolution, you all went through patiently.

Listen carefully, you all started as amoeba, cell,
from amoeba to fish, was physical growth,
from fish to monkey, was physical & psychological,
monkey to man, was physiological, psychological conscious growth.

Now it is time to move from man to Sadashiva - divine superman- superhuman."

- The Avatar (as per Hinduism) The SPH Bhagavan Nithyananda Paramashivam sharing His vision with the Nithyananda University administration in Nithyananda Peetham, Bengaluru
Aadheenam, August 2017

Overview

The SPH Bhagavan Nithyananda Paramashivam founded the Nithyananda University as the forum to investigate and teach the forms of ultimate consciousness that he experiences. Through this science-based approach the SPH pioneers research and development in the field of consciousness-based education.

Just as mankind is exploring outer space, he is using both modern and ancient science to explore and revive the ancient Vedic truths of our inner space, which leads to ultimate human performance.

Copyright ©2021 Sri Nithyananda Paramashivam. All Rights Reserved

This Hindu University is the first of its kind that incorporates the language of scientific reputable formulas to establish the brain of the student first and foremost in the highest state of consciousness.

This is the foundation stone for the development of a Complete knowledge that has as its foundation in higher consciousness. The results are groundbreaking! Students can directly retrieve information from the Source of all knowledge. Students' IQs are elevated as a by-product of this form of knowledge acquisition. The old school version of memorization and regurgitation is now taking a back seat as students develop the skills to enable direct access to all knowledge.

Nithyananda University Centers Worldwide

Mission

Nithyananda University is committed to delivering the **wisdom** of the *Vedas and Agamas*- the most ancient living scriptures of *Sanatana Hindu Dharma*, which is the oldest living Enlightenment-based tradition and lifestyle, and teaching the Science of Enlightenment, enriching humanity in all its dimensions.

Nithyananda University is a space to inspire, educate, enlighten and empower people to live the Vedic Truths through:

- its course offerings, workshops, training programs

- study at various campuses, and scientific research.

Copyright ©2021 Sri Nithyananda Paramashivam. All Rights Reserved

Breakthrough in Education

Today's educational system is based upon the evaluation of information, not intelligence. It is driven by intellect and verbalization, not visualization.

"Broadly speaking, knowledge is of three types.

1. The most basic kind of knowledge is intellectual knowledge. If we just use our mind, that is enough to pick up this knowledge. Like how we learn in school, in our regular academic system, if we just concentrate, we can do it. Logic, Arithmetic, etc. come under this category.
2. The next type of knowledge is knowledge from the heart, like Art, Music, and Poetry. This kind of knowledge cannot be learned at all. At the most, it can be picked up. Art can never be taught like Mathematics.
3. The third type of knowledge is Wisdom or transmission of the Knowledge, not just transfer of knowledge at a factual level. It is not just information-based, and neither is it based on just updates. It is about awakening to the right context - Enlightenment. Living Enlightenment is actualizing the limitless potential and experiencing the Ultimate, as every moment of life unfolds afresh."

- The Avatar, SPH Bhagavan Nithyananda Paramashivam on 14th April 2011 on the first day of a six-day transformational workshop

"In this third type of knowledge, the teacher identifies the right subject in which the student will be successful. Here the science of Enlightenment is a basic requirement for all, the student is trained specifically in the chosen fields with the Knowledge of Enlightenment, with the Science of Enlightenment, with the Truth of Enlightenment as the context. Even if the student learns archery, Enlightenment is the context. If a student decides for Administration, even then Enlightenment is the context. If he decides to learn about Business, even then Enlightenment is the context. Whatever subject he may choose to specialize in, Enlightenment is the context."

Academic Schools

1. School of Power Manifestation
2. School of Yoga
3. School of Temple and Temple Rituals
4. School of Humanities

Administration (by Service)

The various activities and contributions of the Sangha categorized by services they offer:

1. Preserving Sacred Arts
   a. Deity making
   b. Temple Architecture

Copyright ©2021 Sri Nithyananda Paramashivam. All Rights Reserved

c. Gemology
d. 64 traditional arts (including the art of engineering and mechanics)

2. Temple
3. Yogic Sciences
4. Yoga
   a. Asana[118]
   b. Mudra
   c. Banda
   d. Kriya[119]
5. Sanyas
6. Nithyananda Gurukul[SM]
7. Nithyananda Annalaya[SM]
8. Nursing
   a. eN-Pregnancy
   b. Conscious birth
   c. Graceful exit

Extended Campuses (by Country)

Australia	- Pondicherry	- Pijnacker
- Alice Springs	- Pune	- Rotterdam
- Bendigo	- Rajapalayam	Trinidad & Tobago
- Brisbane	- Salem	- San Fernando
- Cairns	- Thanjavur	Turkey
- Carrum Downs	- Tharamangalam	- Istanbul
- Hobart	- Thiruvannamalai	UAE
- Lawson	- Tirunelveli	- Abu Dhabi
- Perth	- Tirupattur	- Dubai
- Sydney	- Trichy	- Bickley
Austria	- Tumakuru	- Sharjah
- Vienna	- Vadodara	United Kingdom
Belgium	- Varanasi	- Neilston
- Sint-Denijs-Westrem	- Vijayawada	- Seven Kings
(Ghent)	- Visakhapatnam	United States
Canada	Iran	- Bloomington
- Baie-D'Urfe	- Tehran	- Cave Creek
- Brampton	Iraq	- Chester
- Calgary	- Baghdad	- Denver
- Ottawa	Israel	- Downingtown
- Richmond	- Ra'anana	- El Paso

[118] Postures
[119] Lifestyle practices

Copyright ©2021 Sri Nithyananda Paramashivam. All Rights Reserved

- Smithers	- Tel-Aviv	- Glendale
- Surrey	- Zoran	- Hayward
- TORONTO	Italy	- Irving
- Vancouver	- Voghera	- Livermore
- Saint Davids, Niagara on	Malaysia	- McKinleyville
the lake	- Bangsar	- Milpitas
- Steinbach	- Kajang	- Montclair
China	- Kuala Lumpur	- Naperville
- Tuen Mun	- Kulim	- Scottsdale
Croatia	- Selayang	- Staten island
- Icici	- Seremban	- SW RANCHES
- Tenja	- Sungai Petani	- White Bear Lake
Czech Republic	Mauritius	- Sherman Oaks
- Brno	- Bramsthan	- Stevensville
- Milotice nad Bečvou	Mexico	- Atlanta
- Praha (Prague)	- Chapala	- Austin
Fiji	- Ciudad de México	- BETHESDA
- Suva	- San Nicolas De Los Garza	- Brooklyn
Finland	Nepal	- Brownsville
- Tampere	- Kathmandu	- Charlotte
France	New Zealand	- Chesterfield
- Caen	- Auckland	- Colorado Springs
- Fontenay-aux Roses	- Christchurch	- Danville
- Grasse	- Hillsborough	- Delaware
- La Courneuve	- Napier	- Edison
- Le Pellerin	- Rotorua	- Eureka
- Pau	- Wellington	- Fair Lawn
Guadeloupe	Norway	- Festus
- Goyave	- Ålesund	- Fresno
Hungary	- Haugesund	- Hanover
- Budapest	- Skåla	- High Point
Hong Kong	Oman	- Houston
- Sai Kung	- Buraimi	- Irvington
India	Poland	- Issaquah
- Akola	- Karnice	- Johns Creek
- Allahabad	Reunion	- Kernersville
- Amravati	- Ravine des Cabris	- Knoxville
- Balusserry	Romania	- Lacey or Olympia
- Bhavnagar	- Cluj-Napoca	- Lincroft
- Chennai	Russia	- Mesa

Copyright ©2021 Sri Nithyananda Paramashivam. All Rights Reserved

- Coimbatore - Cuttack - Erode - Ghaziabad - Gurugram - Guwahati - Hosur - Hyderabad - Indore - Kota - Lucknow - Madurai - Meerut - Mettur Dam - Mumbai - Muvattupuzha - Nagapattinam - Nagpur - New Delhi - Noida - North Delhi	- Moscow Saudi Arabia - Riyadh Singapore - Bukit Batok - Singapore Slovakia - Bratislava - Kosice - Poprad - Povazska Bystrica South Africa - Centurion - Johannesburg Switzerland - Untersiggenthal Taiwan - Kaohsiung The Netherlands - Den Bosch	- Miami - Morris Plains - Morton Grove - New Canaan - New York - Oakland - Oklahoma City - Pawhuska - Pewaukee - Philadelphia - Phoenix - Pittsburgh - Ponca City - Port Washington - San Francisco - Sanantonio - Santa Fe - Sedona - Solana Beach - South Ozone Park - St. Louis - Staten Island - Vero Beach - Westminster - Windsor

Transformational Meditation Programs

In accordance with the revelations of Paramashiva (Lord Shiva) forming the *Jnana Pada* (Knowledge section) in the Agamas (Ancient Scripture that is the direct mandate of Paramashiva, and forms the Source Scripture along with the Vedas), The Avatar SPH Bhagavan Nithyananda Paramashivam has been transmitting the sacred Science of Enlightenment to humanity through countless life transformative meditation programs.

Some of these programs are:

- Kalpataru[SM], a 1-day program to empower beings to manifest what they want as reality in life

Copyright ©2021 Sri Nithyananda Paramashivam. All Rights Reserved

- Meditation programs such as Nithya Dhyan Yoga℠ and Nithya Kriya Yoga℠ are conducted for participants in up to 47 countries, both physically and online.

- Inner Awakening® program, a 21-day spiritual program that awakens Paramashivatva through a powerful combination of yoga, diet, shaktipata (entanglement at energy level) and spiritual alchemy.

- Mahasadashivoham® program, a 31-day retreat that awakens the infinite spiritual powers in the individual.

- Paramashivoham® – a 14-day global spiritual awakening event to manifest the being of Paramashiva

The Mandala Processes – the SPH initiates thousands into Third Eye Awakening℠ and the Powers of Paramashiva.

Copyright ©2021 Sri Nithyananda Paramashivam. All Rights Reserved

The SPH address at the headquarters of Microsoft Corporation in Seattle, USA, April 2005

Copyright ©2021 Sri Nithyananda Paramashivam. All Rights Reserved

The SPH address at At&T, New Jersey, USA, April 2005

The SPH address at Integris Baptist Medical Center, Oklahoma, April 2005

Copyright ©2021 Sri Nithyananda Paramashivam. All Rights Reserved

The SPH address at Ross Heart Hospital, Ohio, April 2006

The SPH address at Oracle Corporation, San Jose, USA, April 2006

Main meditation, yoga and healing programs offered by the SPH

1. Nithya Dhyan – meditation workshop
2. Energy darshan – initiation
3. Kalpataru program – meditation workshop
4. Brahmotsavams – Temple based celebrative programs
5. Life Bliss Program Levels 1 – 4
6. Living Enlightenment meditation workshop
7. Quantum Intelligence Program – program for students
8. Life Bliss Engineering program – meditation workshop with internship

Copyright ©2021 Sri Nithyananda Paramashivam. All Rights Reserved

9. South India Kumbh Mela – public religious gathering
10. Mahashivaratri - Temple based celebrative program
11. Mahaparinirvana day – Temple based program for understanding about death
12. Self Healing program – Spiritual Healing workshop
13. Karthikai Deepam - The Celebration Of Conscious Light
14. eN-Genius program – Program for kids
15. eN-Genius - program for children
16. Hi-tech - program for youth
17. Pratyaksha Pada Puja – Temple based program
18. Maheshwara Pooja – Temple based program giving deeper understanding about death
19. Brahmacharya initiation – Sanyas (Monkhood) training program
20. Pongal and Makara Sankrati celebrations – Temple based festive celebrations
21. Theppotsavam (float festival) - Temple based program
22. Kumbhabhishekam (Sacred water bath) - Temple based program
23. Chithirai Brahmotsavam celebrations - Temple based program
24. Akashic Reading – Cosmic Records Revelations
25. THE Samyama – meditation program for liberation from food patterns/ disorders
26. eN-Health – Meditation program for health
27. eN-Wealth – Meditation program for wealth
28. Inner Awakening – 21 day meditation and yoga program
29. Peace Meditation – Meditation program
30. Ajapa Japa – Meditation program
31. Nirahara Samyama – Program for liberation from food patterns/ disorders
32. eN-Relationships – Meditation program
33. Samaya Deeksha – Initiation program
34. Vishesha Deeksha – Initiation program
35. Nithyanandam - Meditation Program
36. Nithyanandoham - Meditation Program
37. Sadashivoham - Meditation and yoga program
38. Mahasadashivoham - Meditation and yoga program
39. Paramshivoham - Meditation and yoga program
40. Nithyananda Yogam - Meditation and yoga program with internship
41. Shuddhadvaitam - Meditation and yoga program
42. Nithya Dhana Yoga
43. Living Shuddhadvaitam Process
44. Nithya Yoga Teachers Training
45. Shivacharyas (Temple priests) Training Program
46. Nithya Arogya Yoga - Meditation program (Tamil)
47. Thai Poosam Celebrations – Temple Religious program
48. Introduction to Amirtattva Aushadha – Science of Alchemy
49. Awakening Wealth Consciousness – Meditation program
50. Yogitva - Yoga Program
51. Sadashivatva – Meditation program
52. Yatras – Journeys and visits to spiritual places like Himalayas, Mt. Kailash, etc
53. Shaktitva - Meditation program
54. Experience Spiritual Alchemy – Alchemy Science program
55. Shaktipada - Meditation Program

Copyright ©2021 Sri Nithyananda Paramashivam. All Rights Reserved

Powerful Discourses on Various Topics

The SPH has delivered ground-breaking and revolutionary revelations through discourses on various topics that include the ancient scriptures such as Bhagavad Gita, Shiva Sutras (Vijnana Bhairava Tantra), Patanjali Yoga Sutras, Veda-Agamas, Upanishads, Jain Sutras, Ashtavakra Gita, and many more, along with several breakthrough Truths for powerful living. These Truths are aimed at causing a cognitive shift towards superconscious living in human beings.

Some of the popular topics which the SPH has expanded on are Hinduism and Peace, Non-Violence, Yoga, Unclutching, Completion, the Four Tattvas, Powers of Paramashiva, Powerful Cognitions, Yoga, Aushada, Puja, Advaita (Oneness), Feminine Consciousness, Death, Upanishad, Agama, 25 States of Consciousness, 11 Dimensions of Cosmos, 5 actions (Panchakritya) of Paramashiva, to name a few.

Copyright ©2021 Sri Nithyananda Paramashivam. All Rights Reserved

KAILASA'S Greater Science of Power Manifestation

Background

Superconscious breakthrough is no more a theory, proposal, thesis. It is a reality. Logically, scientifically demonstrable[120]. Verifiable. Spiritually reproducible. Means a few million have achieved this Superconscious Breakthrough.

For two decades, SPH JGM Bhagavan Nithyananda Paramashivam has been creating Townships (Enlightened Ecosystems) across more than a Hundred cities in several Countries - residents of which are demonstrating the highest possibilities and powers. The only community with zero reported cases of COVID infection in past two years[121].

Hindu civilization has been from time immemorial working on this great science of giving conscious breakthrough every age, during every age[122],[123].

Called the royal supreme knowledge and the royal secret of secrets—rājavidyā rājaguhyaṁ, this sacred book on science of power manifestation conveys the essence of knowledge contained in all written and oral Vedic truths to enrich the simplest to complex humans at all planes. It holds within itself the direct key to every possible human enquiry, the solution to every dilemma of emotions, and the sublime righteous path and goal of every quest of rising or falling civilizations for every age, time, or geography[124] - leading human beings to realize and manifest their ultimate Possibilities.

---

[120] See (i) Appendix A, (ii) The Mind of a Mystic R. Murali Krishna M.D. nithyanandapedia.org/wiki/The_Mind_Of_A_Mystic

[121] COVID19 AND MULTILATERALISM A report by the Adi Shaivite Minority Tradition (ASMT) Hindu Community KAILASH UNION June 2021 https://www.ohchr.org/Documents/Issues/IntOrder/Multilateralism/AdiShaiviteMinorityTradition.pdf

[122] As per the Kamika Agama, Devi Parashakti receives Upadesa from Bhagavan Paramashiva and she comes down to Kanchi bringing the science of superconsciousness from ShriKailasa. She established the science as a civilization through the Kanchi ShriKailasa Sarvajnapeetam. As per the Arunachala Puranam, after getting married to Bhagavan Paramashiva, Devi Parashakti asked for the boon of residing in the left half of Bhagavan Paramashiva. Bhagavan Paramashiva guides her to go to Gautama Ashram which is located right across Thiruvannamalai Aadheenam and does tapas. Devi Parashakti attains Enlightenment and merges into Bhagavan Paramashiva becoming Ardhanaareshwara. She then spreads the Science of Superconsciousness brought from ShriKailasa to Kanchi into Thiruvannamalai. All sampradayas existing today including Shaivism, Vaishnavism, Shaktam, Kaumaram, Vedanta, Siddhanta, Advaita vedanta happened from the most flourishing Kanchi ShriKailasa Sarvajnapeetam. The great rishi, Bodhidharma was initiated and received knowledge of the Science of Superconsciousness from Kanchi Kailaasa Sarvajnapeetam. Adi Shankaracharya, the reviver of Advaita Vedanta sampradaya attains samadhi in Kanchi Kailaasa Sampradaya.
Kamika Agama was flourishing in Kanchi and Thiruvannamalai for eons through the Kanchi ShriKailasa Sarvajnapeetam. As incarnation of Paramashiva, His Divine Holiness has been and is continuing to initiate millions into Living Enlightenment, essence of Kamika Agama through Nithyananda Satsanghs.

[123] https://nithyanandahinduuniversity.org/knhu-foundation/

[124] Bhagadvad Gita Decoded SPH JGM Bhagavan Nithyananda Paramashivam Nithyananda University Press 2015

Copyright ©2021 Sri Nithyananda Paramashivam. All Rights Reserved

Vedic Tradition, The Origin of All Mystic Powers

The Vedic Civilization is the eternally living enlightened civilization called: Sanatana Hindu Dharma that traces its historical continuity from 1900 million years, the time period that marks the beginning of human civilization. The Ancient Seers or Rishis and Enlightened Masters of the Vedic times as a collective consciousness instituted cosmic research and development centers, dedicating millions of years of spiritual practices for discovering, nurturing, and protecting the sacred Truths for Humanity[125].

In the Vedic Times, the Rishis, Yogis and the Enlightened Ones lived enlightenment with extraordinary powers tuned to their normal everyday living. As the Seers, their Divine Eyes gazed beyond the plurality of the 'seer', 'the act of seeing' and 'seen'; far from the confines of inside and outside or far and near, past or future! In other words, they lived with the awakened third eye, which is consciously seeing - the Reality as it is - beyond the limited perceptions of the mind, senses and emotions.

The infinite treasures of Vedic scriptural texts – Vedas, Agamas and Puranas –the ultimate authorities of truth, give us the history, technology and sciences to live blissfully with peak intelligence (Buddhi), energy (Shakti) and perfected powers (Shaktis) to realize and live our highest human potential – Advaita (oneness) with all that is[126].

In your brain at least a trillion cell are there, connecting with trillions of planets, stars and in existence. When all the trillion cells are awakened the whole Cosmos is experienced inside the body[127],[128]– the universal energy, the great cosmic mother, the creative force of the universe, called Kula Kundalini. Kundalini is the highest potential of every individual, the ultimate expression of creative genius, the great possibility of each individual's inner awakening.

The sleeping Kundalini is a metaphor for the un-awakened potential inside us. Without first awakening Kundalini, it is impossible to awaken the *Pratyekatma Chaitanya*, the individual consciousness. The awakening of Kundalini opens us up to the greater Reality that exists beyond our limited individual selves. It empowers us to harness the cosmic powers to live more complete, fulfilled and blissful lives. It marks the rite of passage for the human to evolve into the Divine.

---

[125] Sarvajnapeetha Think Tank of Hinduism, SPH JGM Bhagavan Nithyananda Paramashivam, ,Dhynapeeta Charitable Trust 2015

[126] Secrets of Third Eye Awakening, SPH JGM Bhagavan Nithyananda Paramashivam, Nithyananda University Press, 2016

[127] Brahma Sutras Aphorisms of Existence, SPH JGM Bhagavan Nithyananda Paramashivam, Jeevan Mukti Bhasya, 2020

[128] Kaivalya Pada, Patanjali Yoga Sutras Verse 4:1

Copyright ©2021 Sri Nithyananda Paramashivam. All Rights Reserved

In the Yogini Tantra it is said: As soon as the Kundalini awakens, the person's inner grandeur and glory can be clearly perceived. In the Yoga-Vedanta tradition, a vast and precise science encompassing thousands of techniques exists to awaken and utilize this enormous latent potential. In Vedic India, this knowledge was accessible to all. As a consequence, today's 'mystical' sciences like levitation, teleportation and telepathy were common knowledge among the people, and enlightenment was the natural state of being.

For the seeker, Kundalini can be awakened in different ways: through intense yogic practices; through Aushada[129] (special herbal preparations energized by the Guru), through the sincere prayerful repetition of certain mantras, or through *Deeksha* – the direct transmission of spiritual energy by an awakened being. Of these, *Deeksha* is the most effortless (and certainly the most beautiful) way to awakening.

It must be mentioned here that the entire transmission of sacred knowledge and sciences in the Vedic tradition was through an awe-inspiring oral system of memorization and reproduction. The Shastrapalakas (protectors of the sacred scriptures) passed on this legacy of information down the ages through their commentaries on the Shruti (divine revelations), which were known as Smriti. The reason for the oral transmission of the Truth was evidently not a lack of efficiency or sophistication, as a succinct and highly evolved written tradition also flourished in parallel with it, in the form of the Vedas and Upanishads. Rather, it worked on the principle that Sound is the most fundamental unit of energy which allows for the transition into matter. During oral communication, not only is the meaning of the words communicated, but the very vibrations of the word are imprinted in the bio-memory of the receiver or student.

Sanskrit being a highly sophisticated and phonetic language, the very sounds are embedded with the subtle aspect of their meaning. Thus, a truth transmitted orally from a Guru to a receptive disciple would directly penetrate and alter the bio-memory of the disciple, without the need for disciple to struggle to catch up with the sophisticated science behind it. Mantras (syllables carrying a conscious vibration), Shastras (expositions of the Truth), Stotras (expressions of devotional ecstasy) and Sutras (compact spiritual techniques) were all transmitted orally from Guru to disciple as part of a committed learning process. Apart from embedding the meaning of the words in the bio-memory of the disciple, this form of transmission carried the power to raise the vibrational frequency of the learner, simply through his listening and repetition. Learners were frequently 'Ekasanta-Grahis', able to imbibe and reproduce an entire lesson after a single listening.

[129] Kaivalya Pada, Patanjali Yoga Sutra, Verse 4.1

Copyright ©2021 Sri Nithyananda Paramashivam. All Rights Reserved

One can better appreciate the incomparable gift of Deeksha from the Avatar SPH JGM Bhagavan Nithyananda Paramashivam, when one learns about the spiritual effort otherwise necessary to purify the Nadis and experience Shaktis!

The Shiva Samhita declares:

Supta guruprasadena yatha jagarti kundali

Tatha sarvani padmanibhidyante granthayo'pi cha (4.12)

When the sleeping Kundalini is awakened by the Guru's grace

Then are all bondages pierced (broken)

The voice of the Truth that vibrated in the Ganges - Saraswati civilization in the Vedic times is happening today in KAILASA with all its originality, depth and expanse to reconnect human beings with their Higher Self.

SPH JGM Bhagavan Nithyanada Parashivam is gifting these Shaktis, or extraordinary powers to millions of seekers who need to do nothing more than spend a few hours in front of the television receiving His glimpse. (called Nayana *Deeksha* - Deeksha : knowledge transmission through look from the eyes of the Guru)[130].

Introduction

A few centuries ago, science believed that matter and energy were separate things. It is not possible to convert matter into energy, or energy into matter. Then it was proved that matter can be converted to energy and vice-versa. When the scientist Albert Einstein delivered the famous equation, E=mc2, he was actually equating E (energy) with mass (matter). In the equation, c is the speed of light. However, it was believed that the same object cannot exist as matter and energy at the same time.

Later, experiments conducted on light proved that light behaves both as a particle (matter) and as a wave (energy). At the same time, it exists as both matter and energy! This was a great revelation in the scientific world. The famous double-slit experiment conducted on the behavior of light was a benchmark in our understanding of the relative nature of what we call

[130] Avatar Shastra, The Science of Descent, Volume 1, published by Nithyananda University Press 2016

Copyright ©2021 Sri Nithyananda Paramashivam. All Rights Reserved

'reality'. The findings of this experiment rocked the scientific community, by proving that the mere presence of an observer can drastically affect the result of an experiment!

In other words, it is the observer who unconsciously creates his own reality at every moment, by 'choosing' one of many possibilities and causing it to precipitate into reality. The whole universe exists merely as a potential, fluid energy, not as the solid matter we imagine it to be. This Truth, discovered by science only a few decades ago, was declared by the Ancient Vedic rishis (vedic seers) in the Upanishads, written thousands of years ago.

The very first line of the first major Upanishad, Isha Vasya Upanishad declares this Truth:

Isha vasyam idagam sarvam, yat kincha jagatyaam jagat

This whole world-manifestation is nothing but energy, nothing but Divine consciousness!

This is the Truth. Today, modern science agrees that the fundamental particles that make up our universe are not matter, but energy. So matter itself is actually energy! Matter is actually energy vibrating at various frequencies and manifesting itself in various forms. We are not able to see this vibration with our eyes because the frequencies of vibration are too high.

Understand, when a fan rotates at a very high speed, we cannot see its three leaves separately. Instead, we perceive a single disc, a solid object. It is as if the separate leaves have merged to create an idea of a solid object. In the same way, the vibration of energy particles is so fast that cannot be perceived by the eye. It appears to be solid matter! Today, science agrees that matter is energy, energy is matter. Energy in gross form is matter. Matter in subtle form is energy.

But one thing they cannot understand is that this is not a blind energy. This energy is a conscious energy. No, it is consciousness itself! It has its own intelligence. In the Shiva Sutras, an ancient spiritual text dealing with meditation,

Lord Shiva's consort Devi asks Him, 'Kim roopam tatvato deva..?' (O Lord! What is your Reality..?)

Shiva replies beautifully, 'tadvapuh tatvato jneyam vimalam vishvapooranam…'

('The essential nature of Shiva-consciousness is pure, and inclusive of the entire universe…')

This whole universe is nothing but Consciousness playing with itself! When everything is Consciousness, no separate intelligence is necessary to direct this play. For example, electricity is present in the fan in a potential form, but unless someone presses the switch, it cannot move the fan on its own. An intelligent person is necessary to activate it. But in the case of the Divine creation, both the Creator and his Creation are nothing but pure Consciousness. There is intelligence in every particle, every cell.

Copyright ©2021 Sri Nithyananda Paramashivam. All Rights Reserved

The Taittiriya Upanishad* says beautifully,

'From the Ultimate Consciousness, or God, came ether, space.
From ether came air.
From air came fire.
From fire came water.
From water came the earth.
From the earth came food.
This is the way Existence has happened.'

Thus, Mystics again and again emphasize that we are from Consciousness, we are from Divine.
You are a vibration of this Consciousness!

Normally when we hear the word 'consciousness', we feel that it is some vague concept. It is something which we know we have, but we cannot define. We are so accustomed to thinking of ourself as a combination of matter and consciousness. We feel that our body is matter, and somewhere within it is our 'consciousness'.

But the SPH Nithyananda Paramashivam is using the word in a different way. He am saying to us, "*Consciousness is present in your every cell. Your very body is a wave of the universal consciousness. The breath that goes in and out of your body is consciousness. Your movements are consciousness. Your emotions are consciousness. Your thoughts are consciousness. By your very nature, you are an expression of pure consciousness. Understand, I am expressing a very subtle Truth. You don't have consciousness. You are consciousness!*"

Extraordinary Powers, *Shaktis*

On 21 October 2017, the SPH Nithyananda Paramashivam explained the purpose of human life, in context of discovering our consciousness and manifesting extraordinary powers, Shaktis:

> Discovering your Consciousness experientially is the purpose of your life. I am not using the word "inventing"; I am just saying "discovering". Discovering your Consciousness is THE purpose of life. Whether you lived as a spiritual being, you lived as a cook, lawyer, engineer, doctor, professional, or not doing anything, nothing counts! Whether you lived as a political leader or social leader, nothing counts in the Cosmos, understand! The only thing that counts in the Cosmos is: 'Have you discovered your Pure Consciousness?'
>
> The good news I have is, nothing what you considered as the goal of your life, whether you achieved it or not achieved it, is considered as goal at all in the Cosmos. If you think you have not got a good name in your neighbourhood, don't worry; it is not the goal of life. If you think you don't have this, you don't have that, don't worry; this is not the goal of life. People who have all those, wasted their time and energy! The one and only goal.....

Copyright ©2021 Sri Nithyananda Paramashivam. All Rights Reserved

Please understand, I am not saying this goal is the first priority of life. No! This is the ONLY goal of life! The only goal of life is DISCOVERING YOUR PURE CONSCIOUSNESS[131]!

Human beings are far more than mere bio machines. This is why even the most powerful computer would never be able to replace the human. It can replace the mind and the body but not the energy of the human being. It might be a fact that we ascended from animals. But it is the truth that we can go further[132].

Your body is an intense field of consciousness.

Your body is not a simple mechanical system as you think. It is a highly evolved system of distributed intelligence. One of the pioneers in this field, Dr. Bruce Lipton*, an eminent biologist, has been doing research in the field of epigenetics for over ten years. In his book, 'The Biology of Belief ', he states that our brain does not control our body. There is evidence of intelligence in every cell, even in the cell's membrane! In recent research at Sandia National Laboratories, USA, scientists studied how cells responded to a harmful substance called an antigen that attacked the cells in the body. They concluded that even the cell membrane had a unique structure to fight the antigen so that it could not enter the cell!

There are so many secret powers in you which is kept as secret even from you. Secret powers are hidden in your own bio memory.

Narayana Swami, a siddha in my native town of Arunachala, used to say very beautifully, 'Extraordinary powers are given to you to show you that the ordinary life is not worth living. For example, imagine how it would be if you could suddenly break this huge hall like a small bamboo stick and fold it and put it in your Consciousness? It is possible! This is an extraordinary power. This whole hall can be melted like a wax model and put into your Consciousness just through a sound vibration. When you can do this, it proves that the ordinary reality is a not a worthwhile reality; it is not the solid reality.

It is time humanity gets this next conscious breakthrough.

We have come long way. Our journey is not just one life. Life after life after life after life, after life, from amoeba one cell till fish, our evolution is a physical evolution, sheer physical evolution, body evolving from fish to monkey – physical and psychological evolution. From money to man – physical psychological and conscious evolution.

Now, man to Divine, man to Superman.

This breakthrough is physical, psychological, conscious and superconscious breakthrough.

Awakening your possibilities and powers by upgrading your consciousness is the first priority for humanity now.[133]

---

[131] https://youtu.be/YYnpv0wsD8E

[132] Living Enlightenment SPH JGM Bhagavan Nithyananda Paramashivam, Nithyananda University Press 2018

[133] https://nithyanandapedia.org/wiki/October_21_2017

Copyright ©2021 Sri Nithyananda Paramashivam. All Rights Reserved

Science of Power Manifestation

Every subtle movement or subtle thought in one part of the Universe causes a counter-effect at that same moment elsewhere in the Universe. Our thoughts and energy flow have the capacity to create and attract incidents and people of the same nature. What the SPH Nithyananda Paramashivam has said here is one of the age-old truths expounded by our ṛṣis, sages in Upaniṣad, the Vedic experience. It is interesting that modern science is coming up with some startling evidence that reveals some of these truths now.

Dr. Masaru Emoto, a Japanese doctor and research scientist is renowned for his book, The Hidden Messages in Water. He conducted extensive experiments on water samples taken from all over the world. He took similar samples of water and exposed the water to different influences. To one set of samples, he spoke positive words such as 'love' and 'gratitude,' to some he recited Buddhist chants. To another set, he spoke words such as 'anger' and 'war'. Then he froze the different water samples so that he could photograph their crystal form. In the samples that had been exposed to positive energy, beautiful clear crystals were formed, like diamonds! The water exposed to negative energies did not form into crystals; they looked like a tumor: dark, cloudy and without any distinct geometrical pattern.

Several hundred experiments were conducted to prove the effects of the vibrations created by our words and thoughts on matter. Water being the most common molecule in our bodies, we can now see the obvious and dramatic effect our thoughts have on ourselves and others! It doesn't stop there. Our thoughts have the capacity to affect the oceans and the seas.

Extraordinary capabilities through our body and mind express through dhaarana[134]. When we transform our root cognition about ourself, about the people around us, about Divine, about the world, about money - all the basic cognitions we carry - suddenly powers start expressing through us.

"Biology of Belief" written by scientist, Dr Bruce Lipton, after thirty years of research in the field of biology, he came up with some very powerful conclusions. He clearly proves that our positive and negative emotions control our body in a bigger way than even DNA or cells do. Our body is guided by our beliefs, faith, and our positive and negative emotions. He says that even our body structure can be altered by our mind. Step by step, he proves very clearly that all our genetic, physical, and mental problems are created by our faith alone.

Contrary to what was once believed, the brain is not the only center where our neural responses are stored. There is growing evidence that our thoughts, which are no more than electrical signals shizzing along our neural pathways, are stored in our cellular and somatic

[134] Daranasu ca yogata manasah (2:53) "After the veil which covers the inner light is removed the mind becomes fit to express all that it carries inside" Patanjmali Yoga Sutras Yoga Sutras , verse 2:53

Copyright ©2021 Sri Nithyananda Paramashivam. All Rights Reserved

memory, resulting in permanent changes in the way our body and mind influence each other,

Somatic memory includes three types of memories: engraved memories (engrams), muscle-memories and bio-memories.

A. Engrams are biochemical changes that occur in our neural tissues as the result of a powerful or persistent reaction to any situation. An engram is not an ordinary memory, but more like a photograph of a situation or event, complete with the emotional response that accompanied it.

   A thought is simple. It rises and falls. It does not leave a mark inside you. For example, if a thought comes to us- *"I would like to have a coffee"* - that is just a thought, not a pattern or engram. But if we fulfil this thought every time by the action of drinking coffee, after a few days it becomes an engram. That is, we start craving for that particular action – we start feeling, *"how I wish that I could have a coffee!…"* Engram is like flowing water – it creates a certain movement in our mind. Engrams exist just below the level of our consciousness, influencing our emotional responses without our knowledge.

B. While engrams affect our emotional responses alone, muscle memories are memories that have become so deeply embedded in our system that they can recreate the physical symptoms accompanying these emotions, like those experienced during strong fear or anger. Muscle memories are also responsible for our performing repetitive mechanical actions that do not require our conscious intervention, like typing or cycling. After some weeks, we actually start feeling afraid that if we don't get our coffee in the morning every day, we will have a headache! This means that this thought is solidifying like water becoming ice - it has become part of our muscle-memory.

C. After one year, if we keep pursuing this habit, one day if we don't get your coffee in the morning, we will ACTUALLY get a headache! When a pattern becomes so solid that it starts affecting us physically, it is called bio-memory. Bio-memories are tough like crystal and are very difficult to break! Bio-memories are memories that are locked into our cells. They carry hereditary memories, past-life memories and memories that have become part of the very fiber of our current personality through constant repetition for years. Both physical and mental patterns can become part of our bio-memory. Bio-memories have the power to trigger physical actions like fight or flight. Mental states like depression and anxiety can quickly become part of our bio-memory if we are not careful. Bio-memories are not only unconscious but are usually untraceable to any particular source incident.

Copyright ©2021 Sri Nithyananda Paramashivam. All Rights Reserved

Can Kundalini Awakening alter our thought patterns?

Kundalini Awakening can alter our thought pattern.

Our thoughts carry a minuscule physical weight that can be a drag on our bodies. Everybody has experienced how we feel heavy on certain days, and light as a feather on certain days - even though our physical weight remains the same! This shows that our thoughts and engrams can actually pull us down. Kundalini Awakening or initiation have the power to temporarily free us of our binding engrams. But if the negative patterns continue to be encouraged, they can return and persist.

With repeated Initiation we are constantly exposed to elevated space which gradually our muscle memory starts enjoying and it becomes part of our bio-memory.

Implications of Kundalini Awakening on Manifestation of Powers

When the Kundalini is awakened, all the old mental and physical patterns are broken, destroyed. A new higher pattern, a conscious pattern is evolved, the cognitive shift, this understanding, this realization that we are beyond body and mind, this realization that we are a conscious existence which is eternal - this is the most remarkable effect of Kundalini awakening[135].

Vijnana Bhairava Tantra, Sutra 35, dharana 12 confirms and concludes that when the Kundalini shakti arises, it travels through the central nadi the Shushunma and pierces through all energy centers, chakras. By this, the individual experiences the different states of different energy centers, their respective powers manifest[136],various acts of divine body of Shiva's Incarnation.

Knowledge Transmission, *Deeksha*

The Sanskrit word Deeksha is derived from the root 'da' (to give) and 'kshi' (to destroy ignorance) – which loosely translates as 'initiation'. Deeksha is revered in the Vedic tradition as the ultimate gift that a Master can confer upon his disciple.

In the ancient Hindu text, Rudrayamala Tantra, Lord Shiva says:

The one who is not initiated does not attain liberation nor a better

future. So by all efforts, one should get initiated by Guru.

[135] Avatar Shastra the Science of descent Volume 1 page 140 SPH JGM Bhagavan Nithyananda Paramashivam 2016

[136] Jnanapaddhati, SPH JGM Bhagavan Nithyananda Paramashivam, Nithyananda University Press 2018

Copyright ©2021 Sri Nithyananda Paramashivam. All Rights Reserved

Genetic Science Behind Initiation, Deeksha[137]

What is Initiation?

Diksha, or Deeksha: Grace bestowed by the Master and the energy transferred by Master on disciple; may be through a mantra, a touch, a glance or even a thought.

Rishi means Mantra Drashta – one who sees the mantra.

Mantra means – *"manana traayate iti mantraha"* – the words which show higher experience to man. That which leads you to higher truth, experience. Shankara very beautifully explains the initiation with a very powerful example called *'bramarakitanyaya'*. In English if I translate that *'bramarakitanyaya'* it will be called as *'bee logic'*. Bramharikita means when a bee wants to expand its family, it goes and picks up few worms and make a small mud shell and keeps the worm inside, worms inside; sits in the entrance entry point, goes on creating intense sound. That sound is mantra diksha, initiation. In that sound the worms will become bee. Just using the sense of sound, the bee is able to reproduce. It doesn't need any other organ for reproduction.

Background: Human DNA can be reprogrammed

Russian scientist Grazyna Fosar and Franz Bludorf quote

1. *'The human DNA is a biological internet, with evidence that DNA can be influenced and reprogrammed by words and frequencies.'* The words and frequencies can directly programme our DNA; it is biological internet. They call it as biological internet.
2. These Russian scientists reveal that genetic code of 90% of the junk DNA or dormant DNA which the SPH Nithyananda Paramashivam was revealing as the *Jivatman, Self* in all of us; the part which these people call as junk DNA or dormant DNA but He call as *Jivatman* DNA, Self-DNA; 90% of the Jivatman DNA follows the rules of human languages.
3. The third important revelation, Grazyna Fosar and Franz Bludorf compared the rule of syntax. '*The way in which words are put together to form phrases and sentences and semantics, study of meaning in language and grammar and found out that alkalines of our DNA follow a regular grammar and set rules like our language.'* The SPH Nithyananda Paramashivam recollects –

    > Always Raghupati Yogi used to tell Me... he will teach different yoga for different parts of the body. See for hands he will give some yoga, for eyes he will give some yoga, for tongue he will give some yoga, for nose he will give some yoga and the

[137] SPH JGM Bhagavan Nithyananda Paramashivam, "Genetic science behind initiation", 21 Oct 2010, Morning Message, Bidadi, India, Available online: Nithyanandapedia, https://nithyanandapedia.org/wiki/October_21_2010

Copyright ©2021 Sri Nithyananda Paramashivam. All Rights Reserved

most difficult part to work out is the cheek. Even for that he has some yoga, he will give some yoga. When I asked him, *"what is the yoga for brain"*, he will categorically tell, chant Sanskrit. The Sanskrit language, learn sanskrit language, chant sanskrit mantras. I used to be surprised, how can brain have yoga by sanskrit? He will insist that I chant that surya namaskar mantras during the postures. He will insist that mantra chanting is done. I used to ask *"how can mantra have yoga for brain?"* But now I know it's true.

I can tell you from My experience, whatever is said and done, a person who speaks decent cultured language, naturally behaves, lives, thinks decently and culturally. I am really telling you; because I wandered length and breadth of India I have seen all kinds of dialects, people who speak dialects. I have seen Tamil alone 20 versions, Kongu Tamil and Madurai, Chennai, in Chennai, Kuvam Tamil and North Arcot district Tamil. In that there are different language, Mudaliyar Tamil, Gounder Tamil. All kinds of dialects I have seen. And in north, the different dialects of Bengali, different dialects of Hindi, I have seen. I tell you, from My experience I can tell you, the language, the standard of language a person speaks directly affects the way in which he thinks, the way in which he acts; it really affects.

There may be exemptions, very few. Like a person speaking very cultural language and behaving indecently; very rare exemption. But as a nature it doesn't happen. As a rule, it's a rule. Exemptions does not break the rule, it only enforces the possibility of existence of the rule. Understand when I say all these candies are sweet, there may be one or two which are not sweet. That does not mean that rule is broken or weakened, those two three exemptions ensures the existence of the rule. Look in the other side, look from the other side. All exemptions ensure the existence of the greater possibility of the rule.

So maybe one or two exemptions, but otherwise I can say, the language they speak, the cultural, cultured, clear, syntax semantics grammar they use, directly affects the alkalines of our DNA. That is why the neuro linguistic programming, NLP really does a big transformation. I can tell you, see NLP is not all, it does not lead to enlightenment, but it surely awakens much more than what you are now. The neuro linguistic programming surely makes you more alive than what you are now.

4. The next important discovery, truth, scientist Gorge Jave says: Our DNA can be reprogrammed by speech when words are modulated on correct carrier and frequencies. The SPH Nithyananda Paramashivam elaborates –

Copyright ©2021 Sri Nithyananda Paramashivam. All Rights Reserved

Again and again and again the Upanishads are chanted for so many different purposes. Not only your DNA can be altered, I tell you, the Upanishads came from such a high frequency, if a group of people whose DNAs are already altered by this chanting, if they chant, the cosmic DNA can be altered. That is why the chanting and homa brings rain. It brings whatever we need, the natural positive effects. Why do you think such big Tsunami did not touch single temple? See all over, from Kanyakumari to Chennai, at least 2000 temples are there in which compounds usually gets washed by the wave, at least 2000.

Please understand, from Kanyakumari to Chennai, first of all let us start with Kanyakumari Devi temple, from that to Chennai Thiruvottiyur, Kashi Vishwanath Temple and Pattinathar Samadhi; at least 2000 temples are there - Thiruchendur, Thoothukudi Not a single temple was broken or damaged or disturbed. We may say *"No, no, no, coincidence"*. **No!!!** If people whose DNAs are altered, reprogrammed by the sounds and mantras and frequencies, if they sit together and create those frequencies and sounds, the cosmos DNA can be reprogrammed. So a space, bit of cosmos which is reprogrammed by the reprogrammed system of the body of the Master is energy field. Bit of the cosmos which is reprogrammed by the reprogrammed body of the master is energy field. That is why just very living in that field reprograms many of our DNA.

Words and Sentences of Proper Frequencies Is Initiation

Next truth: *'Since the basic structure of DNA and language is of same structure, one can simply use words and sentences of human language of proper frequencies. This proves DNA reacts to spoken words, with proper frequencies; directly'*. The SPH Nithyananda Paramashivam elaborates –

This is My own conclusion, because of these researches, these researches directly or indirectly explains and proves how affirmations, hypnosis, words from spiritual masters affect your body and mind directly. This is the power of initiation; the process. Many of you people would have seen the video of people levitating during LEP. If you have attended LEP you would have seen. I did not do anything. All I did is, *"let your samana be balanced, let the air energy inside you be balanced, let whatever happens inside your body happen"*; that's all. Affirmation - Satya Sankalpa, nothing else. Satya sankalpa; over. Immediately the whole thing fell in place. People started levitating; the raising.

Understand, ordinary Sankalpa is gravitation, Satya Sankalpa is levitation. Sankalpa, ordinary Sankalpa means will, words, thoughts created, pulls you down, makes you more heavy. Satya sankalpa makes you levitate. That is why whatever is said and done, when you listen to the great truths directly from Master, it just gets recorded into your DNA, becomes part of your DNA. This is

Copyright ©2021 Sri Nithyananda Paramashivam. All Rights Reserved

> the science why millions come to listen to the masters and how the master's words directly gives experience to people. That's what I call transmission of lamp; initiation. From a lit fire only you can light the lamp. How much ever you sit and beg, please, please, why don't you lit yourself, how much ever you play and do any drama, any game, light cannot be lit by itself. Only from the lit fire it can be lit; transmission of lamp only can happen. Same way how much ever you sit and talk in ordinary way, no. Only the reprogrammed DNA can transmit that frequency and right words and reprogram your DNA. That process only I call initiation.

Incarnation Programs Your DNA Through Initiation

If we sit and listen to the truth from an ordinary man who has intellectually memorized it, it is called learning, teaching, and learning. If we sit and listen to a man who himself is practicing those truths, he is called Acharya, we are called Shishya. If we sit and listen to those truths who has experienced it, He is called Guru we are a Shishya. If we are listening to those truths from a Being whose very DNA is programmed, it is called initiation. He is an incarnation; we are a devotee. It is called initiation.

Initiation into Power of Going Beyond Pain, Hunger and Thirst

The SPH Nithyananda Paramashivam reveals how initiation helps us go beyond pain, hunger, and thrist –

> In My life there is an experience with a group of Tibetan monks. They made Me sit inside the bell. Some ten monks sit around the bell and rub the bell and go on chanting. I can never realize; I never realized the sound can create pain in your air holes; hair holes in your pore. The bell has small holes through which I can breathe. But all the ten sides they are sitting and rubbing the bell with a small wooden piece. That vibration created, that sound, within five minutes your ear stops listening that sound. You can't hear it anymore. But every hair pore feels the pain as if a needle is being inserted and after half an hour the pain also disappears. It becomes like a pleasure, very strong deep pleasure. Then they chant the words like you are deathless, you are painless, you have no hunger, you have no thirst, you have no old age, they chant like this. I now translated in negative way. They don't say you have no old age, they say you are ever young, they say you are always fulfilled, you are immortal. They declare in positive terms.
>
> And I was really shocked because first I thought what this can do, it may be a ceremony. I love usually these ceremonies, anywhere any ceremony I see, I'll go and sit. Whether it is a shraddha or I'll not bother. Whether it is some, what to say, some sanyas ceremony is going on or some shraddha is going on, some

Copyright ©2021 Sri Nithyananda Paramashivam. All Rights Reserved

ceremony is going on I'll go and sit. So I saw some ceremony going on. I asked, *"Will you allow Me?"* They said, *"Are you a sanyasi?"* I said, *"Yes, I left the house long before."* Then they put Me in that ceremony, I started attending. Then I realized, now I can realize completely, the frequencies and language can reprogramme your DNA. I can tell you still I do not have anything called pain in My body.

If you have seen Me ten days before in Himalayas, 10-15 days before there was a big wound, at least 4-5 inch wound, long, may be quarter inch depth. There was a bleeding and big wound. It took five days for Me to realize there was a wound. There was a, something has happened to the hand; some brahmachari saw and told Me. By the time it got healed by itself. Even though body is ordinary body, there is no such thing as pain; still it takes so much to push the food inside My system because there is no such thing as hunger. People have to remind Me to drink water continuously, because there is no thirst.

The DNA reprogramming; the power of DNAs reprogramming. So your DNA can be reprogrammed by the right words, right chantings, right initiation from the incarnation whose DNA is completely reprogrammed. That is why the words heard from the master spreads inside you like a fire and makes you experience.

And another one thing, very funny thing; I'll tell you My experience then I'll give you the research truth. Now if you are seeing our website continuously these eN Kalpatarus are going on, E kalpatarus. And I'm talking in more than 20 different languages, Spanish, Portugese, Slovakian, Germany and what not, Chinese, Gujarati, Bengali, Hindi, Punjabi. No really, 20 different international languages I am talking. People may be thinking what is going on? Nothing!!!! I just pick up usually the statements which I use in Kalpataru; the blessings. I pick up those statements and get the translation and read them. From those few statements I try to manage at least the basic conversation so that people will feel connected.

During this exercise I realised one important thing - all European languages, the words are almost same, and all Vedic languages the pronunciations are almost same - like Aashirwad - that word is common in all Indian language. Aashirwad is Aashirwad; that's all. And same way, the blessing - only little bit of alteration you need to do - Felicitado, bendición; only small difference. But almost same tone in all European languages.

I was surprised how come the languages happened in different, different places, how come they all have large similar pronunciation and so much of grammar; almost same symmetrical grammar. Now I know from this research scientist Gorge Jave says human language did not appear coincidentally but it is a

Copyright ©2021 Sri Nithyananda Paramashivam. All Rights Reserved

reflection of our DNA. That is why Kashmir to Kanyakumari, when there was no communication like telephone, television, telegram anything, Sahana bhavatu is chanted in same frequency. Go to Kashmir saivites temples aur Bhavani Mandir or Vaishno Devi and go to Kanyakumari Kannagi Bhagavathy mandir. You will see Sahana bhavatu and poornamidam being chanted in same tone, same frequency. So the language is not just coincident, it is the reflection of our DNA.

Q&A

In several questions and answer sessions the SPH Nithyananda Paramashivam answers several common doubts and concerns on these topics –

1. *Respected guruji, I have received diksha from my guru and know the relationship of guru-disciple. My guru took samadhi in 1952 and I gathered all his teachings from his book and trying to apply to me. I never saw my guru in person. Now, since I met you and listened to your discourses everyday, I have experienced that Lord Krishna is talking directly to me from the Bhagavad Gita and it is very beautiful experience. I do not want to let it go. I have the fear that I am greedy or I can have 2 gurus in my life. Please explain that I am not going to turn into dhobi ka kutta na ghar ka na ghaat ka or do ghar ka mehmaan bhooka jaata hai.*

   In Hindi, she has written. Please be very clear: Ramakrishna answers this question very clearly, you can have as many gurus as possible. At least with my disciples I tell, whomsoever is initiated by me, I always tell them, not only I allow you to go wherever you want, I encourage you to go and learn wherever you want. Pluck the flowers from all the beautiful gardens and make a beautiful bouquet. I think I said this same idea few days ago: Pluck the flowers from all the beautiful gardens and make a beautiful bouquet, beautiful garland for yourself. One more thing: our ego is such, even if it is beaten from all thousand sides, it will not die. How can you expect that to be killed just by 1 person? So, let you learn from all sides. Let your ego be crushed from all sides. All we need is you growing, that's all, you experiencing the truth, that's all. Wherever you experience, don't miss the chance. Wherever you get the chance, never miss it. And be very clear: don't go to a person who says don't go to others, that's all. Just to safeguard your freedom, just to keep your freedom with yourself. Other than that, you are completely not only free to go, you are encouraged to learn. So, I tell you, you don't have to feel guilty. You don't have to feel you are doing something wrong if you listen to his teachings or if you practice me and I can be sure I won't have any problem with your master and after all he has passed away; I will talk to him directly; don't bother about it. We will have our understanding; you don't have to worry about it. Relax and enjoy. When we deeply feel connected, the very connectivity is enough. Nothing else is necessary. That itself can guide you…that itself can guide you. One more important thing: please understand, to whom you feel connected is

Copyright ©2021 Sri Nithyananda Paramashivam. All Rights Reserved

not at all important. To whom you surrender is not at all important, this is one more important thing. I can say one more business secret, how Krishna says rajavidya rajavihyam, secret of secrets, this is one more business secret. Let me tell you these business secrets which nobody reveals usually because based on these secrets only the whole business is built. But, I am very clear, let me tell you the whole thing. Be very clear: to whom you surrender is not at all important. The very attitude of surrender, the very attitude of feeling connected will liberate you. That is enough; it will liberate you. Nothing else is necessary. The very intensity has got power. The very attitude of surrender has got the power to transform your life. Nothing else is necessary.

2. *Dear Swamiji, can you please expand on the mental, physical and spiritual benefits of Nayana Deeksha.*

   First thing, mental benefit, you don't need, any other witness. Just now you see, because I could see, I told Shivangi, Aye, don't sleep, do sit up, I could tell. Means, you will attend the Satsang directly in my supervision. I'll ensure that you receive it. Physical-when you really receive it, naturally, it is going to transform you physically and spiritually. Nayana-Deeksha is more like ensuring, that you are attending. Because, sometimes, if these guys don't come for two-three days, I don't keep quiet, I immediately send a mail to them, Aye, what happened, I am not seeing you; or next time when they come, I'll catch them. You see, now I am already um..I have marked in my attendance, Jayesh Ba (30:58) is not attending for last many days in Phoenix. So next time when he comes, I am going to catch him, Jayesh Ba (31:05) what is happening, you are not attending properly.

   So I have my own attendance. First thing, I make sure that you catch the truth. Second thing, especially during Kriyas, I make sure, that you are doing it properly. Apart from that, there are some more Mystical benefits. That is more Mystical, like more than you seeing the Master, if Master sees you, you will stay in his heart. Understand. When you remember me, you are doing the best thing you can do to yourself. When I remember you, Cosmos does the best thing it can do to you. So Nithya Sevika, that's a reason, I always recommend people to come on two-way Nayana Deeksha. Come on. Next.

3. *Do you initiate only the people who are sitting live with you directly watching your satsang, or people like us who can't watch directly, who can watch only through the*

Copyright ©2021 Sri Nithyananda Paramashivam. All Rights Reserved

YouTube, the recorded discourse later on? Do you initiate us also who watch the discourses later on, through the YouTube, through the recording?[138]

I wanted them to know... please understand... the initiation happens whenever you melt down with a deep trust and feeling connection with the Master. When you melt down with a trust and deep connection, you are sitting live with me. You are coming alive with me, I am coming alive with you. Please understand. Here, I am making an important statement. A sincere seeker, a sincere disciple, when he sits with a deep melting, relaxed mood with a Master, not only Master comes alive with the disciple; disciples also come, disciple also comes alive with the Master. Please understand, not only disciple feels fulfilled, Master also feels fulfilled. When a sincere seeker melts down in the deep trust and relaxes, the transmission of the lamp happens automatically.

If you are sitting with a deep trust, and a relaxed mood; understand, I am alive with you, you are alive with me. When a sincere seeker sits around me, not only he is fulfilled, I am also fulfilled. My mission is getting fulfilled. A sincere seeker when you sit around me, I don't even expect you to do puja to me, or meditate, or do any rituals. Just if you sit around me, not only you are fulfilled - you are feeling the fulfillment, I am also feeling the fulfillment. When a sincere seekers come and sit with me, I am also happy. A sincere seeker deeply fulfills a Master. When you melt down and sit with the deep trust, the connection happens, the initiation happens, the transmission of lamp happens. But one thing, if you have the habit of coming and sitting in the morning satsang, not only the initiation will happen, you will practice these techniques systematically, and, the next, next, next evolving will be more easy.

See there are so many instructions and understandings which I add continuously every day. If you are watching the recorded discourse in YouTube, you will not be watching in proper time. Today's session you may watch tomorrow, and yesterday's session you may watch day after tomorrow. The timing may not be proper. So only those difficulties should be avoided. If you are watching the recorded discourse in YouTube, decide every day you will sit only at particular time. Watch only the last day - yesterday's discourse. That's it. So have that habit of maintaining that continuity. Don’t change the number, the dates and time of the discourses. If you have the continuity, you will have the same effect of watching the live NTV. When a sincere seeker sits with the Master, thousands of things happen in their system. Upanishad, completely awakens your inner being, the inner self.

[138] SPH JGM Bhagavan Nithyananda Paramashivam, “Sitting with the Master (Upanishad)”, 02 September 2012, India, Available online: KAILASA’s Nithyananda https://youtu.be/GWeuv3z-MN0

Copyright ©2021 Sri Nithyananda Paramashivam. All Rights Reserved

Highlights

1. Be aware of the words you use.
2. Listen to the great words only from the person who has experienced.
3. Whenever we listen to the great words and higher frequencies from the person who has experienced, whose DNA is reprogrammed, it becomes our experience. That is what is initiation.

A Few Key Initiations Revived by SPH JGM Bhagavan Nithyananda Paramashivam[139]

1. Gayatri Deeksha - Initiation to Awaken Cosmic Intelligence
2. Brahmacharya initiation - Initiation into lifestyle of Sanyas
3. Shiva Deeksha - being initiated into the lifestyle of Shiva
4. Shravana - pure Listening
5. Purnatva - Completion
6. Vak siddhi – manifestation through the power of words
7. Healing - opening of the ananda gandha chakra
8. Third Eye Awakening[SM] - opening of the ajna chakra or brow energy center
9. Levitation
10. Materialization

[139] Add GOP data, with figure and photos

Copyright ©2021 Sri Nithyananda Paramashivam. All Rights Reserved

Types of Deeksha

Nayana Deeksha

Nayana Deeksha, which does not involve touch and can be conducted across large distances, would use the principle of the presence of mirror neurons[140] in the disciple being able to reflect the energy projected by the living Avatar. This form of initiation begins at the level of the brain, leading to entrainment and coherence of the projected energy from the Avatar. During deeksha, the projected bio-energy from the Avatar could be in the form of a *sankalpa* (a conscious concentrated energy), a *nissankalpa* (a pure intentionless energy), or the release of biophotons. It is now known that every cell of the body produces a small quantity of energy in the form of photons, which travel at the speed of light. In a normal cell, the quantum of photons is very small or negligible; however, in an Avatar, the quantum of photons could be so high as to make a visual and physical impact on the disciple.

Mantra Deeksha

In Mantra Deeksha, the chanting of the special mantra creates subtle vibrations which are in tune with the ambient Cosmic energy of Shiva, with spanda as a fundamental potential energy on the verge of manifesting as Shakti. During Mantra Deeksha, the Avatar intuitively selects the seed syllable or mantra that resonates with the natural vibrational frequency of the disciple, and impregnates it with His own pure bioenergy, which will automatically raise the disciple to the next level. The mantra may be the name of the disciple's Ishta or favored deity (for the devotionally oriented disciple) or an Upanishadic truth (for the intellectually oriented disciple), or even just a seed syllable which works at the pure level of being.

Mantras are the passwords of our body. Our body is not just a computer; it is a live internet connection. If we have the passwords, we can download information not only from our own bio-memory, but from the Cosmic bio-memory itself!

[140] Mirror neurons are special neurons that can observe and mimic the actions of other neurons through imitation. But unlike classical imitation, mirror neurons can activate and process all the observed movements or information without the physical act of imitation. That is, the entire body can silently and without movement, recreate what is happening elsewhere, through a process of direct observation. A physicist of Indian origin, Amit Goswami, recently published an article in a physics journal showing that entanglement affects people. He had two people meditate together, and then separated them in two chambers (one person in each) where they couldn't see or hear one another. When one person had a light strobed at his eye, it caused the firing of a certain frequency in the brain. Remarkably, at the same moment, the other person's brain also fired, even though he never saw the light. This proves that the energies of people intuitively affect each other.

Copyright ©2021 Sri Nithyananda Paramashivam. All Rights Reserved

Sparsha Deeksha

In Sparsha Deeksha, the Cosmic energy already present as bioenergy (Kundalini Shakti) in the Avatar or Guru is directly transferred to the disciple, leading to the opening up of the dormant energy of the disciple and awakening him achieve his true potential.

With the energy transfer, changes take place at the chemical level in the disciple, initiating the production of signaling molecules, neurotransmitters (like hormones) etc. This in turn works at the very basis of molecular biology by transforming and realigning the genetic material of the cell, allowing it to express healthy desirable Products.

Kundalini – the Macrocosm within the Microcosm

This dormant energy stored in every living being, once awakened, allows us to access the untapped regions of the brain, manifesting its potential in miraculous powers and heightened intelligence. Any growth in any field, on any level – whether it is ordinary physical health and wealth or extraordinary inner richness and powers - is only possible due to this higher potential energy. This extraordinary inner potential energy, bioenergy, which is available in the being in the form of potential is what is called as Kundalini Shakti. In Sanskrit, 'Kunda' refers to the concave cavity in which the brain, resembling a coiled and sleeping serpent, nestles.

When we awaken our Kundalini energy with the right knowledge, right context, right understanding and the right technique, right process, it can give us anything we want! Kundalini brings the space of positivity to us, space of possibility to us, space of leadership to us, space of Enlightenment itself to us! Kundalini is Kalpataru; it gives anything we want, and the space of not wanting anything! Kundalini Awakening gives people extraordinary powers like telepathy, teleportation, materialization and more! Just because one does not have access to these extraordinary powers, they need not think these powers do not exist. Kundalini Shakti can directly make one more productive, more aware, more conscious, intuitive, ultimately rich not only in the realm of wealth but also in health and relationships. It will take away the low idea people carry about themselves. It takes away the lower self-image they carry about themselves. It shows them their possibilities. It shows them the power of intuition. It awakens their intuition. It awakens their intelligence. They forget tiredness and boredom. They do smart work; not just hard work and with this smart work, up the pace of physical, mental, and spiritual evolution.

When Kundalini ascends the spine through the *Sushumna Nadi* (the main channel of subtle energy), it results in a huge energy influx into the brain. As it flows from the thalamus to the cortex, Kundalini sets up a powerful energy loop, awakening the latent, unused, non-mechanical parts in the brain, mainly the limbic system and neo-cortex.

The limbic system is that part of the brain which is associated with memories linked to emotions. It is also that part of the brain which corresponds largely to the Third-Eye or Ajna

Copyright ©2021 Sri Nithyananda Paramashivam. All Rights Reserved

Chakra, which is the 6th or the final chakra in the body (the 7th Chakra known as the Sahasrara Chakra or Brahmarandra is not exactly a Chakra, but a subtle opening allowing the union of the Kundalini energy with the Cosmic energy). The opening of the Ajna chakra allows for the unclutching of memories from its associated emotions, allowing for 'Completion' or making peace with life.

With increasing levels of coherence, the whole brain comes alive, turning into a super-conductor of conscious energies that heal, empower, and transform the person's life. Enhanced awareness levels, greater creativity and extraordinary abilities start to express, like levitation, teleportation, and materialization. This influx of superconscious energy also visibly reverses aging and improves immunity to disease.

Kundalini is not just a blind force like electricity. It is a conscious spiritual power of cosmic proportions that knows where to go and what to do. Once awakened, Kundalini rips through millions of years of our human conditioning, firing brand new neurons in our brain, opening up unknown strands of our DNA, flooding us with superhuman energy, retracing our mental blueprint, wiping out our most obstinate karmic patterns, and catapulting us to a whole new level of existence. By awakening the Consciousness of each individual, Kundalini opens the doors to a global revolution of Consciousness.

Third Eye Awakening℠

The ancient Vedic tradition gave the name Ajna Chakra (the sixth chakra) to the Third Eye. In yogic literature, it is described as a subtle centre of consciousness in the region between the eyebrows. The word 'Ajna' means 'command'. The practice of meditation allows it to become the command centre for the being, who receives instructions from Shiva Himself. It is also known as the command center because, once this chakra is activated, it gives the individual the power of clairvoyance, and the ability to control and influence the forces of Nature, as well as his own lower disposition.

Third Eye is like a door to Cosmos. We can receive anything from the Cosmos though the Third Eye. Same way, we can send any command to the Cosmos through the Third Eye. Anything sent through the Third Eye to the Cosmos is immediately, immediately experienced! Third Eye is not just the brow center; it is the Browsing Center also! Just like how we can upload or download anything through the Internet world through an internet browsing center, through the Third Eye we can download and upload anything in the Cosmos. It is the Cosmic browsing center. Any Akashic Records can be downloaded by us when we open our Third Eye.

All the extraordinary powers are lived when our Third Eye is completely awakened.

Whatever we are seeing with these two eyes is not reality and not enough. Third Eye makes us see the higher reality externally in our day-to-day life, and internally in our life and death journey. Third Eye Awakening℠ makes us immediately experience Divine.

Copyright ©2021 Sri Nithyananda Paramashivam. All Rights Reserved

The Third Eye is a direct bridge to Divine. Third Eye is not just an eye; it is the very source of our Consciousness. If we align our thinking based on the principle of Advaita, Oneness, all our energy will become centered on Third Eye, all our energy will become stable in our Third Eye. The functioning of our Third Eye will enter into the next frequency[141].

The more we use the Third Eye, the more the patterns and engrams engraved in our brain will start getting completed, because we are continuously working with Consciousness. The more we use Consciousness, the more we become Consciousness. What we call karma is nothing but the deep-rooted unconscious patterns and incompletions which force us into a vicious cycle of fear, greed and pain for lifetimes. When we start using the powers of our Consciousness freely, the unconscious parts of our mind are brought under the light of our Consciousness, and they automatically dissolve, clearing the karmas.

Process of Third Eye Awakening[SM]

The process of activating the Third Eye includes:

- Initiation or Deeksha

This is the process of directly transmitting the bio-energy (Kundalini energy of the Avatar) into the area of the Third Eye, located between the two eyebrows of the recipient.

- Meditation

The meditation consists of visualizing a light or golden light within the third eye, which directly connects with SPH JGM Bhagavan Nithyananda Paramashivam's third eye. Timed meditation is performed alternatively, with eyes closed and eyes opened for three rounds.

- Meditation using a blindfold

The application of the blindfold completely cuts off any sensory inputs in the form of photons falling into the retina of the eye. In the outer world, the maximum sensory input is through the visual system. Meditating in the darkness of the blindfold on the third eye allows one to focus with minimal distraction, while simultaneously activating the pineal gland (which produces melatonin in darkness). Melatonin is responsible for re-adjusting the circadian rhythm of the body, and has significant anti-ageing benefits.

---

[141] Vijñāna Bhairava Tantra, sutra 31, dhāraṇa 8confirms when energy is stable on Third Eye, one raises to higher state of consciousness. " Let form be filled with essence of life-breath to the crown of head. Cross the life-breath by penetrating with one-pointed attention at the bridgelike center of the eyebrows (called the third eye). Let mind be beyond the movement of thoughts [nirvikalpam manah]. In that all-rising supreme state of Sadashiva, showers the light (vision) of all-pervadingness.

Copyright ©2021 Sri Nithyananda Paramashivam. All Rights Reserved

Powers of the Third Eye

1. Power to Read Blindfolded

One of the most visible expressions of Third Eye Awakening[SM] is the ability to read using the Third Eye or Ajna Chakra instead of using the two physical eyes. As thousands are successfully demonstrating worldwide, it is possible to perform a range of tasks, including reading, painting, recognizing colors, shapes and objects - all the while blindfolded. How is this possible? The science of Third Eye Awakening[SM] and blindfold reading has been demonstrating and revolutionizing the understanding of the actual role of the two eyes as the sole visual sensory organ of our body. It is bringing back the best of Vedic heritage alongside modern education. It brings one to the question of differences in the cognitive processes involved in reading with the physical eyes versus reading with the Third Eye. *"Just like the two eyes you have, you have a third possibility to perceive the whole world… Science of Third Eye Awakening[SM] is not a miracle. If only one person does it, it is miracle. If everyone starts doing, it is a science. Third Eye is not just used for seeing alone. It can be used even to hear, touch, feel, work. Third Eye is a powerful new possibility. It is called the Third Eye because the moment it is activated the first thing that happens is you will be able to see with your two eyes closed."*

What Happens During Blindfold Reading?

Normal reading (reading with eyes) is a three-step process: 1. The physical eye perceives the written words. 2. Information about the words is sent to the brain via the optic nerve. 3. The brain cognizes and understands the words.

During reading with Third Eye (with physical eyes blindfolded) only two steps happen: 1. The Third Eye cognizes the written words. 2. This cognition is transmitted directly to the brain. So the brain directly 'reads' or 'sees' the words through intuitive powers without any help from the physical eyes. Transition from Seeing with Physical Eyes to the Third Eye

In addition to revolutionizing education, Third Eye Awakening[SM] has huge implications – it is possible that visually disabled may be able to read books without Braille. It is also possible that doctors may be able to diagnose patients through Third Eye scanning.

2. Having a Telescopic Vision

Third Eye Awakening[SM] is the beginning of extraordinary powers. The vision with the Third Eye is not the same as the vision with the two eyes. When Kundalini Shakti is raised and brought, not only to the Third Eye, but to three points, extraordinary vision manifests as a side effect. There are two points on sides of forehead and one in the exact center of the brow. There are two components present in everyone - the man component, which is the patterns, fears, anger, desires, laziness, tiredness, etc. The other part is the Divine particle, the consciousness. Kundalini is the inner potential energy everyone has, the reflection of Divine

Copyright ©2021 Sri Nithyananda Paramashivam. All Rights Reserved

in them, the Divine particle in them. 'Chakshu' is the power which sees through the eyes. Eyes are different, Chakshu is different. When the Kundalini is brought and kept in the Third Eye point and all the three points in the brow are connected, thus opening up the entire energy circuit, different powers start expressing through the Third Eye.

Third Eye Awakening[SM] is the beginning of extraordinary powers. The vision with the Third Eye is not the same as the vision with the two eyes. The ability to see happenings on another planet is one of the powers. The ability to see through the Third Eye comes from the Oneness with the Whole. Just by bringing awareness on a distant object, like another planet in the galaxy, and connecting with it, its details can be known remotely.

3. The Power to see beyond an Obstacle

The ability to see across any obstacles is one of the powers that expresses as a side effect of the initiation. From the Space of Oneness with the Whole, the vision expands from the immediate, to more and more towards the Whole. Obstacles becomes irrelevant. Just like how in the current vision, everything is only an object in the range of vision, not an obstacle, similarly, with the expanded vision of the Third Eye, even walls and barriers are just another object, not an obstacle limiting the vision. The vision goes beyond all objects.

4. Power to See from Distance

The initiates into the extraordinary powers of the Third Eye have the ability to see any place from a distance, whether known or unknown to them. All places become available to the vision of such a person. Not only are they able to see the place, but also how the place is being used, what is the character of the place, and many minute details which cannot be known without having visited the place. In the space of Oneness, whenever a person initiated into the powers of the Third Eye connects with a person in a remote place, he is get the ability to see the person, their actions, and what is happening with them. This ability manifests because in the space of Oneness with Sadashiva, who is residing in all beings, anyone can connect with anyone through the Third Eye, which is the browsing center of the Cosmos.

5. Power to See One's Thought Currents & Emotion Currents

The ability to read someone's thought currents happens when the person is able to connect with their being, their very core. When someone connects with the other through the Third Eye, their inner space becomes visible as well. The power can manifest as the ability to read the thought currents that run a person's life, or as the ability to read their minds, the things on their mind, for example, any actions they want to take, any objects they desire. Often, it manifests as both together. Seeing emotions as an aura is another power that manifests through the initiation. The ability to see the emotional state of a person as an "aura" is one of the seven powers that manifest when a specific energy circuit is completed and activated with Kundalini Shakti. When it gets established on and awakens the Third Eye, it empowers people with amazing insights and extraordinary/ infinite peak intelligence (buddhi) and

Copyright ©2021 Sri Nithyananda Paramashivam. All Rights Reserved

energy (Shakti). The awakened Third Eye endows with abilities that would easily surpass a powerful computer search engine, web browser and scanning machine. Going beyond the limitations of the physical eyes, the potential to benefit mankind with these powers is immense! How can the power to see the emotional state of a person as an aura be of any benefit? The answer lies in the connection between energy points, emotional states and physical manifestation of these blockages as ailments and diseases. "Aura" means the subtle light which is continuously emitted by one's body. As the Isha Vasya Upanishad declared ages ago, "Isha vasyam idam sarvam" (whatever exists is energy). Whatever we see, touch or otherwise contact in our universe is made up of energy vibrating at different frequencies. Trees, rocks, plants, animals and ourselves – all are nothing but diverse expressions of energy. All that we know of ourselves is our physical body. But our physical body is only the grossest expression of ourselves! We have several subtler energy bodies that interpenetrate our physical body and create an aura or energy shield around us. These 'bodies' are actually electromagnetic fields, which are continuously influencing and being influenced by other such fields in the environment. The aura is responsible for keeping us in good energetic health, boosting our immune system and protecting us from toxic radiations. On the other hand, any energy blockages or 'knots' in the aura can be the precursor of future disease. The size of the aura can shrink or expand, be a darker color or a golden light. That is why any disease can be detected at the energy level at least six months before it becomes manifest in the physical body through the science of Kirlian photography of the "aura." Kirlian photography and other techniques have demonstrated that there are energy fields surrounding us. The beauty is that the energy field will show the signs of impending changes much before these changes are reflected in the physical body. The power of the Third Eye can do what Kirlian photography demonstrated and more! With the power of the Third Eye, impending as well as present physical ailments can not only be detected and diagnosed but also be healed.

A person with an awakened Third Eye can just see the emotional state of a person as an aura. Is it shrunken, is it expanded? Is it a particular color or strength? Is it dulling or is it a golden light aura as in a yogi radiating grace? Just the change of mood from dullness to joy causes our energy field to expand to a size almost sixty or seventy per cent times greater than when it is in a contracted state. Using the Third Eye, Kundalini Shakti can be directed towards balancing energy imbalances which are the hidden cause of most of our diseases. Deep seated negative patterns and karmic blockages can be detected and spontaneously healed before they manifest as physical ailments.

6. Power to See Internal Organs

The Third Eye is the space where everything in the Universe is occurring. When the power of the Third Eye is awakened, being in Oneness with any happening in the past, present and future becomes a simple side-effect. Though the physical eyes are constrained by a certain set of limitations in terms of what it can see and cannot, the Third Eye has no such limitations. The Third Eye can register objects and images behind any obstacle. By being in Oneness, a

Copyright ©2021 Sri Nithyananda Paramashivam. All Rights Reserved

person with an awakened Third Eye can see their own internal organs in a mere glance. In this case, the vision that is blocked by their own skin and muscles is surpassed and the functioning organs are seen. The utility of this power is that any discomfort, uneasiness and disease can be diagnosed before it becomes anything serious. Using the Third Eye, healing energy can be directed to those organs and they can be healed.

When one can see the workings of their own internal organs better, when they scan others' bodies, they will be able to diagnose and suggest remedies better.

7. Power to Scan Others' Bodies

When someone makes a request to have their body scanned, a person with an awakened Third Eye closes their eyes and allows the gaze of the Third Eye to fall on them. What gets revealed is important information regarding physical ailments that body is undergoing, developing or healing from, at that point in time. The Third Eye can see the energy blockages in the system, and the parts of the body that need attention stand out for the person who is doing the scan. This ability has been demonstrated by asking for volunteers from the available audience, who are aware of previously diagnosed ailments. They are then given a pad and pen and asked to write down the physical health issues that they are aware of. Then any initiated disciple who lives with a high level of integrity with Guru and demonstrates this power, scans their body and shares what got revealed to them in their Third Eye. What is written is then used as a way to verify what was revealed and the previous diagnosis was right. Many a time, health issues that are at an initial stage of manifestation get revealed during the body scan. Medical tests have later verified such an onset and the early detection helped in ensuring that there was complete recovery and avoiding more serious impact on the body. Not only this, the person doing the body scan can also identify what is causing an ailment to develop in a person and give them healing and spiritual solutions for the healing of their ailments. All diseases begin as a thought pattern. If the thought pattern itself can be dropped, the body also aligns in due course of time. The initiates doing the body scan can also help the person identify the thought patterns causing the disease. An awakened Third Eye enables one to become nothing less than a human scanning machine! The insights that get revealed is a great service for humanity.

KAILASA

KAILASA is the only macrocosmic, ancient, Hindu enlightened civilisational nation to serve the religious and spiritual needs of two Billion Hindus (https://kailaasa.org/) and the whole of humanity. KAILASA creates a safe haven to live, practise, express and radiate the peaceful lifestyle of extraordinary powers as per Hinduism regardless of race, gender, caste, or creed. Kailasa is the homeland and civilizational nation for Hindus on par with Israel for Jews, Vatican for Catholics and Tibet for Buddhists.

Copyright ©2021 Sri Nithyananda Paramashivam. All Rights Reserved

KAILASA was created with the determination to not just preserve and protect Sanatana Hindu Dharma and share it with the entire world as the solution to global problems, but also to share the story of persecution that is yet unknown to the world. Towards this goal, KAILASA is dedicated to the preservation, restoration and revival of an enlightened culture and civilization based on authentic Hinduism.

KAILASA is a nation created by dispossessed Hindus from around the world who lost the right to practice Hinduism authentically in their own countries. Though the KAILASA movement is founded in the United States, and spearheaded by members of the Hindu Adi Shaivite minority community, it is created for, and offers a safe haven to all the world's practicing, aspiring or persecuted Hindus, irrespective of race, gender, sect, caste, or creed, where they can peacefully live and express their spirituality, arts, and culture free from denigration, interference and violence. [142]

KAILASA's Third Eye Awakening℠ makes Disability Redundant

Nearly 1 in 7 people on Earth is Disabled (1 billion people, about 15% of the world population)[143]. That's one member of our family is experiencing difficulty in seeing, hearing, speech, mobility and dexterity, remembering and concentrating, intellectual and learning, emotional, psychological, and mental health, and pain and breathing, or is a victim of violence. Given demographic trends and increases in chronic health conditions, World Health Organization has declared "Almost everyone is likely to experience some form of disability – temporary or permanent – at some point in life".

7 out of every 10 disabled individuals are a victim of human rights violation[144]. Nearly 3 quarters of the world does not have anti-discrimination and other disability-specific laws to protect this abuse (150 countries have no specific measures to prevent discrimination in their constitutional rights)[145]. Further, due to exclusion based on gender, sexual orientation, age, ethnicity, education and poverty the most basic survival related needs of the disabled are neglected[146]. They are institutionalized, subject to rape, physical assault, lower pay rate, limited health care, forced out of schools - alarmingly atleast 1.7 times greater than their non-disabled peers.

---

[142] Nithyanandapedia.org, *The Grand Narrative of Hinduism,* Pages 6, 7, 8.

[143] One billion people or 15% of the world's population experience some form of disability.

[144] https://ncvc.dspacedirect.org/handle/20.500.11990/998

[145] https://www.disabled-world.com/disability/

[146] A small 2004 survey in Orissa, India, found that virtually all of the women and girls with disabilities were beaten at home, 25 per cent of women with intellectual disabilities had been raped and 6 per cent of disabled women had been forcibly sterilized

Copyright ©2021 Sri Nithyananda Paramashivam. All Rights Reserved

There is an urgent need:

1. To scale up disability services in primary healthcare, particularly in rehabilitation interventions.
2. To provide assisted living communities
3. To formulate policies and national regulations for protection of rights of the disabled
4. To provide accommodation in schools, hospitals, work places, dining, transportation, state and government services, telecommunications.
5. To provide work opportunities and facilitate growth and promotion.
6. To enable education opportunities for the differently-abled

SPH JGM Bhagavan Nithyananda Paramashivam has revived the rare, sacred science of Third Eye Awakening[SM] and made it available for humanity for their ultimate enrichment and conscious evolution. Significantly, the Third Eye can play the role of any of the senses, depending on which part of the brain is activated during the process. So we can hear with the ears closed, simply by activating the parts of the brain involved with hearing. This has been successfully demonstrated through FMRI and PET scans. The initiated KAILASA citizens are experiencing the whole-brain activation, through which they are exhibiting high levels of IQ, high emotional stability and prodigious intelligence.

Third Eye Awakening[SM] is the revival of the technique from Patanjali Yoga Sutra, ancient Hindu scriptural authority on Hatha-yoga and extraordinary powers. The Awakened Yogis and Masters of Hinduism have done deep research and fiery penances to explore the powers of Third Eye, for the supreme benefit of humanity.

"thatha pradiba shravana vedhana aadharsha aasvaadha vaartha jaayanthe" ||143||

Swami Vivekananda translates as, from that arises the knowledge of supernatural hearing, touching, seeing, tasting, and smelling which belong to pradiba.

Swami Prabhavananda translates as; hence one gains the knowledge due to spontaneous enlightenment and obtains supernatural powers of hearing, touch, sight, and smell.

Swami Sachithananda translates as from this knowledge arises the supernatural hearing, touching, seeing, tasting, and smelling through spontaneous intuition.

Bhagawan Osho translates as from this follows intuitional hearing, touching, seeing, tasting, and smelling.

In Vedic history, there are countless incidents of Enlightened Masters initiating their disciples and enriching humanity through the powers of Third Eye vision. For example:

Copyright ©2021 Sri Nithyananda Paramashivam. All Rights Reserved

- Maharishi Valmiki wrote the whole scripture Ramayana (divine poetic narrations of Lord Rama) by accessing the cosmic records of every minute happening, feeling and experience through His Third-Eye vision.
- In Mahabharat, over 5000 years back, Bhagavan Veda Vyasa awakens the third eye of Sanjaya, the king's charioteer, to visibly narrate to him the happenings and even the mind-set of Kurukshetra warriors, as it was unfolding thousands of miles away, just like a Live TV relay connection.
- Bhagavan Sri Krishna gifts the third-eye vision to his dear devotee, disciple Arjuna, amidst the waging war-field of Kurukshetra during the Bhagavad Gita.

SPH JGM Bhagavan Nithyananda Paramashivam for the first time in history of science has established unequivocally that Third Eye is the solution for the world and it is the priority now for all of humanity. Through extensive neuro-scientific studies, it is proved:

- Third Eye activity is real - quantified through brain research of Bhagavan Sri Nithyananda Paramashivam
- Third Eye is a science. The extraordinary ability is reproduced in those awakened by Bhagavan - quantified through study of brain activity of initiates
- Third Eye science is a possibility for the global problems of society - quantified through observations of vision for the initiated visually Impaired & Born Blind, Deaf & Dumb students of Vastrapur, Gujarat.

Third Eye Awakening[SM] can help solve all the problems that modern day kids and youth are facing today in society – obesity, depression, tiredness and boredom, confusion, fear, addiction to the Internet and video games, violence. All these degenerating problems faced by the new generation can drop and the children can start seeing their life in higher possibility, with joy and visionary like clarity.

KAILASA works towards an eclectic approach to fully integrate and promote well-being at constitutional, societal, and individual levels. It works to ensure people irrespective of race, gender, sect, caste, or creed:

1. made Hindu education along with contemporary academic education available free of cost through Nithyananda Hindu University – the world's largest Hindu University;
2. salient opportunity for people residing in India to safeguard their lives during this critical time of the COVID-19 pandemic. The SPH is providing the campus of Adi KAILASA, Bengaluru – and many other KAILASA campuses across India along with providing free lodging, free vegetarian (Sattvic food), and free internet to safely spend their time in a 'multi-layered' quarantine facility.

Copyright ©2021 Sri Nithyananda Paramashivam. All Rights Reserved

3. serve more than 3 million free organic meals per month in religious gatherings every month,
4. provided self-employment opportunities to help the needy and underprivileged

20MILLION+

INITIATED INTO THIRD EYE AWAKEING

3BILLION+

MEALS SERVED

1BILLION+

MILLION PEOPLE GIVEN DISASTER RELIEF

27 YEARS+

DAILY SERVICE TO HUMANITY

A free service available through Paramashivoham[147] *A Global Spiritual Awakening Event to Manifest Superconsciousness.*

[147] *https://gov.shrikailasa.org/paramashivoham/*

Copyright ©2021 Sri Nithyananda Paramashivam. All Rights Reserved

KAILASA's Nirahara Samyama for Hunger-Free. Thirst-Free Empowered Life

821 million people are facing chronic food deprivation. That's one in every nine people on the planet[148]. Every thirteen seconds, a child dies from the effects of hunger. ...more than 2 billion suffer from malnutrition.

KAILASA's Nirahara samyama[149] is the technique-method to raise body beyond food[150],[151] - exploration to discover body's possibilities without having any external input like food or water taking energy from ether and air. It is awakening, rekindling the power of the bio-memory to produce energy and food directly from air and water and space[152].

The Shiva Samhita[153],[154] explains this technique of being food free, Lord Shiva describes to His consort Devi (Chapter 3, Verse 81) that through the process and yoga, one becomes like a Kamadeva, the pleasure-manifesting deity, who is without a second. He feels neither hunger, nor thirst, nor sleep, nor swoon.

Nithya Sammyamas[SM] are a series of extraordinary techniques revived by the SPH JGM Bhagavan Nithyananda Paramashivam to take humanity to the next level of health, awareness and extraordinary living. *KAILASA's BFoodFree® is reviving the greater science of living without food to the world.*

Yogis for centuries lived without food, gaining health, longevity, energy, and higher consciousness. Saint Tirumoolar lived in the physical body for over 3000 years without any solid food[155]. Great Yogis, Issakki Swamigal Kuppamal's Guru, at least for 6 years A research done by Wisconsin University scientists on Lamas who directly take energy from ether say: if we take, say 200 grams of some food, some energy is created in our body, but in Lamas' body,

---

[148] https://www.worldvision.ca/stories/food/world-hunger-facts-how-to-help

[149] First revived for humanity by SPH JGM Bhagavan Nithyananda Paramashivam in 2010 Learn more about the science from https://nithyanandapedia.org/wiki/Nirahara_Samyama. Later 26 March 2011, this science was further updated to Science of Jeeva Samadhi", where now one step further, living without food, water, air or fire and space energy; just living without all five energies, all 5 panchbhootas, living purely on the inner space, producing all energies from inner space and keeping yourself alive was revived for humanity.

[150] Patanjali Yoga Sutra, one of yoga's foundational texts states integration of concentration (Dharana), Contemplation (Dhyana) and Samadhi is samyama mastery of which awakens the impossible power- Samyama means exploring and discovering your various possibilities, and powers. Verses 3.4, 3.5.

[151] Enriching is a lifestyle, SPH JGM Bhagavan Nithyananda Paramashivam, 25 June 2013, https://youtu.be/ybM7DFEp0So

[152] https://www.youtube.com/watch?v=dwcjCsV1IxY

[153] Shiva Samhita is a complex text that spans the entire spectrum of human experience, from health to liberation. Starting with a treatise on spiritual liberation, this text goes on to reveal 84 beneficial asanas, pranayama, meditation and visualization techniques, mantras, subtle energy channels (nadis), Kundalini and the importance of the Guru on the path. https://nithyanandapedia.org/wiki/Nithya_Kriyas

[154] https://nithyanandapedia.org/wiki/December_19_2016

[155] Saint Tirumoolar revealed the epic Tirumandiram - Science of Miracles. Page 293, Avatar Shastra, Nithyananda University Press.

Copyright ©2021 Sri Nithyananda Paramashivam. All Rights Reserved

the same 200 grams of food creates 6 times more energy than in a normal person! It is possible by practicing the appropriate techniques.

KAILASA's Nirahara Samyama for the first time in history, using the combination of modern science and yogic science, has unequivocally demonstrated yogic techniques not only maintains good health, but in fact enhances various parameters of well-being, including

- Recoveries from many serious mental and physical diseases including diabetes, hypertension, obesity
- Increase in haemoglobin
- Decrease in cholesterol
- Increase in Vitamin B12
- Increase in Vitamin D
- Decrease in Urea

10,000+

INITIATED INTO NIRAHARA SAMYAMA

1000+

LIVE WITHOUT SOLID FOOD

10 YEARS+

OF FREE SERVICE, SUPPORT TO HUMANITY

*A free service available through "*Be Food Free"[156]*. Depending on your need, be it physical health, mental health or spiritual growth, you can download the appropriate technique and practice it, it will surely transform you.*

[156] https://gov.shrikailasa.org/bfoodfree/

Copyright ©2021 Sri Nithyananda Paramashivam. All Rights Reserved

KAILASA's Sarvajnatva: No One is Denied Education, Conscious Living for All

Today, 10% of primary education is being lost on poor quality education - leaving 1 in 4 young people in poor countries unable to read a single sentence[157].

KAILASA's every single effort is focused towards this ultimate contribution to the humanity. Each individual is given the opportunity for exploring, the ambience to explore the multiple possibilities and dimensions of the brain.

Over 20+ million students have benefited from KAILASA's free primary, secondary and post-secondary education over the last 21 years (7000+ courses, 150+ campuses). Over 4billon USD+ invested in education training, materials. books, distribution, learning resources, scholarships, fellowships and grants.

SPH JGM Bhagavan Nithyananda Paramashivam Revives Extraordinary Ability of All-Knowing -the science of making the brain grasp the knowledge of the everything that there is - including the whole Cosmic happening. *Sarvajnatva* means the power to know everything[158].

In Sarvajnanottara Agama, Shiva describes with extraordinary power of Sarvajnatva, "one becomes the possessor all the exalted qualities of Lord Shiva who presents Himself simultaneously within and outside the universe"[159].[160]

With the power of Sarvajnatva, KAILASA is bringing the best of all the contributions to the world - In the field of health, wealth, economic policies of Hinduism, judicial policies of Hinduism, social policies of Hinduism, political understandings of Hinduism - everything is legitimatized and demonstrated to the world, so that the world can understand the Cosmic Constitution, the power and vision.

In the field of technology - transportation, in the field of chemistry - the alchemy science of making gold out of any metal, rasasvada (रसास्वाद, rasāsvāda) - like this in every field.

Unfortunately, persecution of Hinduism, Hindu Masters, its libraries, this sacred knowledge transmission system was lost KAILASA and SPH JGM Bhagavan Nithyananda Paramashivam for the first time is reviving this science through systematic research, translation, organization, collection, demonstration, scientific verification studies, research laboratories, with the aim to make this science user friendly and available to mass. SPH JGM Bhagavan Nithyananda Paramashivam is weilding the responsibility of decoding all the sacred scriptures, Hindu texts, into reality, pure science into applied technology, bringing it in the

---

[157] https://en.unesco.org/news/global-learning-crisis-costing-129-billion-year

[158] POSSIBILITIES OF CONSCIOUSNESS IS SIMPLE REALITY SCIENCE OF KAYAKALPA, 25 February 2021, SPH JGM Bhagavan Nithyananda Paramashivam, https://youtu.be/JA0BbENoj9Q

[159] Sarvajnanottara Agama, from Sadashiva to Guha (Muruga), Shivanyayasākshātkār patalah, verse 56-57 chapter 2, vidya pada – The direct blissful experience of Absolute Oneness with Shiva.

[160] https://nithyanandapedia.org/wiki/July_16_2010

Copyright ©2021 Sri Nithyananda Paramashivam. All Rights Reserved

form directly useful for day to day life. Millions of scriptures - Veda Agamas, Dharma Shastras, Shruti, Smriti - all their contributions and everything is being organized and revived, decoded, mapped to the modern day human beings needs and shared with the world.

20MILLION+

GRADUATES OF NITHYANANDA GURUKUL AND NITHYANANDA HINDU UNIVERSITY

7000+

FREE COURSES INCLDUING PSYCHOLOGY, PHILOSOPHY, MATHEMATICS, BIOLOGY, CHEMISTRY, COSMOLOGY, AYURVEDA, YOGA

195 COUNTRIES+

EXTENDED CAMPUSES

44 YEARS+

OF FREE SERVICE, SUPPORT TO HUMANITY

KAILASA's Department of Education is providing free equal access to education for all and fosters excellence in human development through conscious living. Reviving ancient educational methodologies, offering educational services through knowledge transmission systems instead of knowledge transfer systems. You can explore your infinite possibilities through Department of Education[161]*In Sanatana Hindu Dharma, we believe knowledge is free and we go on sharing knowledge is free. And through the voluntary contributions and donations, we keep ourselves up and alive, keep this Dharma Chakra (the wheel of dharma) moving.*

[161] *https://gov.shrikailasa.org/departments-of-education/*

Copyright ©2021 Sri Nithyananda Paramashivam. All Rights Reserved

Natarajan Krishnan demonstrates Blindfold reading to a crowd at Bengaluru Aadheenam on December 2015 (Left) and December 2016 (Right)

A student of Gurukul supervising a power manifestation session for a group of adult participants.

Na Nithya Yogamatananda (child sitting on the chai) demonstrating the power of blind fold reading at 2015 Business Advocacy summit at Capitol Hill in Washington D.C.[162]

[162] https://nithyananda.org/news/nithyananda-gurukul-student-amazes-capitol-hill-superhuman-powers

Copyright ©2021 Sri Nithyananda Paramashivam. All Rights Reserved

Students of Gurukul demonstrating the power of blind fold reading

Disciples of the SPH Nithyananda Paramashivam demonstrating power of Third eye vision in New York, Times Square.

The SPH Nithyananda Paramashivam creating spiritual alchemy products (Mandalas) for initiating disciples into various Shaktis or extraordinary powers (November 2016).

Copyright ©2021 Sri Nithyananda Paramashivam. All Rights Reserved

25 July 2015: Third-eye power demo at, Redmond WA

Nithyananda Gurukul Balasands attend international conferences and conclaves to demonstrate the Powers of the Third Eye, enriching millions of viewers into the sacred sciences of third eye awakening;

Copyright ©2021 Sri Nithyananda Paramashivam. All Rights Reserved

Indigenous Knowledge Library

Indigenous Peace literature

Nobel Peace Laureate Nelson Mandela has said, *"Education is the most powerful weapon which you can use to change the world."* Vedic Rishis (seers) have said that education is the most powerful weapon that can be used for peace or violence – a view shared by experts at UNICEF especially given the pattern of the weaponization of education in recent times.[163] It is therefore extremely crucial for human civilization to focus on peace education. For more than the last ten thousand years, peace education has been a primary focal point for indigenous Hindu literature. This is precisely why all primary indigenous Hindu scriptures start and end with powerful peace declarations such as the Upanishads.

ॐ सह नाववतु । सह नौ भुनक्तु । सह वीर्यं करवावहै । तेजस्विनावधीतमस्तु मा विद्विषावहै॥
ॐ शान्तिः शान्तिः शान्तिः॥

Om Sahanaa Vavatu Sahanau Bhunaktu| Saha Veeryam Karavaavahai | Tejasvi Naavadheetamastu Maa Vidvishaavahai | Om Shantih Shantih Shantih
Aum, May we both together be protected, may we both be nourished and enriched.
May we both bring our hands together and work with great strength, energy, and enthusiasm.
May our study and learning together illuminate both of us with the sharp absolute light of higher intelligence. So be it. May we both not mutually dispute, have enmity or hate each other.
Let there be peace, peace, peace.
(Let there be peace in my inner space, peace in nature, peace in divine forces)

~ Shanti Mantra (the peace invocation) for the second primary Upanishad – Kathopanishad ~

During the past ten thousand years, the larger South Asian sub-continent, has been a source of a phenomenal volume[164] of such peace literature with more than 100 million scriptures being in active use, of which only 20 million remain today with us. Several copies of these indigenous peace scriptures were destroyed by terrorists and tyrant invaders.

[163] The Two faces of education in ethnic conflict, UNICEF, www.unicef-irc.org/publications/pdf/insight4.pdf
[164] Klaus Klostermaier (2007), A Survey of Hinduism: Third Edition, State University of New York Press, ISBN 978-0-7914-7082-4, pg. 49–50

Copyright ©2021 Sri Nithyananda Paramashivam. All Rights Reserved

"Centuries of history of discrimination, exploitation, dispossession, and colonization have led to the loss of traditional knowledge. Traditional knowledge is under threat and is being misused and misappropriated …"

*"**Indigenous peoples' traditional knowledge has been developed over generations through daily life practices** and a close understanding of local environments. It can offer valuable responses to climate change, food insecurity, reducing inequalities and other challenges that we are trying to resolve …"*

18th Session of the United Nations Permanent Forum on Indigenous Issues (UNPFII)

KAILASA's Nithyananda Hindu Library is one of the most important libraries and institutions of indigenous scriptures in the world. The library contains important indigenous Hindu manuscripts and archives related to the history of 56[165] indigenous Hindu nations of South Asia their politics, culture, art, literature, medicine, sciences, etc. It possesses over 70,000 titles in printed, soft, and palm-leaf manuscript forms.

These 56 Hindu nations have an important story to tell – the story of the Hindu Holocaust – the massacre of 400 million people[166] over the last few thousand years. The story of the suffering of the Hindus has an important message for mankind today – it helps us realize the tremendous progress we have made in front of human rights, and it awakens us to the tremendous opportunity we have towards achieving global peace. Nithyananda Hindu Library (Jnanalaya) is a very critical part of KAILASA's mission towards realizing inner peace, societal peace, and global peace.

The two world wars taught us an important lesson – war, especially one of aggression is not a solution to any human problem. This realization encouraged the creation of a united European Union where erstwhile countries at war are today cooperating for peace and shared prosperity. The Mahabharata war that ended around 3200BCE[167] reminded the 56 indigenous Hindu nations of Asia of the important lesson of peaceful multilateralism – 'वसुधैव कुटुम्बकम्' (Vasudeva Kutumbakam) – *"Entire world is my family"*.

अयं बन्धुरयंनेति गणना लघुचेतसाम्। उदारचरितानां तु वसुधैव कुटुम्बकम्॥

---

[165] (i) Saktisangama Tantra, Chapter- Sundari Khandha, Saptam Patala, Verses 16-73, refer Saktisangama Tantra Vol III https://archive.org/details/SaktisangamaTantraVolIIIGaekwadOrientalSeries/page/n83/mode/2up (ii) List of 56 nations https://docs.google.com/document/d/1H7OJADdrFjrdl8nR5KMuc7sJkG6zXOob0K6X5wbmBno/view

[166] http://hindugenocide.com

[167] (i) Ved Veer Arya, *"THE CHRONOLOGY OF INDIA: From Manu to Mahabharata"*, Aryabhata Publications, ISBN 8194321301 (ii) Nilesh Oak estimates the period as 5561BCE, "*When Did The Mahabharata War Happen?: The Mystery of Arundhati*", ISBN 0983034400

Copyright ©2021 Sri Nithyananda Paramashivam. All Rights Reserved

Only the denigrated small-minded with a very pathetic outlook of life discriminate between kin and a stranger; while for the magnanimous, the entire world is a family. (Maha Upanishad Ch. 6, verse 71-73.)

The Jewish Holocaust shook the world and reminded us that the entire world is indeed one family. Nobel Peace Laureate Elie Wiesel shares this wisdom, *"What all these victims need above all is to know that they are not alone; that we are not forgetting them, that when their voices are stifled, we shall lend them ours, that while their freedom depends on ours, the quality of our freedom depends on theirs … Our lives no longer belong to us alone; they belong to all those who need us desperately."*[168]

The message of indigenous people of the erstwhile 56 indigenous Hindu nations of South Asia is no different, it is this very same peace message of Elie Wiesel, Sir Norman Angell (Ralph Lane), Alfred Hermann Fried, and many others that KAILASA's Nithyananda Hindu Library is preserving as it gives hope and strength to persevere, especially to the weakest and most vulnerable sections of the society that are disproportionately impacted during these difficult times of terrorism and conflict in South Asia.

The profound impact of these indigenous scriptures on indigenous people who are victims of cultural genocide is not limited to South Asia. Canadian First nation citizens share similar experiences. Many Survivors told the Canadian Truth and Reconciliation Commission that reconnecting with traditional Indigenous spiritual teachings and practices has been essential to their healing, with some going so far as to say "it saved my life."[169]

KAILASA's Nithyananda Hindu Library is one of the most important libraries and institutions of indigenous scriptures in the world. Nithyananda Hindu Library (NHL) is the largest collection of ancient texts on religion, human rights, spirituality, and knowledge sciences of several extinct indigenous Hindu tribes and sects. NHL has organized, preserved, time-capsuled, decoded, and finally made several of these texts freely available and accessible through the internet.

NHL has the world's largest archival record of indigenous genocide studies; this includes the largest archival records of Hinduphobic *'hate literature'* which are evidence of systematic state-sponsored persecution of minority indigenous religious sects. The purpose of this collection is to inspire millions to stand for human rights, learn from our past mistakes and protect humanity from the recurrence of similar genocides.

---

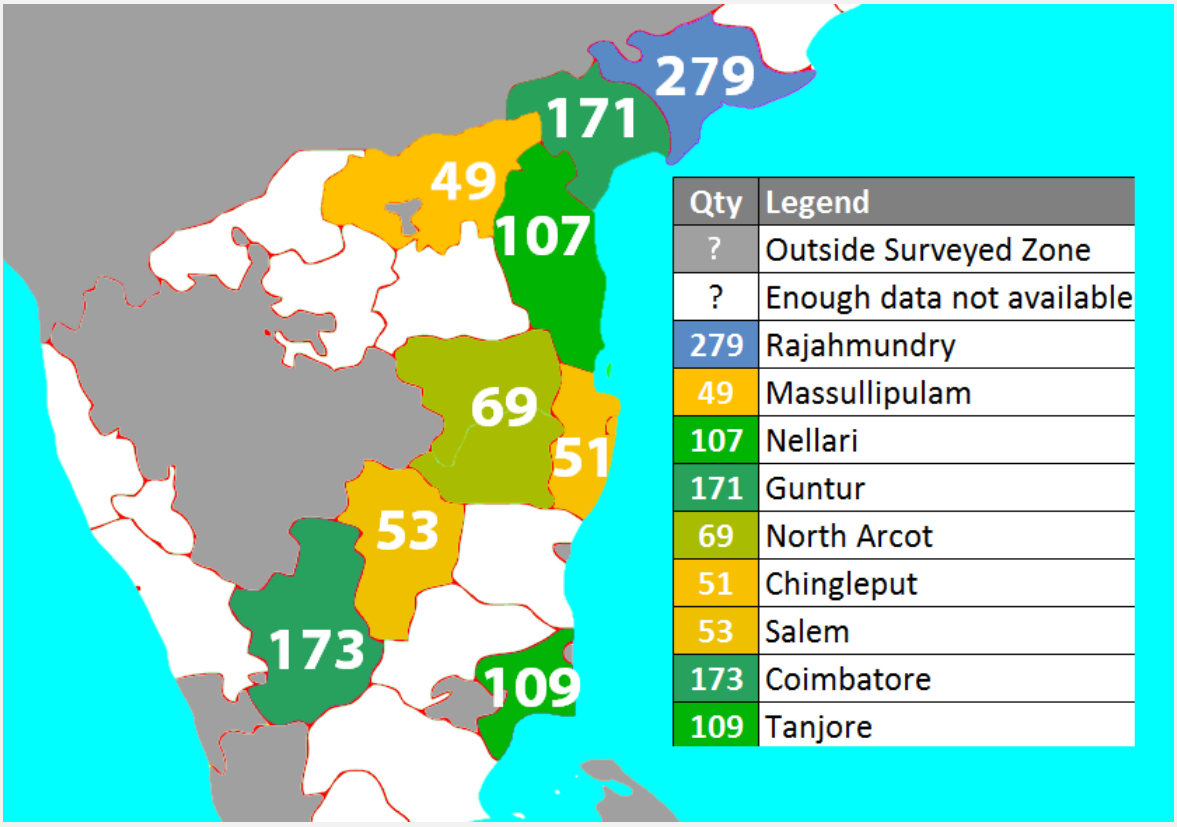
[168] Elie Wiesel's acceptance speech for Nobel Peace Prize on 10 December 1986, in the Oslo City Hall, Norway. https://www.nobelprize.org/prizes/peace/1986/wiesel/26054-elie-wiesel-acceptance-speech-1986/

[169] (i) https://ehprnh2mwo3.exactdn.com/wp-content/uploads/2021/01/Executive_Summary_English_Web.pdf (ii) Hamilton, Federal Indian Day Schools, 4–5; Fingard, "New England Company," 30–32.

Copyright ©2021 Sri Nithyananda Paramashivam. All Rights Reserved

Destruction of Libraries by invaders, extremists, and neglect

The 56 Hindu nations of South Asia had several grand libraries and Universities that offered education as per indigenous Hindu and Buddhist traditions.



The picture above shows a map of Southern India, indicating the number of indigenous universities and colleges that were present in respective districts as per a report on the status of education in the Indian sub-continent in the 18th century that was commissioned by the state revenue department of the colonial government of the time.[170] All these universities were shut down as a result of government education policies of that time. Over the last millennia, all Hindu Universities such as Nalanda, Taxashila, Vikramashila, and their libraries have been destroyed.

One such grand library in Nalanda[171] was destroyed in 1193 CE.[172] The Nalanda library alone had been revived several times[173] and set on fire several times.[174] Other great libraries such as Vikramshila, Jagaddala, etc. were also destroyed in a similar way and at around the same

[170] The Beautiful Tree, Indigenous Indian Education in the Eighteenth Century, Dharampal, (ISBN No.: 81-85569-49-5 republished ISBN-10: 8175310952).
[171] https://nalanda.nic.in/en/history/
[172] Minhaj-ud-Din 1881, p. 552.
[173] Scharfe 2002, p. 151.
[174] Ghosh 1965, p. 56.

Copyright ©2021 Sri Nithyananda Paramashivam. All Rights Reserved

time.[175] Hindu scholars and Buddhist monks were beheaded while trying to protect these precious books that contain some of the most life-positive thought currents available to mankind.[176]

The SPH Nithyananda Paramashivam describes the sacrifice of our human ancestors – *"Even when we were cut into pieces, we continued to stand for peace. The strength we demonstrated even in the face of the sword – the peace we demonstrated even in the face of the violence – is the pride of Vedic civilization."*[177]

The manuscripts that survived these invasions and fires were taken by Hindu scholars and Buddhist monks that fled to Tibet[178]. Several Hindu and Buddhist scholars and masters such as Sugataśrī, (an expert in Madhyamaka and Prajñāpāramitā); Jayadatta (Vinaya); Vibhūticandra (grammar and Abhidharma), Dānaśīla (logic), Saṅghaśrī (Candavyākaraṇa), Jīvagupta (books of Maitreya), Mahābodhi,(Bodhicaryāvatāra); and Kālacandra (Kālacakra) went along to Tibet and imparted education on these scriptures to the next generation Tibetan Buddhist monks.[179] Tibetan Buddhist tradition is regarded to be a continuation of the rich Hindu indigenous tradition of Nalanda. The 14th Dalai Lama, Tenzin Gyatso, a Nobel peace laureate, refers to Himself as a disciple of this lineage[180] and has stated, *"Tibetan Buddhism is not an invention of the Tibetans. Rather, it is quite clear that it derives from the pure lineage of the tradition of the Nalanda Monastery. The master Nagarjuna hailed from this institution, as did many other important philosophers and logicians..."*.[181]

The Dalai Lama is not the only one who has been deeply moved and enriched by these indigenous peace scriptures, every single practicing Hindu and Buddhist in South Asia has tasted their nectar in one way or the other. However, during the Chinese Cultural Revolution, these manuscripts were under threat of complete destruction. Thanks to the efforts of the Tibetan community led by the Dalai Lama - The Library of Tibetan Works and Archives (LTWA) that was founded on 11 June 1970[182] preserved some of these most endangered manuscripts. However unfortunately the same effort could never be realized by their Hindu counterparts,

---

[175] Dutt 1962, pp. 157,379.

[176] Sanyal, Sanjeev (15 November 2012). Land of seven rivers: History of India's Geography. Penguin Books Limited. pp. 130 - 1. ISBN 978-81-8475-671-5.

[177] https://nithyanandapedia.org/wiki/June_27_2016

[178] (i) Opening the Treasure of the Profound: Teachings on the Songs of Jigten Sumgon and Milarepa, Khenchen Konchog Gyaltshen Rinpoche, Milarepa, Jigten Sumgon, Editor Khenmo Trinlay Chodron, Shambhala Publications, 2013 (ii) Jinah Kim, "Receptacle of the sacred – Illustrated Manuscripts and the Buddhist Book Cult in South Asia" p. 49-52 (iii) Buddhist Arts of the Himalayas, Asia Society (Archived)

[179] Śākyaśrībhadra, b.1127 - d.1225, Alexander Gardner, July 2011 Archived 23 April 2016 at the Wayback Machine

[180] The Seventeen Pandits of Nalanda Monastery, James Blumenthal, July-September 2012 (Archived)

[181] Nalanda the source of the Tibetan Buddhist tradition, in Meditation on the Nature of Mind, Dalai Lama XIV Bstan-c?dzin-rgya-mtsho, Jose Ignacio Cabezon, Simon and Schuster, 2011 p. 15

[182] "Library of Tibetan Works and Archives". Government of Tibet in Exile. 1997.

Copyright ©2021 Sri Nithyananda Paramashivam. All Rights Reserved

until recently when this gap was filled by the SPH Nithyananda Paramashivam by creating Nithyananda Hindu Library (NHL).

The destruction of the library of Nalanda is one of the most famous examples of the destruction of indigenous literature – unfortunately, it is not an isolated incidence neither in geography nor in time. On the night of 1 June 1981, the Jaffna Public Library was set on fire by an organized extremist mob[183]; it was known as one of the most violent examples of ethnic biblioclasm of the century.[184] At the time of its destruction, the Jaffna Public Library housed one of Asia's biggest collections, containing over 97,000 rare books and manuscripts[185], including rare Tamil manuscripts on Shaivism and several Hindu sects.

The situation of preservation and protection of ancient indigenous literature is alarming. During the last millennia, millions of indigenous scriptures from South Asia, particularly India have been stolen. Some of these have been archived in distant lands that are completely inaccessible to the indigenous people whose ancestors once wrote these. There are more than two million indigenous Hindu temples in India that once had a library, but today not even one of them has any ancient manuscripts or any library. The extent of this cultural genocide is such that most indigenous people are completely unaware that as per tradition, temples are supposed to have libraries.

"prāsādau caturdikṣu tadvidikṣvantarālake|bhaktoktasthānake vāpi vidyāsthānaṁ prakalpayet ||"
Center for the scriptural (Veda-Agama) studies (libraries) should be constructed in all the four main directions of the temple, in the corner directions of the temple, in its inner enclosure, or the locations recommended for the installation of the images of Śaiva-devotees.

- 2nd Verse, 74 Chapter, Uttar Kamika Agama

There are about a thousand mutts (Hindu monasteries) that have their ancient libraries destroyed or poorly maintained. India has more than 5 million manuscripts in various libraries, mutts, and personal collections of various individuals. Most of these, however, are either getting destroyed or almost inaccessible to Hindu Scholars. Several institutes have done a phenomenal amount of work in protecting and preserving ancient knowledge – however, challenges are plenty. Some of these institutes have been attacked and vandalized by neo-Hindutva extremists[186] with impunity. Others have witnessed a shortage of funds and a lack of public awareness in protecting and preserving these scriptures.

---

[183] "Burning Of The Jaffna Public Library: Whodunit?". Colombo Telegraph. June 1, 2014.

[184] "Destroying a symbol" (PDF). *IFLA*. Retrieved February 14, 2007.

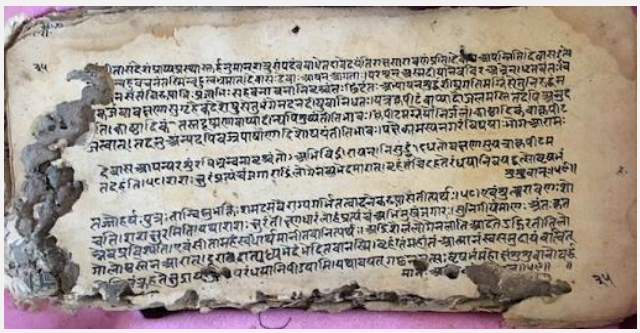
[185] (i) "Fire at Kandy public library". BBC. Retrieved March 14, 2006. (ii) Wilson, A.J. Sri Lankan Tamil Nationalism: Its Origins and Development in the Nineteenth and Twentieth Centuries, p.125

[186] https://timesofindia.indiatimes.com/city/pune/maratha-activists-vandalise-bhandarkar-institute/articleshow/407226.cms

Copyright ©2021 Sri Nithyananda Paramashivam. All Rights Reserved

The oriental library Bhandarkar Oriental Research Institute was vandalized by neo-Hindutva extremist militants in 2004, which they justified as a reaction to *"objectionable content published in the book"* which who's author was using references from this library. They were acquitted by the courts citing lack of evidence. [187]

18 August 2019, centuries-old ancient manuscripts were destroyed in a 150-year-old library during a flood in Sangli. Local volunteers tried to protect them by drying them using hair dryers.[188]



The two pictures above show the extremely vulnerable condition of original manuscripts in public and private libraries of India that complain of a shortage of funds and neglect of state officials. NHL has been working with several of these to fund and collaborate on the preservation work of these extremely valuable manuscripts.

The general apathy towards the protection of these scriptures is not a coincidence. Several knowledge communities (Brahmin Hindu scholars and monks) that have traditionally been protecting these manuscripts have been prime targets of persecution and cultural genocide. In the last few decades over 300,000, Adi Shaiva knowledge communities of Kashmir (Kashmiri Pandits) were forcibly displaced in seven exoduses[189] because of terrorism and

[187] https://indianexpress.com/article/cities/pune/maharashtra-bhandarkar-oriental-research-institute-vandalised-in-2004-13-yrs-after-attack-on-institute-all-68-accused-acquitted-4910035/

[188] (i) https://indianexpress.com/article/india/damaged-by-floods-in-sangli-librarys-mission-to-save-75000-books-staff-students-6-hair-dryers-5970550/ (ii) https://timesofindia.indiatimes.com/city/kolhapur/floods-turn-rare-books-to-pulp-in-sanglis-150-year-old-library/articleshow/70719455.cms

[189] http://www.ikashmir.net/exodus/index.html

Copyright ©2021 Sri Nithyananda Paramashivam. All Rights Reserved

genocidal attacks.[190] Physical genocide is one in which people are killed; a cultural genocide is where people are annihilated by destroying their culture – their distinct cultural identity. Adi Shaiva knowledge communities of Kashmir are not the only ones who have faced genocides. The Adi Shaiva communities of Agama scholars and priests (Shivacharyas) in Tamil Nadu have endured a cultural genocide for the past one century under various anti-Hindu governments of Tamil Nadu.[191]

[190] "South Asia :: India ꟻ The World Factbook - Central Intelligence Agency". www.cia.gov.

[191] *"The origin of the anti-Hindu caste system in India – a colonial-era census"*, paragraph number 33 to 43 https://nithyanandapedia.org/images/7/77/Grand_Narrative_of_Hinduism-contributions_and_persecution.pdf

Copyright ©2021 Sri Nithyananda Paramashivam. All Rights Reserved

Volunteers of KAILASA'S NHL doing preservation work of rare books and palm-leaf manuscripts

The Vastness of indigenous knowledge corpus

The volume of indigenous source scriptures of Sanatana Hindu Dharma – the Veda Agamas – is massive[192] – there are more than 100 million scriptures, most of which are lost and merely 20 million of which remain with us today. The mastery over these magnanimous volumes of Veda-Agamic scriptures is achieved by specializing in every sect, or branch of scripture over multiple generations. For this reason, the targeted persecution and cultural genocide of indigenous knowledge communities such as Kashmiri Pandits are especially worrisome. Indigenous Hindu tribes and schools specialized and systematically practiced only singular or a select number of branches of these Veda-Agamic scriptures and kept them alive over thousands of years.[193] No single school of thought of scholars can master the Veda-Agamas (Hindu scriptures) in its entirety, let alone an individual. Each Hindu sect or school (Shakha or Sampradaya) is interdependent on other schools (Shakha) for the practice and application of the entirety of these indigenous peace scriptures of Hinduism. The loss of one lineage, or school (Shakha or Sampradaya) is not just a loss for the respective knowledge stream but a loss of the entire indigenous Hindu tradition. The destruction of the indigenous libraries destroys several thousands of years of scholarly research and practice of the indigenous Hindu scriptures. The indigenous Hindu scriptures are not just the repository of ancient spiritual and religious knowledge, they are a repository of a phenomenal volume of ancient Human knowledge and expertise, in various fields such as State Policies, Politics & Statecraft[194], Law[195], Banking & Accounting[196], Architecture & Civil Engineering[197], Performing Arts[198], Medicine[199], Surgery[200], Botany[201], Chemistry and Metallurgy[202], Music[203], Agriculture[204],

[192] Klaus Klostermaier (2007), A Survey of Hinduism: Third Edition, State University of New York Press, ISBN 978-0-7914-7082-4, pg. 49–50

[193] https://en.wikipedia.org/wiki/Shakha

[194] Samrajya Laxmi Pithika, Niti Shashtra, Artha Shashtra, Manu Smriti

[195] Dharmashastra, Manu Smriti, Parasara Smriti, Yagya Valk, Gautama, Mitakshara

[196] Arthashashtra, Krisi-Parasara

[197] Kamikagama, Mahaagama, and Suprabhedagama

[198] Pancharatra Agama

[199] Charaka Saṃhitā, Sham Raj, Nighant, Bhashya Parichehed, Madhava Nidan, Vagbhat

[200] Sushruta Samhita

[201] Vrukshayurveda, Bruhat Samhita, Sarngadhara's Vrukshayurveda, Parasara's Vrukshayurveda

[202] Rasahrudaya Agama, Rasendra Mangala, Rasarathnakara, Karshaputa, Lohasastra

[203] Gandharva Veda

[204] Krishi Parasara

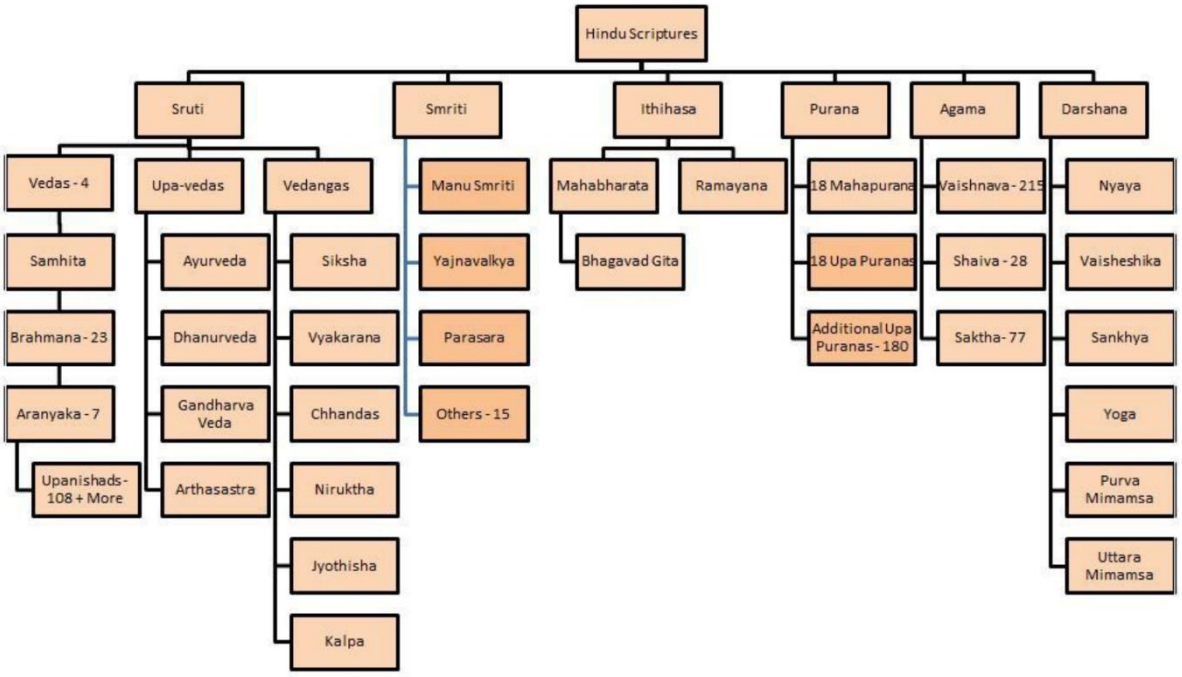
Copyright ©2021 Sri Nithyananda Paramashivam. All Rights Reserved

Astrology[205], Shipbuilding[206], Manufacturing[207], Food sciences[208], etc. The Hindu knowledge in various fields is unique, unlike their modern counterparts. The indigenous Hindu scriptures enable not just excellence in a particular profession but the attainment of spiritual liberation even through the mere practice of the profession[209]. This is why, for example, the indigenous science of archery in Hinduism (Dhanurvidya), does not just deal with archery alone but also with the attainment of liberation. The science of Dhanurvidya is comparable to Kyūdō a Japanese martial art (budō), which is a form of meditation in action for moral and spiritual development – which has the supreme goal of kyūdō – the state of shin-zen-bi - which loosely translated as – *when archers shoot correctly (i.e. truthfully) with virtuous spirit and attitude toward all persons and all things which relate to kyūdō (i.e. with goodness), beautiful shooting is realized naturally*.[210] There are primarily 32 such knowledge sciences (Vidya) and 64 such meditative arts (Kalaa) described in indigenous Hindu scriptures, most of which have lost their spiritual components in the contemporary era. The Acharyas (indigenous Hindu scholars and teachers) can transmit some portion of the domain expertise, but only the Guru guides into the science of liberation[211] that is even realized while practicing a particular trade or profession[212] without necessarily mandating additional spiritual practices. The destruction of indigenous Hindu libraries is an intellectual genocide, a cultural genocide of unprecedented scale and impact.

The following chart explains one of the structural organizations of scriptures done by the NHL (Nithyananda Hindu Library).

[205] Siddbant Shiromani, Nil Kanthi, Mahurta Chintamani, Brihat Jatak, Shighra Bodh, Parasariya
[206] Yukti Kalpa Taru
[207] Nagalingayna-Kutha, Vishvakurma-Poorana, Kumalesherra Kalikamahata
[208] Bhaga Shashtra
[209] Ishavasya Upanishad, verse 2
[210] Kyudo Manual, Volume 1, All Nippon Kyudo Federation (revised edition)
[211] Guru Gita verse 1 to 11, https://www.hardlight.org/wordpress/images/Guru-Gita-complete.pdf
[212] Bhagawat Gita Chapter 3 verse 9,17-20.

Copyright ©2021 Sri Nithyananda Paramashivam. All Rights Reserved



The magnanimity of the volume of written scriptures and the level of expertise required to master these seem almost impossible for a single generation of human beings. For instance, the Veda – the most ancient scriptures – comprise a total of 10,600 Verses[213], which take a minimum of 24 to 40 years to master as per an indigenous school from 1542 CE that is still running.[214] Compared to the Vedas, the Agama scriptures are far more voluminous. There are 28 main Agamas, and 202 Upa-Agama. The Kamika Agama alone is said to have more than one trillion verses.[215] Similarly, there are 18 Major Puranas, 18 Upa-Purana, and other Puranas with more than 400,000 verses in major Puranas.

Although it might be ever impossible for humanity to comprehend this volume of scriptures that were written over time of several thousands of years, KAILASA's Nithyananda Hindu Library (NHL), has attempted to provide a detailed structure and classification of these indigenous Hindu Source scriptures as ordained by Lord Paramashiva (Primordial Hindu Divinity). KAILASA'S NHL has developed the world's first exclusive 'Hindu library management system' based on the ancient Vedic Scriptures classification tree. This classification system has more than 900 subject areas and more than 32 different levels of commentaries. NHL's Indological knowledge classification system provides 30,000 different categories to catalog any book from Hinduism.

[213] Avari, Burjor (2007), India: The Ancient Past, London: Routledge, ISBN 978-0-415-35616-9, pp. 77
[214] http://rajavedapatasala.org/VedicSchool.html
[215] Paramananda Agama (2nd chapter, Verse 7-10)
https://archive.org/details/64.tantraparamanandatantraraghunathmishra/page/n29/mode/2up

Copyright ©2021 Sri Nithyananda Paramashivam. All Rights Reserved

The important thing to realize is that several of these scriptures are very much alive – in terms of the knowledge they offer, their stories, anecdotes, their poetry, their sciences, etc. are very much part of day-to-day indigenous life. The indigenous knowledge communities – the Shivacharyas, Kashmiri Pandits, and various practicing Brahmin scholar communities, have spent their entire life and of several generations to protect these scriptures. Thus, their bodies are literally like a repository of ancient wisdom - something which Tibetan Buddhists understood and greatly appreciated. It is, for this reason, the Buddhist monks who fled the Nalanda University after several invasions took several scholars with them to Tibet and offered them refuge. The 14th Dalai Lama, Tenzin Gyatso, a Nobel peace laureate, had acknowledged the role of these knowledge communities in His personal life and refers to Himself as a disciple of this lineage[216]. Today Tibetan Buddhists led by the Dalai Lama are seen as the most tolerant and peaceful people on the planet, such is the potential of creating some of the best people that these indigenous scriptures hold for us.

The life of several spiritual leaders of Asia has been similarly touched by these scriptures and these scholars. The SPH Nithyananda Paramashivam has declared, *"Book and Deities have made Nithyananda"*.[217]

The SPH Nithyananda Paramashivam received one such manuscript – Atma Puranam[218] - at this age of 10[219] and was given training in these early years of His life. The SPH Nithyananda Paramashivam stood for this knowledge, and in a mere five years of His public life was able to spread this knowledge science to 33 countries by hard work, His sheer devotion to the lineage of masters, and the intrinsic clarity these scriptures offer to humanity. The SPH Nithyananda Paramashivam has called these scriptures - New-Clear Bombs and credited great masters such Swami Vivekananda to have delivered these New-Clear Bombs to the world.[220] Unlike nuclear bombs which take life and destroy several generations by radiation, these New-Clear bombs, these scriptures, give clarity about life and death, solve various problems of life contributing to several generations of people. During the last century, mankind has accumulated enough nuclear weapons to kill billions[221], the SPH Nithyananda Paramashivam has rather focused His energy and of His people in protecting indigenous peace literature which are New-Clear Bombs of power thoughts with the potential to lead to world peace.

---

[216] The Seventeen Pandits of Nalanda Monastery, James Blumenthal, July-September 2012 (Archived)

[217] https://www.youtube.com/watch?v=sp6OKHFKALE

[218] A Tamil translation of Atma Purnam – a compilation of four major Upanishad - Aitareya Upanishad, Isha Vasya Upanishad, Brihadaranyaka Upanishad. The Sanskrit Devanagri version of the same of 1000 pages can be found here: https://archive.org/details/in.ernet.dli.2015.242346/page/n15/mode/2up

[219] https://nithyanandapedia.org/wiki/May_26_2017

[220] (i) https://nithyanandapedia.org/wiki/31_July_2015 (ii) https://youtu.be/kxjXtIBLc0I

[221] https://ourworldindata.org/nuclear-weapons

Copyright ©2021 Sri Nithyananda Paramashivam. All Rights Reserved

The impact of these scriptures has been felt by people throughout human history. Several Nobel laureates in the field of literature such as T. S. Eliot[222], Bernard Shaw[223], Romain Rolland, V S Naipaul[224], have been profoundly impacted by indigenous literature.

William Butler Yeats, a Nobel laureate in literature, was so inspired[225] by the indigenous Hindu scriptures, in literature, that he wrote a commentary on the Upanishads as, "The Ten Principal Upanishads", which was published in 1938.[226]

However, it is not just in the field of literature that indigenous Hindu literature has contributed to the great minds. Several Nobel laureates in the field of physics, notable the quantum physicists such as Werner Heisenberg[227], Erwin Schrödinger[228], and Brian David Josephson[229] have variously cited how they found spiritual wisdom in indigenous Hindu literature that even influenced their work in physics.

However, for indigenous scholars, these scriptures are not mere books or sources of knowledge – but living Deities – the manifestation of cosmic Divinity. Several indigenous sacred texts are worshipped daily as a lifestyle.

---

[222] "Indian philosophers' subtleties make most of the great European philosophers look like schoolboys", T.S. Eliot, 1933, https://www.jstor.org/stable/1399046

[223] Bernard Shaw, "The apparent multiplication of gods is bewildering at the first glance, but you soon discover that they are the same GOD. There is always one uttermost God who defies personification. This makes Hinduism the most tolerant religion in the world, because its one transcendent God includes all possible gods." https://citatis.com/a18035/269404/

[224] V. S. Naipaul (1997), India: A Wounded Civilization, *"The key Hindu concept of dharma - the right way, the sanctioned way, which all men must follow, according to their natures - is an elastic concept."*

[225] William Butler Yeats, "It was only my first meeting with the Indian philosophy that confirmed my vague speculations and seemed at once logical and boundless."

[226] "William Butler Yeats papers". library.udel.edu. University of Delaware. Retrieved 30 October 2020.

[227] Werner Heisenberg, *"After the conversations about Indian philosophy, some of the ideas of Quantum Physics that had seemed so crazy suddenly made much more sense."*, Pride of India (2006) by Samskrita Bharati. p. 56

[228] Erwin Schrödinger (1951), My View of the World, (i) *"In all world there is no kind of framework within which we can find consciousness in the plural; this is simply something we construct because of the temporal plurality of individuals, but it is a false construction.... The only solution to this conflict in so far as any is available to us at all lies in the ancient wisdom of the Upanishad.",* (ii) *"Vedanta teaches that consciousness is singular, all happenings are played out in one universal consciousness and there is no multiplicity of selves."*

[229] Brian David Josephson, "The Vedanta and the Sankhya hold the key to the laws of mind and thought process which are co-related to the Quantum Field, i.e. the operation and distribution of particles at atomic and molecular levels."

Copyright ©2021 Sri Nithyananda Paramashivam. All Rights Reserved

The original manuscript of Ramcharitmanas written by Tulsidas is well preserved even after 427 years in Tulsi Manas Mandir, Varanasi. These scriptures were protected by scholars with great care guarding against the destruction of several intolerant terrorists.

A Grantha Samadhi – indigenous scriptures worshipped as a Deity – 28 Agama Deity (Paramashiva), 108 Upanishads (Lord Rama), Purana (Ved Vyasa) made of palm-leaf, gold-leaf, silver leaf, copper, and other metals.

Though the Acharyas (indigenous Hindu scholars and teachers) can transmit some portion of the domain expertise of indigenous knowledge, it is but only the Guru who guides into the science of liberation[230] that is even realized while practicing a particular trade or profession[231] without necessarily mandating additional spiritual practices. In indigenous spiritual traditions lineages[232] can be passed to the next generation only through lifelong, multi-generational[233] spiritual practice, mentoring, and initiation by the Guru[234]. Hindu spiritual practices involve

[230] Guru Gita verse 1 to 11, https://www.hardlight.org/wordpress/images/Guru-Gita-complete.pdf

[231] Bhagawat Gita Chapter 3 verse 9,17-20.

[232] Kularnava Tantra, 14th Ullasa, verse 8 – "तस्मात् सर्वप्रयत्नेन साक्षात्परशिवोदितम्। सम्प्रदायमविछिन्नं सदा कुर्यात् गुरुः प्रिये ॥ ८॥" - "Therefore, O My Beloved! One should seek with all efforts to have a Guru of unbroken tradition originating from Para Siva Himself."

[233] Early Life Exposure to Environmentally Relevant Levels of Endocrine Disruptors Drive Multigenerational and Transgenerational Epigenetic Changes in a Fish Model https://www.frontiersin.org/articles/10.3389/fmars.2020.00471/full

[234] (i) Kāmikāgama Uttara Pada Chapter 25 verses 5-7, 8-11, 39-41
docs.google.com/document/d/1UB40gY9qADTdH5VrjleejlesaDqzdX5nXxHaaXZQe3U
www.himalayanacademy.com/media/books/kamika-agama-uttara-pada-part-2/kamika-agama-uttara-pada-part-2.pdf
(ii) Regarding ādiśaiva the Kāmikāgama says that they are born in the family of sages such as Kauśika who were initiated directly by Śiva immediately after the creation of the world. Therefore, they are qualified to undertake all the rites [as

Copyright ©2021 Sri Nithyananda Paramashivam. All Rights Reserved

yogic processes which cause a conscious mutation at a physical, physiological, psychological, and neurological level, allowing practitioners to maintain meditative states of consciousness (Samadhi[235]) for prolonged durations.[236] Some short-duration experiences of these meditative states are studied by contemporary western scientists in various groups of meditators[237], martial artists[238], and athletes[239]. Hindu spiritual processes and initiation by the enlightened Guru make the attainment of these meditative states of consciousness accessible to every practitioner, and not just to an accomplished group of people. As per the Hindu religious laws prescribed in Veda-Agamas (scriptures), only the ordained Guru can initiate their native Hindu community members into the practice of these yogic sciences, lifestyle sciences, knowledge system sciences, and sciences of ritual[240].

One of the prime goals of the entire corpus of indigenous Hindu literature is to make these meditative states of consciousness (Samadhi) accessible to as many people as possible. It is this prime role, which today, is possible only by the SPH Nithyananda Paramashivam, who has dedicated His life to revive these scriptures as a living experience in the everyday lives of people throughout the world. One of the most read sacred indigenous texts, the Bhagavat Gita, cites the biggest challenge in this and how this knowledge has been lost time and again, *"The supreme science was thus received through the chain of master-disciple succession and the saintly kings understood it in that way. In course of time, the succession was broken and therefore the science as it appears to have been lost."*[241] It is therefore extremely crucial for the SPH Nithyananda Paramashivam to be provided a safe place for Him to peacefully continue His mission of bringing these scriptures back to life in their complete form to their fullest.

Vision and Mission

Since 1988, starting with the book – Atma Puranam – the SPH Nithyananda Paramashivam has been collecting and protecting these sacred yet extremely vulnerable indigenous

---

prescribed in the āgamas] such as consecration, installation [in the temple], worship in public and expounding the [āgamas] (vyākhyāna). The Kāraṇāgama and the Santānāgama also state that only the ādiśaiva is qualified to do these rites and if the rites are done by others it will bring only calamity. www.wisdomlib.org/definition/adishaiva

[235] https://en.wikipedia.org/wiki/Samadhi

[236] Mystic Phenomena Scientific Data - ISBN: 978-1-934364-45-1 books.nithyanandatimes.org/product/mystic-phenomena-scientific-data

[237] Veltri, Michael (2017). The Mushin Way: How the Power, Clarity and Mindfulness of Aikido Can Bring Success in Business and Life. John Wiley & Sons, Incorporated. ISBN 9781119285267.

[238] Hyams, Joe. Zen in the Martial Arts. New York: Bantam Books, 1979

[239] (i) Young, Janet A. & Pain, Michelle D. "The Zone: Evidence of a Universal Phenomenon for Athletes Across Sports".
(ii) 'Do Top Athletes Experience the State of Pure Consciousness? Going Beyond Tiredness and Boredom' - youtu.be/tNRUKLy0PMw

[240] Pauskara Agama Vidya Pada, 1 Pati Patalah, 1 Chapter, 2nd Verse, www.himalayanacademy.com/view/pauskara-agama-vidya-pada_v2. docs.google.com/document/d/1UB40gY9qADTdH5VrjleejlesaDqzdX5nXxHaaXZQe3U

[241] एवं परम्पराप्राप्तमिमं राजर्षयो विदुः | स कालेनेह महता योगो नष्टः परन्तप || Bhagavat Gita Ch. 4 verse-2 ||

Copyright ©2021 Sri Nithyananda Paramashivam. All Rights Reserved

scriptures. Since 2003, through KAILASA – the only Hindu nation – the SPH Nithyananda Paramashivam has with His team of monks, nuns, and volunteers have taken unprecedented efforts in organizing, preserving, time-capsule, decoding, and finally making these texts freely available and accessible through the internet. NHL has one of the largest collections of the most ancient Yoga manuscripts, for research, digitization, and publications. NHL has also developed an Indological classification system for the scriptures.

The SPH Nithyananda Paramashivam has declared that KAILASA'S Nithyananda Hindu Library (NHL) will be the epicenter for all Hindu scriptures, which will locate, acquire, collect, organize, publish, preserve, decode, and make relevant in daily life the indigenous Hindu scriptures. NHL will be housing 5 crores (50 million) books and manuscripts on Hinduism, Including Two Crores (20 million) sourcebooks on Hinduism.

Collection of Nithyananda Hindu Library as of 2021

- 1,000,000 digital books
- 100,000 titles and physical books on Hinduism, which includes over 50,000 rare manuscripts on Hinduism, Performing Arts, Culture, Architecture, Hindu History, and Society.
- More than 15TB digital Books and manuscripts, a special collection on Kashmir Shaivism, and various other rare manuscripts, books from ancient Mutts and Ashrams
- It has an online repository[242] of more than 14500 palm-leaf manuscripts online for free downloads
- The library has identified and located more than 4,00,000 titles on Spirituality, Veda-Agama, Hindu Art and Architecture, Hindu Performing Arts, Hindu Sciences, and various other branches of Sanatana Hindu Dharma.

1 million+ Pages	22,000+ Digital Books	1000+ e-Text Books
200,000 Sanskrit entries		100,000 Article

[242] https://kailaasa.nithyanandajnanalaya.org

Copyright ©2021 Sri Nithyananda Paramashivam. All Rights Reserved

A section of the Nithyananda Hindu Library for students of Gurukul (indigenous Hindu schools).

The SPH Nithyananda Paramashivam has given magnanimous volumes of audio commentary on these scriptures which surpass 30,000 hours of playback time – a work realized over fifteen years. These commentaries and other video discourses total to more than a petabyte. The impact of even one hour of content delivered by the SPH Nithyananda Paramashivam has the potential to impact the world profoundly. One of these daily discourses[243] of the SPH was edited and presented as a paper[244] which was submitted to the United Nations to answer the questions[245] and provide inputs to an independent UN expert for his report to the Human Rights Council and the General Assembly about the COVID-19 crises and multilateralism. In this particular paper, the SPH Nithyananda Paramashivam shared some wisdom of our ancestors on how multilateral treaties for common good were made amongst ancient indigenous nations based on a few Hindu principles. Yet these were just a few verses from the trillions of verses found in ancient indigenous scriptures. And these are not just ideas, they are backed with a history of experiences recording challenges, success, and failures seen along the way. This extremely crucial data containing the wisdom of our ancestors is made

[243] https://nithyanandapedia.org/wiki/June_27_2021

[244] https://www.ohchr.org/Documents/Issues/IntOrder/Multilateralism/AdiShaiviteMinorityTradition.pdf

[245] https://www.ohchr.org/EN/Issues/IntOrder/Pages/cfi-covid19-multilateralism.aspx

Copyright ©2021 Sri Nithyananda Paramashivam. All Rights Reserved

accessible and available by the SPH Nithyananda Paramashivam in various ways which are directly relevant and useful to mankind.

At the same time, the commentaries on these indigenous scriptures have not been made abstract or too difficult for common people to understand. The SPH Nithyananda Paramashivam has chosen to simply several of these scriptures in the language of the common masses. The SPH Nithyananda Paramashivam has provided more than 10,000 hours of video discourses on YouTube alone, which attracted almost 81 million views and more than 50 million watch hours, serving more than 300,000 subscribers.

Various manuscripts which were endangered have been reprinted after scanning. Printed Palm leaves are used for various religious purposes and making worshipped Grantha Samadhis (Deities made from books and manuscripts). As of 2018, the printing of 140,000 palm leaves was in progress.

Copyright ©2021 Sri Nithyananda Paramashivam. All Rights Reserved

The SPH Nithyananda Paramashivam (right) inspecting the palm leaves after the application of a coating of protective chemicals.

The SPH Nithyananda Paramashivam has declared that millions of indigenous Hindu spiritual scriptures will be provided for download and kept for reference purposes, allowing people from all backgrounds can use these and refer. Even though the library is already providing digitized copies, NHL will be printing and providing hard copies. Traditional Grantha Samadhis (Deities made from books) will be made using traditional ancient and modern laser printed palm leaf manuscripts. The Grantha Samadhis would be of various indigenous scholars, masters, saints, and Avatars (incarnations) - honoring their contribution to Hinduism. All these books would be printed on non-tearing paper for long-term preservation with traditional rexine-grade binding of all books. For this, NHL has been setting up a large-scale digital printing unit at its library branch in Bengaluru.

Copyright ©2021 Sri Nithyananda Paramashivam. All Rights Reserved

"In those days, anybody has any kind of conflict, problems, questions, they will go to Naimisharanya where all the scriptures are stored, and the rishis who have read all the scriptures are available who will refer immediately to the scriptures and give the answer to them, to the visitors. This is the Naimisharanya Project, reviving the Naimisharanya, the SarvajnaPeetha. I was sitting and spending some time with various manuscripts. I thank, sincerely, the various organization and the Shivacharyas for their amazing contribution, collecting, scanning, preserving, all the manuscripts related to Agamas, collecting, scanning, preserving all the manuscripts related to agama and ancient scriptures. I am spending days and nights with these huge collections. These are one step towards preservation and revival of Sanatana Hindu Dharma."

The SPH Nithyananda Paramashivam on May 25, 2014

The SPH Nithyananda Paramashivam's vision is to enable scholars and common people to easily access these scriptures and be able to apply the knowledge in their day-to-day life. For this, the library department has developed several software utilities, such as a search engine tool to phonetically search irrespective of the spelling of the text present in the content, a bi-lingual text recognition OCR (optical character recognition) that can simultaneously recognize more than one script from a document. The SPH Nithyananda Paramashivam has also released Kailasa's Hindu Compliance Systems which brings an innovative solution to global challenges as per the indigenous Hindu scriptures (Veda-Agamas), in form of technical documentation called Hindu Standards.[246]

[246] https://khcs.nithyanandajnanalaya.org

Copyright ©2021 Sri Nithyananda Paramashivam. All Rights Reserved

Kailasa's Global Humanitarian Services

An Overview

KAILASA, the Ancient Enlightened Hindu Civilizational Nation, revived by the SPH JGM HDH Bhagavan Nithyananda Paramashivam aims at serving the religious, spiritual, humanitarian, and social needs of two Billion Hindus and the whole of humanity. KAILASA is a consortium of multiple micronations, educational institutions including Hindu universities and school (gurukul), de facto spiritual embassies, temples, temple monastery complexes, nunneries, food banks (Annamandir), animal shelters (Goshala), libraries (Jnanalaya), organic agriculture.

The Sovereign Order of KAILASA functions in a systematic dynamic approach of amalgamating its governance with aid of over 108 humanitarian, charitable initiatives as per Hinduism in over 100 countries through its legitimate institutions in the countries it is operating from for over 26 years. The Sovereign Order of KAILASA is permanently present with educational, medical, social, spiritual, and humanitarian projects in most countries in the world.

दानं त्रिविधमित्येतत्कनिष्ठज्येष्ठमध्यमम् ॥
तत्र नैश्रेयसं ज्येष्ठं कनिष्ठं स्वार्थसिद्धये ॥ ३२.५५ ॥
कारुण्यात्सर्वभूतेषु संविभागस्तु मध्यमः ॥

Dana (Charity) given in order to achieve moksh (nishreyas) is considered the most valuable form.
Dana given out of pity or kindness for others or for one's own kith and kin is considered to be of medium value. It is also called as Daya Dana (दयादानम्).
Dana given to achieve one's own selfish ends is known as the least valued of all.

~ Brahmand. Purana (1.32.55-56) Apta Pramana

KAILASA upholds the fundamental concepts and principles of making a 'Dana' – which is the traditional practice of 'giving away' or 'donation' without expecting any return as 'philanthropy', helping humanity to reclaim conscious sovereignty.
Mankind knows only four fundamental forces and has been working tirelessly in finding – God's equation – which united all fundamental forces of nature in an equation that describes the entire material existence. On **6th September 2021**, the SPH Nithyananda Paramashivam, addressed the citizens of KAILASA on Hindu principles of Charity, Giving, and God's equation as per Hinduism:

> *"Shopping, procuring, feeling secured due to the external world wealth and items, materialistic comforts and luxuries and activities, is actual sickness of physicality and keeps you gravitating towards this physical world. It is a sickness which enters your very DNA, bio-memory and keeps you tied to the materialist world. 'Delayed*

Copyright ©2021 Sri Nithyananda Paramashivam. All Rights Reserved

gratification', 'living Aparigraha' (living minimalistic lifestyle) is a best antidote for this sickness.

In all your sexual feelings, thinking, planning, executing, enjoying, if you focus showering yourself on the other, gifting yourself to the other, focusing yourself in fulfilling the other, you will never commit a sin, you will never be drained, you will never be immoral, Adharmic. You will be free from sickness of the physicality. Never be energy vampire, always be energy giver.

Give! Give! Give! Give! Give! – ***'never give up giving'*** *is the God equation.*

The terrible insecurity you feel 'to give' and 'to share' and the belief you have, 'by giving you will become poor' - is the worst delusion. This is the life negative belief, which keeps you in poverty consciousness.

People who give time, treasure, talent, and everything become multi-verse species. With ease they travel, survive, flourish in different universes because the God equation is all about giving, giving, giving!

Give ferociously till your insecurities leave you once and for all. When you give, you create a magnetic field in your consciousness, which attracts higher beings to manifest in your consciousness.

'Exhale intensely whatever you have, Paramashiva will inhale in you' - is the God equation*.*

When you decide to give, give, give - all acidity inside you and all the toxicity in your relationship with the world just disappears."

Copyright ©2021 Sri Nithyananda Paramashivam. All Rights Reserved

It is because of these principles of – Giving, Giving, and go on Giving, that KAILASA led by the SPH Nithyananda Paramashivam has been able to do such phenomenal work in such a short period. The scale and scope of KAILASA's work can be understood by the following example:

In **1943 – 1944**: In the man-made famine of Bengal, as per existing records, 3+ million were killed because of the state's inhumane policies. The Prime minister of the world's biggest empire controlling 1/3rd of mankind claimed they could not do anything about the people dying of hunger as the colonial empire was too busy plundering their wealth and blamed the dying citizens for the state apathy and crime of genocide as - *"Hindus bred like rabbits and the famine was their fault"*.[247]

2016, Ujjain: In Ujjain Kumbh Mela, the volunteers and citizens of KAILASA served organic food to over 3+ million. Volunteers and citizens of KAILASA under the leadership of the SPH Nithyananda Paramashivam have served more than 1 billion free meals in the past 26 years and are determined to end hunger and poverty in all its forms.

KAILASA, with 200 volunteers at any given time, can deliver what even one of the biggest countries could not deliver. KAILASA is not driven by war, fear, or greed – by the grace of Paramashiva's incarnation, the SPH Nithyananda Paramashivam KAILASA is an enlightenment-based nation - driven by selfless service, driven by the Hindu spirit of Charity (Daana).

KAILASA has been implementing its humanitarian work through six of its international humanitarian agencies for the last 26 years. Members of the Sovereign Order of KAILASA form an efficient network as religious peacekeepers of international humanitarian agencies that includes everything from educational needs, medical needs, food bank programs, emergency relief programs, spiritual support for the displaced living through war, conflict, or lawfare to

[247] https://www.bbc.com/news/world-asia-india-53405121

Copyright ©2021 Sri Nithyananda Paramashivam. All Rights Reserved

intervention in areas hit by natural disasters, and various social services. Its programs, run independently or within a framework of partnerships with governments, international agencies and universities are now active in over 100 countries

RED OM	KAILASA's Humanitarian Response to Eradicate World Hunger
WHITE OM	KAILASA'S Humanitarian Response to Mental Health
BLUE OM	KAILASA'S Humanitarian Response to The Ethical Treatment of Animals
SAFFRON OM	KAILASA'S Humanitarian Response to Global Peace, Conflict Resolution and Religious Freedom
GREEN OM	KAILASA's Humanitarian Response to Environmental Protection
YELLOW OM	KAILASA's Humanitarian Response To Provide Knowledge Assistance to the World

Copyright ©2021 Sri Nithyananda Paramashivam. All Rights Reserved

Saffron Om

KAILASA'S Humanitarian Response to Global Peace, Conflict Resolution And Religious Freedom

Copyright ©2021 Sri Nithyananda Paramashivam. All Rights Reserved

2021 'Global Peace Index' (GPI) results reveal the average level of global peacefulness to have deteriorated by 0.07 per cent. As a result of the unprecedented pandemic and rising tensions between many of the major powers, the ambiguity surrounding peace that emerged in the past decade has begun to abate only to be replaced with a new wave of tension and uncertainty.

Kailasa Nation lives and demonstrates the ultimate non-violence-based life. Against the backdrop of equality and unity, the Hindu world has embraced the reality of diversity through its philosophy of pluralism. Every being, with their varying likes and dislikes, their unique personalities, and their different cultures, not only connect with one another in their own unique ways but connect with the Divine in their own individual ways as well.

For over 26 years, KAILASA's Department of Human Services in collaboration with KAILASA's Department of Religion and Worship in association with ShriKailasa Uniting Nations for Global Peace & Religious Harmony, ShriKailasa Uniting Nations for Freedom of Religious Belief and Sri Kailasa Uniting Nations for Globalization have been devoted to strengthening the multifarious efforts of peacekeeping under an international humanitarian agency named - SAFFRON OM.

SAFFRON OM is focused on redefining and restructuring the ideals of world peace, conflict resolution and religious freedom by operating with the single unified goal of felicitating every individual to explore their peak possibility by enlightening them with the sciences mentioned in the timeless Hindu source scriptures.

SAFFRON OM works to prevent conflict by deploying thousands of trained peacekeepers and creating the conditions to allow peace to hold and flourish. These activities often overlap and reinforce one another, to be effective.

Om sarve bhavantu sukhinah. Sarve santu niraamayaah.

Sarve bhadraani pashyantu. Maa kaschid dukhbhaag bhavet.

"May all beings be happy. May all beings be healthy.
May all beings experience prosperity. May none in the world suffer."

The most effective way to diminish human suffering and terrorism is to prevent conflicts in the first place. The SAFFRON OM plays an important role in conflict prevention, through the core Hindu belief that the Divine exists in all living beings, both human and non-human, and Vasudhaiva Kutumbakam, the whole world is one family.

Today's conflicts are less obvious but deeply rooted and increasingly alarming causing widespread destruction through evident tragedies. The nature of conflict has also changed over the years. KAILASA's peacekeeping has evolved to meet the demands of different conflicts and a changing landscape.

Copyright ©2021 Sri Nithyananda Paramashivam. All Rights Reserved

In 2021, as we heal from the COVID-19 pandemic, we are inspired to think creatively and collectively about how to help everyone recover better, how to build resilience, and how to transform our world into one that is more equal, more just, equitable, inclusive, sustainable, and healthier.

Peacekeeping initiatives get their mandates from the Federal Government of KAILASA and SAFFRON OM's peacebuilding architecture comprises the ShriKailasa Uniting Nations for Global Peace & Religious Harmony and ShriKailasa Uniting Nations for Freedom of Religious Belief.

Objectives

1. SAFFRON OM makes sure that the invocation of one's conscious sovereignty is of paramount importance.

2. SAFFRON OM's peacebuilding activities are aimed at addressing differences in intelligence and ability amongst varying life forms, the existence of the soul in all forms binds all of existence and demands peaceful, respectful coexistence amongst humans, animals and other elements of nature, reducing the risk of relapsing into conflict and laying the foundation for sustainable peace and development.

3. SAFFRON OM's peacekeeping initiatives are a vital instrument employed by the international community to advance peace, security and recovery for an equitable and sustainable world.

4. SAFFRON OM's peacekeepers perform a variety of complex tasks, from helping to build sustainable institutions of governance, through enriching human rights monitoring and security sector reform, to the disarmament, demobilization and reintegration of former combatants, and demining.

5. The peacekeepers accomplished a Peace Walk covering 1000 km and 1000 villages, to bring together in harmony from all walks of life, to promote feeling of connection and Oneness among people. During the walk health camps were conducted in villages along its path. SAFFRON OM further aims to bring a conflict free - peaceful world through various initiatives:

a. Programs and initiatives to transform oneself to help achieve global peace such as the initiative for Global Minutes for Peace - aimed to raise global consciousness and reduce crime globally by conducting mass meditations around the world in parallel. thereby healing the world and ushering world peace.

b. Meditation and yoga techniques from the scriptures conducted to reducing collective negativity in thoughts, words, actions and the cognitions rooted in the highest truths, the lifestyle based on living and radiating the higher values of life and powerful way of living and realizing one's ultimate potential, building the foundation of Peace.

Copyright ©2021 Sri Nithyananda Paramashivam. All Rights Reserved

c. Manifesting superhuman powers for a better quality of life through initiation into the rare, sacred initiation of 'Shiva Deeksha' as per the Agamas; causing a breakthrough in human consciousness and peaceful existence; all living beings including animals are blessed to be initiated, allowing their evolutionary ascend to higher consciousness.

d. Healing people worldwide, physiologically, psychologically, neurologically, and beyond by the initiatives to initiate over 50,000 Spiritual Healers through the Nithyananda Healing Science, who channel the peaceful, healing energy, contributing positive healing energy for the planet.

e. Kumbh Mela for world peace – in September 2006 the SPH organized the first confluence for world peace to honor the memory of those who lost their lives saving others on September 11, 2001, at Irvine, California, USA. The second confluence for peace was held in Los Angeles in 2007 in collaboration with Vedanta Society, BAPS, ISKCON, Siddha Yoga and other organization. The Kumbh Mela festival spread fast to other countries including Australia, Canada, etc

f. Worship (Pujas, Homas, and Meditations) – Employing powerful mass worship as a means to realizing collective peace and harmony. Young monks of the Nithyananda Order conduct mass fire rituals involving the public thereby creating profound healing energy for a peaceful mind and healthy body in those living in the surrounding areas.

The rituals have powerful benefits like:

- Effect on personal health and well-being- Enhanced cognitive function, verbal memory, decrease in thoughts per second, steadiness in mind, reduction in mental stress, reduction in depression, epilepsy and anxiety, balancing of blood pressure, gene expression and immunity.

- Healing effect on the health and environment even after nuclear or chemical or nuclear disasters. Such fire rituals are conducted as a means to connect to the universal Existence and thus reinforce the sense of connectedness with the whole world. They bring about peace and harmony and purify the space in which they are conducted.

g. Specially designed meditation programs as the first step for realizing peace at the individual level and a unique system of yoga called Nithyananda Yoga for realizing the inherent inner bliss; Conducted large-scale collective meditations on September 21st International Peace Day, to raise the collective consciousness and awareness of peace.

h. The initiated students travel worldwide as peace ambassadors demonstrating over 1000 places per year the powerful science of Third Eye Awakening, healing thousands from physical and mental ailments, providing life solutions, thereby showing tangibly the

Copyright ©2021 Sri Nithyananda Paramashivam. All Rights Reserved

possibilities of powerful fulfilled peaceful living in oneness- peaceful co-existence with humanity and nature

i. Worldwide organization for reviving, researching, preserving, spreading and teaching the authentic Science of Oneness, Power-manifestation, Yoga and the breakthrough "Completion Process" – a process to go beyond limiting cognitions from the past and manifest the hidden powers and peace in everyone.

Prevalence And Relevance

World is showing no signs of a decline in the intensity of violent conflicts, crime, displacement, and the prevalence of a continued state of tension in many regions of the world. Unfortunately, conscious sovereignty no longer exclusively protects States from foreign interference; it is a charge of responsibility where States are accountable for the welfare of their people. Amongst Vedic traditions are some of the earliest teachings promoting the ethical treatment of animals, the basis of which stems from the concepts of karma and reincarnation; ahimsa or non-injury; and the understanding that the Divine exists as a soul in all living beings, both human and non-human.

The most effective way to reduce the human suffering and the massive economic costs of conflicts, war and their aftermath is to prevent it in the first place. SAFFRON OM plays an important role in conflict prevention, using diplomacy, Core principles of Hinduism and mediation. Among these factors the Agency uses to bring peace in the world.

World peace leads to increased globalization. Enabling people from different countries to interact freely with each other in various aspects. Promoting the contribution of cultural exploration and strengthening the bonds between countries for a more developed economy, the world is thriving for a permanent solace of peace over itself. World peace is very salient in the growth and prosperity of the entire global community. Establishment of Global Peace will incorporate the cohesion and friendly interactions with other countries progressing towards a more advanced goal and mission. The SAFFRON OM underscores the centrality of conflict prevention as a responsibility for the whole of Humanity. Working in distinct but mutually reinforcing ways to address both the immediate and deeper causes related to global peace.

The SAFFRON OM works to maintain international peace and security in a world where security threats have become more complex. Of violent conflict, through engaging at the local, national, regional, and international levels, partnering with communities, civil society, governments, regional and sub-regional organizations, and other international institutions. With the Increasing complexity and growing crisis situations, the imperative of conflict prevention is higher compared to before.

The international humanitarian agency SAFFRON OM aims to establish global peace through the trained peacekeepers promoting community led resilience between countries.

Copyright ©2021 Sri Nithyananda Paramashivam. All Rights Reserved

Policy

The Supreme Pontiff of Hinduism, Jagatguru Mahasannidhanam His Divine Holiness Bhagavan Nithyananda Paramashivam. has set an example for millions of His disciples, seekers, and the general public, on how to handle yourself and continue to contribute to society in the most life-positive and non-violent manner, even when you are brutally attacked from all sides. His initiations and solutions have not only healed and brought inner peace to the hearts of the people but empowered them by turning their powerlessness into powers, an ancient science unique to Hinduism. Power Manifestation Science is one of His biggest contributions to modern-day humanity, through which He seeks to establish the spiritual legitimacy of Sanatana Hindu Dharma (Hinduism).

It is his mission to re-create a Conscious world where the global issues at the climatic, economic, social, health, and humanitarian levels, cease to exist from their very root; turning the problems of poverty, hunger, violence, discrimination into powerful living through the experience of Oneness. That is why SAFFRON OM came into existence.

SAFFRON OM stands as a symbol to usher in an era of peace at all levels– individual, societal, national, and global under the guidance of the Supreme Pontiff of Hinduism, Jagatguru Mahasannidhanam His Divine Holiness Bhagavan Nithyananda Paramashivam. His deep insights into the workings of the human mind-body emotions have enabled him to powerfully and directly address various social and emotional problems facing humanity today. The life solutions based on the ancient Hindu tradition, the meditation and yoga techniques from the scriptures, the cognitions rooted in the highest truths, the lifestyle based on living and radiating the higher values of life, and powerful way of living and realizing one's ultimate potential, form the foundation of 's teachings which by their inherent nature provide the foundation for peace on planet Earth.

The Supreme Pontiff of Hinduism, launched the Minutes4Peace initiative, later adopted by the SAFFRON OM, which aimed to reduce crime globally by conducting mass meditations around the world in parallel. A study shows a decrease in crime rate by 16%, when 1% of the community engaged in meditations and pujas. With a cumulative 4.3 billion meditation minutes, SAFFRON OM shall continue to work towards the unified goal of realizing collective peace and harmony through various international humanitarian services such as but not limited to Science of Completion, Science of Unclutching, manifestation of the space of Nirvikalpa Samadhi and re-establish peace among all Hindus.

Copyright ©2021 Sri Nithyananda Paramashivam. All Rights Reserved

Humanitarian Response Plan

Copyright ©2021 Sri Nithyananda Paramashivam. All Rights Reserved

2015 - *Celebrating religious freedom through a unique and auspicious 3-day Ati Rudra Mahayaga – an ancient and powerful Vedic ceremony that sends huge ripples of positive energy into the world, raising the collective human consciousness and ushering in global peace was also part of the 38th Avatar Day celebrations.*

Copyright ©2021 Sri Nithyananda Paramashivam. All Rights Reserved

Copyright ©2021 Sri Nithyananda Paramashivam. All Rights Reserved

2015 - *Celebrating religious freedom through Kumbh Visit during the Simhastha Kumbh mela, Nasik.*

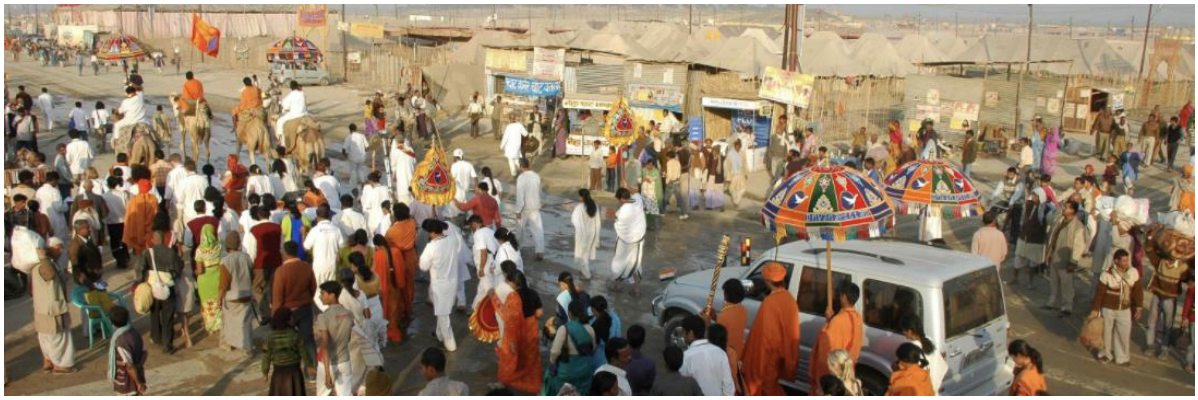
Copyright ©2021 Sri Nithyananda Paramashivam. All Rights Reserved

2013 - *Nithya Dharmam - conflict resolution programs conducted by The SPH as per Manu Dharma Shastra*

Copyright ©2021 Sri Nithyananda Paramashivam. All Rights Reserved

2015 - *Celebrating Religious freedom through Bandaras - religious congregations*

Copyright ©2021 Sri Nithyananda Paramashivam. All Rights Reserved



2007 - *Kumbh Mela, Allahabad largest peaceful religious spiritual convocation in the world - millions of enlightened beings*

Copyright ©2021 Sri Nithyananda Paramashivam. All Rights Reserved

Celebrating Religious freedom through initiation into Sannyashood by the Living Avatar of Paramashiva (through the years)

Copyright ©2021 Sri Nithyananda Paramashivam. All Rights Reserved

Red Om

Kailasa's Humanitarian Response
To Eradicate World Hunger

Copyright ©2021 Sri Nithyananda Paramashivam. All Rights Reserved

The 2030 Agenda for Sustainable Development puts forward a revolutionary vision recognizing that our world is transforming, bringing with it new challenges that must be overcome if we are to live in a world without food insecurity, hunger and malnutrition in any of its forms.

"The State of Food Security and Nutrition in the World 2021" reports that in 2020, about 800 million people in the world faced hunger, which is 161 million more than in 2019. An approximate 2.37 billion had no access to adequate food in the past year which is a jump of 320 million more people in just one year. Not a single country in the world has been spared. 3 billion people have been kept out of the reach of healthy, sattvik and organic diets due to the persistently high levels of poverty and income inequality and high cost of these healthy diets.

Moreover, new reports show that the rise in the inaccessibility of healthy diets corresponds to above moderate or severe food insecurity. Categorically underscoring the immense challenge of achieving the Zero Hunger target by 2030, more than 800 million people in the world are still hungry today.

The disruption in the supply chain is especially worrisome for essential food supplies which disproportionately affects the already most vulnerable even more bringing into focus the ecosystem impact of our food system, the fragility and inadequacy of global and local food supply chains, the way emergency responses can undermine local food systems, the injustice underlying some global health systems and its impacts on the health of people and the planet.

The COVID-19 pandemic and the resulting policies on food and health are dangerously fragmented pointing to areas where hunger and undernutrition are already severe, putting their populations at greater risk of acute food crises and chronic hunger in the future.

A holistic and consolidated approach to health, nutrition and food security is needed to ensure the right to adequate and nutritious food for all to end hunger and all that it brings with it.

A-One Health lens reveals the innate interconnectedness of human, animal, and environmental well-being for the healthy sustenance of planet earth.

At this crucial moment, we must act to reshape our food systems to be organic and environmentally friendly by re-evaluating our food choices in order to address the current crises and prevent one from occurring, and chart a path to Zero Hunger by 2030, reasserting our commitment to working in symbiosis to overcome these emerging challenges and free planet Earth from hunger, food insecurity and malnutrition.

KAILASA's multifarious efforts of eradicating world hunger have been consolidated and restructured under an international humanitarian agency named - RED OM.

Copyright ©2021 Sri Nithyananda Paramashivam. All Rights Reserved

Objectives

RED OM works to prevent hunger by deploying thousands of trained relief workers and creating conditions designed to feed all mouths that can be adapted to conditions on the ground.

The No Hungry Project, another humanitarian initiative launched by the Supreme Pontiff of Hindusim, Jagatguru Mahasannidhanam His Divine Holiness Bhagavan Nithyananda Paramashivam and adopted by the RED OM at the time of its formation. RED OM, therefore, reaffirms its commitment to eradicate hunger and food-related issues, RED OM further takes the responsibility of creating and sharing food with all living beings.

The No-Hunger Project precisely aims to tackle these issues on a widespread scale. Annadan (food donation) is an ancient Hindu practice of serving free food to others and is ordained by the Hindu scriptures as one of the best practices, not only from a societal context but also for one's moral and spiritual upliftment. RED OM under the guidance of the Supreme Pontiff of Hindusim, Jagatguru Mahasannidhanam His Divine Holiness Bhagavan Nithyananda Paramashivam has worked with KAILASA's defacto embassies around the world and has served over a billion organic, sattvic, vegetarian meals and continues to expand its services to fulfil its goal of eradicating hunger on a global scale.

Evidence-based research shows that there is plenty of food produced to support the whole population, insufficient planning and allocation of resources is the reason for food insecurity. Therefore adhering to the principles as stated in the Taittiriya Upanishad, Let us not waste food. No place you can drop food where there are no hunger" principles, RED OM aims to increase its efficiency of food production by reducing and making redundant the excess supply of food to eradicate food wastage. In a world where there is plenty, no human shall ever go hungry. It is only the right allocation of resources that will bring justice to this situation.

RED OM further aims to revive the food supply system of KAILASA as it was during the reign of Devi Meeankashi and Sundereshwara Paramashiva around 2800 BC

No pandemic shall ever be an obstacle in achieving the No Hungry Stomach Project. The COVID-19 Pandemic has only resulted in doubling the efforts to reach more and more people in the affected areas. In emergencies, the RED OM agency is often first on the scene, providing food assistance to the victims of floods, hurricanes, and natural disasters. When the emergency subsides, we help communities rebuild shattered lives and livelihoods. We also provide Healing services and the Science of Completion to the affected as means of strengthening the resilience of the people and community

Copyright ©2021 Sri Nithyananda Paramashivam. All Rights Reserved

RED OM shall also focus on serving and educating the population on the importance of an organic, sattvik, pure, nutritious, vegetarian diet to eliminate malnutrition and the prevalence of disease due to the meat-based diet.

Additionally, the RED OM agency serves free organic vegetarian food acts as a significant step toward introducing an alternative diet to people, that is tasty as well as healthy, and also takes into account the safety and health of Mother Earth, especially during these urgent times, when climate change is a key contributor to the prevalence of natural disasters.

Prevalence And Relevance

A large part of the world is sadly still grappling with the problem of acute food insecurity. The rise in hunger has been showing no sign of diminishing. As compared to the pre-pandemic scenario, the number of food-insecure people was estimated to rise to 270 million by the end of 2020 due to the fallout from the COVID-19 pandemic, according to the recent analysis, representing a staggering increase of 82 per cent.1 Even though Zero Hunger is the second Sustainable Development Goal (SDG) set by the United Nations as its development agenda, stating the goal as to end hunger, achieve food security and improved nutrition and promote sustainable agriculture," the recent trends show that not only are we far from achieving this goal by the target year of 2030 but the percentage of people affected by hunger will cross 840 million by 2030, as compared to the current figure of 690 million. Given enough food is produced to satisfy and feed the global population, as many as 811 million people still go hungry. After steadily declining for a decade, world hunger is on the rise, affecting 9.9 per cent of people globally. From 2019 to 2020, the number of undernourished people grew by as many as 161 million, a crisis-driven largely by conflict, climate change, and the COVID-19 pandemic.[248]

The World Food Programme (WFP) estimates that the number of people experiencing crisis-level hunger will rise to 270 million before the end of the year as a result of the pandemic, an 82% increase since 2019. This means between 6,000 and 12,000 people per day could die

from hunger linked to the social and economic impacts of the pandemic before the end of the year, perhaps more than will die each day from the disease by that point.

In today's world, eradicating hunger and achieving food security remains a challenge, which has increased in the wake of the COVID-19 crisis. At the global level, hunger and food insecurity have been on the rise, and malnutrition still affects millions of children. Due to the COVID-19 impacts on social, economic, and health, this has slowed down the economic growth and has caused disruptions, providing a trajectory for the situation to worsen. The

[248] https://gspp.berkeley.edu

Copyright ©2021 Sri Nithyananda Paramashivam. All Rights Reserved

current COVID-19 pandemic has elucidated the factors related to food insecurity and shortage of food inevitably incentivizing the undernutrition in children and People.

The health effects of undernutrition are measured based on the variability in the incidence of mortality and morbidity prevalence that can be found between persons without undernutrition and those who have suffered from undernutrition at some point before turning five years old. The value of these differences is specific to each pathology and age group; it depends on the extent of the undernutrition, and in general, it varies by location, region and country.

Poverty and hunger exist in a vicious cycle which is greatly influenced by the ongoing climate change. Climate change is one of the most pressing issues which our civilization is facing at present. The poor and vulnerable sections of the population are at an increased risk as far as the adverse effects of climate change are concerned. Children constitute nearly half of those affected by disasters. To mitigate the threats posed by the pandemic to vulnerable populations, countries need to take immediate action to keep trade flowing, to strengthen food supply chains and to increase agricultural production.

Hinduism has the best to offer to the world. The history of KAILASA is one of tireless progress toward realizing, living and freely practising our founding Hindu principle - Āham Brahmasmi. Every technique, principle, the action described in the Ved-Agamas is the pathway to realise the purpose of human life - Living Enlightenment, in every aspect of life including the consumption of food. Paramashiva, the primordial divinity of Hinduism and embodiment of Supreme Consciousness Himself reveals the Science of Food and Nutrition in meticulous detail, in the Pākaśastra - the ancient cookbook of Hinduism. The food served is not to fill the void in our stomachs, rather to experience, expand and realise our higher identity - Paramashiva.

Policy

With the grace of Paramashiva, the international humanitarian RED OM Agency was started as a benefaction to the whole of humanity to eradicate world hunger, achieve food security and provide an organic, sattvic, nutritious and vegetarian meal to all those in need. The programs and initiatives of the RED OM Agency have fought chronic challenges of hunger, food insecurity, and malnutrition.

The international humanitarian RED OM Agency works side by side with KAILASA's Nithayananda Annalaya towards the unified goal of No Hungry Stomach, in compliance with KAILASA's economic policy of giving free food to all the citizens and adhering to the Ved-Agamic principle described by Paramashiva in the Taittiriya Upanishad, BhrriguvallI, Chapter 9, Navamo Anuvaka Verse 1 & Chapter 7 Saptamo Anuvaka.

Copyright ©2021 Sri Nithyananda Paramashivam. All Rights Reserved

अन्नं बहु कुर्वीत। तद् व्रतम्

annaṁ bahu kurvīta | tadvratam ।9.1

अन्नम् न निन्द्यात् । तद्व्रतम्

annaṁ na nindyāt | tadvratam ।7.11

Let us create and share food. Let all hungry stomachs be fulfilled with food. Let us not *waste food. No place you can drop food where there is no hunger (either outside or inside). That is being authentic with food."*

RED OM works towards a unified goal to eradicate world hunger and further aims to guide humanity to experience their higher identity - Paramashiva through the consumption of the proper vegetarian diet.

A Vegetarian diet is the prerequisite to manifest the powers of Paramashiva, it not only supports the third eye awakening but also tunes the body and mind to receive and retain the highest experience and initiations. Organic Vegetarian food builds an inner space, physical system and physiological flow, to develop the highest psychology which is required to experience the divine state of Paramashiva.

Animal-based food is equivalent to eating chemical-based food. Violence based food, (derived from killing animals), and life negative, chemical-based toxic food - both harm the system equally. To understand this further, the principle "You eat what you become", is a key concept.

Plants are life. But they have not developed the bio memory where the pain is stored. Therefore, when consumed, no pain is ingested along with it. But with the animal, the muscles have the capacity to store muscle memory and bio memory. When the animals are killed, they leave tremendous pain and suffering, which gets recorded in muscle memory and bio memory. When ingested, one can fall into causless depression. When the flesh on the animal is consumed, muscle memory and bio memory recorded in it is consumed as well. The depressed bio-memory of the killed animals, when ingested, does not allow the body and mind to settle with higher experiences and elevated states of consciousness. It continues to keep the body and mind in binding, depressing thought currents.

The rising levels of depression among all age groups, especially the youth is a key indicator for the need for vegetarianism. A vegetarian lifestyle gives the luxury of keeping the inner space pure, less prone to pain and suffering, and more prone to higher states of consciousness. Vegetarian food allows more sensitivity and ecstasy in the energy flow that happens in your system.

Thereby, it is the policy of RED OM, to serve, educate and inspire the whole of humanity to adopt a sattvik, vegetarian-based lifestyle to attain the true purpose of human life - Living Enlightenment.

Copyright ©2021 Sri Nithyananda Paramashivam. All Rights Reserved

Humanitarian Response Plan

2002 *- The Supreme Pontiff of Hindusim Jagatguru Mahasannidhanam His Divine Holiness Bhagavan Nithyananda Paramashiva, personally distributes annadham*

2003 - 2004 *The Supreme Pontiff of Hindusim Jagatguru Mahasannidhanam His Divine Holiness Bhagavan Nithyananda Paramashivam stands as an inspiration as he blissfully does serves consecrated food {annadhan}*

Copyright ©2021 Sri Nithyananda Paramashivam. All Rights Reserved

2005 - The mission of Annadhan continues with over 200000 meals served during the event to over 50,000 people

Copyright ©2021 Sri Nithyananda Paramashivam. All Rights Reserved

2006 - *The Supreme Pontiff of Hindusim Jagatguru Mahasannidhanam His Divine Holiness Bhagavan Nithyananda Paramashivam, tirelessly continues to serve 1000 meals to over 500 devotees, after the long event*

Copyright ©2021 Sri Nithyananda Paramashivam. All Rights Reserved

2007 - *Over 6000 meals served in Bangalore, Thiruvannamalai and Allahabad feeding a total of 2000 people, on the occasions of Avatars Jayanthi celebration, Khumbamela, Maheshwara pooja in the year 2007.*

Copyright ©2021 Sri Nithyananda Paramashivam. All Rights Reserved

2008 - *Over 90000 served meals in Bangalore, Thiruvannamalai and Himalaya feeding a total of 30000 people, on the occasions of Himalaya yatra, Avatars Jayanthi celebration, Inauguration of Ananda sabha and Maheshwara pooja*

Copyright ©2021 Sri Nithyananda Paramashivam. All Rights Reserved

2009 - *Over 120000 served meals in India and Malaysia in 7 cities feeding a total of 40000 people, on the occasions of Avatars Brammatsavam, kalpataru and Okenakkal annadan*

Copyright ©2021 Sri Nithyananda Paramashivam. All Rights Reserved

2010 - *Over 100000 served in Thiruvannamalai and Bangalore feeding a total of 50000 people, on the occasions of Avatars Jayanthi Brammotsavam, Krishna janmashta and Maheshwara pooja.*

Copyright ©2021 Sri Nithyananda Paramashivam. All Rights Reserved

2011 - *Over 30000 meals served in India in 4 cities, feeding a total of 500 people, on the occasions of Pongal celebration, Maheshwara pooja, Nithyananda poornima, annadan, Chitra pournami, Kailash yatra and Inner awakening*

Copyright ©2021 Sri Nithyananda Paramashivam. All Rights Reserved

2012 - *Over 1500000 meals served in India and Singapore in 7 cities feeding a total of 110,000 people, on the occasions of Thane cyclone relief, annadan and Maheshwarapooja*

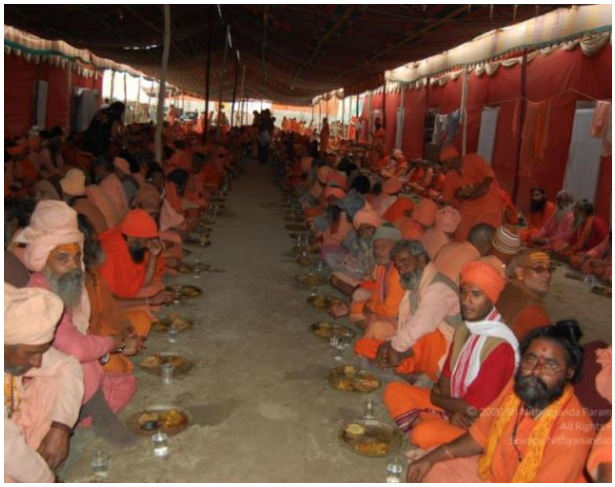
Copyright ©2021 Sri Nithyananda Paramashivam. All Rights Reserved

2012 - *The Supreme Pontiff of Hindusim Jagatguru Mahasannidhanam His Divine Holiness Bhagavan Nithyananda Paramashivam distributed meals to all those affected in the Thane Flood.*

Copyright ©2021 Sri Nithyananda Paramashivam. All Rights Reserved

2013 - *Over 30000 meals served in India and Bali in 3 cities feeding a total of 1500 people, on the occasions of Maheshwara Puja and Inner awakening*

Copyright ©2021 Sri Nithyananda Paramashivam. All Rights Reserved



2013 - *Over 150000 meals served in India in Allahabad city, feeding a total of 100,000 people, on the occasions of Kumba Mela*

Copyright ©2021 Sri Nithyananda Paramashivam. All Rights Reserved

2014 - *Over 60000 meals served in India and Cambodia in 4 cities feeding a total of 1000 people, on the occasions of lunch with Nirvani Akada swamis, Kalpataru, Maheshwara Puja, Inner Awakening and Bhandara*

Copyright ©2021 Sri Nithyananda Paramashivam. All Rights Reserved

2015 - *Over 30000 meals served in India and Phuket in 4 cities, feeding a total of 500 people, on the occasions of Jayanthi celebration, Nihtyananda Yoga day, Inner awakening and Maheshwara Puja*

Copyright ©2021 Sri Nithyananda Paramashivam. All Rights Reserved

2016 - *Over 15000 meals served in India in 3 cities, feeding a total of 600 people, on the occasions of Vishesha Deeksha, NAY program, Inner awakening and Maheshwara Puja*

Copyright ©2021 Sri Nithyananda Paramashivam. All Rights Reserved

2017 - *Participants of Kalpatru and Inner Awakening along with Annadhan at Arunachala Sarvajnapeetam*

Copyright ©2021 Sri Nithyananda Paramashivam. All Rights Reserved

2019 *- Over 200 people served at Nithyanandeshwara Hindu Temple Houston after the grand Maha Guru Homa participated by 108 families*

2019 *- Over 200 meals served in India in 3 cities feeding a total of 100 people, on the occasions of Maheshwara Puja*

Copyright ©2021 Sri Nithyananda Paramashivam. All Rights Reserved

2020 - *During the challenging times of Covid-19, Shyamalapeetam Sarvajnapeetam, Madurai continued to take the paramount responsibility to offer Ānnadhan, continuing its goal of eradicating hunger. KAILASA's Nithyananda Annalya from all around the world including, Canada, San Jose, Houston, Trinidad & Tobago, Singapore continued the initiative of No Hungry Stomach*

Copyright ©2021 Sri Nithyananda Paramashivam. All Rights Reserved

2020 - *Joining hands to eradicate world hunger, Arunachala Sarvajnapeetam, Thiruvanamalai continued the unbroken services of distributing Annadhan, especially to the sadhus(ascetics) living in the spiritual incubator of Thiruvanamalal, amidst the surging pandemic.*

Copyright ©2021 Sri Nithyananda Paramashivam. All Rights Reserved

2021 - *Arunachala Sarvajnapeetam, Thiruvanamali continues their untiring service of distribution. Amidst the pandemic, No hungry stomach shall ever be denied food in the de facto embassies of KAILASA.*

Copyright ©2021 Sri Nithyananda Paramashivam. All Rights Reserved

2021 - *KAILASA's Nithyananda Annalaya - Toronto extending its services of annadhan to nearly 10000 people who have been fed so far during this crippling pandemic.*

Copyright ©2021 Sri Nithyananda Paramashivam. All Rights Reserved

White Om

KAILASA'S Humanitarian Response to Mental Health

Copyright ©2021 Sri Nithyananda Paramashivam. All Rights Reserved

The influence of mental disorders on physical health conditions is largely underestimated because of inadequate connectedness between the two. Without mental health and stability there can be no health. A Report on Mental Health and Development (by the UN in 2010), called attention to people with mental disorders as a vulnerable group highly subject to influence and mockery, human-rights violations and exclusion from society and decision-making that affected them. Today, the COVID-19 pandemic is far more deeper and intricate than a health crisis, it has the seeds of a major mental health crisis as well, if action is not taken at once.

While the pandemic has already caused a direct impact on unprepared medical systems and secondary havoc on fragile policies, it has generated disproportionately high levels of coping incapacities of the virus due to the upsurge in mental health concerns and doubled the distress due to pre-existing lack of investment in mental health promotion, prevention and care before the pandemic. The woefully underinflated mental health care systems and services needs to be addressed without delay to shrink the immense suffering among thousands of millions of people and alleviate long-term and large-scale psychological distress in populations leading to social and economic dip. The mental health and wellbeing of whole societies have been severely impacted by this crisis and are a priority to be addressed urgently.

Behavioral and mental-illness such as depression, anxiety disorders, ADHD, mood disturbances, substance use, suicidal behavior, aggressive/disruptive behavior and so on are the top-tier mental disorders in neglected adolescents and young adults who are the future of tomorrow.

In every community, senior citizens with pre-existing health conditions are terrified and lonely. Emotional awkwardness among children and adolescents are intensified by family stress, social isolation, with some facing increased abuse, disrupted education and uncertainty about their futures, amplifying at critical points in their psychological development.

Good mental health is critical to the functioning of society at the most challenging of times. It must be front and center of every country during COVID-19 and otherwise.

Over 26 years, the Department of Human Services has been devoted to strengthening and redefining the ideals of psychological healing, spiritual counselling, helping human beings mentally, emotionally, psychologically by operating with the single unified goal of felicitating every individual to explore their ultimate possibility by enlightening them with the sciences mentioned in the timeless Hindu source scriptures. WHITE OM works towards this very challenge by deploying thousands of trained healers and creating the conditions to allow mental wellness to hold and flourish in collaboration with ShriKailasa Uniting Nations for Mental Health and Development.

Copyright ©2021 Sri Nithyananda Paramashivam. All Rights Reserved

Objectives

Establishment of an international agency addressing the need for psychological healing, spiritual counselling, and a superconscious transformation for the entire human race. We are committed to helping and providing all humans psychological healing, spiritual counselling, supporting human beings mentally, emotionally, and psychologically. Working towards the major objectives such as but not limited to:

1. Apply a whole-of-society approach to promote, protect, and care for mental health
2. Support recovery from covid-19 by building mental health services for the future
3. Promulgating information on the needs of people with mental-health conditions.

Spreading scientifically-based information is critical to promote successful development and mental health programs to empower the relevant stakeholders – including youth, families, youth care providers, educators, communities, and mental-health agencies – for effecting change.

1. Raise awareness of the cultural and contextual dimensions related to the mental-health conditions of people in today's world.

Awareness and respect for the factors contributing to the mental health issues, and other cultural factors, as well as the underlying social circumstances of individuals. These criteria must be considered when addressing mental-health concerns.

2. Increase understanding of support systems and raise awareness of access issues relating to mental-health conditions.

Ensure to educate the fundamental knowledge on the support systems for a further outreach and conduct awareness programs presenting reports to increase awareness of the ongoing mental issues by engaging educators, peers, parents, and others in addressing these concerns in their daily interactions with policies and programming.

3. To ensure that everyone can access the highest standards of health and health care

To guarantee the effectiveness of the rights to health in terms of availability, accessibility, acceptability and quality of health facilities, goods and services implementation of these recommended actions will be essential to ensure people and societies are better protected from the mental health illness

4. **Work with all Hindus and citizens of their nation, organizing under this international wing reaching out to all citizens in providing psychological healing, spiritual counselling, spiritual counselling, supporting human beings mentally, emotionally, and psychologically.** To make available all previous courses of KAILASA's Nithyananda University relating to

Copyright ©2021 Sri Nithyananda Paramashivam. All Rights Reserved

mental, emotional, psychological and spiritual well beings, the in public domain, such as but not limited to:

1. All Presidential Addresses and University Lectures,

2. All Darshans

3. All Webinars

4. **All programs such as** - Nithya Dhyana Yoga, Atma Spurna Program, Nithya Spurna Program, All Darshans, Nithya Kriya Yoga (NKY), en-Relationships, en-Health, Life Bliss Engineering, Akashic Reading, Yoga Spurna Program (YSP), Healing Tower Service, Nithyananda Yoga, Nithya Arogya Yoga (NAY), Nithya Dhyana Spurana Program (NDSP), Nithya Dhyana, Living Enlightenment Process, Shakti Spurana Program, etc.

5. **All programs for children**: Quantum Memory Program, en-Genius, Nithyanandam-Kids, etc.

Prevalence And Relevance

Mental disorders are known to be prevalent and highlighted in the general population which highly impairs life and role functions. Mental health and substance use disorders affect 13% of the world's population. Influences of mental disorders perpetuate a negative cycle of poverty and social exclusion and include loss of work productivity in life.

Mental health disorders in youth and adults create disparities in their economic integration and social interaction. Mental-health conditions restrict the ability to engage, to complete their goal and to obtain the critical skills needed for respective employment and career, stunting one' highest potential in several activities. This, in turn, puts them at increased risk of future unemployment and disruptions in their individual economic growth.

These data illustrate the significant burden associated with mental-health conditions WHO states, ' Health systems have not yet adequately responded to the burden of mental disorders. As a consequence, the gap between the need for treatment and its provision is wide all over the world. In low- and middle-income countries, between 76% and 85% of people with mental disorders receive no treatment for their disorder[2491] This report shows the emergency and the urgency required to work in innovative directions to reach out to the unmatched constellations of people around the world suffering silently with Mental health issues.

Mental health issues provide a trajectory to suicide, WHO released the stats stating, ' Suicide is a global phenomenon; in fact, 77% of suicides occurred in low- and middle-income countries in 2019. Suicide accounted for 1.3% of all deaths worldwide, making it the 17th leading cause

[249] https://www.who.int/news-room/fact-sheets/detail/mental-disorders

Copyright ©2021 Sri Nithyananda Paramashivam. All Rights Reserved

of death in 2019.[250] Therefore, the prevention of mental-health conditions must be a global public-health priority.

COVID-19 is deepening the mental health crisis in the world's medical hotspots and creating new epicenters of disorders related to Mental health across the globe. The pandemic is the final straw for millions of people already struggling with Bereavement, loneliness, loss of job and income and fear that are triggering mental health conditions or worsening the existing ones.

Due to the ongoing crisis of COVID pandemic, all economic and healthcare policies, principles, and systems need to be revised to make sure no human being suffers from hunger or the absence of required medical care. In ancient indigenous Hindu scriptures, Paramashiva (primordial Hindu divinity) has declared for survival needs – such as food and healthcare – barter and charity are recommended for commoners, but as for the state it is expected it provides these for free to all.

The International Humanitarian Agency WHITE OM For mental health and Well-Being is a comprehensive approach to address the needs to improve the organizational capacities to prevent and protect mental health and the wellbeing of Humanity. Working toward the unified goal to provide A state of complete physical, mental, and social well-being that is based on the satisfaction of material, physical, affective and psychological needs. Providing the highest attainable standard of health operating from the fundamental rights of every human being without distinction of race, religion, political belief, economic or social condition.'

The international humanitarian agency WHITE OM has made the noble legacy of medical service and healthcare expand worldwide through all de facto spiritual embassies of KAILASA, in multi-specialties, multi-disciplines, blending both Western medicine and traditional indigenous Hindu systems of medicine. It is essential to use all available tools to overcome erroneous beliefs about mental conditions and promulgate social integration, through information promotion and research to counter stereotypes and negative attitudes. Efforts to minimize stigma need to occur at a societal level. They should include training for practitioners and families, in order to create the opportunity for, and acceptance of, accessing services. A large number of programs and policies offered by the WHITE OM agency have been identified as effective, the vast majority of the research has been conducted with positive and progressive results.

The international humanitarian agency WHITE OM has seen fair success in terms of providing equitable access to healthcare services, WHITE OM has been offering free healthcare to all,

[250] : https://www.who.int/teams/mental-health-and-substance-use/suicide-data

Copyright ©2021 Sri Nithyananda Paramashivam. All Rights Reserved

irrespective of race, religion, creed, or political affiliation, even in crises such as cyclones and COVID-19 pandemics.

Policy

Health is a state of physical, psychological, emotional, and spiritual well-being where the individual feels life is good. Ideologies and misconceptions held by the modern-day man are the root cause of lack of health among humans. Cognitions based upon health must be built on the Cosmic Principles. Health is when the body aligns to its purpose. The ability to handle all the diseases, creating health, maintaining the health & awakening extraordinary powers of the body becomes very easy.

99% of humanity's problems are mental health related. Over 10.7% of the world are victims of mental disorders and are in need of desperate psychological counselling for their wellbeing. The responsibility of their well-being is borne by the psychiatrists and counselors. However, if the counselors do not understand the existence of the consciousness, they are going to heavily damage the people whom they are counseling. Counseling is nothing but giving mental patterns. If the wrong patterns are cherished, then the transmission of wrong patterns from the counselor to the patient will take course. True counselors must have discovered and implemented effective answers for their own life problems.

The profession in which largest number of people commit suicide is psychiatry and counseling. The reason being, without having answers for all the important questions; having wrong, broken, incomplete patterns, they go on giving these patterns to others. When they understand everything is a lie. They do not know what is true. They do not have hope for life. They do not know why life? What for life? What is life? So the immediate decision they take even with the small depression is suicide.

At times such as now, the science of completion as revealed in the e Śānti Mantra first Upaniṣad, Īśāvāsya Upaniṣad is of dire importance.

औं पूर्णमदह् पूर्णमिदं पूर्णात् पूर्णमुदच्यते । पूर्णस्य पूर्णमादाय पूर्णमेवावशिष्यते ॥

auṁ pūrṇamadah pūrṇamidaṃ pūrṇāt pūrṇamudacyate । pūrṇasya pūrṇamādāya pūrṇamevāvaśiṣyate ॥

Aum. This is Completion (Purna), that is Completion (Purna). If this is removed from that, both remain, continue as Completion. When the Completion merges into Completion, Completion alone remains. If the Completion is removed or perceived to be removed from Completion,

Copyright ©2021 Sri Nithyananda Paramashivam. All Rights Reserved

again Completion alone remains as Completion. Let there be peace in my inner space, peace in the outer space, peace in the Cosmos.

The Science of Completion can take anyone from where they are, beyond their thoughts, worries and agitations, to the space of Oneness with the Whole. It is the method by which someone can restore their original space of Oneness with everything. The Science of Completion is nothing but knowing and experiencing that anything that stands in the way of Oneness is an illusion, no matter how real or believable it may appear.

Hinduism offers various time tested, authentic techniques to ground an individual in the space of completion and oneness, such as but not limited to The Science of unclutching[SM], practicing ajapa-japa and initiation into the Mahavaakakya.

Therefore, WHITE OM aims to train its religious peacekeepers in accumulating the right patterns and imbibing the right answers to all basic fundamental questions radiating the WHITE OM further shoulders the responsibility of training all the religious peacekeepers to live, radiate and practice the Hindu techniques to establish themselves in the space of oneness.

Copyright ©2021 Sri Nithyananda Paramashivam. All Rights Reserved

Humanitarian Response Plan

2005 - *Healing and initiating lakhs of people through discourses at Petrobras, Brazil (top left), Anandula, Bangalore (top right), Nithyanandam, Bidadi (centre left), Anandula, Chennai (centre right), Anandula, Vellore (bottom centre)*

Copyright ©2021 Sri Nithyananda Paramashivam. All Rights Reserved

2004 - *Ananda Ula Program for healing – tour of the State of Tamilnadu, South India*

Copyright ©2021 Sri Nithyananda Paramashivam. All Rights Reserved

2006 - *Enriching programs initiating millions into living enlightenment (jeevan mukti); Ananda Spurana Program, Rajapalayam (top right), Pattanam Inauguration, Pattanam (top left), Nithyananda Spurana Program, Paavai College, Namakkal (centre left), Nithyananda Spurana Program, Chennai (centre right), Sapthayagam Program, Salem (bottom left), Arogya Spuranam Program & Satsang (bottom right)*

Copyright ©2021 Sri Nithyananda Paramashivam. All Rights Reserved

2007 - *Various healing and meditation initiatives during Shivaratri Bidadi*

2008 - *'Shiva Sutras' – Series of talks and healing sessions by The SPH on the sacred scriptures, 2008 USA Tour*

Copyright ©2021 Sri Nithyananda Paramashivam. All Rights Reserved

2009 - *healing and meditation initiatives through (top), Women Empowerment, Chennai (centre left), Inauguration- Tarambangalam Centre (centre right), Guru Pournima, Bidadi (bottom left), 1008 Homa, Chennai (bottom right)*

Copyright ©2021 Sri Nithyananda Paramashivam. All Rights Reserved

2010 - *Various healing and meditation initiatives, Tiruvannamalai Jayanthi (bottom)*

Copyright ©2021 Sri Nithyananda Paramashivam. All Rights Reserved

2011 - *Various healing and meditation initiatives conducted in 2011*

2012 - *Various healing and meditation initiatives conducted in 2012*

Copyright ©2021 Sri Nithyananda Paramashivam. All Rights Reserved

2013 - *San Jose, USA – Participants enraptured with the magnetic aura of His Divine Holiness for healing (top left); Guru Purnima (top right, bottom left & bottom right)*

2014 - *Various healing and meditation initiatives conducted in 2014*

Copyright ©2021 Sri Nithyananda Paramashivam. All Rights Reserved

2015 - *Various healing and meditation initiatives (top), Shivaratri Mahasatsang – Guided mass meditation session (centre & bottom)*

Copyright ©2021 Sri Nithyananda Paramashivam. All Rights Reserved

2016 - *Various healing and meditation initiatives conducted in 2016*

Copyright ©2021 Sri Nithyananda Paramashivam. All Rights Reserved

Yellow Om

KAILASA's Humanitarian Response To provide Knowledge Assistance to the world

Copyright ©2021 Sri Nithyananda Paramashivam. All Rights Reserved

विद्या नाम नरस्य रूपमधिकम् प्रच्छन्नगुप्तम् धनम् विद्या भोगकरी यशस्सुखकरी विद्या गुरूणाम् गुरूः। विद्या बन्धुजनो विदेशगमने विद्याम् परम् दैवतम्।

vidyā nāma narasya rūpamadhikam pracchannaguptam dhanam vidyā bhogakarī yaśassukhakarī vidyā gurūṇām gurūḥ | vidyā bandhujano videśagamane vidyām param daivatam |

Sacred Knowledge is human's ultimate beauty, the hidden treasure. Through knowledge, one can enjoy different happiness, success and it is the Master of all masters. During foreign travel, knowledge is our kin. Knowledge is verily the supreme Divine.

Nīti śatakam, Verse 20

The great Hindu civilization of Akhanda Bharat comprising of 56 nations, 200 states, 1700 provinces and 10000 sampradayas (spiritual and religious traditions) has been a source of a phenomenal volume of knowledge repositories with more than 100 million scriptures being in active use over ten thousand years ago, that gave birth to numerous advancements in numerous fields including health, governance, Law, Banking & Accounting, Architecture & Civil Engineering, Performing Arts, Medicine, Surgery, Botany, Chemistry and Metallurgy, Music, Agriculture, Astrology, Shipbuilding, Manufacturing, Food sciences, etc. The 56 Hindu nations of Akhanda Bharat had several grand libraries and Universities that offered education as per indigenous Hindu and Buddhist traditions. Out of these knowledge repositories, only 20 million remain today with us due to centuries *of discrimination, exploitation, dispossession, and colonization on Hindu civilization.* The Nalanda library alone had been revived several times and set on fire several times. Other great libraries such as Vikramshila, Jagaddala, etc. were also destroyed in a similar way and at around the same time. Hindu scholars and Buddhist monks were beheaded while trying to protect these precious books that contain some of the most life-positive thought currents available to mankind. The SPH Nithyananda Paramashivam describes the sacrifice of our human ancestors – "Even when we were cut into pieces, we continued to stand for peace. The strength we demonstrated even in the face of the sword – the peace we demonstrated even in the face of the violence – is the pride of Vedic civilization." Nithyananda Hindu Library (Jnanalaya) is a very critical part of KAILASA's mission towards realizing inner peace, societal peace, and global peace. As a mark of celebration of deva guru brihaspati and the ultimate Adi Guru Dakshinamurthy - YELLOW OM provides all the knowledge related services including creating libraries, free access to knowledge sciences through these libraries to humanity. The YELLOW OM aims to preserve these ancient knowledge repository systems and will be providing knowledge assistance to yogic, ayurvedic solutions and medical care based on Hindu yogic sciences, Hindu medicine

Copyright ©2021 Sri Nithyananda Paramashivam. All Rights Reserved

science as it gives hope and strength to persevere, especially to the weakest and most vulnerable sections of the society.

Consequently KAILASA's Department of Vedic Science and Technology in collaboration with KAILASA's Department of Enlightened Civilization and KAILASA's Department of Health in alliance with ShriKailasa Uniting Nations for Ancient Rituals, ShriKailasa Uniting Nations for Restoring Spiritual Legitimacy, Nithyananda Hindu University, ShriKailasa Uniting Nations for Yoga, ShriKailasa Uniting Nations for Ancient Sciences, ShriKailasa Uniting Nations for Mystical and Spiritual Sciences, and ShriKailasa Uniting Nations for Ancient Sacred Arts and Sciences are devoted to strengthening the multifarious efforts of recognizing the urgency of the revival of the aforementioned knowledge sciences for a relevant aspect of sustainable development in the world under an international humanitarian agency named - YELLOW OM.

Copyright ©2021 Sri Nithyananda Paramashivam. All Rights Reserved

Objectives

The objective of YELLOW OM includes:

1. To host libraries and institutions of indigenous scriptures all around the world that have the largest collection of ancient texts on religion, spirituality and knowledge of several extinct indigenous Hindu sciences.
2. To organize, preserve, time-capsuled, decoded, and finally made several of these sacred scriptures freely available and accessible through the internet.
3. To share the knowledge with effective collaboration and partnerships to create breakthrough in the field of health care systems by maintaining world's largest archival record of indigenous studies.
4. In this digital age, Sanatana Hindu Dharma is hardly understood even by Hindus as the amount of digitization of Hindu scriptures is a very small percentage of what is even available or known. Translation of our scriptures to commonly used languages of this day and making it user friendly is one of the important goals of YELLOW OM.
5. To collect, share and spread the largest archival records of Hinduphobia *'hate literature'* which are evidence of systematic state-sponsored persecution of minority indigenous religious sects to destroy the ancient indigenous knowledge repositories.
6. To present at least ten-thousand concepts of Hinduism like Birth, Life, God, Death, Karma, Listening, Intranalyzing, at least ten-thousand concepts of Hinduism and the spiritual masters, religious leaders, various philosophies be visually presented with examples.
7. To Establish Hindu Compliance System and Body that will work to create, promote, spread and teach the standard procedures for all products and services that are in compliance with Veda-Agamic principles. Hinduism has detailed procedures, standards, methodologies for everything. Hinduism is a rich religion with vast choices, It educates and empowers, is a non-restrictive, enlightening and empowering set of Principles. The Hindu Compliance Body will work towards recognizing the needs of citizens of KAILASA, compiling the standards, and policies such as - economic policy, religious policy, spiritual policy or strategies or any products and services, as mentioned by Paramashiva in Veda-Agama.

Copyright ©2021 Sri Nithyananda Paramashivam. All Rights Reserved

Prevalence And Relevance

In ancient Hindu civilization, the mastery over scriptures was achieved by specializing in every sect, or branch of scripture over multiple generations. The important thing to realize is that several of these scriptures are very much alive – in terms of the knowledge they offer, their stories, anecdotes, their poetry, their sciences, etc. are very much part of day-to-day indigenous life. The indigenous knowledge communities – the Shivacharyas, Kashmiri Pandits, and various practicing Brahmin scholar communities, have spent their entire life and of several generations to protect these scriptures. For this reason, the targeted persecution and cultural genocide of indigenous knowledge communities such as Kashmiri Pandits are especially worrisome. Indigenous Hindu tribes and schools specialized and systematically practiced only singular or a select number of branches of these Veda-Agamic scriptures and kept them alive over thousands of years. Each Hindu sect or school (Shakha or Sampradaya) is interdependent on other schools (Shakha) for the practice and application of the entirety of these indigenous peace scriptures of Hinduism. The loss of one lineage, or school (Shakha or Sampradaya) is not just a loss for the respective knowledge stream but a loss of the entire indigenous Hindu tradition.

There are more than two million indigenous Hindu temples in India that once had a library, but today not even one of them has any ancient manuscripts or any library. The extent of this cultural genocide is such that most indigenous people are completely unaware that as per tradition, temples are supposed to have libraries.

"prāsādau caturdikṣu tadvidikṣvantarālake|bhaktoktasthānake vāpi vidyāsthānaṁ prakalpayet ||"

Center for the scriptural (Veda-Agama) studies (libraries) should be constructed in all the four main directions of the temple, in the corner directions of the temple, in its inner enclosure, or the locations recommended for the installation of the images of Śaiva-devotees.

2nd Verse, 74 Chapter, Uttar Kamika Agama

There are about a thousand mutts (Hindu monasteries) that have their ancient libraries destroyed or poorly maintained. India has more than 5 million manuscripts in various libraries, mutts, and personal collections of various individuals. Most of these, however, are either getting destroyed or almost inaccessible to Hindu Scholars.

The destruction of the indigenous libraries destroys several thousands of years of scholarly research and practice of the indigenous Hindu scriptures. The indigenous Hindu scriptures are not just the repository of ancient spiritual and religious knowledge, they are a repository of a phenomenal volume of ancient Human knowledge and expertise. The indigenous Hindu scriptures enable not just excellence in a particular profession but the attainment of spiritual liberation even through the mere practice of the profession. There are primarily 32 such knowledge sciences (Vidya) and 64 such meditative arts (Kalaa) described in indigenous Hindu

Copyright ©2021 Sri Nithyananda Paramashivam. All Rights Reserved

scriptures, most of which have lost their spiritual components in the contemporary era. The destruction of indigenous Hindu libraries is an intellectual genocide, a cultural genocide of unprecedented scale and impact.

Policy

"A civilization is made up of its Gods, Scriptures, rituals and tenets that are lived. These aspects provide the vatavarana (environment) where human beings flourish in whichever dimension of life they are passionate about. Sanatana Hindu Dharma is the oldest living civilization on planet earth. This glorious civilization has about 20 million source books. One source book is sufficient for a religion to emerge. For most of these books, there are bhashyas (commentaries), tikas (commentaries on commentary), and varthikas (commentaries on tikas). There are more than 32 different types of commentaries that exist in Sanatana Hindu Dharma. Each and every source book can be commented on in more than a thousand ways by permutation and combination of various types of writing. Imagine the richness of this tradition"

- **The SPH Nithyananda Paramashivam**

A manuscript is a handwritten document, in Sanskrit, Grantha, Tamil or such ancient script, usually on palm-leaves, dating back to at least 1000 years ago. The study of manuscripts reveals the social, cultural, historical, economic, artistic and aesthetic changes that have occurred in the course of development of our civilization. In the ancient days, knowledge and experience were recorded and preserved for the benefit of future generations. In India, writing was done on walls, footsteps and pillars of temples, stones, bricks, metal sheets, silk and cotton cloths, wooden boards, terracotta boards, bamboo chips, birch bark, palm leaves, etc. Such manuscripts have been found in hundreds of different languages and scripts all over India. etc. YELLOW OM strives to collect, preserve, revive, digitise and reprint these manuscripts and share them with the world.

In ancient days, Hindus used to visit Naimisharanya if they wanted to resolve any conflicts, problems, or questions. They will go to where all the scriptures are stored, and the rishis who have read all the scriptures are available who will refer immediately to the scriptures and provide solutions. YELLOW OM strives to revive the Naimisharanya, the SarvajnaPeetha to provide sustainable user-friendly solutions as per agamas. KAILASA empowers the citizens around the globe to follow lifesty;e as per agama and find solutions from agamas for all lifestyle issues, social issues, how we should conduct ourselves in society, liberated thinking and much more.

The 16th Chapter of the Bhagavad Gita, 24thShloka says:

Copyright ©2021 Sri Nithyananda Paramashivam. All Rights Reserved

ThasmaathShaasthramPramaanam they kaaryaakaaryavyavasthithau |
Jnaathvaashaasthravidhaanoktham karma karthumihaarhasi||

'Therefore let the scriptures be the authority in determining what ought to be done and what ought not to be done; having known what is said in the ordinance of the scriptures, thou should act here in this world.'

Quoting this 24th Shloka in the 16th Chapter of the Bhagavad Gita, YELLOW OM launched the Vaidika Grantha Samadhi. It is a vision of an internet based Sarvajnapeetha (meaning, Think Tank of Hinduism) which He called as the *Antharjaala SarvjanPeetha*. YELLOW OM envisions to build beautiful libraries around the world where the knowledge transmission methodologies and mechanisms are made user-friendly and presented as video encyclopedia of Hinduism. These libraries called Grantha Samadhis are considered as Deities to be Worshipped. The Antarjaala SarvjnaPeetha should be organized such that, with just a dial or an email, an individual should get all the replies he or she seeks along with the reference of the original/authentic scripture. The question can be as simple as 'How can I worship a cow every morning in my house?', or as complicated as 'Should I go for this marriage with this person?'

Every response drafted by the religious peacekeepers of YELLOW OM should be completely substantiated by a Hindu scripture and be available to all free of cost. People should know that the answers are coming from an authentic Vedic tradition. The *Antharjaala SarvajnaPeetha* will have a collection of scriptures that will be available for free download.

Copyright ©2021 Sri Nithyananda Paramashivam. All Rights Reserved

Humanitarian Response Plan

Over the last 26 years, the YELLOW OM in collaboration with KAILASA's Dept of education has

- collected over 1,000,000 digital books on Hinduism

- 100,000 titles and physical books on Hinduism, which includes over 50,000 rare manuscripts on Hinduism, Performing Arts, Culture, Architecture, Hindu History, and Society.

- More than 15TB digital Books and manuscripts, a special collection on Kashmir Shaivism, and various other rare manuscripts, books from ancient Mutts and Ashrams

- It has an online repository of more than 14500 palm-leaf manuscripts online for free downloads.

- The library has identified and located more than 4,00,000 titles on Spirituality, Veda-Agama, Hindu Art and Architecture, Hindu Performing Arts, Hindu Sciences, and various other branches of Sanatana Hindu Dharma.

- The SPH Nithyananda Paramashivam has given magnanimous volumes of audio commentary on these scriptures which surpass 30,000 hours of playback time – a work realized over fifteen years. These commentaries and other video discourses total to more than a petabyte. The impact of even one hour of content delivered by the SPH Nithyananda Paramashivam has the potential to impact the world profoundly. Yet these were just a few verses from the trillions of verses found in ancient indigenous scriptures. And these are not just ideas, they are backed with a history of experiences recording challenges, success, and failures seen along the way. This extremely crucial data containing the wisdom of our ancestors is made accessible and available by the SPH Nithyananda Paramashivam in various ways which are directly relevant and useful to mankind.

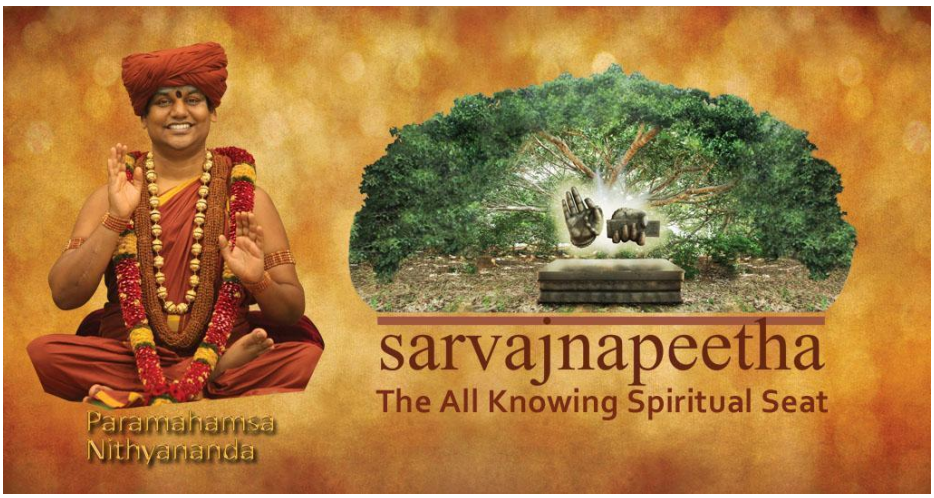
- The SPH Nithyananda Paramashivam has chosen to simplify several of these scriptures in the language of the common masses. The SPH Nithyananda Paramashivam has provided more than 10,000 hours of video discourses on YouTube alone, which attracted almost 81 million views and more than 50 million watch hours, serving more than 300,000 subscribers.

- YELLOW OM has attempted to provide a detailed structure and classification of these indigenous Hindu Source scriptures as ordained by Lord Paramashiva (Primordial Hindu Divinity). KAILASA'S NHL has developed the world's first exclusive 'Hindu library management system' based on the ancient Vedic Scriptures classification tree. This classification system has more than 900 subject areas and more than 32 different levels of commentaries. This Indological knowledge classification system provides 30,000 different categories to catalog any book from Hinduism.

Copyright ©2021 Sri Nithyananda Paramashivam. All Rights Reserved

- The Hindu Compliance body brought innovations and solutions to global challenges by bringing together the various standards, procedures, and guidelines revealed in Veda-Agamic Scriptures in the areas of food, economic principles, temple architecture, lifestyle, health and medicine.

- Hinduismpedia is the simple humble hard work to organise and present all the Hindu scriptures available on the planet earth, digitally in multiple languages, authentic translation as it is without any manipulation, interpretation with a total compilation accounting to 1 million pages on Hinduism, collection of 22000 digital books, 1000 plus e-text books and 100000 plus articles on various topics in Hinduism.



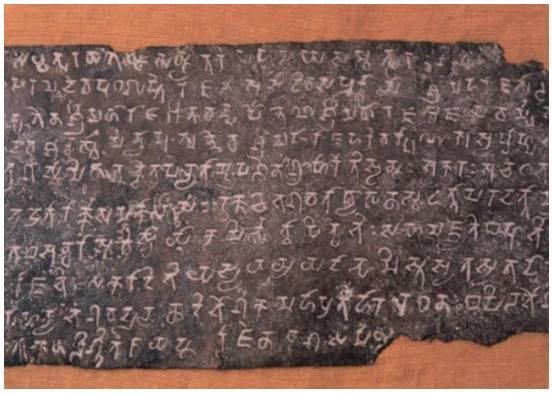
Gurukul Balasanths pore over books at the Nithyananda Jnanalaya at the Bengaluru Adheenam

Copyright ©2021 Sri Nithyananda Paramashivam. All Rights Reserved

The SPH Nithyananda Paramashivam holding a single palm leaf scripture - with delight, devotion, and reverence!

An ancient Buddhist manuscript (above);
A manuscript from Jayadeva's Gita Govinda (below)

Copyright ©2021 Sri Nithyananda Paramashivam. All Rights Reserved

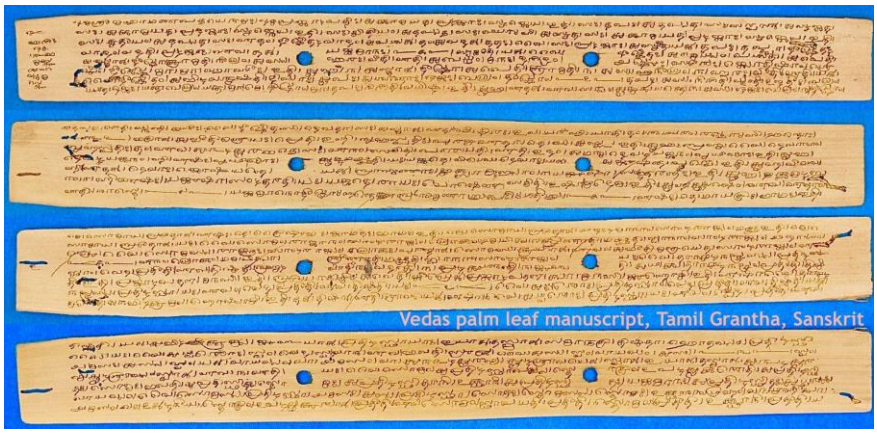


mantra on a palm leaf revived by The SPH Nithyananda Paramashivam, to distribute to lakhs of pilgrims and devotees who thronged the Nithyananda Dhyanapeetham camp, during the Simhasta Maha Kumbh, Ujjain in May 2016. (left); A partial manuscript (right)

Copyright ©2021 Sri Nithyananda Paramashivam. All Rights Reserved

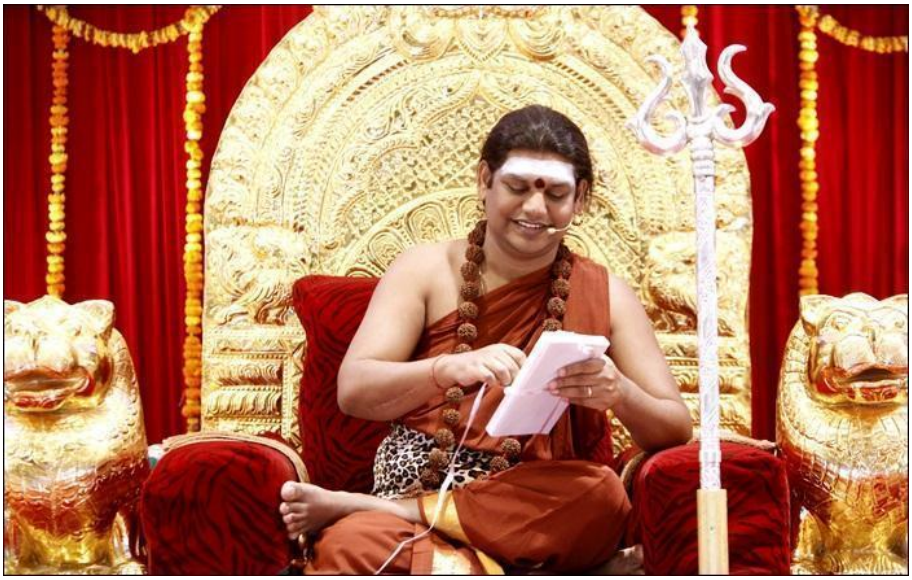
Devi Mahatmya - a fragment of Sanskrit manuscript

Treasures of Manuscripts in the Nithyananda Jnanalaya



The SPH Nithyananda Paramashivam looks with absolute reverence at a set of palm leaf manuscripts

Copyright ©2021 Sri Nithyananda Paramashivam. All Rights Reserved



The SPH Nithyananda Paramashivam releasing one of his many works

Copyright ©2021 Sri Nithyananda Paramashivam. All Rights Reserved

Conservation And Preservation of Manuscripts

Collecting, Sorting, Cleaning, Reprinting -Manuscripts at KAILASA's Nithyananda Jnanalaya

Stacks of Palm Leaf for use in reprinting manuscripts, at the Nithyananda Jnanalaya

Copyright ©2021 Sri Nithyananda Paramashivam. All Rights Reserved

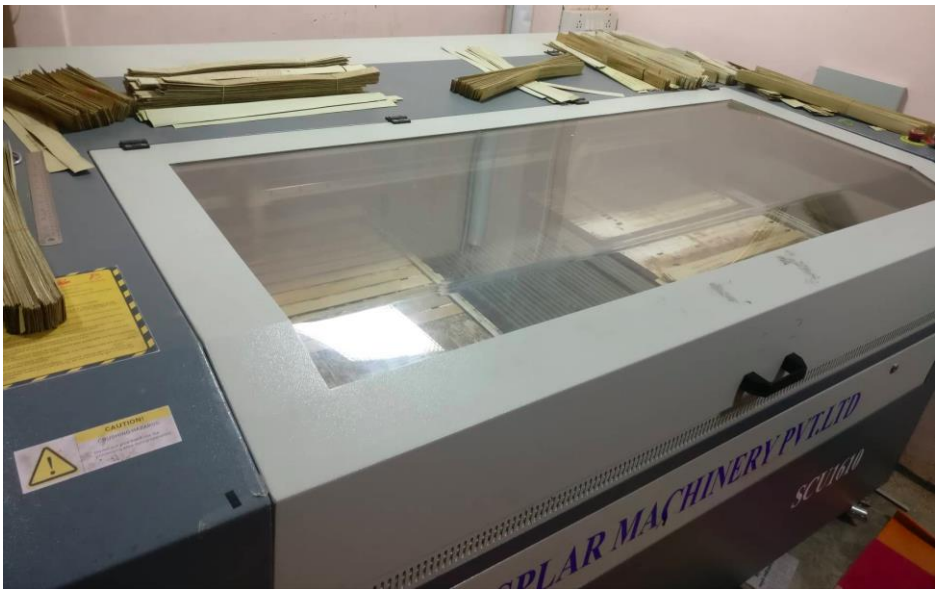
Sorting & Segregating

Below - A termite infested manuscript

Copyright ©2021 Sri Nithyananda Paramashivam. All Rights Reserved

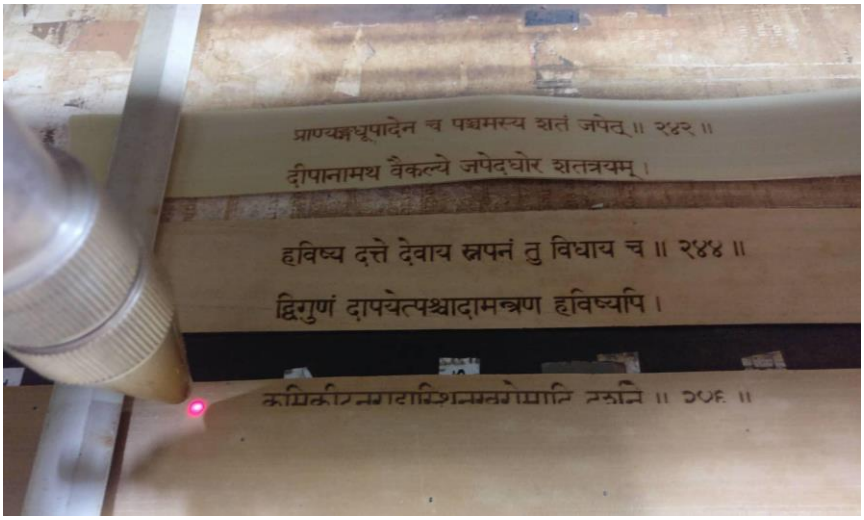
Cleaning & Preserving - with Oil

Copyright ©2021 Sri Nithyananda Paramashivam. All Rights Reserved



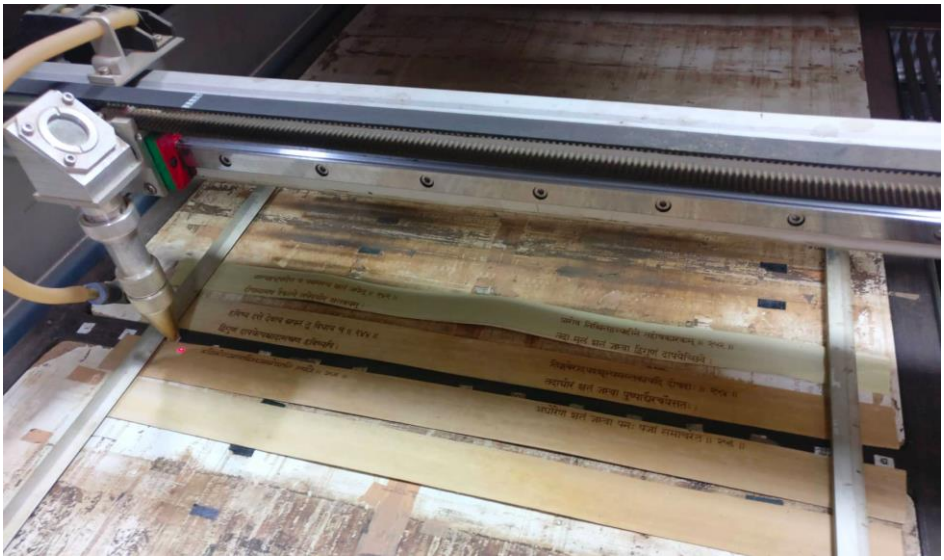
Reprinting

Copyright ©2021 Sri Nithyananda Paramashivam. All Rights Reserved



Reprinting in Progress

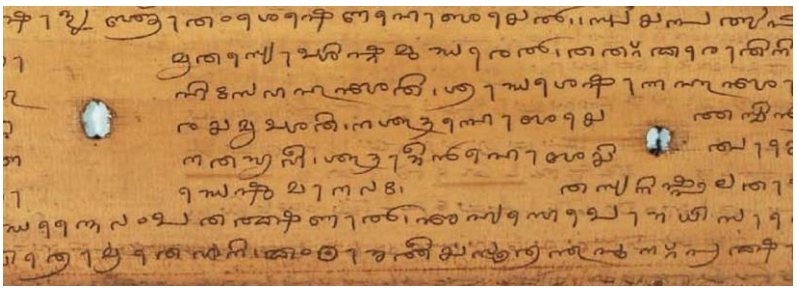
Copyright ©2021 Sri Nithyananda Paramashivam. All Rights Reserved



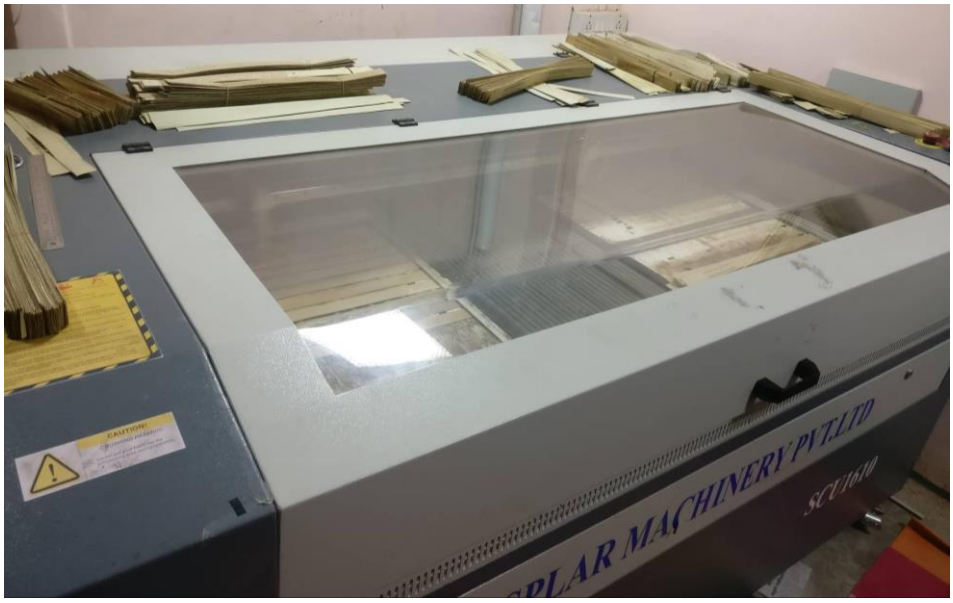
Stacks of Reprinted Manuscripts

A delighted Avatar examines a well preserved manuscript

Copyright ©2021 Sri Nithyananda Paramashivam. All Rights Reserved



Copyright ©2021 Sri Nithyananda Paramashivam. All Rights Reserved



The trusted manuscript printer that is helping the Nithyananda Jnanalaya reprint damaged manuscripts

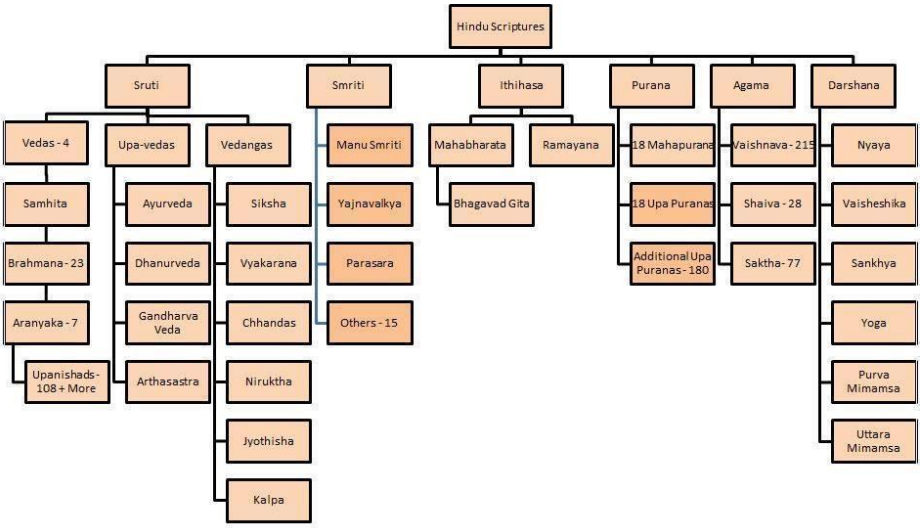
Indigenous Method of Preservation

A traditional method of palm leaf manuscript preservation in progress.

The Anukramanikas (indices) and Nighantus (etymology) give some idea of indexing and classifications. The Kosas (Metrical Dictionaries) have a system of classification of words in alphabetical order. The anthologies in Sanskrit literature provide different methods of subject wise classification.

Copyright ©2021 Sri Nithyananda Paramashivam. All Rights Reserved

Below is a classification of the 6 major categories of the Hindu Knowledge System.



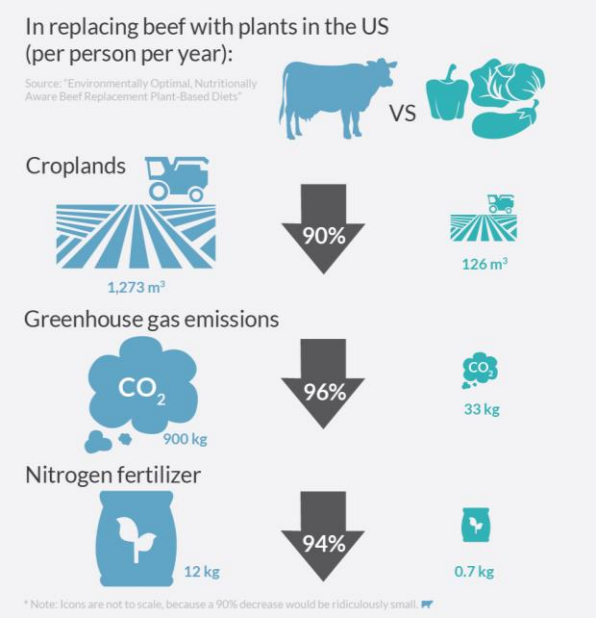
Copyright ©2021 Sri Nithyananda Paramashivam. All Rights Reserved

Green Om

KAILASA's Humanitarian Response To
Environmental Protection

Copyright ©2021 Sri Nithyananda Paramashivam. All Rights Reserved

Current Global Status and Trends



For centuries, economic growth has always come at the expense of the environment. It is high time we break that toxic equation and decouple growth from environmental annihilation.

The main sources of air pollution are fossil fuel emissions from coal-burning for power and heat from power plants, transport industry, dust, industrial furnaces, brick kilns, agricultural practices, domestic solid fuel heating, and the unregulated burning of waste materials such as plastics and batteries.

Our dietary habits are also found to be significantly linked to greenhouse gas emissions and climate change. The greenhouse gas emissions from the global livestock industry surpass those from all cars, trains, planes, and ships combined. A study published in science in 2018 assessed the relative climate impact of various food groups which showed that animal-based foods, especially beef, lamb, shrimps, pork, poultry, fish, and eggs have a much higher carbon footprint than plant-based foods.

Naturally, switching from a meat-heavy diet to a vegan or vegetarian diet, or even reducing the meat intake in our diet could help shrink greenhouse gas emissions.

The demand for large quantities of grass for grazing cattle leads to the use of nitrogen fertilizers, the production of which causes the release of carbon dioxide (CO2) and nitrous oxide (N2O), both potent greenhouse gases. Nitrous oxide (N2O) traps heat and contributes to global warming, after carbon dioxide and methane. It also depletes the ozone layer drastically.

Another leading source of air pollution is incineration. In that, plastic incineration is based on burning plastic waste, 38 million tons of plastic is burnt every year releasing a combined total of 16 million metric tons of GHGs into the air leading to deaths between 400,000 and one million annually from illnesses and diseases brought by plastic burning.

Copyright ©2021 Sri Nithyananda Paramashivam. All Rights Reserved

Facilitating A Transition Towards Zero - Carbon Emission Ecosystem

KAILASA is tirelessly working towards creating an ideal, clean, safe, healthy, and green ecosystem prioritizing the "Healthy air - Healthy planet" initiative in accordance with the Ved-āgamas for the last 26 years. KAILASA's International humanitarian agency - GREEN OM, in collaboration with ShriKailasa Uniting Nations for Vegetarianism and Climate Change, ShriKailasa Uniting Nations Against Deforestation, ShriKailasa Uniting Nations for Ethical Environmentalism, ShriKailasa Uniting Nations for Energy and Natural Resources, ShriKailasa Uniting Nations for Endangered Life on Earth, and ShriKailasa Uniting Nations for Zero-Waste Production operates as a worldwide movement in about 196 countries around the globe empowering communities through several green initiatives including but not limited to;

1. 'Clean Air' Initiative
2. Sustainable Agriculture
3. Reduction in Carbon Footprint
4. 'Go Zero Waste' Initiative
5. 'Say No to Plastics' Initiative
6. 'Climate Resilient Planet' Initiative

1. *Clean Air Initiative*

Today, 9 out of 10 people breathe air that exceeds WHO guideline limit containing high levels of pollutants resulting in over 7 million deaths per year. Over the last 26 years, KAILASA's Department of Environment and Animals in collaboration with ShriKailasa Uniting Nations for Ethical Environmentalism has shown tremendous commitment towards improving the air quality by adopting and implementing the Clean air initiative in its de facto spiritual embassies, legations, consular offices, and other facilities, including all Hindu Temples, Monasteries, Satsang Temples, Pādukā Mandirs, Satsang Centres, Micronations, Paramaśiva Senā Śākhās, healing centers, franchisee campuses, Hindu Universities and schools.

KAILASA's Clean Air Initiative strives to work towards a safe, green future through healthy and sustainably managed ecosystems around the world – for people and the planet by planting oxygen-rich flora in the spiritual embassies of KAILASA in over 196 countries. Trees have been a lifeline for the millions of people who have turned to them for their most essential subsistence. Trees absorb carbon, hence help reduce the amount emitted by industrial processes and help regulate temperature and humidity. KAILASA houses and grows numerous oxygen yielding flora in its de-facto embassies including the sacred Banyan tree, Athi (Fig),

Copyright ©2021 Sri Nithyananda Paramashivam. All Rights Reserved

Ala (Banyan) and Arasa (Peepal). In the Vedic tradition, these are sacred trees, known as Vanaspati or 'Lord of the forest'. It is said that Paramashiva resides in the place where these three trees are found together - Dakshina Kailash. The de facto spiritual embassies of KAILASA also hosts Neem, Sandal and Baek trees among the various other trees and 1008+ herbal, medicinal oxygen-rich plants including Tulsi and Aloe Vera.

Under the guidance of the SPH Nithyananda Paramashivam, KAILASA Department of Environment and Animals, as part of the Clean air initiative provides samplings of Vanaspati including banyan tree saplings to all the spiritual de facto embassies of KAILASA in over 196 countries aiming to increase the Prana to provide a purified, spiritual ambience in all de facto embassies of KAILASA.

पुरा कैलासशिखरे सिद्धगन्धर्वसेविते । तत्र कल्पलतापुष्पमन्दिरेऽत्यन्तसुन्दरे ॥ ८॥
व्याघ्राजिने समासीनं शुकादिमुनिवन्दितम् । बोधयन्तं परं तत्त्वं मध्ये मुनिगणे क्वचित् ॥ ९॥

purā kailāsa-śikhare siddhgandharva sevite | tatra kalpalatāpuśpamandire-atyanta sundare ||8||

vyāgrājine samāsīnaṁ śukādimuṇivanditam | bodhayantaṁ paraṁ tattvaṁ madhye munigaṇe kvaccit ||9||

1. 8. & 1.9. Ages ago, on the sacred mountain peak of Kailāsa, the abode of Lord Śiva, which is frequented by the Siddhas and Gandharvas, in that most beautiful temple created by Kalpavṛkṣa, the wish-fulfilling tree adorned by its shrubs, flowers, fruits. Seated on a tiger-skin, surrounded and worshipped by Śuka and other sages, on one occasion, while Lord Śiva was expounding to the Ṛṣis—the Paraṁ Tattva, Supreme Truth;
Srimad Guru Gita, Chapter 1 Verses 8 and 9

The banyan tree is known for its ability to emit a large amount of oxygen. The Banyan trees are one of the few trees that produce oxygen at night, ensuring the air's purity and decreasing the existence of CO2 in the environment. In Ayurveda, the banyan tree is believed to heal many diseases and infections. It has medicinal properties apart from its rich oxygen emission. The banyan tree housed in Adi KAILASA Nithyananda Sarvajnapeetam is a Kalpavriksha, living in the abode of Paramashiva.

Copyright ©2021 Sri Nithyananda Paramashivam. All Rights Reserved

Significance Of Kalpavriksha (Banyan Tree)

At the base of the banyan tree is a cave-like hollow in which was found a Swayambhu Lingam (naturally formed Shiva Lingam), which has now been consecrated at the Nithyanandeshwara Paramashiva Devalayam in Adi Kailasa Nithyananda Sarvjnapeetham. The cave and the Swayambhu Lingam have been here for centuries, having been personally worshipped by Sri Rama Chandra Prabhu during His exile. Over 1000 years, the banyan tree has grown and spread its foliage here. Impregnated with healing energy, this space heals at the physical, emotional and spiritual levels. Beneath the banyan tree, lies the Jeeva Samadhis of two incarnations of The Supreme Pontiff of Hinduism Jagadguru Mahasannidhanam His Divine Holiness Bhagavan Nithyananda Paramashivam.

The Kalpavriksha (boon giving tree) is well-renowned for healing, wish-fulfilment and awakening spiritual clarity, and draws visitors and seekers from around the world. Over 1000 years, the banyan tree has grown and spread its foliage here. Impregnated with healing energy, this space heals at the physical, emotional, and spiritual levels.

The form of the kalpavriksha when meditated helps in overcoming hunger and food related disorders and manifest the power of be food free called “Nirahara Samyama” - global initiative from international humanitarian agency - Red OM

Today, millions of Hindus send their prayer requests and meditate on the form of the kalpavriksha everyday to receive the grace and blessings through the service - “Send You Prayer Requests “ by KAILASA’s Dept of Religion and worship”

Copyright ©2021 Sri Nithyananda Paramashivam. All Rights Reserved

In the Bhagavad Gita. Chapter 10, verse 26, Bhagavan Krishna reveals

अश्वत्थः सर्ववृक्षाणां देवर्षीणां च नारदः |

गन्धर्वाणां चित्ररथः सिद्धानां कपिलो मुनिः || 26||

aśhvatthaḥ sarva-vṛikṣhāṇāṁ devarṣhīṇāṁ cha nāradaḥ

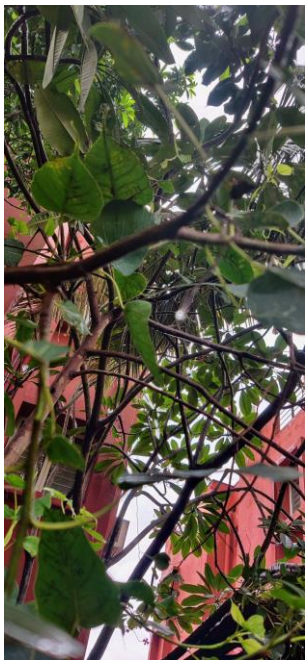
gandharvāṇāṁ chitrarathaḥ siddhānāṁ kapilo muniḥ

Amongst trees, I am the peepal tree (sacred fig tree); of the celestial sages, I am Narad. Amongst the Gandharvas I am Chitrath, and amongst the *Siddhas,* I am the sage Kapil.

Peepal is considered to be the largest oxygen provider, among all other trees. Peepal continues to produce oxygen throughout the day and unlike many plants, peepal has the ability to produce oxygen at night due to a special photosynthesis process called Crassulacean Acid Metabolism. The tree not only purifies the surroundings but hosts as the cure for up to 50 disorders as prescribed in Ayurveda.

Various spiritual de facto embassies around the world, harbor Peepal trees as part of the Clean Air Initiative.

Copyright ©2021 Sri Nithyananda Paramashivam. All Rights Reserved



KAILASA fosters multiple Fig trees in various de facto embassies. Providing nutritious fruits and oxygen-rich air, fig trees are a great contributor to the Clear Air Initiative.

Copyright ©2021 Sri Nithyananda Paramashivam. All Rights Reserved

Copyright ©2021 Sri Nithyananda Paramashivam. All Rights Reserved

The de facto embassies of KAILASA is blessed with an abundance of Neem trees as part of the Clean Air Initiative, continuously purifying and blessing the citizens with innumerable benefits.

Neem is a gift bestowed upon humanity. The citizens of KAILASA consume neem as means of spiritual upliftment and to enhance the mental and physical well-being. Cultivation and consumption of neem is a commonly practiced in all the de facto embassies of KAILASA. According to Ayurveda, Neem trees releases a significant amount of oxygen in its surroundings and possesses a plethora of health benefits such as the ability to cure many different diseases and purify one's system. Neem is considered the most efficient as every part of the tree holds immense benefits for the people and the planet.

Copyright ©2021 Sri Nithyananda Paramashivam. All Rights Reserved

Bamboo plays a fundamental role in reducing the carbon footprint. Research shows a fully grown bamboo tree to its best growth generates over 300 kg of oxygen every year. Further, it can absorb 80 tons of carbon dioxide per acre every year. A grove of bamboo releases 35% more oxygen than an equivalent stand of trees. As part of the Clean Air Initiative, KAILASA inhabits numerous Bamboo groves all across its embassies

Significance Of Bamboo In Bidadi

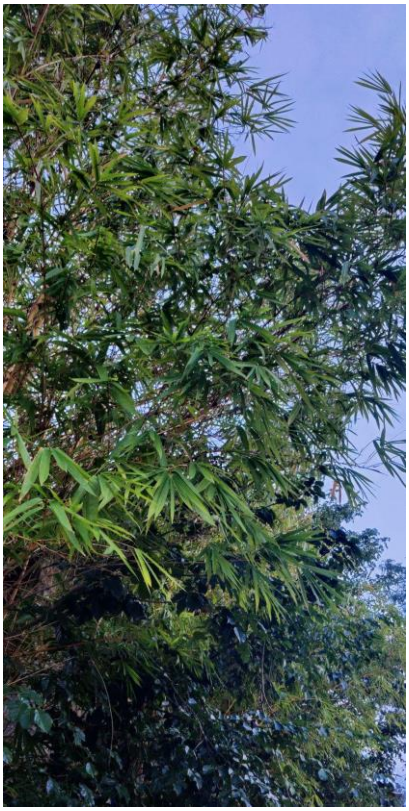
The bamboo sticks hold a greater significance as the energy of Sadāshiva Brahmendras (Enlightened Master) was instilled through the druva grass given to the Supreme Pontiff of Hinduism Jagatguru Mahasannidhanam His Divine Holiness Bhagavan Nithyananda Paramashivam, during the period of his parivrajaka (spiritual wandering). The Dhurva Grass brought the entire grove of withered Bamboo grove back into existence.

As a result the bamboos hold immense healing energy. The Supreme Pontiff of Hinduism Jagatguru Mahasannidhanam His Divine Holiness Bhagavan Nithyananda Paramashivam has initiated thousands into the Science of Healing with these sacred bamboo sticks.

Copyright ©2021 Sri Nithyananda Paramashivam. All Rights Reserved

`

Copyright ©2021 Sri Nithyananda Paramashivam. All Rights Reserved



Bilva trees, which have longevity and strength to withstand adverse conditions, purify the air. These air-purifying trees ensure a steady flow of oxygen even in the absence of sunlight as opposed to others. The sacred bilva leaves hold great significance in Hinduism.

According to Shiva Purana, bilva is the symbol of Paramashiva. Blessed are those who offer Bilva to Paramashiva as one Bilva is equivalent to offering a thousand lotus.

ट्रिदलम् त्रिगुणाकारम् त्रिनेत्रम् च त्रियायुधम्

त्रिजन्म पापसम्हारम् एक Bइल्वम् शिवार्पणम्

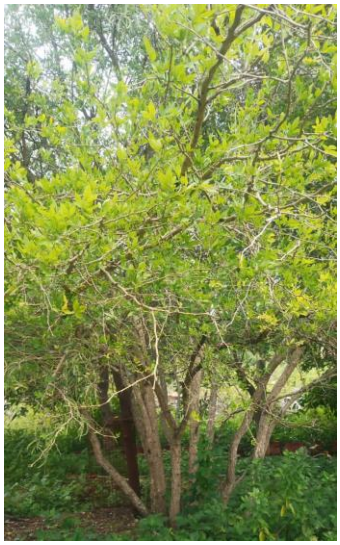
ṭridalam triguṇākāram trinetram ca triyāyudham

trijanma pāpasamhāram eka Bilvam śivārpaṇam

Copyright ©2021 Sri Nithyananda Paramashivam. All Rights Reserved

I offer the bilva patra to Shiva. This leaf embodies the three qualities of sattva, rajas and tamas. This leaf is like the three eyes, and the sun, moon and fire. It is like three weapons. It is the destroyer of sins committed in three earlier births. I perform pooja for Shiva with the bilva patra

Bilvashtakam, Verse 1



Copyright ©2021 Sri Nithyananda Paramashivam. All Rights Reserved

CLEAN AIR INITIATIVE - HERBAL GARDEN PROJECT

Lemon

Mango

Banana Tree

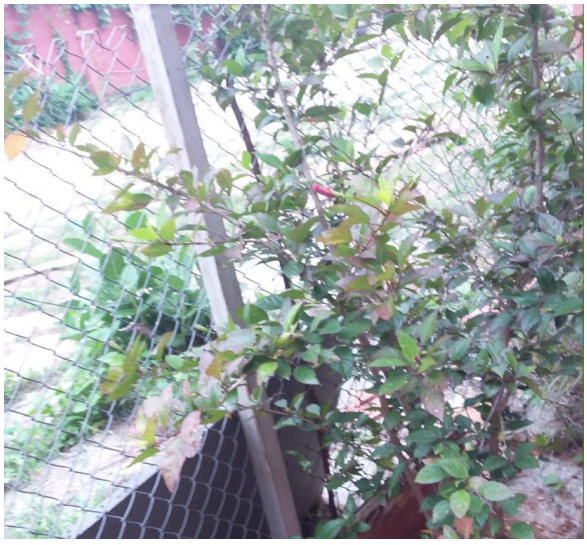
Turkey Berry

Copyright ©2021 Sri Nithyananda Paramashivam. All Rights Reserved

Eucalyptus

Mexican Mint

Butterfly pea



Hibiscus Rosa

Copyright ©2021 Sri Nithyananda Paramashivam. All Rights Reserved

Sessile Joyweed

Indravalli

Copyright ©2021 Sri Nithyananda Paramashivam. All Rights Reserved

Fig

Ginger

Copyright ©2021 Sri Nithyananda Paramashivam. All Rights Reserved

Mint

Indian gooseberry

Madagascar Periwinkle

Citron

Copyright ©2021 Sri Nithyananda Paramashivam. All Rights Reserved

Night-Flowering Coral

Jasmine

Durva Grass

Aloevera

Touch-Me-Not

Copyright ©2021 Sri Nithyananda Paramashivam. All Rights Reserved

Balloon Vine

Crown Flower

Copyright ©2021 Sri Nithyananda Paramashivam. All Rights Reserved

Tulasi

Creeping Wood Sorrel

Copyright ©2021 Sri Nithyananda Paramashivam. All Rights Reserved

2. *Sustainable Agriculture*

The Prithvi Sukta in Atharva Veda states

माता भूमि पुत्रोहं पृथिव्या

Ṃata Bhumih Putroham Prithivyah

My Mother is Erath and I am her Son.

Vedic literature is rich in hymns that worship nature in all its manifestations. Sustainable Agriculture was the lifestyle of the Vedic Civilization. KAILASA has further expanded the initiative of “Healthy air- Healthy Planet'' by adopting sustainable agriculture practices such as Organic farming, Rainwater harvesting, high-density farming and vertical gardening in de facto spiritual embassies of KAILASA. From the earliest days of the Hindu civilization, reverence for the environment has been an integral part of Hinduism.

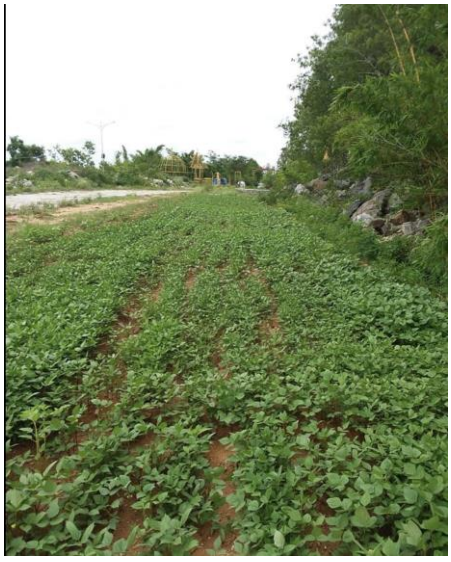
The Department of Agriculture has enabled the commencement of the herbal garden project in various de facto embassies of KAILASA. Sacred herbs like karisalankanni (bhringraj), ponnankanni (alternanthera sessilis), thoothuvelai (solanum trilobatum) is cultivated in the sacred fields of KAILASA and its de facto embassies and distributed around the world to cleanse the body and to facilitate humanity in the realization of divinity within.

The Department of Agriculture in collaboration with the Department of Agriculture and ShriKailasa Uniting Nations for Ethical Environmentalism have adopted and implemented techniques of Sustainable Agriculture. Organic Farming is widely practiced in various de facto embassies of KAILASA. Chemical free fertilizer such as use of cow dung to grow organic, toxic free produce and prevent the pollution of air.

Vertical Gardening is another technique implemented in the de facto embassies of KAILASA to cultivate and nourish vegetation on a vertically suspended panel by using hydroponics. Vertical Gardening provides natural filtration of air, proving pure and fresh air as well as creating a sustainable ecosystem.

Density Farming planting at a density in excess of that which gives maximum crop yield as means of self-provisioning and increasing the efficiency of the resources. Adoption of these techniques revive the tradition of Sustainable Agriculture and introduce all of humanity to the natural benefits gifted by Bhumidevi (Mother Earth) and a contributory effort to make a green, healthy, safe, and clean planet for the future generations.

Copyright ©2021 Sri Nithyananda Paramashivam. All Rights Reserved



Copyright ©2021 Sri Nithyananda Paramashivam. All Rights Reserved

Clean Air Initiative -KAILASA in Salem houses many oxygen-rich trees and plants

Copyright ©2021 Sri Nithyananda Paramashivam. All Rights Reserved

KAILASA in Kashi - creation of ideal ecosystem on the banks of Mother Ganga

Copyright ©2021 Sri Nithyananda Paramashivam. All Rights Reserved

Clean Air Initiative - Sripuram Sarvajnapeetam houses varieties of vibrant oxygen rich plants and trees

Copyright ©2021 Sri Nithyananda Paramashivam. All Rights Reserved

3. *Reduction in Carbon Footprint*

KAILASA operates with the core belief of Sanatana Hindu Dharma that the divine exists in all living beings, both human and non-human, and Vasudhaiva Kutumbakam, the whole world is one family. Keeping this principle at the forefront, the Vegetarian lifestyle is practiced and followed in all embassies of KAILASA. The Supreme Pontiff of Hinduism, Jagatguru Mahasannidhanam His Divine Holiness Bhagavan Nithyananda Paramashivam has initiated masses into a vegetarian lifestyle through the Vishesha Deeksha.

A vegetarian diet has a carbon footprint of just 1.7 tons CO2e whereas the carbon footprint of a meat eater is twice as much. In desperate times like this, vegetarianism is of utmost priority. Therefore, KAILASA has worked and continues to work to educate the whole of humanity on the importance of a Vegetarian diet as per the Ved-Agamas and bring awareness of the need to reduce the carbon footprint in the world, for a better, safer and greener tomorrow.

Apart from the negative impacts of meat consumption on planet earth, the non-vegetarian diet negatively impacts the functions of the body. A pure, vegetarian diet is of utmost importance for spiritual evolvement. The standard to decide the purity of food Jaati Dosha, Nimitta Dosha and Ashreya Dosha - food getting impure “by its nature”, “by its muscle memory”, and “by the persons handling it” respectively.

Jaati Dosha - If by nature the food is stolen, it is considered impure. Non vegetarian food is impure because the flesh of an animal is stolen after killing it. Nimitta Dosha - The non-vegetarian food arrives with anger, fear and depression bio-memories. Aashreya Dosha – By the people who handle it, touch it: Non vegetarian food is touched by people who kill the animal! Anything which is touched by a murderer is going to carry that energy in it. So, the person adds a little more poison as his contribution.

Vegetarian food, on the contrary, is a natural part of the whole bio-energy. With the vegetarian diet, the thinking becomes more subtle and settled. The agitation, aggression disappears.

Copyright ©2021 Sri Nithyananda Paramashivam. All Rights Reserved

Initiating masses into the vegetarian lifestyle

Copyright ©2021 Sri Nithyananda Paramashivam. All Rights Reserved

Organic, vegetarian, sattvic meals served in all the de facto embassies of KAILASA

Copyright ©2021 Sri Nithyananda Paramashivam. All Rights Reserved

4. *Go Zero Waste Initiative*

For the last 26 years KAILASA has rapidly progressed in establishing the Zero Waste Initiative is an effort to encourage resource life cycle redesign such that all items are reused with the ultimate goal to produce no waste through reducing, reusing, and recycling.

a. The Sovereign Order of KAILASA are initiated into practicing the five fundamental principles needed to achieve the ultimate goal of completion and blissful renunciation. The SPH Nithyananda Paramashivam reveals, “Shopping, procuring, feeling secured due to the external world wealth and items, materialistic comforts & luxuries and activities, is actual sickness of physicality and keeps you gravitating towards this physical world. It is a sickness which enters into your very DNA, bio-memory& keeps you tied to the materialist world. 'Delayed gratification', 'living aparigraha' (living minimalistic lifestyle) is a best antidote for this sickness. ”Aparigraha”, consciously chosen minimalistic simple living - as a spiritual lifestyle is the Hindu Solution towards Zero Wastage. The Sovereign Order of KAILASA live and practice the vow of Aparigraha sincerely, as means to live life with simplicity, discipline, and tremendous internal freedom.

b. To further the initiative, under the guidance of the Supreme Pontiff of Hinduism, Jagatguru Mahasannidhanam, The SPH Nithyananda Paramashivam, KAILASA has opted for organic, chemical-free living. Fluoride has the ability to penetrate through the skin and cause ill effects in the body. Non-organic products contain synthetic, man-made chemicals such as sodium laurel, mineral oils, Laureth sulfate, mineral oil, petroleum, parabens, and other chemicals that, with long term use, can cause skin irritation, hormone imbalance, organ toxicity, and even cancer. The addition of fluoride, most commonly found in toothpaste and water, have stunned the cognitive development of children. Keeping the principle of “Anything which cannot be consumed should not be externally applied on the skin,” KAILASA uses organic-based toiletries and cosmetics such as but not limited to Tumeric, Haritaki, Neem-based body soaps, hair wash, tooth powder and washing detergent.

c. Agriculture and industrial farming produce a large carbon byproduct due to livestock farming and the usage of chemical pesticides. KAILASA has a strict, no-chemical policy eliminating the need for chemical waste that impact the environment such as chemical fertilizers and pesticides. Recycling the byproducts from the KAILASA’s Nithyananda Gaumandir such as Dewatered Dry Cow Dung, Manure and Distilled Cow Urine are used as fertilizers for organic farming. Cow byproducts such as Pancha Ghavya (Cow dung, Cow urine, Desi Ghee, Milk and Curd) are of prime importance in the performance of Vedic Rituals such as Homas and Abhishekams. Therefore, all

Copyright ©2021 Sri Nithyananda Paramashivam. All Rights Reserved

byproducts from the Nithyananda Gau Mandir are recycled and reused as a result of Go Zero Waste initiative.

the SPH initiates thousands into Sannyas, to practice the vow of Aparigrah

Copyright ©2021 Sri Nithyananda Paramashivam. All Rights Reserved

Organic, eco-friendly products manufactured for the citizens of Adi KAILASA Sarvajnapeetam.

Copyright ©2021 Sri Nithyananda Paramashivam. All Rights Reserved

5. *'Say No To Plastics' Initiative*

The rise of plastics has proliferated since the 1950s and currently, there are 300 million tons of plastic wastes produced every year. Plastics are ubiquitous and are contributing to the downfall of nature's biodiversity and wildlife.

Recognize, support and encourage the immediate need of consolidated efforts to preserve, revive and spread the science of Sacred Arts (Vedic temple arts, architecture and artefacts) enabling Hindus globally to experience the rich consciousness-based Vedic heritage. The de facto embassy shall also promote awareness campaigns on the need to preserve and revive this sacred heritage as the Federal Government of Kailasa seeks to promote and preserve the sacred science to replace the usage of plastics

KAILASA practices and lives a lifestyle of 'no plastic' by default, using eco-friendly products in all its de facto spiritual embassies across 196 countries for the past decade. Rooted in the ancient history of metallurgy in Hinduism. Hindus forged every item and artefact with amalgamated metals for daily use which still stands as evidence today proving Hindus lived a Sustainable lifestyle promoting zero waste to the environment and planet

Use of traditional kitchen and storage items fueling the no plastic initiative

Copyright ©2021 Sri Nithyananda Paramashivam. All Rights Reserved

Vedic Rituals Toward the Clean Air Initiative

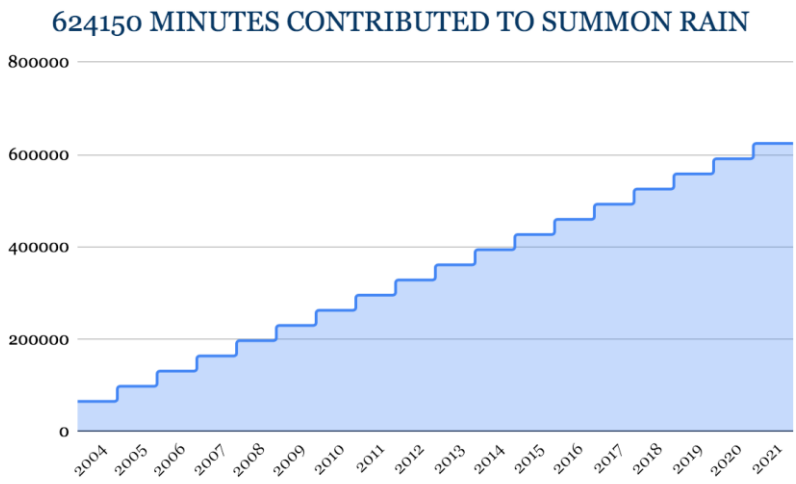
As part of the Clean Air initiative, KAILASA has conducted various Homa (Sacred Vedic fire rituals) 24x7 in KAILASA's Nithyanandeshwara Hindu temples around the globe contributing to more than 20 million peace minutes over the last 26 years. These fire rituals are conducted using pure organic cow ghee and 108 sacred herbs as prescribed in Veda-Agamas are proven measures to detoxify the air.

The Siddha-Ayurvedic herbs offered into the Homa fire set off vibrations directly reach the deeper energy layers of an individual. Interestingly, the smoke from a sacred Homa can heal diseases like asthma which are categorized by a very low tolerance to atmospheric pollutants.

6. *'Climate Resilient Planet' - An Initiative Through Vedagamic Rituals to Invoke Rain*

On 5th June 2017, World Environment Day, the world witnessed the historic happening on the planet - The SPH Nithyananda Paramashivam manifested rain in 108 places across the globe, bringing tremendous healing to the environment. Many a times, during the period of droughts and no rain fall, the citizens of KAILASA have witness rainfall in Australia and the United States with the grace blessings and powers of The SPH Nithyananda Paramashivam

Climate change, fueled by air pollution, brings extreme imbalance to planet earth resulting in droughts in one part of the world and floods in the other. Severe heatwave and unseasonal rains have destroyed innumerable amounts of crops worldwide. As a means of tackling the problems, KAILASA has performed over 624150 peace minutes of Homa as means of bringing rain and purifying the world.



KAILASA, on a quotidian basis, conducts Rudra Homa, one of the most powerful Vedic rituals, worshipping Sri Rudra. The Vedic vibrations combined with the energy of Agni (consecrated fire) invoked releases immense energy, cleansing, and blessing the environment. The Rudra Homa is performed with utmost integrity, authenticity, dedication, and devotion resulting in the invocation of rain during the ritual. Regardless of the climate, with almost 96% accuracy and with the conscious intention to manifest rain as the

Copyright ©2021 Sri Nithyananda Paramashivam. All Rights Reserved

Sankalpa (conscious declaration), the initiated Balasanths (child saints) studying in Nithyananda Gurukul are able to summon rain in the vicinity of the Homa ritual.

Copyright ©2021 Sri Nithyananda Paramashivam. All Rights Reserved

Copyright ©2021 Sri Nithyananda Paramashivam. All Rights Reserved

The Way Forward

Havoc has been wrecked upon planet earth, unless Hindu environmental policies are revived to rectify the situation, humanity may face great peril in the form of natural and man-made disasters, disease-outbreaks, rising global health issues and inevitably the annihilation of planet earth. KAILASA is the only possible, green answer.

Amidst these unprecedented times, under the guidance of the Supreme Pontiff of Hinduism Jagatguru Mahasannidhanam His Divine Holiness Bhagavan Nithyandna Paramashivam, KAILASA in coordination with international humanitarian agency - GREEN OM, continues to facilitate humanity to live a green organic life through digitizing services, to encourage humanity to adopt a vegetarian diet.

"I am also warning the whole world, within next fifteen years you will be able to support the whole population with food ONLY IF YOU DECIDE TO TURN VEGETARIAN!"

- The SPH Nithyananda Paramashivam

KAILASA aims to bring planet earth back to its full glory through this initiative of "Healthy air - Healthy planet". Having established an ideal green ecosystem in various embassies around the globe. KAILASA further aims to educate and implement these techniques, worldwide. KAILASA understands the urgent need to prioritize planet earth before humanity goes beyond the point of no return. Now is the time to protect Mother Earth. KAILASA further invites philanthropists around the globe to support our International Humanitarian Agencies to further advance our initiatives towards environmental protection through sustainable approaches from Vedagamas.

Copyright ©2021 Sri Nithyananda Paramashivam. All Rights Reserved

Blue Om

KAILASA'S Humanitarian Response To
The Ethical Treatment of Animals

Copyright ©2021 Sri Nithyananda Paramashivam. All Rights Reserved

The 2030 Agenda for **Sustainable Development**, adopted by all **United Nations** Member States envisages "in which humanity lives in harmony with nature and other living species are protected." Although the relationship between animal welfare, environmental harmony and human development is increasingly scrutinized, there remains very little acknowledgement of the relationship and the consequential role animal rights plays in sustainable development for people and planet Earth, particularly for SDG Sustainable Consumption and Production, which links to all other SDGs.

It is about time that this was remedied, and animal welfare embraced. Human beings need to know planet earth does not belong only to human beings. In that we have no right to eliminate life, to kill animals for any purpose or reason; no right to kill any life.

Consequently, KAILASA's Department of Human Services in collaboration with KAILASA's ShriKailasa Uniting Nations for Animal Rights have been devoted to strengthening the multifarious efforts of recognizing the urgency of animal rights and welfare for a relevant aspect of sustainable development in the world under an international humanitarian agency named - BLUE OM.

Objectives

1. Advocate, promote and voice strongly for ethical treatment of all beings. Animal rights is the idea in which animals are entitled to the possession of their own existence and that their most basic interests—such as the need to avoid suffering—should be afforded the same consideration as similar interests of human beings. The respect for animal rights in Jainism, Hinduism, and Buddhism derives from the doctrine of ahimsa. In Hinduism, animals contain a soul just like humans; when sentient beings die, they can either be reincarnated as a human or as an animal. Hinduism teaches that God resides in all living things, which forms the atman. In Hinduism, many animals are venerated, including the tiger, the elephant, the mouse, and especially, the cow (Gaumata)

2. The International Humanitarian Agency BLUE OM is taking the responsibility to restore the reverence and cultural importance of cows as Gaumatha. To further our commitments, we have inaugurated Goshalas (cow shelters), raised its status of Mandir (temple) and the bedrock of religious legitimacy and established KAILASA's Nithyananda Gaumandir around the world.

3. Ensuring and promoting the ritual of Gau Puja in every Gaumandir in the morning. Enabling the spiritual experience of motherliness in a cow and highlighting the lifestyle of 'ahimsa' – non-violence.

4. Reviving the ancient sampradaya centered on animals, the Nandi Sarvajnapeetam served to house, facilitate, protect and provide shelter to all animals in need not just limited to cows and bulls.

Copyright ©2021 Sri Nithyananda Paramashivam. All Rights Reserved

5. Initiation to sacred initiation of ‘Shiva Deeksha’ as per the Agamas; causing a breakthrough in human consciousness and peaceful existence; all living beings including animals are blessed to be initiated, allowing their evolutionary ascend to higher consciousness.
6. Enforcing the directive measures instructed in Kamika Agama, Purva Pada, Patala 30 verse 17-19.
7. Promoting a complete vegetarian lifestyle, contributing to the ethical treatment of animals at its entirety.
8. Provide practical advice on how to involve stakeholders, donors and the general community in programs aimed at improving animal welfare through the initiative of Nandi Sarvajnapeetam.

Copyright ©2021 Sri Nithyananda Paramashivam. All Rights Reserved

Prevalence And Relevance

Animal welfare is the physical and mental state of an animal in relation to the conditions in which it lives and dies. An animal experiences good ethical treatment if the animal is healthy, comfortable, well-nourished, safe, and ensures they are not suffering from unpleasant states such as abuse, pain, fear, and distress, and is able to express behaviors that are important for its physical and mental state. Good animal welfare requires disease prevention and appropriate veterinary care, shelter, management and nutrition, a stimulating and safe environment, humane handling, humane slaughter or killing and handling endangered animals.

Establishment of international agency BLUE OM. The BLUE OM will work to enforce ethical treatment to animals across the globe and to promote the core belief of Sanatana Hindu Dharma that the divine exists in all living beings, both human and non-human, and Vasudhaiva Kutumbakam, the whole world is one family.

प्राणम्मे पाह्यपानम्मे पाहि व्यानम्मे पाहि चक्षुर्मऽउर्व्या विभाहि श्रोत्रम्मे श्लोकय।

अपः पिन्वौषधीर्जिन्व द्विपादव चतुष्पात् पाहि दिवो वृष्टिमेरय ॥८ ॥14.8॥

prāṇamme pāhyapānamme pāhi vyānamme pāhi cakṣurma'urvyā vibhāhi śrotramme ślokaya।

apaḥ pinvauṣadhīrjinva dvipādava catuṣpāt pāhi divo vṛṣṭimeraya ॥8 ॥14.8॥

With the earth and the environment, protect and strengthen my pranic energy, protect and strengthen the apana air going down and out, protect and strengthen my vyana air circulating in the body-system. Give the divine light to my eye, the divine voice to my ear. Protect and promote the waters. Refresh and promote the greenery. Protect the bipeds (humans and birds). Protect the four-footed (animals). Bring the showers of rain from heaven.

~YajurVeda 14.8

Animals and plants are equally embodied with the existence of the Divine and fully deserve mutual respect and human compassion. The International Humanitarian Agency BLUE OM is dedicated to establishing and protecting the rights of all animals. Like humans, other animals are capable of suffering and have interests in leading their own lives; therefore, they are not ours to use – for experimentation, food, clothing, entertainment, or any other reason. PETA and our affiliates around the world educate policymakers and the public about cruelty to animals and promote an understanding of the right of all animals to be treated with respect.

Working through public education, research, legislation, special events, all actions are centered in the belief of non-violence. BLUE OM is a charitable organization that works to

Copyright ©2021 Sri Nithyananda Paramashivam. All Rights Reserved

promote the Knowledge to the public about the horrors of cruelty to animals, the factors contributing to rapid extinction of species through peaceful means.

Animal welfare science has become a well-established discipline in its own right, greatly extending the core cognition and understanding of positive and negative animal physiological and psychological states and the tailored means to appropriately respond to them within the practices of animal production and of human/animal interactions in general.

Depending on the context of non-violence highlights the collective responsibility that should be taken towards the protection of the animals. Improving the awareness of the development targets and threats towards multifarious species. With this vision to overcome these silent hardships of each animal comes great responsibility to ensure a safe future of animals in the world. Every year, as threats increase, we aim to make our vision — for a world where animals can peacefully survive and thrive. In today's world it requires to be laser focused on the wellbeing of our animals. Guiding conservation action plans for each new species affected and structuring an execution plan for the preservation of animals and endangered species.

- His Divine Holiness through KAILASA promotes the core belief of Sanatana Hindu Dharma that the divine exists in all living beings, both human and non-human, and Vasudhaiva Kutumbakam, the whole world is one family. Hinduism considers that animals and plants are equally embodied with the existence of the Divine and fully deserve mutual respect and human compassion. Despite differences in intelligence and ability amongst varying life forms, the existence of the soul in all forms binds all of existence and demands peaceful, respectful coexistence amongst humans, animals, and other elements of nature.
- On Sunday, June 4, 2017, World Environment Day, His Divine Holiness initiated KAILASA's Nithyananda Yogis in a powerful spiritual process that brought rain to 108 cities across more than 30 countries simultaneously in a matter of few hours. This spiritual process was repeated to heal the environment during the 2019-2020 Australian Bushfires. In the year 2020, Pralaya (deluge), the occurrence of natural calamities increased worldwide with the maximum number of forest fires and earthquakes happening in recent human history, along with the advent of the COVID-19 pandemic.
- In 2020, His Divine Holiness restructured the efforts of KAILASA in protecting the environment across the globe as an international agency called GREEN OM, and also restructured the efforts of KAILASA in enforcing the ethical treatment of animals across the globe as an international agency called BLUE OM.

In the area of disaster relief, the SPH has provided emergency relief to thousands who face natural events such as tsunami, earthquakes, floods, etc. through Nithyananda Global Initiative and the RED OM global services. Volunteers have provided thousands of food

Copyright ©2021 Sri Nithyananda Paramashivam. All Rights Reserved

packets, clothes, and blankets to affected areas in India, such as Karnataka, Andhra Pradesh, and Tamil Nadu, and built shelters for those who have lost their housing during these events. Under the BLUE OM initiative, Kailasa is working for animal rights and prevention of cruelty towards animals, and under the GREEN OM program, it is working for protecting the environment.

Copyright ©2021 Sri Nithyananda Paramashivam. All Rights Reserved

Policy

Thousands of ancient and modern studies, researchers and observations prove that living, caring, and working with animals is the best cure and healing for many mental illnesses, disorders and illnesses. Just like humans, animals are part of the Cosmos and are eligible to raise their consciousness. The ability to express emotions and experience a superconscious breakthrough can only be experienced in the skin of a human or animal in Bhu-Loka. This clear distinction is what makes animals and humans truly unique from the rest of creation.

BLUE OM will enforce ethical treatment to animals across the globe, promoting the core belief of Hinduism that the divine exists in all living beings. The core principles of love, compassion, blissful living, and coexistence have opened the doors and hearts of all citizens of KAILASA to gleefully welcome all species and beings. Despite differences in intelligence and ability amongst varying life forms, consciousness in all forms demands peaceful, respectful coexistence amongst humans, animals, and other elements of nature to reclaim conscious sovereignty and manifest the state, space, powers, being, superconsciousness of Paramashiva.

Copyright ©2021 Sri Nithyananda Paramashivam. All Rights Reserved

Humanitarian Response Plan

Housing, taking care and maintaining the cow in KAILASA's Nithyananda Gaumanidr.

Copyright ©2021 Sri Nithyananda Paramashivam. All Rights Reserved

Blue Om extends its services to not just Human beings but also animals and birds

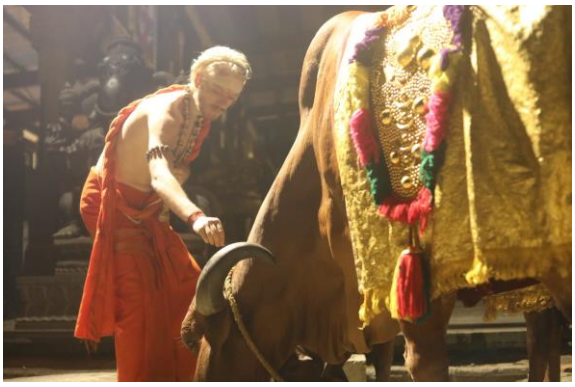
Copyright ©2021 Sri Nithyananda Paramashivam. All Rights Reserved

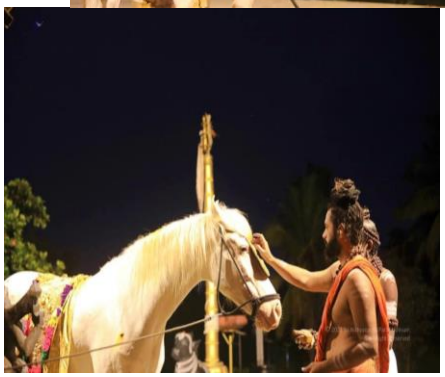
The colorful exotic birds have found home in KAILASA

Copyright ©2021 Sri Nithyananda Paramashivam. All Rights Reserved

Nithya Gau Puja - Daily ritualistic worship of cows in KAILASA

Copyright ©2021 Sri Nithyananda Paramashivam. All Rights Reserved





Copyright ©2021 Sri Nithyananda Paramashivam. All Rights Reserved

Ashva Puja - Ritualistic worship of horses at KAILASA

Copyright ©2021 Sri Nithyananda Paramashivam. All Rights Reserved

Copyright ©2021 Sri Nithyananda Paramashivam. All Rights Reserved

Animals under the care and protection of KAILASA

Global Public Health and Wellbeing

Human life is more precious and important than all economic principles or systems in totality because all these concepts are legitimate only because of their utility value which is to fundamentally make human life better. The SPH Nithyananda Paramashivam has emphasized that at least until this ongoing crisis and COVID pandemic ends, all economic and healthcare policies, principles, and systems need to be revised to make sure no human being suffers from hunger or the absence of required medical care. In ancient indigenous Hindu scriptures, Paramashiva (primordial Hindu divinity) has declared for survival needs – such as food and healthcare – barter and charity are recommended[251] for commoners, but as for the state it is expected it provides these for free to all.

In a report by the Committee for Development Policy – a body of the United Nations Economic and Social Council (ECOSOC) – the vice-chair of the committee expressed – *"You need to consider health as something that is not a private commodity but a public good"*[252], while emphatically trying to make a point that governments and private sectors should not make public health into a subject of free-market – a commodity which can be traded in the stock market, because the life of human beings cannot be reduced as merely a subject of profit, loss, and dividends. At the root of this crisis is the fact that somewhere humanity has lost the basic understanding that human life is more precious and important than all economic principles or systems in totality because all these concepts are legitimate only because of their utility value which is to fundamentally make human life better. The difficulty the current governments, policymakers, economists, and leaders are facing in understanding and handling this problem has always been pre-empted in indigenous Hindu traditions by Hindu Gurus and leaders

[251] Mahabharata, Vanaparva (200.35 and 200.37)

[252] Sakiko Fukuda-Parr, CPD Development Policy and Multilateralism after COVID-19, Chapter III, https://www.un.org/development/desa/dpad/wp-content/uploads/sites/45/CDP-Covid-19-and-Multilateralism.pdf

Copyright ©2021 Sri Nithyananda Paramashivam. All Rights Reserved

who kept pursuing that their disciples, followers, and their communities followed the indigenous scriptures to ensure that survival needs such as food and public health were kept always free.

Despite spending a tremendous amount of money on healthcare several high-income nations score poorly on many key health measures, including life expectancy, preventable hospital admissions, suicide, maternal mortality, and satisfaction with the healthcare system.[253] Such situations were always preempted in indigenous civilizations where healthcare was a subject of charity or barter, but not profit. A two hundred old charitable bone-setting indigenous institution – Puttur Kattu – illustrates this point. In 1881, centered around the Venkateswara Temple, Tirumala, K. Kesava Raju started a charitable bone setting practice in the Rachapalem village called Puttur[254]. Whereas the total number of orthopedic operations done by the top ten U.S. hospitals[255] put together is around 17,000 annually, the Rachapalem ecosystem alone performs more than 60,000 non-invasive orthopedic treatments every year all free of charge[256].

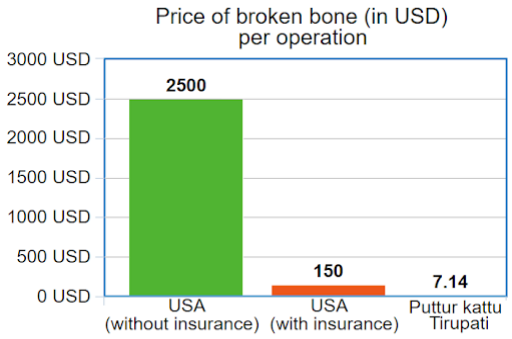
[253] https://www.health.harvard.edu/blog/is-our-healthcare-system-broken-202107132542

[254] https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3255447/

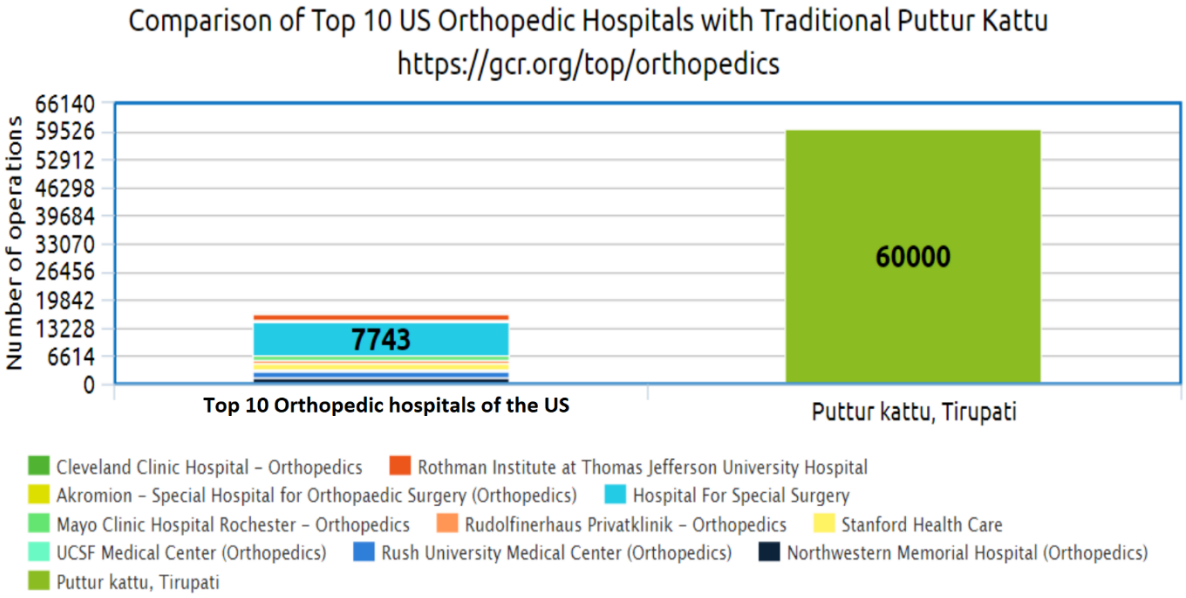
[255] https://gcr.org/top/orthopedics

[256] thehindu.com/news/national/andhra-pradesh/despite-advances-in-medicine-puttur-kattu-has-global-takers/article25669726.ece

Copyright ©2021 Sri Nithyananda Paramashivam. All Rights Reserved



In the US the average cost for non-surgical treatment of a broken arm or leg is about USD 2,500. With an insurance cover, it comes down to USD 150 per person.[257] Whereas for a Puttur Kattu procedure it would cost a maximum of Rs. 500 if X-ray and all extra-procedures were also done. This shows the cost of a broken bone in some countries is 52 times the cost at which Puttur Kattu treats it.[258] The number of people impacted by the Puttur health ecosystem is also much higher than some of the top 10 Orthopedic Hospitals of the world combined[259], illustrated in the graph below.



Puttur Kattu is just one amongst several Hindu health care ecosystems and is not the only example and neither is bone setting the only free service that is offered by the Hindu healthcare ecosystem. While Puttur offers free primary health care in orthopedics, the Sri Sathya Sai Institute of Higher Medical Sciences provides various tertiary[260] health care services completely free of cost. Sri Sathya

---

[257] https://www.guardiandirect.com/resources/articles/10-common-medical-costs-without-accident-insurance

[258] https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3255447/

[259] Raw Data from https://gcr.org/top/orthopedics , Cleveland Clinic Hospital - Orthopedics (542), Rothman Institute at Thomas Jefferson University Hospital (1351), Akromion - Special Hospital for Orthopaedic Surgery (Orthopedics) (530), Hospital For Special Surgery (7743), Mayo Clinic Hospital Rochester - Orthopedics (1197), Rudolfinerhaus Privatklinik - Orthopedics (774), Stanford Health Care (1225), UCSF Medical Center (Orthopedics) (443), Rush University Medical Center (Orthopedics) (1790), Northwestern Memorial Hospital (Orthopedics) (1324), Puttur kattu (60000).

[260] Johns Hopkins Medicine. Patient Care: Tertiary Care Definition - Tertiary care is specialized consultative health care, usually for inpatients and on referral from a primary or secondary health professional, in a facility that has personnel and facilities for advanced medical investigation and treatment, such as a tertiary referral hospital. Examples of tertiary care services are cancer management, neurosurgery, cardiac surgery, plastic surgery, treatment for severe burns, advanced neonatology services, palliative, and other complex medical and surgical interventions

Copyright ©2021 Sri Nithyananda Paramashivam. All Rights Reserved

Sai Institute of Higher Medical Sciences (SSSIHMS) does not even have a billing counter. It is also noteworthy that though top hospitals such as Cleveland Clinic Hospital perform around 542 orthopedics operations per year, Sri Sathya Sai Institute of Higher Medical Sciences does 760. These examples show that Hindu health care ecosystems can deliver primary, secondary, and even tertiary healthcare completely free of cost, as per Hindu principles while leveraging recent developments in medical science and are also able to scale up to serve a large number of people. From 2001 to 2016, SSSIHMS Whitefield has been successful in performing over 21,000 Neurosurgeries, 17,000 cardiac surgeries, over 46,000 diagnostic and interventional cardiac catheterizations, and more than 10,40,000 outpatients have received outpatient consultations, everything completely free of cost.[261] On 12 July 2004, the second reincarnation of spiritual leader Sai Baba[262], Satya Sai Baba[263], formally recognized SPH Nithyananda Paramashivam as an incarnation, coronating Him as the spiritual successor of Bhagyanagara, Sripura Sarvajnapeetham.[264] The SPH Nithyananda Paramashivam has made this noble legacy of medical service and healthcare expand worldwide through all de facto spiritual embassies of KAILASA, in multi-specialties, multi-disciplines, blending both Western medicine and traditional indigenous Hindu systems of medicine.

In 2015, the United Nations established Sustainable Development Goal 3 (SDG-3) – *"To ensure healthy lives and promote well-being for all at all ages."* SDG-3 puts major focus to achieve universal health coverage, that seeks equitable access to healthcare services to all men and women, ending the preventable death of newborns, infants, and children under 5 (child mortality), and ending epidemics. These goals have also been a primary focus of KAILASA and under the leadership of the SPH Nithyananda Paramashivam, KAILASA has seen fair success in all these dimensions. In terms of providing equitable access to healthcare services, KAILASA has been offering free health care to all, irrespective of race, religion, creed, or political affiliation, even in crises such as cyclones and COVID-19 pandemics. In terms of ending the preventable death of newborns, infants, and children under 5 KAILASA offers special care for pregnant women called En-pregnancy care is known for blissful and painless birth experiences for women which have benefited thousands of women worldwide. The service is offered completely free. Babies born in En-Pregnancy care are born with extraordinary health, immunity, good weight and there have been zero incidences of preterm births in En-pregnancy. In terms of ending epidemics, KAILASA has done phenomenal work in addressing the COVID-19 pandemic – where the KAILASA enlightened ecosystem townships have reported zero cases of infection let alone death. This was despite tremendous pressure from anti-Hindu forces and persecution from state and non-state actors. The work done in providing free covid quarantine and care facility was presented as a paper[265] which was submitted to the United Nations to provide inputs

---

[261] https://whitefield.sssihms.org/about-hospital/

[262] Rigopoulos, Antonio (1998). Dattatreya: The Immortal Guru, Yogin, and Avatara. State University of NY Press. p. 260. ISBN 1438417330.

[263] (i) Weiss, Richard (December 2005). "THE GLOBAL GURU: SAI BABA AND THE MIRACLE OF THE MODERN" (PDF). New Zealand Journal of Asian Studies. **7** (2): 5 - 19. (ii) Kent, Alexandra (2005). Divinity and Diversity: A Hindu Revitalization Movement in Malaysia. Nordic Institute of Asian Studies. pp. 37 - 39. ISBN 978-87-91114-40-3.

[264] https://nithyanandapedia.org/wiki/Kailaasa_Paramparagatha_Sripura_Sarvajnapeetha

[265] https://www.ohchr.org/Documents/Issues/IntOrder/Multilateralism/AdiShaiviteMinorityTradition.pdf

Copyright ©2021 Sri Nithyananda Paramashivam. All Rights Reserved

to an independent UN expert for his report to the Human Rights Council and the General Assembly about the COVID-19 crises and multilateralism.

But this is just a part of what the world needs in terms of health care, and what KAILASA envisions to offer is much more. Recognizing the interdependence of health and development, the United Nation's Sustainable Development Goals (SDGs) provide an ambitious, comprehensive plan of action for people, the planet, and prosperity and for ending the injustices that underpin poor health and development outcomes. SDG 3 aspires to ensure health and well-being for all, including a bold commitment to end the epidemics of AIDS, tuberculosis, malaria, and other communicable diseases by 2030. It also aims to achieve universal health coverage and provide access to safe and effective medicines and vaccines for all. Supporting research and development for vaccines is an essential part of this process as well as expanding access to affordable medicines.

The SPH Nithyananda Paramashivam is leading KAILASA to strive towards contributing to these very goals. However, SDGs are just a part of His grand vision, which is much bigger and is a continuation of the grand vision for humanity that was given by our ancient Hindu masters. The ambition of ancient indigenous Vedic masters and visionaries for humanity is far more elevated, what they saw as a potential for mankind was not ordinary, and it is expressed in several verses such as in Ishavasya Upanishads where they declare, *"One should desire to live in this world for hundreds of years, all the while doing his deeds dispassionately as sanctioned by the scriptures, and treating them as his offerings to Īśvara, the quintessential Supreme Lord, the Lord of the whole Creation. In this way, the deeds done by you shall not cling to you, the deeds will not cause their good or bad effects upon the doer of those deeds, simply because they are being done with the doer mentally convinced that he has not done them, he is not intellectually and mentally committed to these deeds, or they are done without his claiming any rights over the fruits of those deeds. There is no other way by which a man can free himself from the bondage created by the deeds"*[266] ("कुर्वन्नेवेह कर्माणि जिजीविषेच्छतꣳ समाः। एवं त्वयि नान्यथेतोऽस्ति न कर्म लिप्यते नरे॥", Isha Upanishad Verse 2).

"Even while doing verily deeds here, one should desire to live a hundred years, thus and not otherwise than this, the deeds do not cleave to a man"

In an expansion to this, it is understood, that ancient indigenous masters had inspired humanity to pursue living a long life (literally a hundred years) all the while when they engage in active work constant working and fulfilling their responsibility in whichever dimensions of life it may be. The Vedic masters continue to say that, by this, and by no other means, can a person be liberated from bondage created by their actions or deeds. With this understanding a few things are amply clear, - (1) the vision of Hinduism for human beings is that they should live a long life – a hundred years, (2) all this while they should be able to function actively and perform their duties and responsibility healthily, (3) the ultimate purpose of all of this – health policies, state policies, day to day work, the fundamental pursuit of human life is only one which leads to liberation – a liberation where the attachment to results of work or any other expectations do not bind us, and throughout life and even at the end of life, we feel satisfied that we lived to our fullest and leave the body after literally a hundreds year with a complete feeling. The vision of Hinduism for human beings is not that they are merely an economic resource of

[266] http://nithyanandapedia.org/index.php?title=February_07_2015

Copyright ©2021 Sri Nithyananda Paramashivam. All Rights Reserved

flesh and bones that are supposed to just contribute to society until retirement and post-retirement pursue general health insurances benefits while waiting to die. The vision of Hinduism for human beings is that each person lives to their fullest, complete possibility, and leaves his body at a grand old age royally. This expectation is important, as it shapes the various laws of the country, health policies, and several long-term strategies. Therefore, utmost attention is given to the way human beings are evolved rights from the conception of a child, prenatal development in the embryo, at the time of delivery, post-natal care, early childhood, teenage, adolescence, old age, at the time of death, after death and for great masters like the Lamas of Tibetan Buddhism, even towards a consciously planned rebirth. This is a grand long vision, where human beings are expected to be healthy, active, and in a state of being able to completely express their potential and burn all their desires and expectations from life by constantly pursuing their ever-maturing goals. Therefore, the Hindu health policy is comprehensive it involves preventive health care such as Yoga, Kriyas or techniques for cleansing, fasting/special diets, special Ayurvedic processes, herbal diet, natural vaccination techniques, organic medicine, food as natural medicine, developing the right healthy psychology, etc. all of which enables a long healthy life.

For the past twenty-six years, the SPH Nithyananda Paramashivam through KAILASA, its citizens, and volunteers has worked tirelessly to revive this indigenous Hindu healthcare system as per the vision of Paramashiva (primordial Hindu Divinity), which is also complemented and supported by the most recent progress in modern medicine and best practices.

Jagat Guru Mahasannidhanam His Divine Holiness Bhagavan Sri Nithyananda has dedicated His life and His mission through Kailasa to provide Yogic, ayurvedic solutions and medical care to the world.

KAILASA works through the international humanitarian medical non-governmental organization (NGO) known for its projects in humanitarian crises such as natural calamities and for working to support people affected by endemic diseases such as during the COVID-19 pandemic. KAILASA is active in more than 50 countries. KAILASA's humanitarian work is mainly supported by a team of dedicated volunteers, several being local devotee doctors, nurses and other medical professionals, logistical experts, water and sanitation engineers, and administrators.

All humanitarian work done by KAILASA is supported by fundraising from private donors and devotees who provide about 100% of the organization's funding, without seeking any support from corporate donations, and government aid. Rather the SPH Nithyananda Paramashivam has graciously donated to humanitarian funds of various State Governments of India. Several international organizations like KAILASA, such as Nobel Peace Prize-winning Médecins Sans Frontières seek independence and impartiality, and explicitly precludes political, economic, or religious factors in its decision making, and therefore limits the amount of funding received from governments or intergovernmental organizations, as these principles have allowed them to speak freely concerning acts of war, corruption, or other hindrances to medical care or human well-being. Despite being funded only by KAILASA can perform such massive works because of the spirit of charity that has been inculcated as a value amongst the citizens of KAILASA, devotees, disciples, and followers by the SPH Nithyananda Paramashivam.

Copyright ©2021 Sri Nithyananda Paramashivam. All Rights Reserved

Hindu Joint Family, Village, and communities as a healthcare ecosystem

In the Hindu healthcare system, the cost of health care is extremely low – as healthcare is considered a noble profession that cannot be traded for money, only barter and charity are allowed. For instance, the village doctor would have a share in the village harvest, it would be given to the village doctor as his share. In exchange, the village doctor would ensure that each person in the village is kept healthy. The indigenous Hindu medical fraternity included – traditional doctors (Vaidya), traditional mid-wives (Dais/Maruttuvacci), traditional vaccination inoculators, traditional surgeons (Nayis), etc. The indigenous village doctors were not "paid" or "remunerated" for the treatment of sick people, rather they were given their fair share of the combined village harvest for preventing people from falling sick. What it meant was, that it would have been more likely that the interest of the village doctors was to keep people at the top of their health, so that they were most productive, which translated to a higher annual yield in grains and thus a higher total share grains and other products or the village medical fraternity, rather than when they were sick, because doctors were not paid for attending to sick – medical care in Hindu ecosystems is always free. In fact, in traditional indigenous Hindu ecosystems, and some villages even today, the indigenous doctors consider it immoral to charge the sick for any treatment as healthcare is seen as a noble profession. This attitude is still alive even in urban settings, where Hindu doctors generally do not charge poor or underprivileged patients.[267] This culture is alive amongst Hindu doctors even in western countries. This trend is also observed in Hindu doctors in the west, who tend to charge less, a practice slowly declining because of detachment from tradition. Doctors of Indian origin are almost a brand in the United States[268] as more than 7% of the doctors in the USA are Hindus, though Hindu constitute merely 1% of the total US population[269], similarly, more than 9% of the doctors in the UK are Hindus, thought Hindu constitute merely 1.32% of the total UK population.

As illustrated, since the cost of healthcare in Hindu ecosystems has to be maintained low to allow access to affordable health care to all, and mainly with the context to aid people to live a hundred years as per Hindu principles, a massive focus in Hindu healthcare ecosystems is on prevention of diseases and cultivation of healthy lifestyle in people. Families are the center of this, as families are where our roots take hold and from there we grow. In nations with a high Hindu population such as India, the joint family system has been in existence since ancient times. However, with time, the joint family system has disintegrated, giving rise to the nuclear family system. A study found 68% male and 50% females in nuclear families and 18% males and 67% females in joint families were heavily loaded with work responsibility; in nuclear families, 38% males and 42% females had poor health status, 47% and 39% males of nuclear families had alcohol and smoking habits respectively, 96% of females of nuclear families had awareness of Antenatal care.

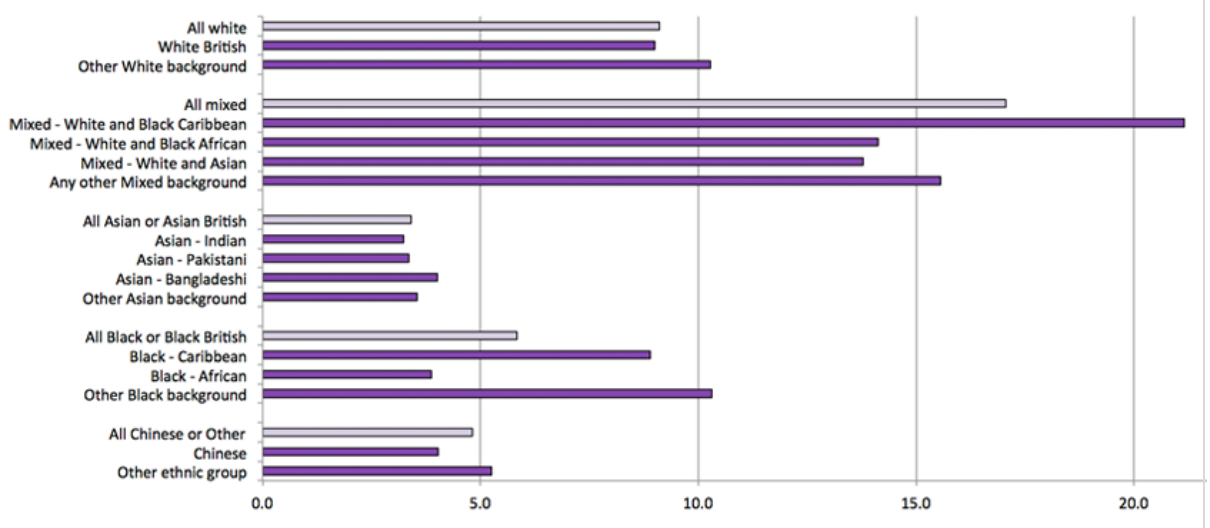
[267] https://indianexpress.com/article/cities/kolkata/rs-5-is-this-doctors-fee/

[268] https://www.thehindu.com/news/cities/Thiruvananthapuram/doctors-of-indian-origin-almost-a-brand-in-the-united-states/article4259746.ece

[269] https://economictimes.indiatimes.com/news/international/world-news/every-7th-doctor-in-us-is-indian-and-theyre-working-as-soldiers-fighting-covid-19-aapi-president/articleshow/75406158.cms

Copyright ©2021 Sri Nithyananda Paramashivam. All Rights Reserved

Hindus are less likely to be substance abusers



Adults from the Asian or Asian British and Chinese or other ethnic groups generally had the lowest levels of last year drug use. Levels were similar among those identifying as Asian-Indian (3.2%)a majority of whom are Hindus (80%) had the lowest likeliness of being substance abusers amongst all.[270] The Hindu health values such as strict emphasis on a healthy diet, vegetarianism, organic diet, etc., sustained through Hindu family ecosystems is responsible for this.

The overall picture of health status that came out of this study was that the health status of members of nuclear families was poor as compared to members of joint families.[271] Not only more healthy it was also found in a study conducted in the UK by the Office for National Statistics (ONS) found that Hindus in the UK were the happiest people in the country.[272] The role of family seniors, grandparents cannot be emphasized enough as a lynchpin in the Hindu system of health care at the level of the family. International studies on indigenous social support networks have also concluded along similar lines.[273] This is one amongst several reasons why Hindu family systems are considered an extremely important part of the Hindu health care ecosystems, and the SPH Nithyananda Paramashivam has spent His entire life emphasizing the need for joint families and enlightenment ecosystems for good health, well being, and enlightenment.

"कुलक्षये प्रणश्यन्ति कुलधर्माः सनातनाः।
धर्मे नष्टे कुलं कृत्स्नमधर्मोऽभिभवत्युत॥1.40॥"

"With the destruction of the dynasty, the age-old family traditions die,
and the virtue having been lost, vice overtakes the entire race." [274]

[270] https://www.gov.uk/government/statistics/drug-misuse-findings-from-the-2013-to-2014-csew/drug-misuse-findings-from-the-201314-crime-survey-for-england-and-wales.

[271] *"A study to compare various aspects of members of joint and nuclear family"*, JEMDS ISSN-2278-4802, Jan 2014, Vol-3, Issue-3, Pg 641-648, https://jemds.com/latest-articles.php?at_id=2997

[272] www.newsgram.com/hindus-are-the-happiest-people-in-uk-study

[273] (i) https://gh.bmj.com/content/6/2/e003808 , (ii) https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5025375/

[274] http://nithyanandapedia.org/September_02_2011

Copyright ©2021 Sri Nithyananda Paramashivam. All Rights Reserved

– Bhagavat Gita, (Ch. 1 Verse 40)

Through more than 10,000 hours of Presidential addresses and religious discourses, the SPH Nithyananda Paramashivam has constantly encouraged billions of Hindus to continue living a stable join-family lifestyle. The SPH has appreciated His disciples who stay in joint families, especially the ones who take care of their aged parents and in-laws, *"Whenever I see our devotees take care of their parents, I am so happy, 'Eh, you are living real Hindu culture', because that is our culture."*[275]

The SPH Nithyananda Paramashivam has declared the indigenous joint family system in Hinduism as one amongst the four pillars of KAILASA, yet he also warned how the Hinduphobic elements were disrupting this system[276] – "*The best 401(k)[277], Vedic tradition created respect for parents and maintaining them for your whole life. I tell you, if the Hindu tradition did not have the concept of joint family, in India, the Indian elders will be the largest number of human beings dying. India would have reeled, because developed countries are spending billions of dollars taking care of their elders, they can afford it, India doesn't have that kind of money. But still, if you see the lowest elders' suicide, due to left out is in India. Go to the internet and see the statistics, lowest almost negligible, because still, the values are there in us. and I am afraid I may not be able to make this statement proudly after 50 years, because the speed with which we are destroying our own traditions, moving out of our own traditions is shocking, terrorizing.*"[278]

The SPH Nithyananda Paramashivam has also modeled KAILASA – the greatest and the only Hindu nation on the planet, around this indigenous family system – *"I will revive these four and demonstrate to the world the original authentic Hindu scriptures and the success of the Hindu lifestyle, principles, everything; how to give superconscious breakthrough as a natural lifestyle. I was successful in my pilot study in Adi Kailash."*[279]

The SPH Nithyananda Paramashivam joyfully recounts the large family He lived in, *"I grew up in a large joint family. Twenty-seven of us grew up together. So it's almost like one school, a small school."*[280] The SPH Nithyananda Paramashivam has also expressed how the large joint family environment contributes in making sure everyone is attended to and never there was a reason to feel depressed or alone, *"You should be born in a Hindu village where people are temple centric and it is literally like a joint family. I had a large joint family. Uncles – means 20 uncles! Aunts – means 20 elders! Elder brothers – means 10! Elder sister – means 20 elder sisters! Younger brothers – means 10! We do not call only our biological siblings – brothers and sisters. What is a person? A person is a permutation and combination of various aptitudes and attitudes. At least more than 15 grandfathers have impacted, influenced my life and thinking. At a young age, you are grounded with multiple relationships - father, mother, aunts, uncles, grandfather, grandmother, the temple centric Hindu villages."*[281]

---

[275] http://nithyanandapedia.org/index.php?title=June_29_2016

[276] http://nithyanandapedia.org/April_28_2020

[277] In the United States, a 401(k) plan is an employer-sponsored defined-contribution pension account defined in subsection 401(k) of the Internal Revenue Code. https://www.law.cornell.edu/uscode/text/26/401#k

[278] http://nithyanandapedia.org/index.php?title=September_14_2016

[279] http://nithyanandapedia.org/index.php?title=April_28_2020

[280] http://nithyanandapedia.org/index.php?title=August_27_2016

[281] http://nithyanandapedia.org/index.php?title=August_26_2020

Copyright ©2021 Sri Nithyananda Paramashivam. All Rights Reserved

The SPH Nithyananda Paramashivam has reiterated the fulfillment of growing up in a large family several times in several of His Presidential Addresses and religious discourses – *"I always had the fortune of living with a large number of people. I am born in a joint family, large joint family, and grew up among a large number of sadhus and sannyasis and spiritual seekers, devotees. All the time I will be with at least fifty to a hundred people only. There was no such thing as 'aloneness' in my life other than the little time I spent in meditation and Samadhi."*[282]

Role of Mother, Traditional home remedies, and Haritaki

Most indigenous Hindu traditions, like the ASMT, are *"Mother worshippers"*. It is a deep belief in indigenous Hindu traditions that mother always does good, nurtures, and can heal any disease; nature and planet earth[283] are respected as living divine mother energies capable of providing us with all our survival needs – food, medicines, etc. Though traditional medicines such as TCM[284] and Ayurveda[285] are effective in addressing COVID-related issues, and a few years ago a Nobel prize was awarded for scientific work based on traditional medicine[286] the mainstream western medicine has chosen to characterize Ayurveda as pseudoscience[287] and TCM as unscientific[288]. Such demeaning of traditional medicine systems has led nations to consider taking defensive unilateral decisions to protect their interests.[289] Outright rejection of traditional medicine is not wise and such policies should be revisited especially as these medicine systems are time tested and have kept people healthy for several generations. The SPH Nithyananda Paramashivam has made recommendations and formally urged to the United Nations bodies and governments worldwide through submissions recommending all human beings should be provided access to traditional health care systems free from policies that are prejudicial and discriminatory towards these systems and also urged countries to offer solutions like KAILASA's Hindu Medical care (which includes completely free of charge services such as Ayurveda,

---

[282] http://nithyanandapedia.org/index.php?title=January_22_2015

[283] ॐ वसुंधराय विद्महे भूतधत्राय धीमहि तन्नो भूमिः प्रचोदयात्। "Om, let me meditate on the Earth the One who provides all, bless us with abundance, And let the Goddess of Earth illuminate my mind" (Bhumi Devi Gayatri Mantra)

[284] Zhao Z, Li Y, Zhou L, et al. Prevention and treatment of COVID-19 using Traditional Chinese Medicine: A review. Phytomedicine. 2021;85:153308. doi:10.1016/j.phymed.2020.153308

[285] (i) https://www.thehindu.com/news/national/kerala/many-patients-turn-to-ayurveda-for-post-covid-care/article34755600.ece (ii) https://www.thehindubusinessline.com/news/mix-of-modern-ayurvedic-medicine-helps-treat-covid-19/article34701852.ece

[286] https://www.nobelprize.org/womenwhochangedscience/stories/tu-youyou

[287] (i) Semple D, Smyth R (2019). Chapter 1: Thinking about psychiatry. Oxford Handbook of Psychiatry (4th ed.). Oxford University Press. p. 24. doi:10.1093/med/9780198795551.003.0001. ISBN 978-0-19-879555-1. (ii) Sujatha, V (July 2011). "What could 'integrative' medicine mean? Social science perspectives on contemporary Ayurveda". Journal of Ayurveda and Integrative Medicine. **2** (3): 115 - 23. doi:10.4103/0975-9476.85549. PMC 3193682. PMID 22022153. (iii) Manohar, PR (April 2013). "Uniform standards and quality control of research publications in the field of Ayurveda". Ancient Science of Life. **32** (4): 185 - 6. doi:10.4103/0257-7941.131968. PMC 4078466. PMID 24991064. (iv) Bausell, R. Barker (2007). Snake Oil Science: The Truth About Complementary and Alternative Medicine. Oxford University Press. p. 259. ISBN 978-0-19-538342-3.

[288] (i) Singh S, Ernst E (2008). Trick or Treatment: Alternative Medicine on Trial. London: Bantam. ISBN 978-0593061299. (ii) "Hard to swallow". *Nature*. **448** (7150): 105–6. July 2007. Bibcode:2007Natur.448S.105. doi:10.1038/448106a. PMID 17625521 (iii) Shang A, Huwiler K, Nartey L, Jüni P, Egger M (October 2007). "Placebo-controlled trials of Chinese herbal medicine and conventional medicine comparative study". *International Journal of Epidemiology*. **36** (5): 1086–92. doi:10.1093/ije/dym119. PMID 17602184

[289] https://www.bmj.com/content/369/bmj.m2285

Copyright ©2021 Sri Nithyananda Paramashivam. All Rights Reserved

Yoga, Siddha, Western medicines, and multi-layered quarantine) for complementing their ongoing public health efforts especially in the context of this ongoing pandemic.[290]

Nature and planet earth are also considered divine mother energies that always do good, nurture, can heal any disease, and are capable of providing us with all our survival needs – food, medicines, etc. Indigenous Hindu healing tradition of Ayurveda is more than 5000-year-old - it has a vast body of healing knowledge - sometimes referred to as *"Mother of all healing"*. According to World Health Organization, about 80% of the world population rely chiefly on plant-based traditional medicine, such as Ayurveda, for their primary healthcare need[291]. Traditional healing system around the world that utilizes herbal remedies are an important resource for the discovery of modern drugs[292]. The role of the mother in healing as per indigenous Hindu traditions cannot be emphasized enough, the mother is highly revered. Even if somebody is a Sannyasi (a renunciate monk), and he sees the mother, he is supposed to touch her feet for blessings, however, if he sees the father, he does not need to touch; rather the father must touch his feet. The reverence given to mother in Hindu tradition is highest or all relationships, however, as per indigenous Hindu medicine (Ayurveda), there is only one object that is revered, respected more than mother as indigenous scriptures say – Haritaki does much more good to you than your mother.

"यस्य माता गृहे नास्ति, तस्य माता हरीतकी। कदाचिद् कुप्यते माता, नोदरस्था हरीतकी ॥"
"For humans, Haritaki is like the mother who always does good to you.
Sometimes even mother may get enraged,
but ingested (consumed) Haritaki can never do anything bad or harmful".
- Nighantu (Dictionary) of Ayurveda by Raaj Baalabha.

The word Haritaki means, *"the drop of the nectar fell from Indra's cup (Indra is the prime Demi-God of heaven)"*. In indigenous Hindu traditions, Haritaki is known as a mother, *"mother of herbs"*[293], *"सर्व रोग निवारणी" – "That Which Heals All Diseases"*.

Since last two decades, the Guru of two billion Hindus – the SPH Nithyananda Paramashivam – as someone more than a father figure, as someone more than a mother figure, has been diligently ensuring all His disciples, devotees, followers, practicing Hindus, and as many people as possible who listen to Him, consume Haritaki as an herb for prolonged healthy life.

Recent studies have found that extracts from Haritaki, have the potential to act as therapeutic options against COVID-19 infection.[294] Haritaki has established antiviral activity particularly against viral

---

[290] https://www.ohchr.org/EN/Issues/IntOrder/Pages/cfi-covid19-multilateralism.aspx

[291] World Health Organization. Traditional Medicine Strategy 2002-2005 (WHO/EDM/TRM/2002.1). Geneva, Switzerland: World Health Organization; 2002

[292] Koehn FE and Carter GT. The evolving role of natural products in drug discovery. Nat. Rev. Drug Discov 2005; 4: 206-220.

[293] (i) https://www.planetayurveda.com/chebulic-myrobalan/ (ii) www.imedpub.com/articles/pleiotrophic-evaluation-of-haritaki.pdf

[294] (i) https://www.thehindu.com/news/national/tea-haritaki-extracts-may-act-as-potential-therapeutic-options-against-covid-19-iit-delhi-study/article31971504.ece (ii) Upadhyay, Saurabh et al. "Evaluation of medicinal herbs as a potential therapeutic option against SARS-CoV-2 targeting its main protease." Phytotherapy research: PTR vol. 34,12 (2020): 3411-3419. doi:10.1002/ptr.6802

Copyright ©2021 Sri Nithyananda Paramashivam. All Rights Reserved

infections with characteristics similar to that of COVID-19.[295] Successive studies done have also confirmed that Haritaki can complement COVID antivirals.[296]

Traditionally Haritaki is known as the *"king of herbs"*[297], something which is confirmed by contemporary studies also – leaves, bark, and fruit of Haritaki have antioxidant and free radical scavenging properties, phenolics of Haritaki have Anticarcinogenic properties, hydrolyzable tannins of Haritaki have antimutagenic, radioprotective and chemopreventive properties, ethanolic extract of Haritaki have Hepatoprotective properties, extracts of Haritaki have cardioprotective properties, Haritaki derivatives have cytoprotective, antidiabetic, renoprotective, antibacterial, antifungal, antiprotozoal, anti-inflammatory, anti-arthritic, adaptogenic, anti-anaphylactic, hypolipidemic, hypocholesterolemic, gastrointestinal motility improving, anti-ulcerogenic, antispasmodic, anticaries, wound healing, purgative, immunomodulatory and anti-allergic properties.[298]

The SPH Nithyananda Paramashivam has spoken more than a hundred hours[299] on Haritaki alone in His public presidential addresses and religious discourses and spoken more than a thousand hours in other settings. The SPH Nithyananda Paramashivam has been extremely diligently, patiently, with extraordinary love managing and supervising the health of His monks, nuns, children of the community, devotees, disciples, and followers by having an extremely prudent follow up to ensure everybody took Haritaki and other natural herbs such as Neem and Castor Oil daily. At the surface level, this may seem insignificant detail however the consumption of Haritaki amongst other several measures by the residents of the KAILASA ecosystems and monasteries spiritually headed by the SPH has been the reason why even in two years of the COVID-19 pandemic the entire community in several monasteries witnesses zero cases of COVID-19 infections let alone deaths. Add statistics of global per capita COVID deaths. This speaks volumes by making it amply evident that the priorities of the SPH Nithyananda Paramashivam and KAILASA nation are driven to ensure long healthy lives for its people and ensuring that people of KAILASA do live a hundred years blissfully to their fullest.

Food as medicine

In KAILASA the SPH Nithyananda Paramashivam has developed the Ayurvedic indigenous medicine system as a lifestyle, not as an FMCG or drug market. As per indigenous Hindu health sciences, *"Food is medicine"*. There is also a popular proverb in Ayurvedic literature, *"When diet is wrong, medicine is of no use. When diet is correct, medicine is of no need."*

---

[295] https://www.researchgate.net/publication/348137919_CAN_TERMINALIA_CHEBULA_HARITAKI_STOP_COVID-19

[296] https://timesofindia.indiatimes.com/city/ahmedabad/herbs-can-complement-covid-antivirals/articleshow/82691994.cms

[297] Karta Singh Khalsa & Micheal Tierra (2008), *"The way of Ayurvedic herbs"*, ISBN 978-0-9409-8598-8, p. 215

[298] https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3631759/

[299] **2020 [**Nov 3, Oct 4, Aug 27, Aug 26, Aug 24, Aug 23, Aug 17, Aug 12, Jul 29, Jul 24, Jul 18, Jul 12, Jul 6, Jul 5, Jul 2, Jun 27, Jun 18, Jun 12, Jun 7, Jun 7, May 6, May 2, Mar 28, Jan 13**], 2019 [**Dec 22, Dec 16, Dec 16, Dec 4, Nov 14, Nov 13, Oct 2, Oct 1, Sep 29, Sep 4, Feb 19, Jan 17**],2018 [**Nov 1, Mar 12**], 2017 [**Sep 9, Sep 1, Aug 26, Aug 10, Aug 2, Jul 26, Jul 24, Jul 18, Jul 15, Jul 12, May 30, Feb 27**], 2016 [**Dec 14, Dec 7, Dec 4, Dec 4, Dec 4, Dec 4, Nov 9, Sep 26, Sep 7, Aug 31, Aug 23, Aug 17, Aug 4, Jun 27, Mar 5, Mar 1**], 2015 [**Oct 19, Mar 28, Feb 25, Feb 7**],2014 [**Nov 24, Nov 17**],2013 [**Dec 11, Nov 2, Oct 17, May 18, Apr 2, Feb 5, Jan 28**], 2012 [**Oct 8, Sep 27, Sep 23, Sep 22**], etc.

Copyright ©2021 Sri Nithyananda Paramashivam. All Rights Reserved

The picture above shows how even with a fractured hand, the SPH Nithyananda Paramashivam is engaged in selfless work day and night, leading the nation of KAILASA by example, inspiring the volunteers and citizens of KAILASA to engage in selfless service, to follow principles in action, and not just in theory. In 2011, the SPH Nithyananda Paramashivam had a multiple compound fracture with the bone protruding out of the skin. In 2013, two steel implants that were fastened in 2011 were removed as the bones had healed completely. This picture is after that surgery. The SPH Nithyananda Paramashivam has said that when we serve others – say yes to the life of others – that same life positiveness is triggered in us, giving us good health, healing of ailments, and longer life – *"By giving, you say 'YES' to life. And I tell you when you start giving from this context – 'By giving this Daana (charity), I am saying YES to his life' – you will see the life energy, 'saying YES to life', will be awakened not only in you but even in him (the person to whom you are giving)!"*[300]

The SPH Nithyananda Paramashivam explained His vision for the services that had been a prime focus of KAILASA – *"All these thousand and eight Kailaasa will have temple-on-wheels - Rathams, which I started from 2001. Deities will be installed on Rathams and that will go from place to place and invoke intense devotion and spread the glory of Paramashiva in people. Second, Annalayas (food banks) - all Annalayas will have mobile free Annadhans – free food serving as per Paramashiva's Bhaga Shastra – and reach people wherever they are. And third, the mobile holocaust museums will go from place to place wherever people gather and tell the story of the Hindu Holocaust to the world. You may be thinking,* ***'Why I am not having mobile dispensaries?'*** *–* ***In Hinduism, Hindu food is medicine. You don't need medicine if you eat Hindu way.*** *Eat Hindu way as per Paramashiva, you don't need medicine! That is why I am not adding medical mobile vans, understand. Kailasa has too much to offer to all of you and the world. Kailasa has so much to offer to the world and all of you. Let's make Kailaasas all over the world."*[301]

[300] http://nithyanandapedia.org/index.php?title=February_23_2015

[301] http://nithyanandapedia.org/index.php?title=March_04_2019

Copyright ©2021 Sri Nithyananda Paramashivam. All Rights Reserved

The purpose of Annadaan – free organic food serving as per indigenous Hindu scriptures such as Bhaga Shastra – is not just tackling hunger, but to supply the body with all-natural, non-toxic, organic supplements, nutrients, and herbs to enable it to treat itself from any disease and ailments completely naturally. For 27 years, every month the Hindu ASMT community has served more than 3 million[302] Annadaans (free organic meals as per tradition) in religious gatherings to everyone without discrimination and has served over 1 billion[303] free meals in total.

Annadaan is an integrated policy of KAILASA to tackle both hunger and address the health needs of the people. All meals cooked for Annadaan are made from herbs and natural medicine which are part of a daily diet. The method followed is as per indigenous scriptures related to – food as a medicine – Bhaga Shashtra. As part of KAILASA's Hindu Compliance Systems (HCS), KAILASA has documented these recipes and special diet plans from the scriptures into standards that can be replicated by anyone to achieve the same good taste and health benefits simultaneously.[304] When these standards – which are based on scriptures revealed by Paramashiva (primordial Hindu Divinity) – are followed in letter and spirit – the results are phenomenal. HCS is a compilation of ancient wisdom and best practices that have kept indigenous people healthy for thousands of years.

Apart from food as a medicine, KAILASA also offers free medical aid comprising of natural indigenous Ayurvedic medicines and contemporary western medicines as and when required. All these services are offered for free. KAILASA has provided free medicines and complete health care as part of the KAILASA's COVID care centers.

En-Pregnancy

Worldwide, about half a million mothers lose their lives every year, due to childbirth and related complications.[305] In 2019 an estimated 5.2 million children under 5 years died mostly from preventable and treatable causes. Children aged 1 to 11 months accounted for 1.5 million of these deaths. Newborns (under 28 days) accounted for the remaining 2.4 million deaths. Leading causes of death in children under-5 years are preterm birth complications, birth asphyxia/trauma, pneumonia, congenital anomalies, diarrhea, and malaria, all of which can be prevented or treated with access to

---

[302] Anna Daan (Distribution of free organic meals) during festival such as Pournami (full moon day festival) - some instances - (i) https://nithyanandapedia.org/wiki/April_17_2011 , (ii) https://nithyanandapedia.org/wiki/January_08_2012 , (iii) https://nithyanandapedia.org/wiki/November_10_2011 , (iv) https://nithyanandapedia.org/wiki/December_08_2011 , etc. every full moon day for past 27 years.

[303] (A) Anna Daan during festivals (B) Anna Daan during Kumbh Melas serving 10 million free meals - https://nithyanandapedia.org/wiki/April_28_2016 , https://nithyanandapedia.org/wiki/May_17_2016 https://nithyanandapedia.org/wiki/September_10_2015 etc **(C)** Anna Daan during natural calamities and disasters https://nithyanandapedia.org/wiki/January_02_2012 , https://nithyanandapedia.org/wiki/January_03_2012 , https://nithyanandapedia.org/wiki/January_04_2012 , https://nithyanandapedia.org/wiki/January_05_2012 , https://nithyanandapedia.org/wiki/January_06_2012 , https://nithyanandapedia.org/wiki/January_07_2012 **(D)** Anna Daan during COVID-19 crisis aggravated by the lock down https://fb.com/1499333043578701 , https://fb.com/1504153646429974 , https://fb.com/1504152806430058 **etc.**

[304] https://khcs.nithyanandajnanalaya.org

[305] Koblinsky, M.A., Campbell, O., 2003. Factors affecting maternal mortality. In: Koblinsky, M.A. (Ed.), Reducing Maternal Mortality – Learning from Bolivia, China, Egypt, Honduras, Indonesia, Jamaica, & Zimbabwe. Health Nutrition and Population Series. World Bank. p. 5.

Copyright ©2021 Sri Nithyananda Paramashivam. All Rights Reserved

simple, affordable interventions including immunization, adequate nutrition, safe water, and food and quality care by a trained health provider when needed.[306]

About 90% of these maternal deaths are in the developing world.[307] The United Nations Sustainable Development Goal 3 (SDG-3) puts a major focus on ending the preventable death of newborns, infants, and children under 5 (child mortality). Despite tremendous international focus on reducing preventable death of newborns, infants, and children; and despite India being one of the most powerful economic powers of the world, India has one of the highest infant deaths in the world[308], much worse than several countries even those with a lower GDP per capita and more dense poorer population. The indigenous child healthcare systems of the first nations of India were destroyed in an ideological genocide during the period of colonization and the subsequent period after independence. This ideological genocide has resulted in a physical genocide of children and infants.

Historically, Sweden reduced its maternal mortality ratio (MMR) significantly by providing skilled care at birth for home births by trained midwives before cesarean section and blood transfusion became safe.[309] Evidence from Sri Lanka and Malaysia in the 20th century showed that attendance at delivery by well-trained public health midwives with the back-up of emergency obstetric care services helped in the reduction of maternal mortality, even in resource-poor settings.[310] India has a high MMR despite a long history of programs to improve maternal health, which is primarily due to a lack of consistent policies and an absence of focus on evidence-based interventions.[311] Along with these policy-level issues, certain background factors have also contributed to the increase in maternal mortality, including anemia, malaria, malnutrition, poverty, low status of women, and low education levels among women, etc.[312] Infrastructure like hospitals, roads, water, and sanitation are lacking in rural areas.[313] Shortages of healthcare providers, poor intrapartum and newborn care, diarrheal diseases, and acute respiratory infections also contribute to the high infant mortality rate.[314] The maternal mortality ratio as reported by the Registrar General of India was still high at 254 (2009), it has come

---

306 https://www.who.int/news-room/fact-sheets/detail/children-reducing-mortality

307 WHO, 2007. Maternal Mortality in 2005: Estimates Developed by WHO, UNICEF and UNFPA. http://www.who.int/reproductive-health/publications/maternal_mortality_2005/mme_2005.pdf

308 (i) thewire.in/health/infant-deaths-india (ii) www.downtoearth.org.in/news/india-has-maximum-infant-deaths-in-the-world-44487

309 Hogberg, U., 2004. The decline in maternal mortality in Sweden: the role of community midwifery. American Journal of Public Health 94–8, 1312–1320.

310 (i) Hecht, R.M., 2003. Foreword. In: Pathanathan, I., Jerker, L. (Eds.), Investing in Maternal Health: Learning from Malaysia and Sri Lanka. Health Nutrition and Population Series. World Bank Publication. p. xii. (ii) Vidyasagara, N.W., 2003. Maternal Mortality Reduction in Sri Lanka. WHO, Sri Lanka. pp. 4–5. (source) http://whosrilanka.healthrepository.org/bitstream/123456789/217/1/Maternal%20Mortality%20Reduction%20in%20Sri%20Lanka%20--.pdf

311 Ved, R.R., Dua, A.S., 2005. Review of women and children's health in India: focus on safe motherhood. In: Background Paper for ''Burden of Disease in India'' National Commission on Macroeconomics and Health Publication. p. 85.

312 (i) International Institute of Population Sciences, 1999. National Family Health Survey 2, 1997–98. International Institute of Population Sciences, Mumbai. (ii) Rush, D., 2000. Nutrition and maternal mortality in the developing world. American Journal of Clinical Nutrition 72, 212S–240s http://www.ajcn.org/cgi/reprint/72/1/212S (iii) UNICEF, 2000. Goal: Improve Maternal Health http://www.unicef.org/mdg/maternal.html

313 "Medical and Healthcare Facility Plagued". Source: Abhinandan S, Dr Ramadoss. 22 May 2008.

314 "Childhood Mortality and Health in India" (PDF). Source: Institute of Economic Growth University of Delhi Enclave North Campus India by Suresh Sharma.

Copyright ©2021 Sri Nithyananda Paramashivam. All Rights Reserved

down to 112[315]. By 2007, India's maternal deaths accounted for 25% of the total global maternal deaths[316]. Most of these deaths were due to preventable causes such as hemorrhage, sepsis, pregnancy-induced hypertension, and abortion-related complications. Prevention and timely management of life-threatening complications of birth are one of the key primary healthcare needs of any country. State government reports have shown phenomenal progress, but at the same time, e-governance initiatives at the center have shown that the maternal mortality data from state governments have been fudged, owing to which the Union Health Ministry started implementing measures like spot-checking the data by 2010 which found that merely 60% of the data was correct.[317]

The joint statement of the World Health Organization, the International Confederation of Midwives, and the International Federation of Gynecology and Obstetrics defines a skilled birth attendant as *"an accredited health professional – such as a midwife, doctor or nurse – who has been educated and trained to proficiency in the skills needed to manage normal (uncomplicated) pregnancies, childbirth and the immediate postnatal period, and in the identification, management and referral of complications in women and newborns"*[318]. Evidence shows that maternal deaths can be averted by the presence of a skilled birth attendant at the time of childbirth.

Despite global evidence of the effectiveness of well-trained midwives and skilled birth attendants in reducing maternal mortality, the Government of India has chosen to provide a short (two to three weeks) refresher course to female multipurpose workers. Historically, these workers were trained for 18 months as auxiliary nurse midwives (ANMs) and conducted deliveries. However, since the 1970s, their role has changed; few of them conduct births regularly in the community, and most focus on family planning and immunization.

In 1973, the Kartar Singh Committee of the Government of India had recommended that there should be at least one midwife (Auxiliary nurse midwife) available per 10,000-12,000 people. This ratio is less than 1/20th of the number of indigenous midwives that were present in the 18th and 19th-century era India. In the 1830s, William Adam, a Baptist professor at Harvard and a British Baptist missionary wrote several independent reports describing India at that time. Some of these reports were sponsored by the Governor-General of India. For Natore District (Rajashahy, presently in Bangladesh), in 1835, the report recorded a population was 1,20,928 living in 485 villages, there were 123 indigenous general medical practitioners, 205 village doctors, 21 smallpox inoculators, and 297 women-midwives.[319] This number comes to about 1 indigenous midwife for every 408 people, thus about 24 times the number of Auxiliary nurse midwives recommended by the state Kartar Singh Committee in 1973. The drastic

---

[315] "Maternal health". www.unicef.org.

[316] WHO, 2007. Maternal Mortality in 2005: Estimates Developed by WHO, UNICEF and UNFPA. http://www.who.int/reproductive-health/publications/maternal_mortality_2005/mme_2005.pdf

[317] https://timesofindia.indiatimes.com/india/reality-check-for-states-fudging-infant-maternal-rate-data/articleshow/10536716.cms

[318] WHO, 2004. Making Pregnancy Safer: the Critical Role of the Skilled Attendant. A Joint Statement by WHO, ICM and FIGO. WHO, Geneva. http://www.who.int/making_pregnancy_safer/documents/92415916692/en/index.html

[319] The Beautiful Tree, Indigenous Indian Education in the Eighteenth Century, Dharampal, (ISBN No.: 81-85569-49-5 republished ISBN-10: 8175310952), p52, under section, *"The Second Report: Survey of Nattore Thana"*, originally taken from *"Reports on the State of Education in Bengal", by William Adam*, first published in 1835, 1836 and 1838, reproduced with introduction by Anathnath Basu, published by the University of Calcutta, in 1941

Copyright ©2021 Sri Nithyananda Paramashivam. All Rights Reserved

decrease in the number of indigenous mid-wives over the two centuries is nothing short of cultural genocide, that has only aggravated the problem, the results of which have manifested as a physical genocide – deaths of women during the time of delivery and high mortality rate of new-born infants.

The problem of marginalization, stigmatization, and criminalization of natural birth in India does not have roots in the colonial era, as much as during the post-independence era. During the colonial era, India had a good midwifery-based maternal healthcare system. In those days, doctors were infrequently available in rural areas and had similar expertise as skilled midwives in birth care. Independent India veered away from the midwifery-based maternal health system. During the 19th Century, there were plenty of trained midwives, but no nurses were available to care for the sick and injured. To overcome this shortage of nurses, the then surgeon general of the Madras Presidency proposed that the candidates who underwent midwifery training should also undergo six months of training in nursing, and those who did not qualify as midwives were given a certificate in 'sick nursing'[320]. This arrangement ensured that midwives were also trained as nurses. It was quite evident from the above that midwifery required more skills than 'sick nursing'. With an increasing number of midwives and nurses in India during 1908, the Trained Nurses Association of India (TNAI) was formed to bring all nursing and midwifery personnel together to address their professional and organizational needs. TNAI had separate sections for health visitors, midwives, and nursing and midwifery students. During the Second World War (1939–1945), due to an excessive shortage of trained nurses, the British Government initiated a six-month course for intensive training in nursing and midwifery, which led to the formation of the Auxiliary Nursing and Midwifery Service in 1942. After the war, to continue in the government service, the newly created cadres of auxiliary nurses had to undergo one and half years of training in midwifery to get their certification as midwives; this course gradually led to the creation of ANMs[321]. Thus, in the early part of the 20th Century, a well-organized profession of midwives and nurses existed in India.

The British Government established the Central Board of Nursing and Midwifery in India in 1902. The Board was established to ensure safe births by providing quality services by the well-trained midwives, who were required to follow the regulations and code of conduct decided by the board[322]. At the same time, the chief matrons and nursing and midwifery superintendents in the Madras Presidency decided to start an examination board for the unification of training and practices of nurses and midwives. The South India and Mid-India Boards of Nurse Examiners[323] were established for the examination of the trained candidates. In 1926, the Madras legislative assembly passed the nursing and midwifery act to professionalize and legally recognize the training and practice of nurses, midwives, and 'Dais' (traditional birth attendants (TBAs)). This led to the formation of the Madras Nursing and Midwifery

[320] Tamil Nadu Nurses and Midwives Council. History of the Tamil Nadu Nurses and Midwives Council. http://www.tamilnadunursingcouncil.com/history.asp.

[321] Academy for Nursing Studies, 2005. Situational Analysis of Public Health Nursing Personnel in India, Based on National review and Consultations in Six States. WHO India. 16. http://www.whoindia.org/linkfiles/hsd_resources_situation_analysis_of_public_health_nursing_personnel.pdf

[322] Khanna, S., 2006. 1968 to 1977 political. In: Khanna, S., Khanna, J. (Eds.), Historical Perspectives of Nursing and Nursing Leaders in India from 1947–2006. The East India Nursing Honor Society and Hall of Fame Inc., USA. p. 105

[323] Trained Nurses Association of India, 2001. History and Trends in Nursing in India. TNAI, New Delhi. p. 48, 49, 65, 67.

Copyright ©2021 Sri Nithyananda Paramashivam. All Rights Reserved

Council[324]. It was the first nursing and midwifery council formed in the whole of Southeast Asia. Similar acts were later passed in Bombay and Calcutta Presidencies in 1936 and other areas of British India[325]. These councils maintained separate registers for nurses, midwives, and health visitors. The Bhore committee appointed by the British Government, in 1946 to review the health services in India recommended the creation of an All-India Nursing and Midwifery Council to co-ordinate the activities of the various provincial nursing and midwifery councils, to lay down a minimum educational standard[326]. After independence in 1947, the newly formed Government of India promulgated an act to create a regulatory body for the control and regulation of training of nurses and midwives. This act started the process of unification of the professions of nursing and midwifery, which had previously existed as separate and independent professions with separate and independent registration as registered nurses and registered midwives. This act led to the formation of the Indian Nursing Council in 1947[327]. In 1950, the Indian Nursing Council made important decisions in terms of training of nurses and midwives; viz (a) full course of general nursing and midwifery (GNM) should be three years followed by nine months of midwifery; (b) a course of ANM should be two years with nine months in midwifery[328]. It was evident from this decision that the Indian Nursing and Midwifery Council was only recognizing two courses at the time – GNM and ANM courses[329]. The one-year midwifery diploma course which was recognized by the various state nursing councils formed under British rule was not recognized by the Indian Nursing Council. Commenting on the history of midwifery in India, the Tamil Nadu Nurses and Midwives Council's website says, *'In 1957, the syllabus for the Auxiliary Nurse-Midwives Course was prescribed by the Indian Nursing and Midwifery Council in place of the Course in Midwifery and it was accepted for introduction in suitable training schools in this state. Subsequently, midwifery training was merged with general nursing and midwifery programme'*.

In the beginning, these policies created new hope among traditional midwives, and several benefited from these programs. The ANM course increasingly shifted from hands-on training in the field towards theoretical training with an emphasis on preventive care services. Many village midwives lost interest in these medicalized training courses and say policymakers have never understood the psyche of the midwives. In 1972, the midwifery component of the ANM program was shortened from nine months to six months[330]. All the above-indicated factors along with the unification of the professions initiated the process of dilution of the role of midwives from India, and the separate midwifery training schools slowly closed down.

---

[324] Tamil Nadu Nurses and Midwives Council. History of the Tamil Nadu Nurses and Midwives Council.

[325] Indian Nursing Council, 1947. Indian Nursing Council Act, 1947. www.indiannursingcouncil.org/indian-nursing-council-act-1947.asp

[326] Trained Nurses Association of India, 2001. History and Trends in Nursing in India. TNAI, New Delhi. p. 48, 49, 65, 67.

[327] Indian Nursing Council, 1947. Indian Nursing Council Act, 1947. www.indiannursingcouncil.org/indian-nursing-council-act-1947.asp

[328] Trained Nurses Association of India, 2001. History and Trends in Nursing in India. TNAI, New Delhi. p. 48, 49, 65, 67.

[329] Adranvala, T.K., 1968. Nursing in India-1908-1968. Nursing Journal of India, LIX (11), 369–371.

[330] Indian Nursing Council, 1947. Indian Nursing Council Act, 1947. www.indiannursingcouncil.org/indian-nursing-council-act-1947.asp

Copyright ©2021 Sri Nithyananda Paramashivam. All Rights Reserved

In India, the term nurse-midwife is used to represent the nursing and midwifery staff of all cadres, including the staff nurses, ANMs, or village health nurses in some states.[331] Historically there was no separate association of midwives in India. The 100-year old TNAI had a section for midwives, but as their training got merged with nurses, this section lost its importance and identity. This **de-valuation of the profession of midwifery** and its merger with nursing and midwifery was also reflected in the nursing council. The council was called the 'Indian Nursing Council' and not the 'Indian Nursing and Midwives Council', which indicates that midwives were not given equal importance. The lack of midwives on the Council meant midwives were represented by nurses. Due to the lack of midwives, the nurses started to represent midwives, and midwives today continue to have a lack of recognition by some of their nursing and medical colleagues.[332] Even within the nursing and midwifery profession, there is resistance to recognizing midwifery as specialized training and giving mid-wives their due status.

Almost half a century later, the state policies and understanding have not changed – the National Rural Health Mission's Janani Suraksha Yojana scheme launched in 2015 presses expectant mothers to go for *"institutional delivery"* and avoid home births. The state has tried to use Dais to do the work undone by others.[333]

This is an extremely concerning situation, and both domestic and international experts and organizations such as WHO have laid down a track to handle this. However, a particular point where India has unfortunately failed miserably in supporting the system of child-birth healthcare workers or midwives.

The Sushruta Samhita (सुश्रुतसंहिता) is an ancient Sanskrit text on medicine and surgery, and one of the most important such treatises on this subject to survive from the ancient world.[334] It includes historically unique chapters describing surgical training, instruments, and procedures which is still followed by the modern science of surgery.[335] Sushruta has been called *"father of surgery"* and *"father of plastic surgery"*.[336] Sushruta has dealt with this most important art of midwifery at great length in the tenth chapter of Sushruta Samhita.[337] Principles laid down in Sushruta Samhita and other indigenous scriptures were passed from one generation of midwives to another, and they formed an important part of the medical fraternity in the indigenous first nations of India. However, due to the

---

[331] WHO SEARO, 2003. Nursing and Midwifery Workforce Management: Conceptual Framework. SEARO Technical Publication No. 25. WHO SEARO, New Delhi. p. 2.

[332] Vann, K.M., 1998. Professional autonomy for midwives – an essential component of collaborative practice. Journal of Nurse-Midwifery 43, 41–45.

[333] https://www.epw.in/journal/2009/16/indigenous-systems-medicine-special-issues-specials/can-maternity-services-open

[334] (i) E. Schultheisz (1981), History of Physiology, Pergamon Press, ISBN 978-0080273426, page 60-61, *"... the Charaka Samhita and the Susruta Samhita, both being recensions of two ancient traditions of the Hindu medicine"*. (ii) Wendy Doniger (2014), On Hinduism, Oxford University Press, ISBN 978-0199360079, page 79;Sarah Boslaugh (2007), Encyclopedia of Epidemiology, Volume 1, SAGE Publications, ISBN 978-1412928168, page 547, *"The Hindu text known as Sushruta Samhita is possibly the earliest effort to classify diseases and injuries"*

[335] (i)*Suśruta saṃhitā: a scientific synopsis*. (1980) Indian National Science Academy. OCLC 7952879 (ii) Valiathan 2007.

[336] Kansupada, KB; Sassani, JW (1997). "Sushruta: the father of Indian surgery and ophthalmology". Doc Ophthalmol. **93** (1 - 2): 159 - 67. doi:10.1007/bf02569056. PMID 9476614. S2CID 9045799.

[337] http://jogi.co.in/articles/files/filebase/Archives/1966/jun/1966_311_317_Jun.pdf

Copyright ©2021 Sri Nithyananda Paramashivam. All Rights Reserved

genocides and massacres, the formal knowledge faded, and the expertise survived in an empirical form supported with traditional wisdom passed from generations, therefore there were a lot of variations in what was considered as best practices. Racists biases and stereotypes that prevailed during the colonial era and post-independence era made the profession and its practices being declared superstitious. The cost of this ideological discrimination in the profession was paid by the extremely high number of newborns and infant deaths in villages and suburban areas where the only available and accessible health care is traditional indigenous healthcare. The state policies further aggravated the situation by political interventions in a practical medical field.

A field scholar in the field researcher of the lives of midwives has concluded, *"Most Indians have very little knowledge of traditional midwives. Most people hold the view that a Dai's (midwives') only work is to cut the umbilical cord of the newborn in a barbaric way (using a sharpened bamboo stick, locally known as Chanchari). Yet, the writings of Charaka and Sushruta reveal that midwives used to come from well-to-do families and were well-regarded as wet nurses, not umbilical cord-cutters. Unfortunately, we don't know how they gradually lost their social status and became accepted as untouchable by the higher castes. My field survey of more than a decade has helped me to understand that Dais are very experienced professionals who know every bit about delivery and are good practitioners of folk medicine as well. From the very beginning of pregnancy until parturition, they are the main caretakers of expectant mothers."*[338]

Another field expert shares, *"Two or three generations ago, women gave birth at home with dais handholding them through the entire process. Then, there were no medicines, vaccines, vitamins, or iron pills for pregnancy. Doctors and nurses didn't exist either. People relied on the dais, whose only equipment was their skilled hands, a blade, and mustard oil. Childbirth in India used to be a cultural event with a lot of rituals that helped in the healthy transition of a woman into a mother. With the British invasion, allopathic medicines came in, pushed midwives back, and birth became more of a clinical event."*[339]

Similar reports from some international NGOs have reported how indigenous midwives have been primary health care providers for women in rural settings in India bringing down maternal and infant mortality rates and single-handedly improved the health outcomes for women and children.[340] Indigenous midwives consider their profession selfless following the spirit of Paramashiva's economic principle – that survival needs such as healthcare and food – have to be available as a charity or on basis of barter. Even today, the indigenous midwives refuse to accept money as personal integrity to Paramashiva's principles but are but offered presents like sarees, cereals, and pulses. They walk miles, even late at night, to help women have natural births. Sometimes, they stayed over for an entire day with the expectant mothers in labor.

---

[338] Soma Mukhopadhyay, Midwifery Today, Issue 99, Autumn 2011, https://midwiferytoday.com/mt-articles/female-empowerment-traditional-midwives-india/

[339] Purnima Sah, 5 Aug 2020, https://en.gaonconnection.com/should-indias-health-infrastructure-have-a-place-for-traditional-midwives/

[340] Monalisa Padhee, 30 Oct 2017, https://www.barefootcollege.org/achuki-devi-daima-the-life-saviour/ *"Many women credit Daima Achuki with bringing down maternal and infant mortality rates and single-handedly improving the health outcomes for women and children"*

Copyright ©2021 Sri Nithyananda Paramashivam. All Rights Reserved

The profession was also closely knit in Hindu Jati-Varna traditions (trade or profession guilds). The guilds were marginalized and stereotypes and labeled with the western colonial identity framework called "caste", stigmatized as – 'chamar' cobbler caste – who is considered a lower in the present non-Hindu post-colonial Indian society. It was not so in ancient traditional Hindu settings. The Sushruta Samhita (सुश्रुतसंहिता) the authoritative indigenous Sanskrit text on medicine and surgery has dealt with this most important art of midwifery at great length in the tenth chapter.[341] It talks about specially dedicated delivery homes (सूतिका गृह). The text details that at the time of delivery, four trained and experienced midwives, who had a genial temperament and who could win the confidence of the patient were to be summoned. Sushruta goes to details like mentioning their personal hygiene as a sign of warning – such as that their fingernails must be well-trimmed and they must wear clean, white garments, etc. – as a means of quickly spot-checking their professionalism. Traditionally, and amongst practicing indigenous Hindus, midwives are addressed as – Daima[342] – where the suffix *"ma"* is for respect as a mother. In modern post-colonial urban settings, they are addressed in derogatory ways, especially by trained government staff as *"dangerous dais"*.[343]

[341] http://jogi.co.in/articles/files/filebase/Archives/1966/jun/1966_311_317_Jun.pdf

[342] Monalisa Padhee, 30 Oct 2017, https://www.barefootcollege.org/achuki-devi-daima-the-life-saviour/ *"Many women credit Daima Achuki with bringing down maternal and infant mortality rates and single-handedly improving the health outcomes for women .."*

[343] (i) Soma Mukhopadhyay, Midwifery Today, Issue 99, Autumn 2011, https://midwiferytoday.com/mt-articles/female-empowerment-traditional-midwives-india/ "It was the missionaries who, due to the high rates of maternal and infant mortality, first attacked the age-old techniques of the Indian midwives, addressing them as 'dangerous dai'." (ii) Purnima Sah, 5 Aug 2020, https://en.gaonconnection.com/should-indias-health-infrastructure-have-a-place-for-traditional-midwives/ *"She stopped practicing after a nursing staff, while she was assisting a mother in the labour room of a hospital, said that dais are 'dangerous' to pregnant mothers. Her sons do not want her to work as dai as it is not looked at as a respected job in society."*

Copyright ©2021 Sri Nithyananda Paramashivam. All Rights Reserved

Sulagitti Narasamma

In 70 years, Sulagitti Narasamma (Janani Amma), an indigenous midwife. She performed more than 20,000 traditional deliveries free of charge over 70 years of service in deprived regions of Karnataka with no medical facilities[344], which translates to at least five successful deliveries per week, free of charge. Born in Krishnapura (Tumkur), she manifested powers related to healing and body scanning. She was able to detect the pulse of the fetus while in the womb, without the use of any instruments. A devotee of Bhagwan Krishna, she was known to connect with Him in His form as Bhagwan Dhanvantri and manifest powers. She could very easily detect the position of the baby in the womb. She was awarded the fourth highest civilian award by the government of India – the Padma Sri (2018), the National Citizen's award (2013), and an Honorary doctorate (2014). This has however not redressed the situation and traditional indigenous midwives are still marginalized and stereotyped as *"dangerous"* by the mainstream westernized medical system of India.

In its eighteenth session, the United Nations Permanent Forum on Indigenous issues recognized the important role indigenous midwives play in maternal and child health and highlighted their hardships – *"The Indigenous women have both higher morbidity and mortality rates as a result of lack of access to health care, discrimination and marginalization. The practices and knowledge of indigenous midwives are crucial to the health of indigenous peoples.* ***Unfortunately, their criminalization persists, with a devastating impact not only on the midwives themselves but also on mothers, children, and communities****."*[345]

Privatization and market expansion is squeezing such resourceful communities out of health services coverage and out of existence as well. Their livelihood constraints are tightened by environmental degradation, withdrawal of state welfare coverage, and loss of food security. Insufficient food, overwork, degraded environments, and increasing violence all diminish poor women's health status even before they conceive. This is the sober context of dais' services to women today.

Most women in Tuticorin town now go to the hospital for childbirth. Sitting down to talk, expert Maruttuwachi (a respectful way of addressing traditional midwives) Irudayammal pointed to the empty basket she had just set down after selling a headload of fish.

---

[344] (i) Govt. of India. "Padma Awards 2018". (ii) GovOfIndia. "Story of Dr. Sulagatti Narasamma, Janani Amma - Padma Awardee 2018 in Social Work". Online Edition MyGov India. 2018, MyGov India. (iii) Prajwal Bhat. "Meet the Padma awardee from K'taka who helped deliver babies for 70 yrs, free of cost".

[345] United Nations Permanent Forum on Indigenous Issues Report on the eighteenth session (22 April - 3 May 2019) E/2019/43 E/C19/2019/10 https://www.un.org/development/desa/indigenouspeoples/wp-content/uploads/sites/19/2019/12/Update-on-UNDRIP.pdf

Copyright ©2021 Sri Nithyananda Paramashivam. All Rights Reserved

My livelihood is severely affected. I have to support my invalid husband and disabled son. I love attending to birthing mothers and newborn babies and people pay me well (usually Rs 500 per birth) as they don't like to go to hospitals and [by] far prefer the care I give. **But the government doctor and municipal authorities came some months back and threatened me not to do any more births in homes.** Still, I attend about 10 births a month, 5 in homes and 5 in hospitals.
About 20 years earlier she had attended her younger sister in childbirth, who could not get to the hospital in time. Their mother, having birthed 13 children at home, told her just what to do. Then she went to learn from some nurses in a hospital, working there for a few years until she had a community practice.

In fact, Tamil Nadu's Marattuwachis, in common with dais elsewhere, are experiencing a reduction in income from their services and child-birthing is rarely their only or even main occupation. Due to declining economic conditions in their communities, they are paid less for this work, often in installments. Government dai-training has weakened their financial position, too, since they are now perceived as "government" employees and refused traditional payments (Stephens 1992).
Source: https://www.epw.in/journal/2009/16/indigenous-systems-medicine-special-issues-specials/can-maternity-services-open

However, it is not just the cry of women in suburban, rural, or tribal settings, but women in urban settings also are forced to fight the Indian medical system for natural deliveries.[346]

Urgent need to humanize Childbirth in India

Childbirth, in most parts of the world, is celebrated as a happy occasion. However, many women are also subjected to pain, abuse, insults, disrespect, and even death during the process of childbirth. Horiuchi et al (2016), McKay (1982), Leboyer (2011), and Tew (1990) have attempted to comprehend these dehumanizing practices.
Abusive childbirth practices are reported from around the world. One such shocking incidence was reported from India in the month of May in 2015. Munmun and Sarina Bibi were physically and psychologically abused in the maternity ward of a public hospital in Kolkata. They were asked embarrassing questions such as: why they were ashamed to spread their legs in the hospital when they had no qualms about doing so with their husbands? They were forced to stop shouting. Unnecessary episiotomies (surgical incision between the vaginal and anal canals to supposedly widen the birth canal) were performed on them (Chattopadhyay 2015).
In Brazil, a woman named Adelir was arrested at midnight and forced to undergo a caesarean delivery (also C-section) against her will. The reason cited for this was the apparent danger she would have put her child's life in, had she not undergone a C-section. Adelir wanted a normal delivery for her third child, as she felt that the caesarean delivery during the birth of her first two children had been

[346] (i) *"I wanted to give birth naturally, but doctor after doctor insisted on a C-section"*, 13 November 2017, https://qz.com/india/1126059/amid-indias-craze-for-c-section-deliveries-a-womans-struggle-for-a-natural-birth/ (ii) 12 Sep 2016 'It was the birth I was waiting for': Why urban Indian women want to have babies at home, *"Pregnant women across socio-economic categories experience a deeply-wounding lack of autonomy in the hospital system"* https://scroll.in/pulse/815361/even-in-posh-places-it-is-cut-cut-cut-why-women-in-urban-india-want-to-have-babies-at-home

Copyright ©2021 Sri Nithyananda Paramashivam. All Rights Reserved

unnecessary. This sparked outrage and protests in Brazilian embassies all over the world (Turner and Hill 2014). Another woman, Barbara Saboya, was informed by her doctor that instead of a normal delivery as planned by her, he had decided to perform a C-section so as to be on time for a birthday party that he had to attend. Barbara immediately fled to Rio de Janeiro and had a normal delivery. She became another icon for the Brazil-led humanising childbirth movement (Nolen 2015)

Childbirth brings with it not just physical pain, but also psychological fears, traumas, and postpartum depression. Dealing with these problems alone is difficult. A woman requires care, respect, and gentle guidance, especially during this time. When women are humiliated, physically abused, and denied basic comforts, care, and a healthy birthing environment, it is a matter of grave concern and disgrace for all of humanity.

Healthcare is now considered as an industry where the technical component is given more emphasis than the care aspect. The industrial rationality of enhancing productivity is applied to the healthcare system. As a result, caesarean births are performed like a production line to increase efficiency (Hanlon and Picket 1984; Rattner 2009). Gradually, women begin to believe that labour is an infirmity where operations may be needed to fix a setback through a caesarean. Thus, the incidence of caesarean births, most of which are unnecessary, has skyrocketed within few years.

Source: https://www.epw.in/engage/article/urgent-need-to-humanise-childbirth-in-india

KAILASA offers special care for pregnant women called En-pregnancy care which has benefited thousands of women worldwide. The service is offered completely free. It involves special meditation and yogic processes supporting pregnant women during both – the prenatal and postnatal stages.

Prenatal stress has detrimental effects on both obstetric outcomes, fetal development, and the development of an individual later in life.[347] Studies have shown pregnancy deaths to have doubled in humanitarian crises.[348] Humanitarian crises such as the COVID-19 pandemic increase the difficulty to access antenatal and general healthcare as well as cause stress to the mother. Pregnancy deaths in rural settings have doubled in May 2021, in urban settings, it is even more acute.[349]

Depression, anxiety rates increase among pregnant women, new mothers during the pandemic.[350]

Self-reported mental health among pregnant women, new mothers:

	Depression	**Anxiety**
Before COVID-19 pandemic	15%	29%
During COVID-19 pandemic	40%	72%

Pregnant women have quarantined themselves in Kailasa's Preventive Quarantine centers to avail of this facility. Babies born in En-Pregnancy care are born with extraordinary health, immunity, good

[347] https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5706483

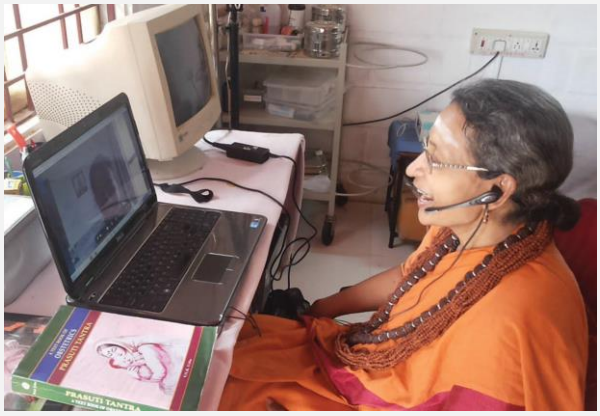
[348] https://www.unfpa.org/resources/maternal-mortality-humanitarian-crises-and-fragile-settings

[349] https://www.nytimes.com/2021/05/23/opinion/india-covid-pregnant-women.html

[350] www.healio.com/news/primary-care/20200625/depression-anxiety-rates-increase-among-pregnant-women-new-mothers-during-pandemic

Copyright ©2021 Sri Nithyananda Paramashivam. All Rights Reserved

weight. There have been zero incidences of preterm births in En-Pregnancy care. En-pregnancy births are known for blissful and painless birth experiences for women, which has been confirmed by the fact that (1) there have been zero incidences of epidural anesthesia in these natural deliveries, (2) shorter labor duration, (3) zero incidences of post-partum depression to date.



Senior female monk of the Sovereign Order of KAILASA giving free obstetrics counseling service under KAILASA's Pregnancy care program called en-Pregnancy.

The Children born under the supervision of KAILASA's in-Pregnancy program are found to be healthier, sharper, calmer, and be able to manifest powers of consciousness more easily.

The En-Pregnancy Care Program provides the knowledge and technique from the ancient science of giving birth to babies with high intelligence. The experiential cognitive shift in expectant parents and those parents wanting to have such babies comes directly from the initiation of The SPH Nithyananda Paramashivam during the program. Many couples who have had issues in conceiving for a long time have been also able to succeed in conceiving. KAILASA's En-Pregnancy Care Program is based on a definite science which has been taken from the Garbhopanishad compiled by Rishi Pippallada from the Krishna Yajur Veda, the Sarvajnanottara Agama, and Tirumandiram of Tirumoolar. The Ayurveda contribution to conscious birthing has come from various texts. These are the Shastra and Apta Pramanas (scriptural and expert testimonial accounts). The Atma Pramanas (injunctions from one's Guru based on scriptural and expert testimonial accounts of earlier Gurus) are the inputs by the SPH Nithyananda Paramashivam.[351]

The essence of the Conscious Pregnancy program is to create the perfect receptacle for the ultimate landing of the intelligent soul. It is a beautiful weave of the ancient Vedic practices and modern medicine endorsing the truth, that every Vedic practice is scientific to its very root, with evidence.

[351] https://www.youtube.com/watch?time_continue=13&v=twx2nRb18QQ

Copyright ©2021 Sri Nithyananda Paramashivam. All Rights Reserved

29 August 2017: The Supreme Pontiff of Hinduism, JagatGuru MahaSannidhanam, His Divine Holiness Bhagavan Sri Nithyananda Paramashivam personally making Aushadha - a spiritually energized medicinal product that integrates, and restores the physical, physiological, psychological, neurological, and conscious components of a person through the use of herbs. This is an ancient science being revived by the SPH Nithyananda Paramashivam. One such Aushada is the *"Putrakameshti Aushadha"* – an energized herbal medicine that aids in conception.[352]

Program highlights

- An insight and introduction to the 4 powers of WORDS, THINKING, FEELING AND LIVING through practicing the 4 Tattvas (root principles) - VEDIC TRUTHS of INTEGRITY, AUTHENTICITY, RESPONSIBILITY, and ENRICHING, the essence of Vedic education while pregnant.
- An understanding of COMPLETION and LISTENING is given to the couple with the technique for completion.
- Conflict-free lifestyle – enriching relationships through COMPLETION.
- Understanding happens that completion is love.
- Divine Feminine Consciousness – the complete expression of both the dimensions – as a beloved and mother. Completion is the secret behind this expression of Motherhood

[352] https://www.youtube.com/watch?v=yI8KPh1loBg

Copyright ©2021 Sri Nithyananda Paramashivam. All Rights Reserved

- Science of conscious birthing and parenting – as understood from creating the perfect environment through the expression of the four powers with Dharma incorporated in them – DO NOT UNTO OTHERS WHAT WOULD CAUSE YOU PAIN IF DONE TO YOU.
- Revitalizing Yoga and Kriya – preparing for conscious and painless birthing Enriching and healing Meditative practices – nurturing the baby

Scientific Study on the Pain Score and Delivery Mode from Participants of this Program

Significance of Pain score

		Blessed	Not blessed	p-value
Pain score		2.484±0.088 (N=95)	6.224±0.1482 (N=85)	<0.0001
Labour duration (For normal delivery)	First stage (hrs)	3.674±0.312 (N=52)	9.719±0.336 (N=32)	<0.0001
	Second Stage (min)	34.65±2.345 (N=52)	78.59±4.415 (N=32)	<0.0001
	Third Stage (min)	10.87±0.2945 (N=52)	14.97±0.7653 (N=32)	<0.0001
Maturity (weeks)		39.18±0.226 (N=95)	39.18±0.2324 (N=85)	NS
Birth weight (Kg)		3.023±0.049 (N=95)	3.047±0.043 (n=85)	NS

Student's unpaired t-test. NS-Not significant

Significance of Delivery mode

Delivery mode	Blessed (N=95)	Not blessed (N=85)	p-value
Vaginal (normal)	50	32	<0.01
LSCS (Primi)	22	41	

Chi-square test

Valuable Input from the Paediatrician Who Has Followed Up with These Babies From Birth

One feature that strikes babies born through en pregnancy care program is the "awareness" and the sharp focus that these babies demonstrate at birth.

Copyright ©2021 Sri Nithyananda Paramashivam. All Rights Reserved

Born with good birth weights, needing no resuscitation, keen feeders, non-colicky babies, extremely social, observant, understanding and self satiated babies are the few terms that describe them in short.

They enjoy good immunity and radiate their blissful space all around them!

Dr. Srilekha from Bangalore

In this, one of the biggest contributions of Hinduism and the SPH Nithyananda Paramashivam has been presented to the world, the true grand narrative of Hinduism, and showcased the effectiveness of Hindu health care policies, especially through the COVID care centers. Principles applied in managing blood banks for example are very different from principles applied in banks holding currencies. Lack of established best practices and principles in pandemic management has manifested in various extremes such as – the hoarding of vaccines[353] in some places, the wastage of vaccines[354] in others, and an unaddressed shortage of vaccines globally[355]. For two decades the leader of the SPH Nithyananda Paramashivam has been creating enlightenment ecosystems in form of sustainable townships across more than a hundred cities in several countries. Most of these townships such as the ASMT Monastery India, Bengaluru have been opened to offer multi-layered quarantine as a free public service with free food/accommodation, free internet to work from home (monastery). The ASMT community has seen a fair amount of success in these Preventive Quarantine centers with zero reported cases of COVID infection in the past two years and has already saved many lives.

For the past twenty-six years, the SPH Nithyannada Paramashivam through KAILASA, its citizens, and volunteers has worked tirelessly to offer the services of Sanatana Hindu Dharma (Hinduism) in its true authentic form, applying the principles of Hinduism for making the world a better place.

For 27 years, every month the Hindu ASMT community has served more than 3 million[356] free organic meals in religious gatherings to everyone without discrimination and has served over 1 billion[357] free meals in total.

---

[353] https://www.bbc.com/news/health-55229894

[354] https://healthpolicy-watch.news/indias-vaccine-wastage-concerns/

[355] https://www.business-standard.com/article/current-affairs/world-coronavirus-dispatch-no-easy-fix-for-global-vaccine-shortage-121051600344_1.html

[356] Anna Daan (Distribution of free organic meals) during festival such as Pournami (full moon day festival) - some instances - (i) https://nithyanandapedia.org/wiki/April_17_2011 , (ii) https://nithyanandapedia.org/wiki/January_08_2012 , (iii) https://nithyanandapedia.org/wiki/November_10_2011 , (iv) https://nithyanandapedia.org/wiki/December_08_2011 , etc. every full moon day for past 27 years.

[357] (A) Anna Daan during festivals (B) Anna Daan during Kumbh Melas serving 10 million free meals - https://nithyanandapedia.org/wiki/April_28_2016 , https://nithyanandapedia.org/wiki/May_17_2016 https://nithyanandapedia.org/wiki/September_10_2015 etc **(C)** Anna Daan during natural calamities and disasters https://nithyanandapedia.org/wiki/January_02_2012 , https://nithyanandapedia.org/wiki/January_03_2012 , https://nithyanandapedia.org/wiki/January_04_2012 , https://nithyanandapedia.org/wiki/January_05_2012 , https://nithyanandapedia.org/wiki/January_06_2012 , https://nithyanandapedia.org/wiki/January_07_2012 **(D)** Anna Daan during COVID-19 crisis aggravated by the lock down https://fb.com/1499333043578701 , https://fb.com/1504153646429974 , https://fb.com/1504152806430058 **etc.**

Copyright ©2021 Sri Nithyananda Paramashivam. All Rights Reserved

The citizens and volunteers of KAILASA have saved millions[358] of human lives through various disaster relief works such as the 2012 Thane cyclone[359] and blood donation camps[360].

The SPH Nithyananda Paramashivam has emphasized the need and urged the government worldwide to provide food, safety, medical care, shelter, and all survival needs to all human beings under their care, with absolute multilayer quarantine, until coronavirus is eliminated from planet earth including all different strains of the virus. The SPH Nithyananda Paramashivam has urged citizens worldwide, especially from regions severely affected by the pandemic to protect themselves as the topmost priority and avail these free quarantine facilities that the community has created, especially as home quarantine has failed for many and is known to be a primary reason for a large number of deaths in many scenarios.[361] In May 2021, KAILASA opened its temple-monastic-community premises (Aadheenams) in India for providing multi-layer preventive quarantine as a free service for protecting people from the ongoing COVID-19 pandemic. Irrespective of race, religion, caste, nationality, gender, etc., the service is offered completely free of charge to all. For two decades the leader of the ASMT Hindu community, the Supreme Pontiff of Hinduism (SPH) Jagat Guru Mahasannidhanam (JGM) His Divine Holiness (HDH) Bhagavan Nithyananda Paramashivam had been creating sustainable townships (enlightenment ecosystems) across more than a hundred cities in several countries. Most of these townships such as the ASMT Monastery India, Bengaluru have been opened to offer multi-layered quarantine as a free public service with free food/accommodation, free internet to work from home (monastery). The ASMT community has seen a fair amount of success in these Preventive Quarantine centers with zero reported cases of COVID infection in the past two years and has already saved many lives.

The psychological health impact of COVID has become an extremely concerning problem that is particularly affecting the younger population more. There has been an increase in self-harm, self-sabotage, and suicidal behavior in the student community.[362] Kailasa has provided free online meditation and Yoga classes to reach out to people in distress who cannot avail of the benefits of Kailasa's COVID care facilities directly. These include powerful Hindu principles from the Veda-Agamas such as Science of Completion (Purnatva), and the Collective Integrity process. Science of Completion

---

[358] **(i)** Tsunami Relief https://nithyanandapedia.org/wiki/January_05_2005 , **(ii)** Andhra Flood Relief https://nithyanandapedia.org/wiki/October_11_2009 , **(iii)** Karnataka Flood Relief https://sriparashiva.github.io/kailasaarchivedwebsites/services-dhyanapeetam/pages/flood-relief2009-KA.shtml and Directly contributing to the Chief Minister's relief fund https://nithyanandapedia.org/wiki/October_12_2009 , **(iv)** Phase two flood relief effort (Mahabubnagar & Kurnool) in Andhra Pradesh https://sriparashiva.github.io/kailasaarchivedwebsites/services-dhyanapeetam/pages/flood-relief2009-AP2.shtml , **(v)** Thane cyclone relief https://nithyanandapedia.org/wiki/January_05_2012 **etc**.

[359] Thane cyclone flood relief, Anna Daan, medical camps etc. https://nithyanandapedia.org/wiki/January_02_2012 , https://nithyanandapedia.org/wiki/January_03_2012 , https://nithyanandapedia.org/wiki/January_04_2012 , https://nithyanandapedia.org/wiki/January_05_2012 , https://nithyanandapedia.org/wiki/January_06_2012 , https://nithyanandapedia.org/wiki/January_07_2012

[360] (i) 365 day blood donation camps - https://nithyanandapedia.org/wiki/August_15_2009 (ii) https://nithyanandapedia.org/wiki/December_11_2011 etc.

[361] https://economictimes.indiatimes.com/news/india/home-quarantine-is-prime-reason-for-large-number-of-deaths-in-assam-himanta-biswa-sarma/articleshow/82739223.cms

[362] https://www.indiatoday.in/education-today/news/story/don-t-forcefully-vacate-students-from-hostels-amid-pandemic-karnataka-deputy-cm-1794792-2021-04-25

Copyright ©2021 Sri Nithyananda Paramashivam. All Rights Reserved

(Purnatva) empowers people to redress their inner and external conflicts, by identifying the root of thought currents that make them experience powerlessness, meaninglessness, hopelessness and replacing these with powerful cognitions and truths that remind them of their innate peaceful and blissful nature, giving them the strength to face life holistically as it comes. Likewise, the Collective Integrity process helps people stay together with Completion (Purnatva) and non-conflict as a collective group supporting each other. This is extremely crucial for the world today, especially given the fact that globalization of disease has made the world to be only as resilient as the least resilient country and person[363], particularly concerning for the highly contagious COVID-19 which has spread with scale and severity not seen since Spanish flu[364]. These and many other processes and teaching from Hinduism, provide a psychological support system and empowering people for life. More than a million people worldwide have been benefited from these programs. Research on meditation has indicated that every minute of meditation brings a reduction in the crime rate.[365]

The ASMT community runs indigenous schools called Nithyananda Gurukul which offer traditional, religious, and modern education (Edexcel IGCSE) completely free of cost and is recognized[366] for academic excellence and consistently having a significant number of children completing matriculation at an age lesser than the national average. Nithyananda Hindu University has a memorandum of understanding signed with the Republic of Mauritius for opening its branches in Mauritius.[367]

Since the creation of the Millennium Development Goals, there have been historic achievements in reducing child mortality,

The country registered a 4.5 percent annual rate of reduction in under-five mortality between 1990-2019. The number of under-five deaths in India dropped from 3.4 million in 1990 to 824,000 in 2019. The infant mortality rate (deaths per 1,000 live births) in India declined from 89 in 1990 to 28 last year, with the country registering 679000 infant deaths last year, a significant decline from 2.4 million infant deaths in 1990. The country also witnessed a decrease in neonatal mortality rate between 1990 and 2019 from 57 to 22 - 1.5 million neonatal deaths in 1990 to 522,000 deaths in 2019.

Improving maternal health and tackling HIV/AIDS, tuberculosis, malaria, and other diseases. In 15 years, the number of people newly infected by HIV each year has dropped from 3.1 million to 2 million, and over 6.2 million lives were saved from malaria. Since 1990, maternal mortality fell by 45 percent, and worldwide there has been an over 50 percent decline in preventable child deaths globally.

---

[363] Marc Fleurbaey (2020), We are all in this together? More than you think, 6 April

[364] (i) "Pandemic Influenza Risk Management WHO Interim Guidance" (PDF). World Health Organization. 2013. p. 19. Archived (PDF) (ii) Spreeuwenberg P, Kroneman M, Paget J (December 2018). "Reassessing the Global Mortality Burden of the 1918 Influenza Pandemic". American Journal of Epidemiology. Oxford University Press. **187** (12): 2561 - 2567. doi:10.1093/aje/kwy191. PMC 7314216. PMID 30202996. (iii) Rosenwald MS (7 April 2020). "History's deadliest pandemics, from ancient Rome to modern America". The Washington Post.

[365] https://www.jstor.org/stable/27522387

[366] 9 August 2018, Nithyananda gurukul honored with World Education Summit, Leadership Award

[367] (i) http://state.gov.kailasa.sk/?p=620 (ii) https://www.indiatoday.in/india/story/where-is-nithyananda-not-on-our-land-says-ecuador-mauritius-new-speculated-refuge-1625894-2019-12-06

Copyright ©2021 Sri Nithyananda Paramashivam. All Rights Reserved

Despite this incredible progress, AIDS is the leading cause of death among adolescents in sub-Saharan Africa, and 22 million people living with HIV are not accessing life-saving antiretroviral therapy. New HIV infections continue to rise in some locations and in populations that are typically excluded or marginalized.

The chronic and catastrophic disease remains one of the main factors that push households from poverty into deprivation. Non-communicable diseases (NCDs) impose a large burden on human health worldwide. Currently, 63% of all deaths worldwide stem from NCDs – chiefly cardiovascular diseases, cancers, chronic respiratory diseases, and diabetes. The cumulative economic losses to low- and middle-income countries from the four diseases are estimated to surpass US$ 7 trillion by 2025. Additionally, there continues to be underinvestment in the social circumstances and environmental factors affecting health. The job on HIV and health is far from done.

Promoting health and well-being is one of 17 Global Goals that make up the 2030 Agenda for Sustainable Development. An integrated approach is crucial for progress across the multiple goals.

With developments in modern medicine such as the discovery of antibiotics and developments in vaccination, the global average life expectancy of humans increased.[368] Antibiotic resistance has been an important discussion point in sustainable development goals.[369] The ancient indigenous education of India had a profound positive impact on sustainable solutions to health, such as the development of natural freely available organic antibiotic remedies[370], free and affordable[371] healthcare, vaccination[372] procedures, surgical[373] procedures, etc.

Affordable and accessible universal healthcare especially for marginalized communities – A report from 1835-38 by William Adams, for Thana of Natore (Rajashahy, Bangladesh), recorded the population at 120,928 with 485 villages, 123 "*native general medical practitioners*", 205 "*village doctors*", 21 "*smallpox inoculators*" (vaccinators), 297 *women-midwives*. Comparing the number of auxiliary nurse midwives (a state healthcare worker) recommended in modern India, by a State commission was to be at least one for a population of 10000-12000 people[374] which is merely 4% of what was found to be during 1830 that too without any government support. Though these traditional midwives have been deprived of formal traditional education as they had 200 years ago, Sulagitti Narasamma[375] a traditional midwife has performed more than 15000 traditional successful child deliveries in tribal and impoverished regions of India completely free of charge for seventy years until

---

[368] Adedeji WA. THE TREASURE CALLED ANTIBIOTICS. Ann Ib Postgrad Med. 2016;14(2):56-57.

[369] https://sustainabledevelopment.un.org/content/documents/634484-Cars-Antibiotic%20resistance%20(ABR)%20-%20No%20sustainability%20without%20antibiotics%20-%20ReAct.pdf

[370] https://www.nature.com/articles/37838

[371] Gopinath BG. Foundational ideas of Ayurveda. Medicine and Life Sciences in India. In: Subbarayappa BV, Chattopadhyay DP, editors. New Delhi: Centre for Studies in Civilizations; 2001. pp. 59–107. History of Science, Philosophy and Culture in Indian Civilization; Part 2. Vol. IV.

[372] J. Van Alphen; A. Aris (1995). "*Medicine in India*". Oriental Medicine: An Illustrated Guide to the Asian Arts of Healing. London: Serindia Publications. pp. 19-38 ISBN 978-0-906026-36-6.

[373] Kansupada, KB; Sassani, JW (1997). "*Sushruta: the father of Indian surgery and ophthalmology*". Doc Ophthalmol. **93** (1-2): 159-67. doi:10.1007/bf02569056. PMID 9476614. S2CID 9045799.

[374] S.L. Goel (1 January 2008). Rural Health Education. Deep & Deep Publications. pp 9 - ISBN 978-81-8450-115-5.

[375] "Padma Shri awardee Sulagitti Narasamma passes away at 98". The Economic Times. 25 December 2018

Copyright ©2021 Sri Nithyananda Paramashivam. All Rights Reserved

she died in 2018 for which she has been recognized[376] with the fourth-highest civilian award in the Republic of India. India has the maximum number of infant deaths in the world[377], with a significant number of cases being from minority communities such as Adivasis and Dalits[378], and thus could greatly benefit from the revival of the traditional medical system and education. Similarly in other dimensions of health care, such as orthopedics, the total number of orthopedic operations done by a few of the top hospitals in the US[379] put together is around 17000 annually, whereas a small village named Rachapalem in India performs more than 60000 non-invasive orthopedic treatments as per ancient indigenous tradition all free of charge[380]. The Central Government of India, Ministry of AYUSH[381] was formed in the year 2014, to support such traditional healthcare systems, and is a step in the right direction for achieving sustainable development goals 2030. To undo the damage of colonialization and destruction of the traditional education system, various non-profit public-private joint ventures in skill development such as Kaushal College have set up several nursing colleges to increase the rural healthcare workers and especially empower impoverished rural women with jobs[382].

(d) SDG-3 and 11 (Good health and wellbeing, sustainable cities and communities)

The Census data of India, indicate that home quarantine for protection from COVID-19 pandemic as per the guidelines[383] of the Central Ministry of Health is nearly impossible to implement for the majority of households in India[384]. The ASMT community led by the Supreme Pontiff of Hinduism (SPH) JagatGuru Mahasannidhanam (JGM) His Divine Holiness (HDH) Bhagavan Sri Nithyananda Paramashivam, has worked for over two decades for the creation of sustainable communities modeled around ancient Hindu lifestyle in the form of KAILASA – the civilizational Hindu nation. For the past 27 years, the SPH has worked tirelessly and offered the social services of Hinduism[385], for example, the citizens and volunteers of Kailasa led by the SPH serve more than 3 million[386] free organic

---

[376] "Story of Dr. Sulagatti Narasamma, Janani Amma - Padma Awardee 2018 in Social Work". MyGov India. 2018

[377] (i) https://www.downtoearth.org.in/news/india-has-maximum-infant-deaths-in-the-world-44487 (ii) The Lancet - Child mortality: the challenge for India and the world, 19 Sep 2017 DOI:https://doi.org/10.1016/S0140-6736(17)32469-8

[378] Health: Inequities in Health in India and Dalit and Adivasi Populations (January 2018) DOI:10.1007/978-981-10-5089-3_5 (pp.97-120), Authors: Sudharshini Subramaniam Madras Medical College

[379] https://gcr.org/top/orthopedics

[380] thehindu.com/news/national/andhra-pradesh/despite-advances-in-medicine-puttur-kattu-has-global-takers/article25669726.ece

[381] Ministry of Ayurveda, Yoga, Naturopathy, Unani, Siddha, Sowa-Rigpa and Homoeopathy

[382] https://hr.economictimes.indiatimes.com/news/workplace-4-0/learning-and-development/parfi-foundation-trains-18000-underprivileged-youths/80132044

[383] https://www.mohfw.gov.in/pdf/Guidelinesforhomequarantine.pdf

[384] (i) https://www.thehindubusinessline.com/news/covid-19-on-why-home-quarantine-is-impossible-for-the-majority-of-indians/article32275067.ece (ii) https://timesofindia.indiatimes.com/india/why-home-quarantine-is-difficult-in-india/articleshow/74704620.cms

[385] https://nithyanandapedia.org/wiki/Main_Page

[386] **Anna Daan** (Distribution of free organic meals) during festival such as Pournami (full moon day festival) - some instances - (i) https://nithyanandapedia.org/wiki/April_17_2011 , (ii) https://nithyanandapedia.org/wiki/January_08_2012 , (iii) https://nithyanandapedia.org/wiki/November_10_2011 , (iv) https://nithyanandapedia.org/wiki/December_08_2011 , etc. every full moon day for past 27 years.

Copyright ©2021 Sri Nithyananda Paramashivam. All Rights Reserved

meals per month in religious gatherings every month and have served over a billion[387] free meals in total. The citizens and volunteers of KAILASA have saved millions[388] of human lives through various disaster relief works such as the 2012 Thane cyclone[389] and blood donation camps[390]. In May 2021, KAILASA opened its temple-monastic-community premises (Aadheenams) in India for providing multi-layer preventive quarantine as a free service for protecting people from the ongoing COVID-19 pandemic. Irrespective of race, religion, caste, nationality, gender, etc., the service is offered completely free of charge to all. Under this service, the ASMT temple community offers free stay, free organic food, free medicines, free medical care, free internet, etc.

The sustainable development goal for child mortality is to reduce the rate to less than 2.5% in all countries of the world. Achieving this goal would mean that the number of child deaths would be more than half in the SDG era, from 6.3 million in 2015 to 2.66 million in 2030.[391]

The COVID-19, which originated in December 2019, spread fast with more than 500,000 confirmed cases and 23,000 deaths to date, affecting around 170 countries and territories around the world in just 3 months.

There is an immense inequality in the capacities of governments, organizations, and people on two grounds – (1) health response, (2) economic recovery. Surviving the highly contagious COVID-19 where the world is only as resilient as the least resilient country and person requires governments, organizations, and people to collectively address the crisis. From 3200 BCE[392], 56[393] nations in Asia had

---

[387] **(A)** Anna Daan during festivals **(B)** Anna Daan during Kumbh Melas serving 10 million free meals - https://nithyanandapedia.org/wiki/April_28_2016 , https://nithyanandapedia.org/wiki/May_17_2016 https://nithyanandapedia.org/wiki/September_10_2015 etc **(C)** Anna Daan during natural calamities and disasters (*refer next footnote*) **(D)** Anna Daan during COVID-19 crisis aggravated by the lock down https://fb.com/1499333043578701 , https://fb.com/1504153646429974 https://fb.com/1504152806430058 **etc.**

[388] **(i)** Tsunami Relief https://nithyanandapedia.org/wiki/January_05_2005 , **(ii)** Andhra Flood Relief https://nithyanandapedia.org/wiki/October_11_2009 , **(iii)** Karnataka Flood Relief https://sriparashiva.github.io/kailasaarchivedwebsites/services-dhyanapeetam/pages/flood-relief2009-KA.shtml and Directly contributing to the Chief Minister's relief fund https://nithyanandapedia.org/wiki/October_12_2009 , **(iv)** Phase two flood relief effort (Mahabubnagar & Kurnool) in Andhra Pradesh https://sriparashiva.github.io/kailasaarchivedwebsites/services-dhyanapeetam/pages/flood-relief2009-AP2.shtml , **(v)** Thane cyclone relief https://nithyanandapedia.org/wiki/January_05_2012 **etc**.

[389] Thane cyclone flood relief, Anna Daan, medical camps etc. https://nithyanandapedia.org/wiki/January_02_2012 , https://nithyanandapedia.org/wiki/January_03_2012 , https://nithyanandapedia.org/wiki/January_04_2012 , https://nithyanandapedia.org/wiki/January_05_2012 , https://nithyanandapedia.org/wiki/January_06_2012 , https://nithyanandapedia.org/wiki/January_07_2012

[390] (i) 365 day blood donation camps - https://nithyanandapedia.org/wiki/August_15_2009 (ii) https://nithyanandapedia.org/wiki/December_11_2011 etc.

[391] https://ourworldindata.org/child-mortality

[392] (i) Ved Veer Arya, *"THE CHRONOLOGY OF INDIA: From Manu to Mahabharata"*, Aryabhata Publications, ISBN 8194321301 (ii) Nilesh Oak estimates the period as 5561BCE, "*When Did The Mahabharata War Happen?: The Mystery of Arundhati*", ISBN 0983034400

[393] (i) Saktisangama Tantra, Chapter- Sundari Khandha, Saptam Patala, Verses 16-73, refer Saktisangama Tantra Vol III https://archive.org/details/SaktisangamaTantraVolIIIGaekwadOrientalSeries/page/n83/mode/2up (ii) List of 56 nations https://docs.google.com/document/d/1H7OJADdrFjrdl8nR5KMuc7sJkG6zXOob0K6X5wbmBno/view

Copyright ©2021 Sri Nithyananda Paramashivam. All Rights Reserved

multilateral treaties based on the Hindu principle – 'वसुधैव कुटुम्बकम्' (Vasudeva Kutumbakam) – "Entire world is my family".

अयं बन्धुरयंनेति गणना लघुचेतसाम्। उदारचरितानां तु वसुधैव कुटुम्बकम्॥ Maha Upanishad Ch. 6, verse 71-73.[394]

(c) Provide sustainable community livings with multi-layered quarantine

Home or Self-quarantine is not a viable solution for a vast majority of people for either health safety or economic reasons. In Assam, home quarantine has been reported to be a primary reason for a large number of deaths.[395] In some places, governments have moved people out of home quarantine to covid-care-centers[396]. Other issues linked with quarantine, especially in small houses are mental health problems[397] – such as an increase in suicidal ideation, especially amongst the younger population[398]. This requires friendly quarantine setups which are self-sustained and sufficient in terms of food stock and supplies, recreation, employment, education, etc. In India, State Governments have attempted to provide free and paid[399] solutions which face various challenges related to hygiene, exorbitant pricing.[400] Some facilities[401] have seen challenges related to requests for private accommodation.[402] Experimental townships such as Auroville[403] have demonstrated a fair amount of success in creating a friendly, safe, and compliant quarantine facility. However, solutions such as Auroville are not open to the public. For two decades the leader of the ASMT Hindu community, the Supreme Pontiff of Hinduism (SPH) Jagat Guru Mahasannidhanam (JGM) His Divine Holiness (HDH) Bhagavan Nithyananda Paramashivam had been creating townships like Auroville across more than a hundred cities in several countries. Most of these townships such as the ASMT Monastery India, Bengaluru have been opened to offer multi-layered quarantine as a free public service with free food/accommodation, free internet to work from home (monastery). The ASMT community has seen a fair amount of success in these townships with zero reported cases of COVID infection in the past two years and has already saved many lives.

---

[394] Translation of the Maha Upanishad Chapter 6 verses 71-73, *"Only the denigrated small-minded with a very pathetic outlook of life discriminate between kin and a stranger; while for the magnanimous, the entire world is a family."*

[395] https://economictimes.indiatimes.com/news/india/home-quarantine-is-prime-reason-for-large-number-of-deaths-in-assam-himanta-biswa-sarma/articleshow/82739223.cms

[396] https://timesofindia.indiatimes.com/city/mumbai/mumbai-20l-in-home-quarantine-in-state-govt-to-shift-them-to-covid-centres-in-phases/articleshow/83129114.cms

[397] www.kff.org/coronavirus-covid-19/issue-brief/the-implications-of-covid-19-for-mental-health-and-substance-use/

[398] (i) https://www.webmd.com/lung/news/20210210/child-suicides-rising-during-lockdown (ii) https://www.washingtonpost.com/health/2020/11/23/covid-pandemic-rise-suicides/

[399] https://timesofindia.indiatimes.com/city/bengaluru/compulsory-paid-quarantine-irks-people-returning-to-karnataka-from-other-states/articleshow/75707798.cms

[400] https://www.indiatoday.in/india/story/karnataka-quarantined-man-claims-gross-mismanagement-by-authorities-1679768-2020-05-19

[401] https://indianexpress.com/article/india/coronavirus-outbreak-manesar-quarantine-facility-diamond-princess-japanese-cruise-ship-6312521/

[402] https://www.newindianexpress.com/nation/2020/mar/13/coronavirus-demand-for-separate-rooms-hindering-functioning-of-armys-quarantine-facility-2116207.html

[403] https://www.thehindu.com/news/national/tamil-nadu/the-auroville-way-of-tackling-the-pandemic/article34748146.ece

Copyright ©2021 Sri Nithyananda Paramashivam. All Rights Reserved

The SPH Nithyananda Paramashivam has urged citizens worldwide, especially from regions severely affected by the pandemic to protect themselves as the topmost priority and avail these free quarantine facilities that the community has created, especially as home quarantine has failed for many and is known to be a primary reason for a large number of deaths in many scenarios.[404] The SPH Nithyananda Paramashivam has emphasized the need and urged the government worldwide to provide food, safety, medical care, shelter, and all survival needs to all human beings under their care, with absolute multilayer quarantine, until coronavirus is eliminated from planet earth including all different strains of the virus.

(d) Educate citizens on individual pandemic management

Unlike previous pandemics, the current era provides active, real-time, and visual information about fatalities. Underreporting of this data may give false hope and make people reckless. Exaggerations in reporting can also make people reckless as they may feel eventual death due to a coronavirus is inevitable. Proper education is extremely crucial, as it will dramatically reduce the number of deaths and reduce the challenge on the health-care-systems. Alcohol-related deaths have hit a record high during this pandemic[405], and long post-lockdown liquor lines[406] are some extremely worrisome issues regarding which people need to be educated. As a top priority, people need to be given confidence in their life and security about their future for them to stop behaving recklessly or fall into depression and commit suicide[407].

Being the only Hindu nation, it is KAILASA's Dharmic (cosmically ordained) responsibility to offer its humble services – the time-tested, age-old authentic solutions from the Vedagamas, the ancient Hindu scriptures, to the entire humanity.

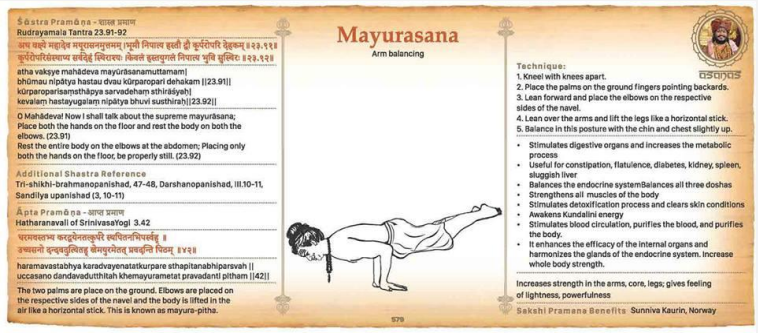
For the last 26 years, the Federal Government of KAILASA through the department of health addressed the holistic health needs of all its citizens through Yogic, Ayurvedic, Naturopathy, and Siddha Solutions, and Medical care. KAILASA shall continue working towards this goal, more so especially during the present time of the COVID-19 pandemic, when the world is desperately looking for solutions.

[404] https://economictimes.indiatimes.com/news/india/home-quarantine-is-prime-reason-for-large-number-of-deaths-in-assam-himanta-biswa-sarma/articleshow/82739223.cms
[405] https://www.bbc.com/news/health-55900624
[406] https://www.bbc.com/news/world-asia-india-52640266
[407] https://timesofindia.indiatimes.com/city/bengaluru/suicides-touched-11-year-high-in-2020-experts-blame-covid/articleshow/80605949.cms

Copyright ©2021 Sri Nithyananda Paramashivam. All Rights Reserved

21 June 2017: The Supreme Pontiff of Hinduism, JagatGuru MahaSannidhanam, His Divine Holiness Bhagavan Sri Nithyananda Paramashivam released the world's most exhaustive compilation of original Yoga techniques with scriptural references as given by Paramashiva more than ten-thousand years ago in source scriptures. Unlike modern adulterated practices done in the name of Yoga (such as beer-Yoga), which are dangerous, this compilation provides original techniques which are safe, effective, and give not only health benefits but lead to enlightenment, the actual purpose of Yoga.

Copyright ©2021 Sri Nithyananda Paramashivam. All Rights Reserved



Peacekeepers of the Sovereign Order of KAILASA practice, demonstrate and teach Nithya Yoga exactly as revealed in the scriptures.

December 2017, Shivastamba Yoga performance; during the Mahasadashivoham (an International Hindu Conference)

Copyright ©2021 Sri Nithyananda Paramashivam. All Rights Reserved

The SPH Nithyananda Paramashivam and KAILASA's Nithyananda University received the Guinness World Record on 30 Sept 2017 for largest Rope Yoga lesson, and another Guinness World Record on 3 Oct 2017 for largest Mallakhamba lesson.

His Divine Holiness Sri Nithyananda Paramashivam and KAILASA's Nithyananda University received the Guinness World Record on 30 Sept 2017 for largest Rope Yoga lesson, and another Guinness World Record on 3 Oct 2017 for largest Mallakhamba lesson.

Copyright ©2021 Sri Nithyananda Paramashivam. All Rights Reserved

The Free Medical camps were run by Yellow Om, the Sovereign Order of KAILASA, and KAILASA's Department of Health at Ujjain Kumbh Mela 2016. The camp was visited by 10 Million citizens of KAILASA and Hindus.

The Free Medical camps were run by KAILASA's Department of Health, KAILASA's Yellow Om, and the Sovereign Order of KAILASA at different places from 2006 to 2018.

Copyright ©2021 Sri Nithyananda Paramashivam. All Rights Reserved

Free multispecialty Medical Camps organized by KAILASA's Department of Health and KAILASA's Yellow Om worldwide in urban and rural areas, giving a free diagnosis, medicines, and other medical support.

www.afternoonvoice.com

Afternoon VOICE

PROPERTY TRAVEL

RNI No. MAHENG/2009/29332

VIEWS & VISION OF CITY

Volume : 10 Issue : 143 MUMBAI • FRIDAY • JANUARY 25, 2019 Pages : 16

SWAMI NITHYANANDA

Assures No More Blinds!

"Vedas has mention of such Vidya where even blind people can see through inner vision. One institute in Malleswaram is practicing this and the students, after rigorous training, have mastered the Art. The Hindu religion is rich in various inventions; if you practice it, you will start believing in it."

Swami Hari Chaitanya Puri Maharaj

VAIDEHI

@afternoon_voice

According to the disciples of the self-styled Godman HDH Nithyananda Paramashivam on January 23, he initiated into powers of the third eye to 82 students afflicted by varying stages of blindness at a blind school in Vastrapur area of Ahmedabad, Gujarat, claiming there will be No More Blind kids! As per the Nithyananda Hindu University, "Bhagawan Sri Nithyananda Paramashivam" initiated powers of the third eye to the blind children enabling them to read print material with consistency and stability while recognising shapes, pictures, objects, and colours for the first time in their lives. In a conversation with AV Editor, Swami Hari Kripalu Maharaj exclaimed, "Vedas has mention of such Vidya where even blind people can see through Inner vision. One institute in Malleswaram is practicing this and the students, after rigorous training, have mastered the Art. The

Continued on page 2 »

Dr. Tatyarao Lahane
Eye Specialist

If miracle by spiritual leaders had the power to bring eyesight back, no blind would've been left in the world.

Trolls to true followers triumph Swami Nithyananda

A man who always claimed extraordinary things, the one who always spoke his mind without diplomacy or trying to be politically correct, he snack to his Dharma and religion. He is one of the best personalities who are not ashamed of anything. His Leelas (acts) are absolutely amazing; his range of popularity is always at peak. No matter you like him or not, you can't get away from him. Let it be the social media trolling or transformation as a silent disciple, one gets glued to his videos. It is very easy to make fun of such personalities who are not following the routine life and whose prerogatives are not monotones like any other spiritual Godman. Maybe, this is the reason he had to go through a lot of controversies. He is the favourite target of media and state management; but on the other hand, he is highly regarded by his gurukul (academic institution) students and his followers. They differ with general opinion about him because they have witnessed his declarations and they have reasons to believe him. People in the virtual world are the one who has never seen him in person or never witnessed his capacities. I am one of them; I have not met him personally and had trolled him a lot on social media. He literally blocked me on Twitter; I commented on the Facebook making fun of him but when I got tired of doing so, I realised that there are people right in that comment section who are not only praising him but have high regards and they ignore all the trolls like me. The journalist in me got in the probe; during the process what I understood is that while trolling, I ignored the good things he is doing for the society, religion, and mankind. I chose to be a selective attacker like others. Without knowing a person, without seeing him in person, without knowing his abilities, and without understanding his path, I was judging him, which was uncalled for.

I remember, when he was accused of rape, a few years ago, and the media made big headlines; however, when he was released, no media bothered to publish the truth. I am no one to decide whether he was guilty or not, but the

...continued on page no 2

Editoritis

Vaidehi

25 January 2019: The SPH Nithyananda Paramashivam initiated born blind children through His Disciples, enabling blind children to see using their third eye.

Copyright ©2021 Sri Nithyananda Paramashivam. All Rights Reserved

2006: Bangalore, Child unable to walk receives a healing touch of His Divine Holiness. Many experience miraculous healing effects of the so-called incurable diseases with the compassion and blessings of His Divine Holiness Bhagavan Sri Nithyananda Paramashivam.

Sept 2014: An eighty-year-old lady who was not able to walk and was wheelchair-bound for more than a decade was able to walk with His Divine Holiness blessings.

Free and accessible medical camps all over the State of Tamil Nadu are held in over 50 places benefitting millions of people run directly by the Sovereign Order of KAILASA and Yellow Om.

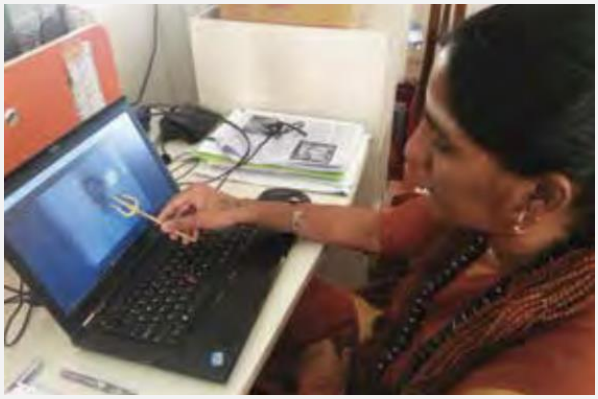
Copyright ©2021 Sri Nithyananda Paramashivam. All Rights Reserved

The Sovereign Order of KAILASA and Yellow Om conducting free Yoga classes, for men and women of all ages, in various parts of the world.

Free Social Services For Children – Education, Medical, Meditation, Education Materials - free Dental Camp - Rasipuram, Tamil Nadu

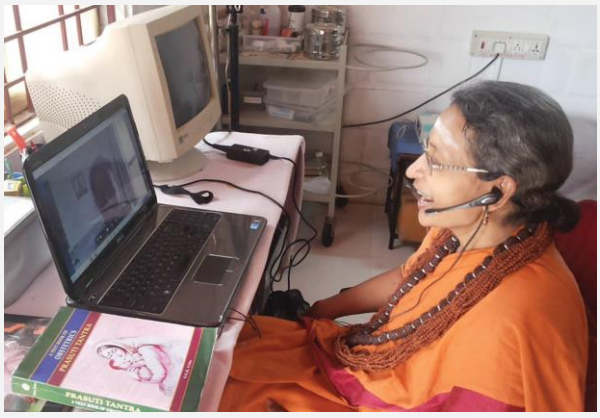
2007: ENT (Eyes/Nose/Throat) Medical Camp organized by the doctors of KAILASA's Yellow Om, and the Department of Health KAILASA.

Copyright ©2021 Sri Nithyananda Paramashivam. All Rights Reserved



Ma Nithya Jnanatmananda Swami, a monk of the Sovereign Order of KAILASA is an initiated spiritual healer and a sanyasi (monk) disciple of His Divine Holiness. His Divine Holiness blessed Ma Jnanatma Swami with a Trishul (trident) saying, "Whoever you touch with this Trishul will be healed." Since then, she has been healing people all over the world. Ma Jnanatma Swami shares, "The minute I touch someone with this Trishul and enter the space of Oneness with Paramashiva, I can just feel the healing energy flowing from my being to the other.

Ma Nithya Prematmananda Swami, a monk of the Sovereign Order of KAILASA was initiated as a specialist healer and a distance healer by His Divine Holiness Bhagavan Sri Nithyananda Pramashivam. She shares her experience, “Swamiji blessed me to be a healing specialist and a long-distance healer, using an energized healing spear to heal anyone, both in person or even with their photo. This is an extraordinary gift from Swamiji that I am blessed to have and share with the world .”



Senior female monk of the Sovereign Order of KAILASA giving free obstetrics counseling service under KAILASA’s Pregnancy care program called en-Pregnancy.

The Children born under the supervision of KAILASA’s in-Pregnancy program are found to be healthier, sharper, calmer, and be able to manifest powers of consciousness more easily.

Copyright ©2021 Sri Nithyananda Paramashivam. All Rights Reserved

Functions of various departments, agencies, and administrative units of KAILASA towards providing yogic, ayurvedic solutions and medical care to the world:

(a) In coordination with the Department of Education, all seventeen nations of KAILASA - all Samrajyams (kingdoms), Samasthanas (spiritual kingdoms), all their branches, all the 1,500 de facto embassies of KAILASA

(i) Have organized all manpower resources under the international agency structure of the 'Yellow Om'.

(ii) They work with all Hindus and citizens of their nation, organizing under Yellow Om reaching out to all citizens in providing Yogic, Ayurvedic, Naturopathy, and Siddha Solutions and Medical care.

(iii) Yellow Om conducts Online Yoga sessions for improving the immune system and detoxifying the toxins from the body and mind

(iv) Yellow Om expanded the Yogic, Ayurvedic, Naturopathy and Siddha Solutions and Medical health care services of KALASA, and increased the allocation of human resources in managing the health care of the citizens

(v) In strict compliance with Paramashiva economic policy - laid down in the Veda Agamas that all health care and survival needs are provided without charge - all services of Yellow Om are offered free of charge. The citizens and beneficiaries would be free to offer any amount in donation or none based on their free will.

(vi) Yellow Om provides integrity in charge in each of the entities of KAILASA to ensure the daily conduct of Yogic practices, such as cleansing of bowels, cleansing of eyes and nose-tracts, the practice of 108 yogic postures that include conscious breathing techniques, and all 12 components of Yoga.

(b) KAILASA's Department of Health in coordination with Yellow Om

(i) Has published several preventive and supporting Ayurvedic health care recipes, such as :

(1) Neem and Turmeric paste

(2) Pachai Pattani Vratam

(3) Nirahara Samyama

(ii) Devised novel means to increase manpower and time resources allotted for the care of prenatal children and pregnant mothers by extending the en-Pregnancy services.

(c) KAILASA's Department of Yoga provides training in The most authentic Yoga - Nithyananda Yoga compiled from Veda-Agamas (the source scriptures of Hinduism) to create a larger group of Acharyas (ordained teachers) who further help citizens to Kailasa to learn and practice Yoga and live a holistic life.

Copyright ©2021 Sri Nithyananda Paramashivam. All Rights Reserved

In 2020, 30 million citizens of KAILASA worldwide went through a series of detox processes to improve their immune system in the light of the COVID-19 pandemic such as a 28-day spiritual regimen involving Vratha (Hindu fasting), meditation, chanting of sacred syllables of Mahavakya, hygienic living, and social distancing called Pacchai Pattini Vratham. Citizens of KAILASA and practicing Hindus believe that it is KAILASA's Dharmic (cosmically ordained) responsibility to find spiritual solutions for all the world's problems. This program of intense prayer and fasting for 28 days to heal the world of COVID-19, was part of KAILASA's larger initiative for world peace and health.

Ayurveda and Traditional Medicine

In Hinduism, nature, and planet earth[408] are respected as living divine mother energies capable of providing us with all our survival needs – food, medicines, etc. Though traditional medicines such as TCM[409] and Ayurveda[410] are effective in addressing COVID-related issues, and a few years ago a Nobel prize was awarded for scientific work based on traditional medicine[411] the mainstream western medicine has chosen to characterize Ayurveda as pseudoscience[412] and TCM as unscientific[413]. Such demeaning of traditional medicine systems has led nations to consider taking defensive unilateral decisions to protect their interests.[414] Outright rejection of traditional medicine is not wise and such policies should be revisited especially as these medicine systems are time tested and have kept people healthy for several generations. Kailash Union recommends governments worldwide provide solutions like KAILASA's Hindu Medical care (which includes completely free of charge services such as Ayurveda, Yoga, Siddha, Western medicines, and multi-layered quarantine) for complementing their ongoing public health efforts.

---

[408] ॐ वसुंधराय विद्महे भूतधत्राय धीमहि तन्नो भूमिः प्रचोदयात्। "Om, let me meditate on the Earth The One who provides all, bless us with abundance, And let the Goddess of Earth illuminate my mind" (Bhumi Devi Gayatri Mantra)

[409] Zhao Z, Li Y, Zhou L, et al. Prevention and treatment of COVID-19 using Traditional Chinese Medicine: A review. Phytomedicine. 2021;85:153308. doi:10.1016/j.phymed.2020.153308

[410] (i) https://www.thehindu.com/news/national/kerala/many-patients-turn-to-ayurveda-for-post-covid-care/article34755600.ece (ii) https://www.thehindubusinessline.com/news/mix-of-modern-ayurvedic-medicine-helps-treat-covid-19/article34701852.ece

[411] https://www.nobelprize.org/womenwhochangedscience/stories/tu-youyou

[412] (i) Semple D, Smyth R (2019). Chapter 1: Thinking about psychiatry. Oxford Handbook of Psychiatry (4th ed.). Oxford University Press. p. 24. doi:10.1093/med/9780198795551.003.0001. ISBN 978-0-19-879555-1. (ii) Sujatha, V (July 2011). "What could 'integrative' medicine mean? Social science perspectives on contemporary Ayurveda". Journal of Ayurveda and Integrative Medicine. **2** (3): 115 - 23. doi:10.4103/0975-9476.85549. PMC 3193682. PMID 22022153. (iii) Manohar, PR (April 2013). "Uniform standards and quality control of research publications in the field of Ayurveda". Ancient Science of Life. **32** (4): 185 - 6. doi:10.4103/0257-7941.131968. PMC 4078466. PMID 24991064. (iv) Bausell, R. Barker (2007). Snake Oil Science: The Truth About Complementary and Alternative Medicine. Oxford University Press. p. 259. ISBN 978-0-19-538342-3.

[413] (i) Singh S, Ernst E (2008). Trick or Treatment: Alternative Medicine on Trial. London: Bantam. ISBN 978-0593061299. (ii) "Hard to swallow". *Nature*. **448** (7150): 105–6. July 2007. Bibcode:2007Natur.448S.105. doi:10.1038/448106a. PMID 17625521 (iii) Shang A, Huwiler K, Nartey L, Jüni P, Egger M (October 2007). "Placebo-controlled trials of Chinese herbal medicine and conventional medicine comparative study". *International Journal of Epidemiology*. **36** (5): 1086–92. doi:10.1093/ije/dym119. PMID 17602184

[414] https://www.bmj.com/content/369/bmj.m2285

Copyright ©2021 Sri Nithyananda Paramashivam. All Rights Reserved

Organizing Siddha Medicine During COVID-19 Pandemic

Science of Aushada

Aushada is one of the most mystical alchemy sciences in Sanatana Hindu Dharma which can give instant enlightenment to a seeker without any need for practice. This is done through a special technique where thought-currents about specific enlightenment-truths are programmed into herbs, which are then consumed by the seeker. These herbs have the power to work on the seekers' muscle-memory, bio-memory, and bio-energy, to cause superconscious mutation and put them in the

Copyright ©2021 Sri Nithyananda Paramashivam. All Rights Reserved

experience of Oneness with Paramashiva. Additionally, suitable thought currents can also be given to heal any disease which a person might be suffering from, thus making it a powerful medicinal system as well. The science of Aushada forms the materia-medica of the Hindu medical system, including Siddha, Ayurveda, and other indigenous systems.

The SPH Nithyananda Paramashivam has gifted the world with the science of Aushada by actually preparing various such Aushadas and making the participants apply them in many programs He conducted. Some of these Aushadas are the Shakti Aushada, Amritattva Aushada, enlightenment pill, Jeevan Mukti Aushada, etc. Just by applying these Aushadas, participants experienced kundalini awakening and started manifesting Shaktis.

Yoga

Yoga is the most widely practiced religion in the world chosen consciously by people. It is estimated that there are 300 million regular practitioners of Yoga worldwide and the numbers are growing each year. Originating thousands of years ago from ancient indigenous nations of India (Bharat) it has spread farther and deeper than any other philosophy in the world. Yet Yoga has been diluted – sometimes beyond recognition. Even in India many practitioners and teachers cannot distinguish what is real authentic Yoga and what are corruptions introduced subsequently for specific purposes. The SPH Nithyananda Paramashivam is reviving and initiating millions into the authentic Yoga prescribed by Paramashiva – the Adi Yogi (primordial Yogi), who is the first-ever Yogi who walked the planet.

The SPH Nithyananda Paramashivam has revealed that Yoga is not just for body flexibility and strength but was originally revealed by Paramashiva for living enlightenment and manifesting spiritual powers.

The SPH Nithyananda Paramashivam has tremendously contributed to Yoga as a reviver of 108 Asanas (postures) along with 12 components for each as an everyday lifestyle for millions of followers worldwide. The 12 components such as breath, mudra, visualization, mantra, etc. multiply the efficacy of each posture, bringing tremendous physical, mental, and holistic benefits.

Copyright ©2021 Sri Nithyananda Paramashivam. All Rights Reserved

Celebrating Global peace & religious freedom through Nithyananda Yoga initiatives manifesting the communion with the Divine (through the years)

Copyright ©2021 Sri Nithyananda Paramashivam. All Rights Reserved

Highlights of the contributions of the SPH Nithyananda Paramashivam and KAILASA in Yoga

- Reviver of 108 scientifically validated Kriyas (combinations of postures, movements, and breath), specifically targeted to 108 major diseases or disorders such as diabetes, arthritis, blood pressure, rheumatism, etc.
- The SPH Nithyananda Paramashivam periodically trains Yoga practitioners to be Yogacharyas - Yoga teachers - who reach the authentic Science of Nithyananda Yoga to the world at large.
- The SPH Nithyananda Paramashivam has revived the ancient Pole Yoga (Shivastamba Yoga) and Rope Yoga (Kundalini Rajju Yoga) in which yogic asanas (postures) and weight balancing techniques are performed to create the Yogic physiology aligning it to cosmic geometry, that manifests superconscious powers.
- The SPH Nithyananda Paramashivam was awarded two Guinness World Records for the largest rope Yoga (Kundalini Rajju YogaSM) and largest pole Yoga (Shivastamba YogaSM) classes, bringing worldwide attention to these extraordinary forms of Yoga.
    - The Guinness World Records® for the largest rope Yoga (Kundalini Rajju Yoga℠) class - 30 September 2017
    - Holder of the Guinness World Records® for the largest pole Yoga (Shivasthamba Yoga℠) class - 3 October 2017
- Published the original ancient 1008 Hindu scriptural pieces of evidence on Yoga - with original Sanskrit verses, scriptural references, and English translation - in freely downloadable form as well as a printed publication “Nithyananda Yoga” for Yoga teachers and practitioners worldwide.

Ancient Yogic Scriptures are rare and written in verses that appear cryptic to those who are not educated in the indigenous sciences and are not guided by an enlightened master. This makes the research by individual freelancers and professional Yoga Teachers prohibitive. The greed of the USD 100 Billion Yoga business has adulterated Yoga by health-risking, dangerous manipulations such as ‘beer Yoga’, ‘chicken Yoga’, and the like. To re-establish the purity of Yoga as prescribed by Paramashiva and provide sincere Yoga Teachers with proper scriptural reference in English with original Sanskrit verses and references) for their personal research and development and teaching others, and the benefit of sincere Yoga practitioners, The SPH has researched and published the Nithyananda Yoga Book.

The SPH Nithyananda Paramashivam has decoded the original Shashtanga Yoga (six-limbed Yoga) as delivered by Paramshiva and revived it as Nithyananda Yoga, practiced by several thousands of people worldwide through in-house programs, web television, and social media.

Over 5 million lives were enriched by His Holiness through His world tour talks on Yogic sciences.

Over 300 Yogic techniques and 108 Yogic Flows (Rajasekara Vinyasa Krama) shared with the world for awakening their inner potential energy (Kundalini Shakti) and manifest the Yogic powers.

Copyright ©2021 Sri Nithyananda Paramashivam. All Rights Reserved

The context and vision

Yoga has become a USD 80 billion industry, incorporating everything you can think of from animals to food. And everyone is looking to get their share, be it through expensive apparel or sponsored Instagram posts. However, Yoga is much more than a fitness fad or a lucrative marketing strategy.

Some people practice Yoga to build a strong physique, for the healing of an ailment, or for relieving stress and anxiety. However, throughout the years, the source of Yoga has been lost and the entire science has been diluted. Many of the traditional Yogic asanas and their context have completely disappeared from mainstream practice. Yoga is not just about asanas but aligning the body to the cosmic geometry and experiencing different states and dimensions. To miss this context is missing the whole purpose of Yoga.

Adiyogi, Paramashiva (primordial Hindu Divinity), is the creator of Yoga. He delivered the original Yoga Sutras as a way to experience the Ultimate, Him, through our bodies. This is called Shashtanga Yoga. Throughout Hindu history, after the revelation of Yoga by Paramashiva Himself, great Yogis and sadhus practiced Yoga to acquire the best physique and physiology to manifest the state and powers of Paramashiva. This is authentic Yoga. The essence is that Yoga has a religion, that's Hinduism. And Hinduism is real.

Paramashiva developed Yoga for humans of the past, present, and future, therefore Yoga cannot be developed, it can only be diluted. Aghoris, sadhus, sannyasis have always exemplified the yogic powers and demonstrated incredible feats. As recently as a few centuries back, powerful yogis roamed the earth shamelessly showcasing these powers. However, because of cultural genocide and pillaging, Hindus themselves forgot about these possibilities which have always existed, until 1978 when the SPH Nithyananda Paramashivm incarnated to revive authentic Yoga.

The SPH Bhagavan Nithyananda Paramashivam, the Cosmos itself, landed like a lightning bolt and revived the authentic Yoga from the Source. He is taking humans and making them superhumans with yogic bodies meant for manifesting powers. For the first time, The SPH Nithyananda Paramashivam is re-introducing the shastra Pramanas and reviving the purest form of Yoga. He has already collected, preserved, translated, and delivered to the world many of the original yogic scriptures which were virtually inaccessible. He is the only being teaching Yoga based on Authentic Hindu Shastras and it is only Yoga for manifesting Shaktis, the amazing powers of Paramashiva. As a lifelong yogi and Avatar, The SPH Nithyananda Paramashivam can give an experiential understanding to His disciples by transmitting the state and space of a yogi. With two World Records in Shivasthamba Yoga and Kundalini Raju, He is taking the world of Yoga by storm. He has published 108+ Nithya Kriyas, 900+ yogic asanas, 300+ yogic techniques, 600 meditation techniques, and much more. He has initiated tens of thousands of Nithya Yogis worldwide.

He continues to give breakthroughs to all his disciples by initiating them into new yogic powers. His vision is to make Nithyananda Yoga the certifying authority on Yoga as per the Vedic scriptures - to bring authenticity back to the practice. He will have 1000s of Nithyananda Yoga Acharyas ordained to share this authentic science with the world. And to verify everything with shastra Pramana and Apta Pramana, He intends to build the world’s largest library of Yogic techniques authenticated by the yogic scriptures.

Copyright ©2021 Sri Nithyananda Paramashivam. All Rights Reserved

He is establishing Yoga as a powerful science to explore your possibilities, manifest Shaktis, and explore the 25 states of Consciousness and 11 dimensions of the universe.

Yoga is the roadmap for every human being to realize their ultimate potential and possibilities to realize their ultimate spiritual identity of oneness with the source. Anyone and everyone has the right to live a life with no suffering, with health, better relationships, abundance, creativity.

It transforms humans into superhumans by building a yogic body to manifest powers and hold the state of enlightenment. First time in the world re-introducing Yoga through complete Shastra Pramanas for each asana, so The SPH Nithyananda Paramashivam is reviving the science of Yoga in its pure form with no dilution, foolproof, and time-tested.

The SPH Nithyananda Paramashivam- The one and only Master adept in the two sampradayas of the living stream of Hinduism: Yoga Vedanta and Veda Agama Foundation of you are God, and he is collecting, preserving, translating the original scriptures on Yoga and making them available free to the world.

Principles of Nithyananda Yoga

The Avatar, the SPH Nithyananda Paramashivam explains:

> "*The first principle of the science of NITHYANANDA YOGA is – Matter-Anti- matter. Sound-anti- sound. Sex-anti-sex, Vyakta and Avyakta, Usha and Chaya. When the sun works on Usha, it is Vyakta. When he works on Chaya, it is Avyakta. The whole Yoga fundamentally manifests the powers of Paramashiva. Anti-sound is not against sound. It is the Avyakta component of sound. When something is happening in Avyakta, what is reflected is – sound. When something is happening on Avyakta, what is reflected is anti-sound. Anything done at the level of Usha, due to the matter's quality of going up and down and dying, does not stay permanently. Anything done in anti-matter as it does not go down, stays permanently.*
>
> *Anti-matter is more long-living than matter. We are always attached to expression as life, that is why we are always attached. Expressing as life is more for the matter. Existence as life is more for anti-matter. When I work on you guys manifesting powers, I don't work on Usha, I work on Chaya. If it is done on Usha, it will only work on the mind. If it is done in Chaya, it will remain in the body. What shadow needs to be created, if it is done based on chaya, it is based on the body. Biological remains will remain. The mind's existence is too smaller compared to the body's continued existence. Remnants of the body in the altered form exist tons of time longer than the remnants of mind, even in the altered states of consciousness*."

Guinness World Records

Nithyananda Kundalini Rajju Yoga Guinness World Record

30th Sept 2017

Bidadi, India.

Copyright ©2021 Sri Nithyananda Paramashivam. All Rights Reserved

The SPH Nithyananda Paramashivam sets the world record for the Largest rope Yoga lesson at the Nithyananda Peetam, Bengaluru Aadheenam on the 30th of September 2017. This award, given for the very first time, recognized the largest class ever conducted in Kundalini Rajju Yoga℠, the practice of rope Yoga.

Kundalini Rajju Yoga℠ has its roots in the ancient science revealed in the sacred Shaiva Agamas. The SPH is bringing back the sanctity of this sacred science rooted in the Sanatana Hindu Dharma. He has tangibly proven Yoga is not just about asanas or pranayama, but a direct experience of extraordinary powers latent in every human being.

Nithyananda Yogis℠ - initiated disciples of the SPH completed the 60-minute lesson in Nithyananda Kundalini Rajju℠ in the very first attempt this afternoon.

Copyright ©2021 Sri Nithyananda Paramashivam. All Rights Reserved

Copyright ©2021 Sri Nithyananda Paramashivam. All Rights Reserved

The SPH, widely accepted and revered as a living avatar, is revealing Yoga from the original source, the Yoga Pada of the Shaiva Agamas, and in the Upanishads. Throughout Hindu history, great Yogis and rishis practiced Yoga to acquire the best physique and physiology to manifest the state and powers of Sadashiva. Nithyananda Yoga℠ is different in that it is not a practice, but a blissful entanglement with the Avatar which awakens the powerful kundalini shakti or dormant energy of the individual.

Copyright ©2021 Sri Nithyananda Paramashivam. All Rights Reserved

Copyright ©2021 Sri Nithyananda Paramashivam. All Rights Reserved

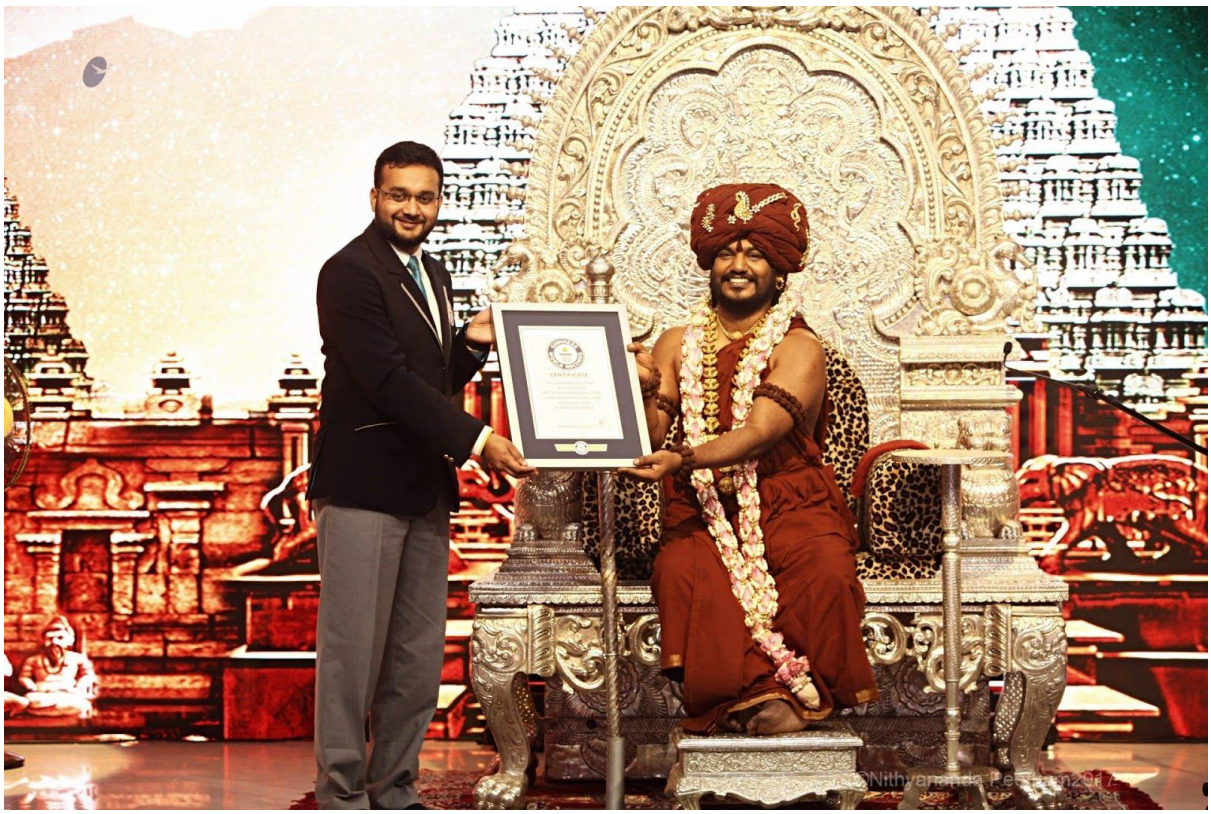
Copyright ©2021 Sri Nithyananda Paramashivam. All Rights Reserved

Copyright ©2021 Sri Nithyananda Paramashivam. All Rights Reserved

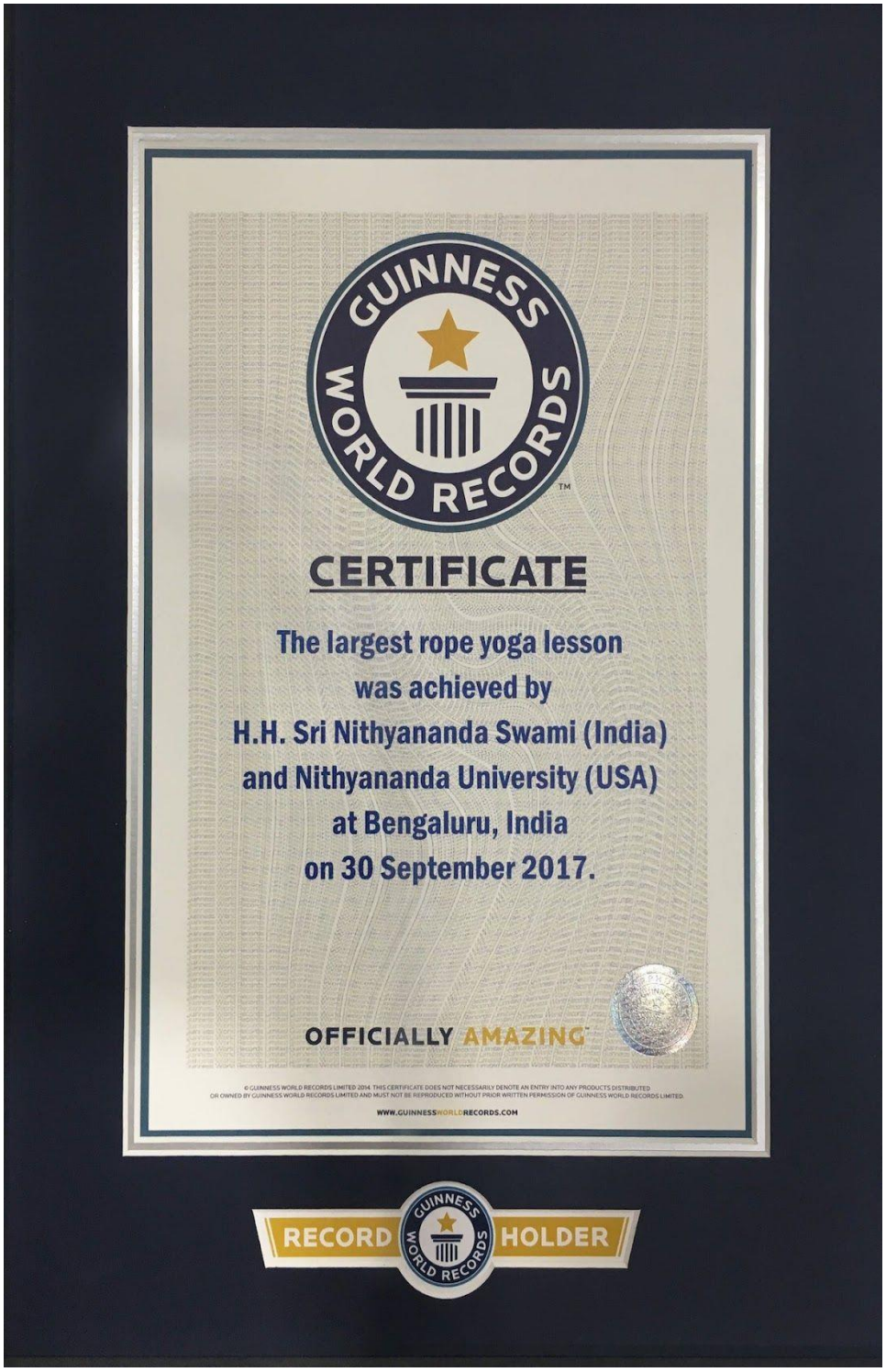
Swapnil Dangarikar, the official adjudicator from Guinness World Records®, honored the SPH Bhagavan Sri Nithyananda Paramashivam with the certificate of successful “officially amazing” record of the largest rope Yoga lesson on behalf of Guinness World Records.

Copyright ©2021 Sri Nithyananda Paramashivam. All Rights Reserved

The SPH Nithyananda Paramashivam declared as OFFICIALLY AMAZING



Copyright ©2021 Sri Nithyananda Paramashivam. All Rights Reserved



Nithyananda Kundalini Rajju Yoga℠ is a certified course offered by Nithyananda Hindu University.

Copyright ©2021 Sri Nithyananda Paramashivam. All Rights Reserved

Nithyananda Shivasthamba Yoga Guinness World Record

03 October 2017

Bidadi, India

In just 2 days after setting the Guinness World Record® for the Largest rope Yoga lesson, the SPH Bhagavan Sri Nithyananda Paramashivam set yet another record, this time for the Most people performing Mallakhamba Yoga (Shivastambha Yoga), commonly known as pole Yoga. In an extraordinary display of powers of yogic body and initiation by the Avatar to awaken the kundalini shakti or inner potential energy of every individual, 263 initiated disciples of the SPH from 44 countries aged from 16 to 74, including men and women, successfully completed the Mallakhamba/Shivastambha class at the Nithyananda Peetham, Bengaluru Aadheenam.

True to his integrity to reviving all dimensions of Sanatana Hindu Dharma back to their original glory, The SPH Nithyananda Paramashivam has taken this ancient traditional yogic science of Mallakhambha to the whole world, beyond the boundaries of gender, age, culture, nationality, socio-economic backgrounds, or even physical abilities.

Shivasthamba Yoga℠, also known as Mallakhamba, or pole Yoga is a traditional Indian sport in which Yogi performs Yogic postures on a vertical wooden pole. Shivasthamba Yoga℠ has its roots in the ancient science revealed in the sacred Shaiva Agamas. Shivasthamba Yoga℠ is a powerful tool to add power and flexibility to the system.

Ordinarily, being adept at Shivasthamba Yoga℠, an exercise that awakens Kundalini Shakti, the innate energy current that lays dormant in every human spine, requires intense dedication, hard work, and years of practice. Yet, the disciples of the SPH, just through the power of his initiation and blessings, express powers that include the ability to instantly perform asanas, or postures, on the pole. Through

Copyright ©2021 Sri Nithyananda Paramashivam. All Rights Reserved

Shivastambha Yoga, the awakened Kundalini energy is never lost, and the body remains completely healthy and fit.

The landmark event was adjudicated by a slew of “stewards” including Sri Uday Deshpande, the world-renowned master of Mallakhamba Yoga, and witnessed by thousands including the naga sadhus of Panchayati Akhada, Niranjani.

Swapnil Dangarikar, the official adjudicator from Guinness World Records®, honored the SPH Bhagavan Sri Nithyananda Paramashivam (then knows as His Holiness Paramahamsa Nithyananda) as "officially amazing" with the record for the Most people performing Mallakhamba Yoga (commonly known as pole Yoga) on behalf of Guinness World Records®.

Copyright ©2021 Sri Nithyananda Paramashivam. All Rights Reserved

The SPH in his acceptance address expressed his gratitude to Guinness World Records for their support in bringing legitimacy to the various dimensions and powers and arts of Hinduism and reaffirmed his commitment to reviving the ancient sciences and arts of Hinduism for practical usage by modern human beings.

Copyright ©2021 Sri Nithyananda Paramashivam. All Rights Reserved

Copyright ©2021 Sri Nithyananda Paramashivam. All Rights Reserved

International Yoga Day 2017 - Bengaluru Aadheenam

Copyright ©2021 Sri Nithyananda Paramashivam. All Rights Reserved

The SPH releases The Book that will change the face of Yoga as known by the world today. Nithyananda Yoga - Evolution of New SPecies - 1008 Pramanas From the Source

From Chief Editor Bhagavan Nithyananda Paramashivam

In conjunction with International Yoga Day, 2017, the SPH set a unique first-ever world record: 108 of his initiated disciples demonstrated the power of Third Eye Awakening

With physical eyes closed and blindfolded, each one passed three strictly monitored tests, reading whatever was written for them and accurately reproducing drawings made for them to trace. 108 dignitaries came from around the world as an ethics committee to ensure the tests were performed strictly following scientific criteria. These guests included doctors, school administrators, artists, publishers, heads of state, leaders of religious organizations, and more. Among them, Sri Vedantam-Ji, founder and chairman of Vishwa Hindu Parishad, Mr. Prasad, State President of BJP, Dr. Raju, Research Director of NIMHANS, Mallikarjun, Principal of BMS engineering college and Manjunath, Leader of Bajrang Sene, showed great enthusiasm for the powers displayed.

Copyright ©2021 Sri Nithyananda Paramashivam. All Rights Reserved

Following the mass demonstration, the SPH addressed the crowd with a special Satsang discourse in celebration of World Yoga Day.

One highlight of the evening was the release of the ultimate sourcebook on Yoga, "Nithyananda Yoga: Evolution of New Species." For the first time, the ultimate authority on Yoga is being presented with scriptural-evidences of Yoga, the Shaastra Pramanas - from the Vedaagamas; with a fourfold level of authentication called Pramanas.

"This book makes a strong statement," says His Holiness, *"Yoga has a religion; that religion is Hinduism!"*

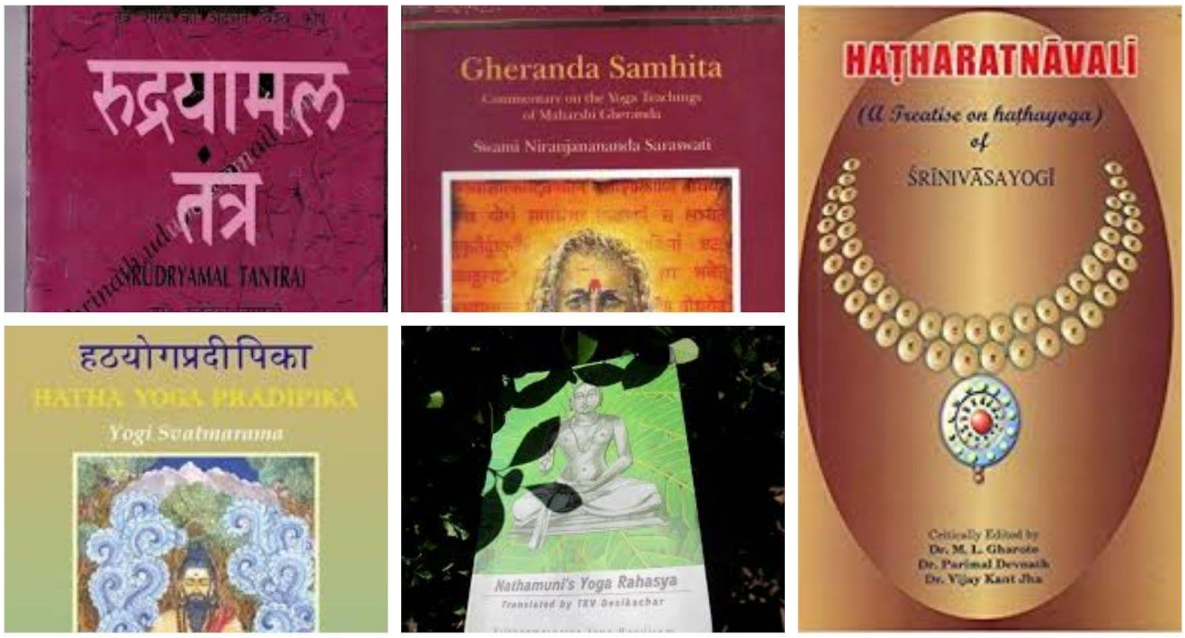
"*Yoga is from the HINDU SHASTRAS and the originator of YOGA IS SADASHIVA HIMSELF!*"

- The *SPH JGM HDH Bhagavan Sri Nithyananda Paramashivam*

For the first time, the ultimate authority on Yoga is being presented with scriptural-evidences of Yoga, the Shaastra Pramanas - from the Veda-Agamas; with the Apta Pramanas, the enlightened experiences of the Enlightened Yogis, Rishis, Yogis, incarnations, and Atma Pramana, the SPH's own experience of the truth, and Sakshi Pramanas, the experiences of the

initiated disciples of the SPH.

One of the first in series of the vast revelations is the ***Yoga Pada***, the Yoga sections of the Agamas, this book serves the true Yoga practitioner or anyone who bends the body for Yoga, as the true undiluted sourcebook to explore and experience the true Yoga with its infinite dimensions from the founder of Yoga, **Lord Paramashiva**, as revived by the SPH Bhagavan Sri Nithyananda Paramashivam. These sourcebooks have been used in the Prathama Vinyasa Krama.



Copyright ©2021 Sri Nithyananda Paramashivam. All Rights Reserved

Shastra Pramana:

Tri-Sikhi-Brahmanopanishad

Rudrayamala Tantram

Rudrayamalam uttara-tantram

Varahopanishad

Sandilyopanishad

Yoga Chudamany Upanishad

Yoga-Tattvopanishad

Apta Pramana:

Yoga asana mala sacitra

Joga Pradipika

Kapalakurantakas hathabhyasa-paddhati

Nathamunis Yoga rahasya

Hatharatnavali

Vinyana bhairava tantra

Gheranda samhita

Shiva samhita

Hathapradipika

Yoga rahasya

Hatha sanketa chandrika

Yoga sampradaya (lineage) is the spiritual path to experience the superconscious breakthrough and attain oneness with Paramashiva through extensive yogic practices such as asana, pranayama, bandha, Japa, etc., which aim to align the geometry of the seekers' bodies with the cosmic geometry and making them experience Oneness with Paramashiva, the Supreme Consciousness. This is achieved by raising an individual's Kundalini Shakti, or inner potential energy, present in the Muladhara Chakra, all the way up to Sahasrara Chakra, where Paramashiva resides. The Yoga sampradaya from Paramashiva consists of 12 limbs, namely, asana, pranayama, visualization, verbalization (Japa), Shastric reference (Pramana Mantra), mudra, bandha, Karana, mandala, Abharana, weightlifting, and Aushada. The first instruction on Yoga to the world was given by Paramashiva Himself as SYoga Pada of Agama to the Saptarishis thousands of years ago. Thereafter, many great masters like Patanjali, Swatmarama, Matsyendranatha, Gorakhnatha, and others experienced oneness with Paramashiva and expressed the truths and experience of Yoga in the language of their own time and revived the

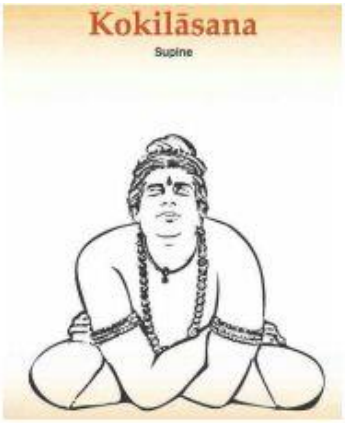
Copyright ©2021 Sri Nithyananda Paramashivam. All Rights Reserved

tradition of Yoga. The Shastra Pramana of the Yoga Pada of Agama given by Paramashiva Himself, along with the Apta Pramana (personal experience) of these masters such as Patanjali Yoga Sutras, Gheranda Samhita, and HathaYoga Pradipika, form the knowledgebase of the Yoga Sampradaya.

Prathama Vinyasa Krama - 108 asanas in 1 Hour

Prathama Vinyasa Krama forms an integral part of the daily spiritual routine of all disciples of the SPH Bhagavan Sri Nithyananda Paramashivam. It is a set of 108 asanas, offered to the world by The SPH Nithyananda Paramashivam as the first level of Yoga to be practiced by people. The asanas are not practiced as standalone postures but are accompanied by other 11 limbs mentioned before, hence making it an authentic Hindu ritual as given by Paramashiva Himself to make the practitioner manifest Paramashivatva, that is, Oneness with Paramashiva, the Ultimate Superconsciousness. The practitioners, simply by doing Prathama Vinyasa Krama daily, experience Kundalini Awakening and start manifesting Paramashiva Shaktis, along with developing the peak of health and the ability to mold their bodies the way they want.

Some Asanas with their Pramanas



Śāstra Pramāṇa - शास्त्र प्रमाण
Rudrayamalam (uttara-tantram) 23.101-102

अथान्यदासनं वक्ष्ये येन सिद्धो भवेन्नरः ।
अकस्माद् वायुसञ्चारं कोकिलाख्यासनेन च ॥२३.१०१॥
ऊर्द्धवे हस्तद्वयं कृत्वा तदग्रे पादयो सुधीः ।
वृद्धाङ्गुष्ठद्वयं नाथ शनैः शनैः प्रकारयेत् ॥२३.१०२॥

athānyadāsanaṃ vakṣye yena siddho bhavennaraḥ|
akasmād vāyusañcāraṃ kokilākhyāsanena ca ||23.101||
ūddharve hastadvayaṃ kṛtvā tadagre pādayo sudhīḥ |
vṛddhāṅguṣṭhadvayaṃ nātha śanaiḥ śanaiḥ prakārayet |23.102||

Now I shall talk about another āsana by which one becomes a siddha; That is called kokilāsana by which the breath gets circulated instantly. (23.101)O Lord! raise both hands and stretch both legs upwards; And hold both the big toes, do this in a slow process. (23.102)Do the padmāsana properly by contracting and resting over the knee-joints.

Copyright ©2021 Sri Nithyananda Paramashivam. All Rights Reserved

Śāstra Pramāṇa - शास्त्र प्रमाण
Sandilyopanishad (3-2)

सव्ये दक्षिणगुल्फं तु पृष्ठपार्श्वे नियोजयेत् ।
दक्षिणेऽपि तथा सव्यं गोमुखं गोमुखं यथा ॥ २ ॥

savye dakṣiṇagulphaṃ tu pṛṣṭhapārśve niyojayet |
dakṣiṇe'pi tathā savyaṃ gomukhaṃ gomukhaṃ yathā || 2 ||

One should place his right ankle of the leg on the left side of the back (of the leg) and also the left ankle of the leg on the right side similarly. This is Go-mukha, resembling the face of the cow.

Additional Shastra Reference
Tri-shikhi-brahmanopanishad (36), Darshanopanishad (III, 3-4)

Āpta Pramāṇa - आप्त प्रमाण
Hathapradipika II.6

सव्ये दक्षिणगुल्फं तु पृष्ठपार्श्वे नियोजयेत् ॥
दक्षिणेऽपि तथा सव्यं गोमुखं गोमुखाकृतिम् ॥ ६ ॥

savye dakṣiṇagulphaṁ tu pṛṣṭhapāśrve niyojayet ||
dakṣiṇe'pi tathā savyaṁ gomukhaṁ gomukhākṛtim || 6||

One places the right ankle by the side of the left hip and the left ankle by the side of the right hip. Thus imitating the shape of the head of a cow. This is gomukhasana

Śāstra Pramāṇa - शास्त्र प्रमाण
Varahopanishad (5.17)

गरुडासनमावक्ष्ये येन ध्यानं स्थिरं भ्वि ।
सर्वदोषाद्विनिर्मुक्तो भवतीह महाबली ॥२३.९८॥
एकपादमुरौ बद्ध्वा एकपादेन द डवत् ।
जङ्घापादसन्धिदेशे ज्ञानव्यग्रं व्यवस्थितम् ॥२३.९९॥

garuḍāsanamāvakṣye yena dhyānaṃ sthiraṃ bhvi|
sarvadoṣādvinirmukto bhavatīha mahābalī ||23.98||
ekapādamurau baddhvā ekapādena da ḍavat|
jaṅghāpādasandhideśe jhānavyagraṃ vyavasthitam||23.99||

*for extended verse see end of chapter

Now (I shall talk) garuḍāsana doing which the mind becomes stable in this world;(And the practitioner) becomes free of all sorts of imperfections and becomes a mahābali (a person with super powers). (23.98)

Stand on one foot straight like a rod and place the other foot on the (opposite) thigh at the joint of the groin, doing so restless (practitioner for knowledge) becomes stable minded. (23.99)

After doing this āsana meditate on samhāra mudra;Then worship Yoganātha and sarveśvara. (23.100)

Kundalini Rajju Yoga and Shivastambha Yoga

Copyright ©2021 Sri Nithyananda Paramashivam. All Rights Reserved

Nithyananda Kundalini Rajju Yoga and Nithyananda Shivastambha Yoga are ancient forms of Yoga being revived from the Source scriptures by the SPH Bhagavan Sri Nithyananda Paramashivam. Every asana is authenticated by shastra and Apta Pramanas which are the scriptural references given by the Source Superconsciousness, Paramashiva Himself.

All students in the Nithyananda Gurukul called Balasants are being trained in these forms of Yoga on a competition level. Also, everyone living in the Adheenam itself (Grihastas, Sannyasis, Aadheenivasis) trains regularly in Kundalini Rajju (for the females) and Shivastambha (for the males).

These forms of Yoga require a lot of strength and flexibility and take everyone to the next level in their physique.

Nithyananda Kundalini Rajju℠ Yoga is the ultimate way to push the limits of

flexibility and strength and is the female, or shakti, counterpart to Shivastambha Yoga. Kundalini Rajju--Yoga performed on the rope-- pushes the yogic body to the next level and focuses on expanding the yogi's flexibility. Asanas on the rope are designed to elongate the spine and ignite Kundalini Shakti. Through intense flips and twists, the body gets detoxified and built into the body of a true yogi.

Nithyananda Shivastambha℠ Yoga, the first form of Yoga EVER practiced, taking modern-day Yoga to a whole new height, literally. This ancient practice of Yoga on a 9-foot pole extracts the qualities of a yogi that are lying dormant within you: power, flexibility, focus & stamina. Performing various asanas on the pole awakens the kundalini, heightens your consciousness, and connects you to the Divine, Paramashiva Himself. Performing asanas on the pole brings pure strength to the yogic body.

Demonstrating Shivastambha Yoga and Kundalini Rajju Yoga

at Mahasadashivoham, December 2017

Balasants performing Shivastambha

Copyright ©2021 Sri Nithyananda Paramashivam. All Rights Reserved

Copyright ©2021 Sri Nithyananda Paramashivam. All Rights Reserved

Copyright ©2021 Sri Nithyananda Paramashivam. All Rights Reserved

Copyright ©2021 Sri Nithyananda Paramashivam. All Rights Reserved

Chanting the Sadguruvandanam in the beginning and chanting the Purnamantra at the end of a Yoga session is an essential part of Nithyananda Yoga

Copyright ©2021 Sri Nithyananda Paramashivam. All Rights Reserved

Pyramid Formation

Copyright ©2021 Sri Nithyananda Paramashivam. All Rights Reserved

Female Balasants demonstrating the Kundalini Rajju - rope Yoga

Copyright ©2021 Sri Nithyananda Paramashivam. All Rights Reserved

Female Balasants demonstrating pole Yoga also

Copyright ©2021 Sri Nithyananda Paramashivam. All Rights Reserved

Copyright ©2021 Sri Nithyananda Paramashivam. All Rights Reserved

Nithyananda Yoga Challenge

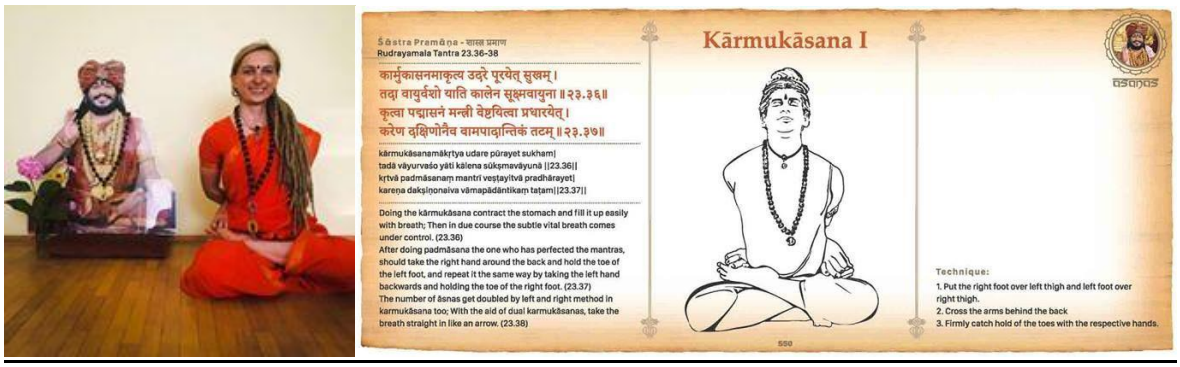
The Nithyananda Yoga Challenge was 21-days of the PVK 108 asana sequence, which involved doing 5 asanas a day. It had a vast range of reach & engagement.

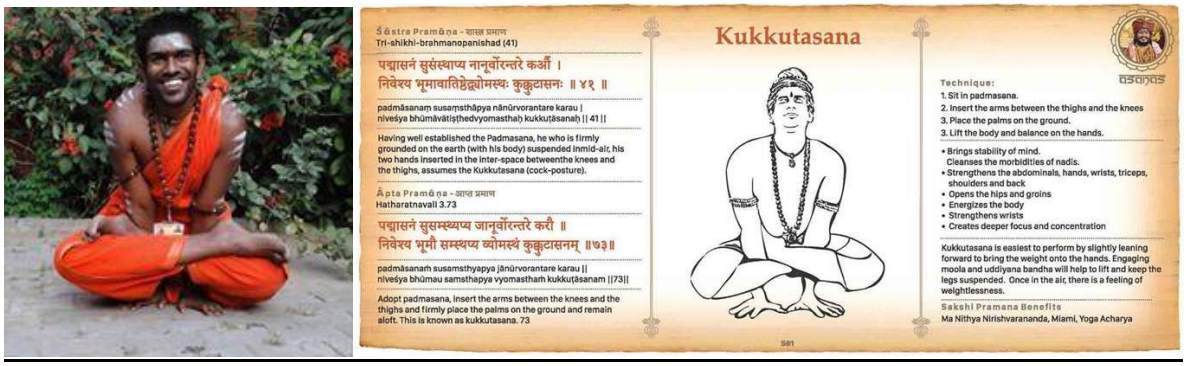
Hashtag: #NithyanandaYogaChallenge

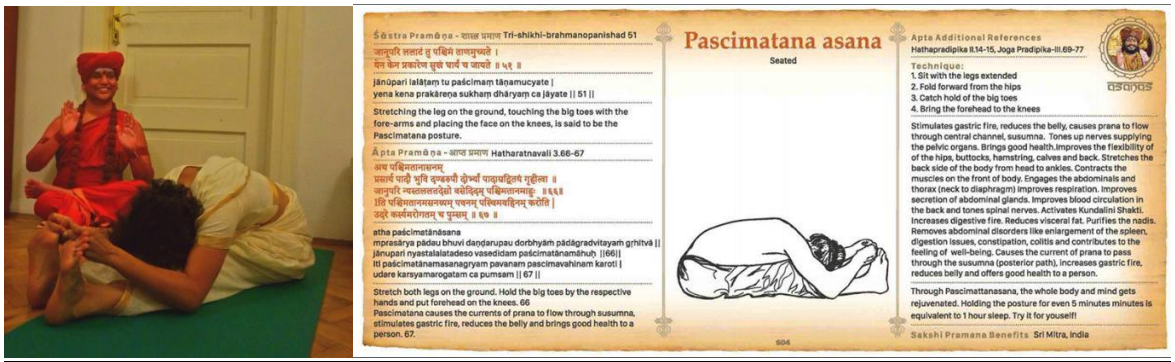
On the first day, we had a reach (number of people that saw the post) of 6.9k people and an engagement of 774 people.

The Yoga Team launched the Sirsasana Challenge to happen on June 21st. The goal is to hold Sirsasana for 5-minutes, and every day leading up to it have each share their journey/progress, and for the final day during international Yoga day, we had 5 Balasants who can hold Sirsasana for five minutes show this live in Nithyananda TV.

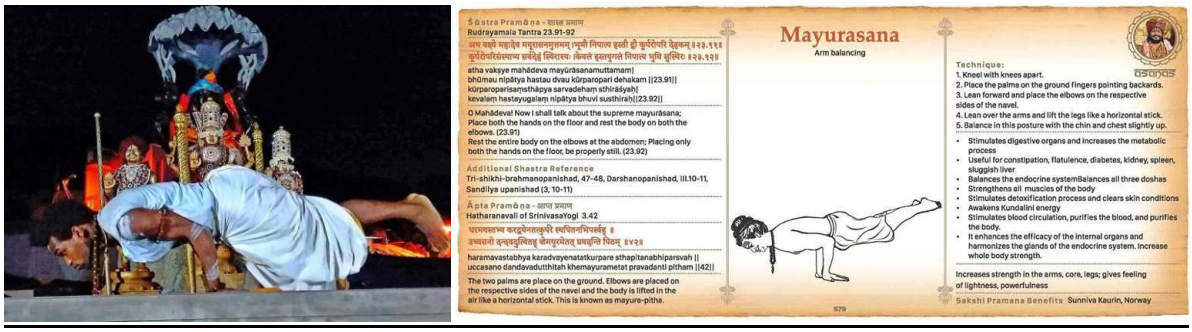
Hashtag: #SirsasanaChallenge





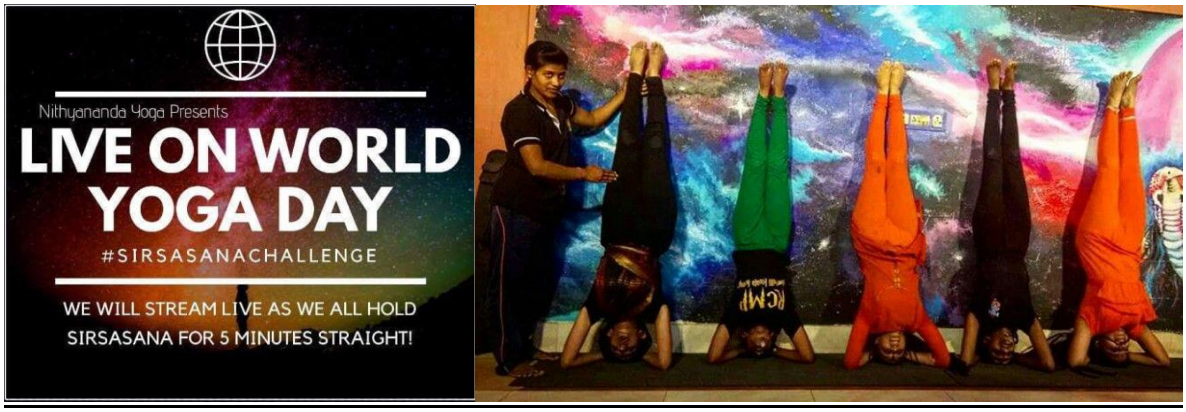


Copyright ©2021 Sri Nithyananda Paramashivam. All Rights Reserved



People practicing Nithyananda Yoga all around the world, taking part in

#NithyanandaYogaChallenge #ShirshasanaChallenge

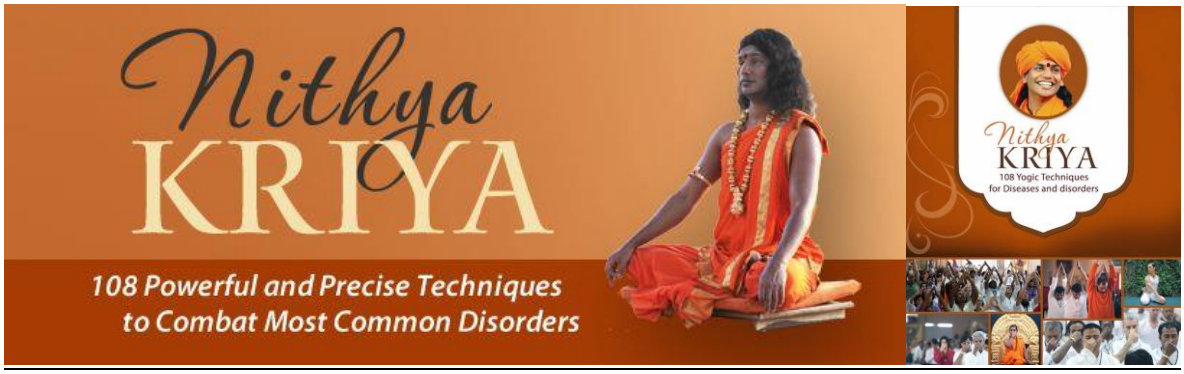


Copyright ©2021 Sri Nithyananda Paramashivam. All Rights Reserved

Kriyas

NITHYA KRIYAS- Harnessing the Kundalini energy for

Self-healing.



Nithya Kriya is a collection of processes revealed by the SPH that work on awakening the inner potential energy in the body (Kundalini Energy) in addition to the health benefits that accrue from contraction and expansion of the muscles in the body through various movements.

Nithya Kriya is unique in that the individual components are drawn from the most authentic sacred yogic scriptures of the Vedic tradition, while the specific assembly of these various components has been designed and invented by The SPH Nithyananda Paramashivam from His personal research and development, to cure and provide preventive care for various physical and mental ailments.

Nithya Kriyas involve a combination of asanas with the breath, sounds, and visualization. These components work in unison to create the intended effect on the body:

1. Breath

2. Visualization

3. Muscle movement (includes all the movements like in Yoga)

4. Sound from outside being absorbed inside – music

5. Sound from inside – mantra

The SPH revealed these kriyas every day in his daily Satsang in the years 2011 and 2012.

The 108 kriyas include:

Copyright ©2021 Sri Nithyananda Paramashivam. All Rights Reserved

Cure For Achromatopsia
Delivered: 20-Jan-2012

Cure For Addiction
Delivered: 12-Nov-2011

Cure For Ageing
Delivered: 04-Dec-2011

Cure For Anger
Delivered: 24-Nov-2011

Cure For Anxiety
Delivered: 16-Nov-2011

Cure For Arthritis
Delivered: 02-Dec-2011

Cure For Asthma
Delivered: 14-Feb-2012

Cure For Attention Deficit Disorder (ADD)
Delivered: 22-Jan-2012

Cure For Autism
Delivered: 20-Nov-2011

Cure For Autoimmune Disorders
Delivered: 12-Mar-2012

Cure For Baldness
Delivered: 27-Dec-2011

Cure For Bipolar Disorder
Delivered: 12-Dec-2011

Cure For Cancer
Delivered: 18-Nov-2011

Cure For Dandruff
Delivered: 23-Feb-2012

Cure For Depression
Delivered: 31-Oct-2011

Cure For Diabetes
Delivered: 06-Nov-2011

Cure For Digestive Issues
Delivered: 28-Jan-2012

Cure For Eczema
Delivered: 26-Jan-2012

Cure For Epilepsy
Delivered: 06-Mar-2012

Cure For Excessive Sweating Of Palms & Feet
Delivered: 18-Jan-2012

Cure For Food Allergies
Delivered: 16-Feb-2012

Cure For Fungal Infection
Delivered: 04-Feb-2012

Cure For Heart Diseases
Delivered: 04-Nov-2011

Cure For Hernia
Delivered: 22-Nov-2011

Cure For Hot Flashes From Menopause
Delivered: 14-Jan-2012

Cure For Hypertension
Delivered: 02-Nov-2011

Cure For Hypothyroidism
Delivered: 25-Dec-2011

Copyright ©2021 Sri Nithyananda Paramashivam. All Rights Reserved

Cure For Infection
Delivered: 26-Nov-2011

Cure For Infertility/Impotence
Delivered: 16-Dec-2011

Cure For Insomnia
Delivered: 29-Oct-2011

Cure For Long Sight
Delivered: 15-Feb-2012

Cure For Low Self Esteem
Delivered: 14-Dec-2011

Cure For Lower Back Pain
Delivered: 06-Feb-2012

Cure For Memory Problems
Delivered: 14-Nov-2011

Cure For Migraine
Delivered: 15-Dec-2011

Cure For Nephrotic Syndrome
Delivered: 29-Feb-2012

Cure For Obesity
Delivered: 08-Nov-2011

Cure For Post-Traumatic Stress Disorder
Delivered: 09-Feb-2012

Cure For Pulmonary Disease
Delivered: 17-Dec-2011

Cure For Rapid Recovery From Illness
Delivered: 31-Dec-2011

Cure For Schizophrenia
Delivered: 30-Nov-2011

Cure For Short-Sightedness
Delivered: 23-Dec-2011

Cure For Sinusitis
Delivered: 30-Jan-2012

Cure For Skin Problems
Delivered: 06-Dec-2011

Cure For Stiff Knees & Knee Pain
Delivered: 12-Feb-2012

Cure For Thyroid Problems
Delivered: 01-Feb-2012

Cure For Tinnitus
Delivered: 29-Dec-2011

Cure For Ulcerative Colitis And Crohns
Delivered: 25-Feb-2012

Cure For Urinary Problems
Delivered: 16-Jan-2012

Cure For Vertigo
Delivered: 28-Nov-2011

Excelling In Sports - Level 1
Delivered: 02-Feb-2012

Excelling In Sports - Level 2
Delivered: 03-Feb-2012
Array

Excelling In Studies - Level 2
Delivered: 24-Jan-2012

Why Nithya Kriya?

Today, India is in danger of losing her invaluable yogic heritage to fly-by-night Yoga teachers, both eastern and western, who offer a random mix of physical postures, aerobics, and breathing exercises in the name of Yoga to unsuspecting students. Nithya Kriya aims to protect and preserve the original Yoga born of centuries of research and development and the inestimable personal contribution of innumerable enlightened yogis who gave their lives to enrich this science.

According to the teaching methods laid out by legendary yogis like Gorakhnatha and Matsyendranatha, the individual asanas and pranayama techniques are sacred and must not be tampered with, while the combinations of techniques required to produce the desired effect are to be received by the learner from his own personal Guru. True to the Vedic culture, these fathers of modern Yoga left the door wide open for continuous updating of this ancient science.

Nithya Kriya- Restoring Hatha Yoga to the world.

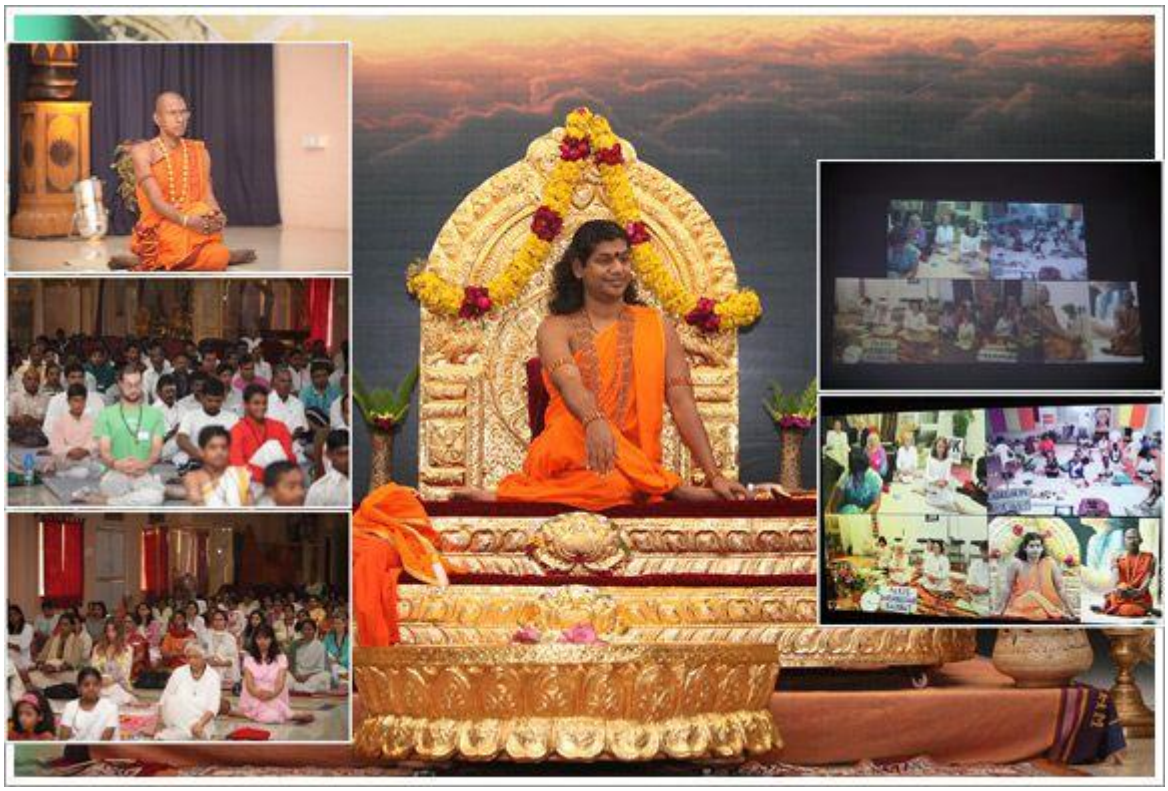
The SPH is sharing with the world the 108 nithya kriyas with scriptural references. He has created the permutations and combinations of the various components like a breathing technique, visualizations, Asana, etc., and presented this unique contribution to the world. One example of a Kriya is for the cure to cancer.

Copyright ©2021 Sri Nithyananda Paramashivam. All Rights Reserved

Many individuals perform Nithya Kriyas with the aim of curing, healing and providing preventive care through various postures and breathing techniques established to awaken the inner potential as means of experiencing inner peace.

Copyright ©2021 Sri Nithyananda Paramashivam. All Rights Reserved

Copyright ©2021 Sri Nithyananda Paramashivam. All Rights Reserved



The SPH conducting the live kriya session

The SPH initiating the devotees into en-Kriya

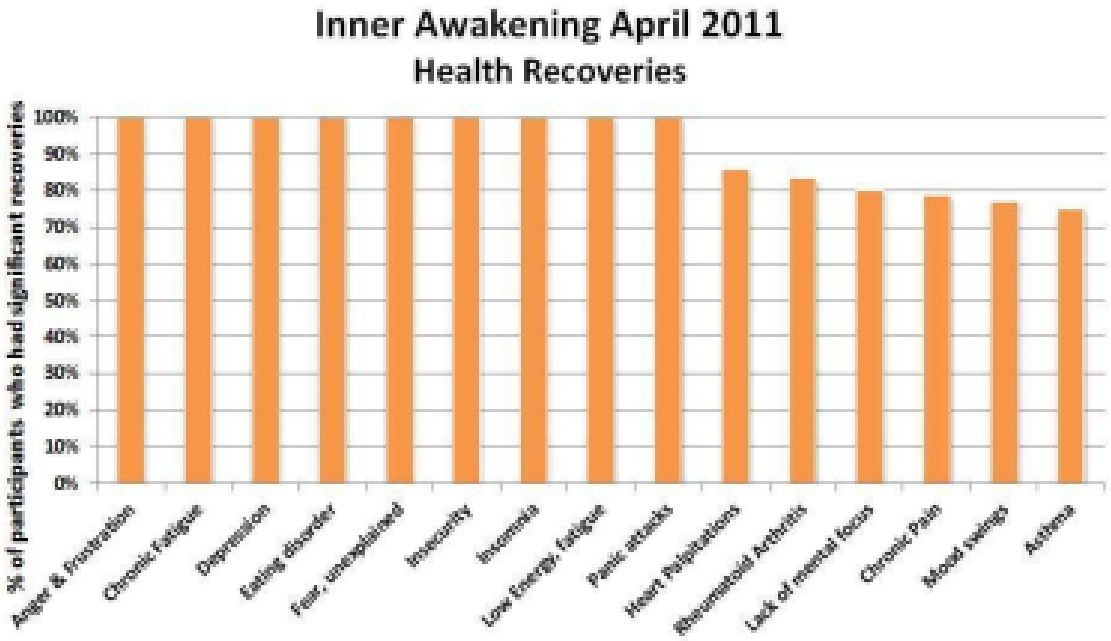
Copyright ©2021 Sri Nithyananda Paramashivam. All Rights Reserved

The SPH guiding participants into a Kriya during the Himalaya yatra.

Copyright ©2021 Sri Nithyananda Paramashivam. All Rights Reserved

Spiritual Healing

The revival of Siddha medicine and spiritual healing is another key Hindu Science and Tradition The SPH has revived. The SPH, having conducted programs for millions of individuals, has done extensive scientific research on the effect of meditation, yoga, and the spiritual presence of an incarnation on people and how it affects healing and vitality. Studies have shown that just sitting in His presence for 21 days increases the mitochondrial cell energy by more than 13 times which in turn leads to the expression of beneficial DNA genes leading to the cure of so-called chronic disorders such as Rheumatism, Diabetes, Cancers, and so on.



Nithya Spiritual Healing

One of The SPH's greatest gifts to the modern world is the Nithya Spiritual Healing, which, unlike other systems of medicine, works directly on the deepest layer of an individual's body, the Anandamaya kosha, which is the seat of individual Consciousness. The SPH Nithyananda Paramashivam is not only a great healer Himself but has initiated thousands of his disciples into the science of healing and made them Nithya Spiritual Healers. Quantum Healing is harnessing the energy of the universe to heal or allow all systems, biological or otherwise, to live in harmony within themselves and with others.

Concept of Spiritual Healing

The fundamental premise is that the universe is pervaded by conscious energy that is intelligent enough to manifest as matter or energy as required. Human beings are suffused with conscious energy which flows through us and is intimately and always a part of the entire universal consciousness. Any

Copyright ©2021 Sri Nithyananda Paramashivam. All Rights Reserved

localized disharmony, (e.g. disease in the body) is nothing but a symptom of the disharmony of the individual's energy with the flow of the all-pervading universal energy.

Learning to heal: Opening the Ananda Gandha Chakra

We all have a highly subtle energy center that governs the flow of Cosmic energy into our system. It is nothing but the pure reflected Cosmic Energy center in our own body, perhaps hidden from us by our doubts and incompletions, but always accessible to the Avatar. Although it is commonly known as a chakra, it might be better described as the mystical space into which all chakras collapse, at the moment of dissolution of the personal identity.

The Ananda Gandha ('the fragrance of bliss') is our deepest connection to our own Being. Though it is theoretically possible to open it through self-effort, the process would be about as easy as trying to dig an oil well using a spoon!

During initiation, the Avatar opens this energy center of an aspiring spiritual healer by entering his (aspirant's) inner space with his consent and using a subtle but enormously powerful energy 'drill' that works from the inside outwards. Once initiated, the healer becomes an open channel for the Cosmic energy of the Avatar.

The Ananda Gandha behaves like a mini reservoir allowing the uninterrupted flow of Cosmic energy, regardless of the personal physical or mental obstacles that the healer might carry. The only available scriptural reference to this secret chakra is by Adi Shankaracharya in his famous Stotra, Vishwanatha Ashtakam. Nowhere else is this chakra mentioned in the whole of spiritual literature, as it was 'Raja Vidya Raja Guhyam' - the king of knowledge, the most guarded secret.

Now, The SPH Nithyananda Paramashivam is revealing this science to the world as an act of compassion, protected with a foolproof 'energy password' that cuts out any possibility of misuse.

Recent Scientific Studies on Nithya Spiritual Healing

The science behind Nithya Spiritual Healing is very simple. The initiated healer simply acts as a channel or a conduit for the transfer of Cosmic energy into the recipient. Since we are unable to comprehend the concept of formless conscious energy, meditating on the physical form of the Master would allow us to immediately connect our Ananda Gandha to the universal energy source.

The influx of this energy suffuses the body of the recipient with sufficient energy allowing the realignment and reestablishment of the normal channels and storehouses of the energy (Nadis and Chakras).

As technology has not advanced to provide us with a physical apparatus to directly measure or observe universal energy, indirect methods are used to both qualify and quantify the physiological effects of this energy on the body at a genetic, molecular, and cellular level. This in turn results in health changes in the recipient, which too can be easily measured using physiological and psychological parameters. Structured studies have been performed to study the process of activation of the Cosmic energy at the individual level (Kundalini energy) over the last decade.

Copyright ©2021 Sri Nithyananda Paramashivam. All Rights Reserved

There has been significant evidence of increased mitochondrial activity (increased cell energy). Changes occur in the gene expression which leads to suppression of the disease-causing signaling pathways for cancer, mental illness, etc., and which lead to a significant increase in the signaling pathways, thus allowing for greater health and better performance of the cells of the body.

Recent studies have shown the remarkable anti-aging influence of this process as measured by an increase in telomerase activity (responsible for increasing the life span) and an increase in the number and viability of stem cells (responsible for repair and maintenance and longevity of the cells of the body).

Today, there are over 20,000 initiated Nithya Spiritual Healers worldwide, acting as the 'healing hands' of the SPH Bhagavan Sri Nithyananda Paramashivam. Working from their homes, in their local communities, or Nithyananda Peetham's innumerable healing centers worldwide, these healers continue to baffle the world of modern medicine by curing often fatal and incurable diseases with nothing more than a healing touch and a few moments of prayerful meditation.

Copyright ©2021 Sri Nithyananda Paramashivam. All Rights Reserved

The SPH Nithyananda Paramashivam conducts discourses around the world, healing millions of devotees and blessing them with boon and bliss;

Copyright ©2021 Sri Nithyananda Paramashivam. All Rights Reserved

The SPH Nithyananda Paramashivam conducts initiations and seminars globally, blessing and healing millions of devotees with boons and bliss;

Copyright ©2021 Sri Nithyananda Paramashivam. All Rights Reserved

Community Living and COVID-care

COVID-19 has made its presence felt towards the end of 2019, and within a few short weeks has turned itself into the great global pandemic of the 21st century. Countries all over the world were scrambling to deal with the waves of infections, deaths, panic, and fear unleashed onto their populations. Hospitals and health systems were pushed beyond their breaking point; doctors, health professionals stretched to their limits, and sometimes further, as they experienced unprecedented levels of psychological stress dealing with COVID-19 patients.

Over a 175.6million cases of COVID-19 have been recorded worldwide thus far, resulting in about a 3.8million deaths.[415] In an attempt to contain the pandemic, governments of the world moved to impose lockdowns, travel restrictions, and curfews, closing schools and all but essential businesses. As a result, the global economy suffered an almost US$3.94 trillion loss of economic output, with the Travel and Tourism industries being hardest hit.[416]

Pharmaceutical companies sprang into action, in a race against time, to develop a vaccine against this wave of pestilence. Two years on, several successful vaccines have been developed and distributed around the world, with western health systems restoring a sense of hope and normality as the vaccines are being administered to the people.

While COVID-19 vaccines uptake (at least 1 dose) in the west are around the 50-60% mark (Canada-64.73%; Israel-63.3%; US-51.98%; Germany-47.75%) the overall world picture isn't so good at 20.65%, as countries such as India and Malaysia are trailing behind at 14.68% and 9.68% respectively, with the African continent being as low as 2.22%.[417]

Just as the world was getting ready to get back on its feet, a darker, more infectious, and deadly variant has shown its ugly head in India, causing devastation and is slowly becoming the dominant strain of the virus throughout various parts of the world.

With the world systems still recovering from the initial waves of the pandemic, it will take a concerted effort to tackle this new wave. Every organization, corporation, every man and woman with means to assist, must do their part, now more than ever.

After 5,000 years of a multi-fold and untold persecution, SHRIKAILASA Nation is the unified voice for the 2 billion dispossessed and persecuted Hindus across the globe. In a world ravaged by war, pandemics, ecological destruction, hatred, and division, SHRIKAILASA represents the revival of the ancient enlightened civilization-based nation, which beliefs in the Oneness of all beings, and the highest potential of human beings, irrespective of their race, religion, country, color, gender or background. SHRIKAILASA was founded by the Supreme Pontiff of Hinduism (SPH), Jagatguru

[415] Number of Coronavirus (COVID-19) Cases, Recoveries and Deaths as of June 11, 2021: https://www.statista.com/statistics/1087466/covid19-cases-recoveries-deaths-worldwide/

[416] Impact of the coronavirus pandemic on the global economy: www.statista.com/topics/6139/covid-19-impact-on-the-global-economy/

[417] Share of people who received at least one dose of COVID-19 vaccine: https://ourworldindata.org/covid-vaccinations

Copyright ©2021 Sri Nithyananda Paramashivam. All Rights Reserved

Mahasannidhanam (JGM), His Divine Holiness (HDH) Bhagavan Nithyananda Paramashivam despite incessantly facing religious and human rights violations for the past 11 years.

SHRIKAILASA is a consortium of multiple micronations, educational institutions including Hindu universities and schools (gurukul), de facto spiritual embassies, temples, temple monastery complexes, nunneries, food banks (Annamandir), animal shelters (Goshala), libraries (Jnanalaya), and organic agriculture. Its founding principles of *ahimsa* (nonviolence), *Advaita* (oneness), and living in harmony with nature and fellow human beings presents a bold vision for human potential, peaceful co-existence, organic living, and alignment with nature, echoing the idea that once thrived in the enlightened civilizations of the East.

Kailasa works to unite all nations for common human values such as global peace, eradicating poverty, religious tolerance, gender equality, women empowerment, child welfare, eradicating illiteracy, sustainable development, animal protection, establishment and support of food banks, holistic healthcare, the revival of ancient heritage of Hinduism, protecting and reviving the science of enlightened birthing and pregnancy, democracy and uncorrupt elections, ethical environmentalism, protection of monks, organic and sustainable agriculture, recovery of drug abuse and sexual abuse victims, vegetarianism and climate change to name just a few.

Being the only Hindu nation, it is SHRIKAILASA's Dharmic responsibility to offer our humble services – the time tested, age-old authentic solutions from the Vedagamas, the ancient Hindu scriptures - to the entire humanity, in addressing the current crisis:

1. ***Open Doors for all to an innovative 3-tier quarantine system, absolutely free***

The Indian Government recently stated that home quarantine is not possible in India due to the high population density and inadequate living conditions[418];

While first-world countries decided to close their borders during this massive global emergency, the Supreme Pontiff of Hinduism, Jagatguru Mahasannidhanam, His Divine Holiness, Bhagavan Nithyananda Paramashivam has ordered SHRIKAILASA to open up its doors to all, without exception! Several spiritual de-facto embassies across India and Malaysia have been identified as suitable and capable of offering the Protective and Preventive 3-Tier Quarantine which the SPH deems necessary to keep everyone safe and healthy. These are:

- Adi Kailash In Bidadi, Banglore
- Salem Aadheenam, Tamil Nadu
- Tiruvannamalai Aadheenam, Tamil Nadu
- Rajapalayam Aadheenam, Tamil Nadu
- Puduvai Aadheenam, Tamil Nadu

[418] https://economictimes.indiatimes.com/news/india/home-quarantine-is-prime-reason-for-large-number-of-deaths-in-assam-himanta-biswa-sarma/articleshow/82739223.cms

Copyright ©2021 Sri Nithyananda Paramashivam. All Rights Reserved

- Pattanam Aadheenam, Tamil Nadu
- Seeragapadi Aadheenam, Tamil Nadu
- Sripuram Aadheenam, Hyderabad
- Madurai Aadheenam, Tamil Nadu
- Avathipalayam, Erode, Tamil Nadu
- Hosur Aadheenam, Tamil Nadu
- Baroda Aadheenam, Gujarat
- Kuala Lumpur Aadheenam, Selangor, Malaysia

The de-facto embassies boast large open spaces for all to roam around and have ample accommodation to house thousands of people. As per the SPH's directions, staples and groceries have been stored to comfortably provide for the masses for over 3 years, while organic farming provides fresh produce all year round to ensure a healthy, balanced diet for everyone seeking refuge. Adequate infrastructure provides a decent level of comfort, health, and safety measures to WHO standards[419], that includes emergency kits and an ambulance on standby, ensuring everyone is kept out of harm's way. Appropriately trained medical personnel are also on hand to take care of any possible basic emergencies that arise, swiftly and effectively.

Protective Quarantine - Tier 1

Tier 1 is for the people who are in contact with the vendors. These people are confined to the outermost circle area where communication with the outside is occurring, with no direct interaction with the inner tiers.

Provisions are made for a well-ventilated room with an attached bathroom. Contactless delivery is opted for wherever possible, with face covering and gloves are a must if contactless is not possible. Every package received is sanitized and disinfected, while the outer packaging is disposed of before it enters the next tier.

Protective Quarantine - Tier 2

Tier 2 is dedicated to the compulsory 15 days quarantine imposed on all new arrivals. Entry is only granted to people with medical proof they are Covid-free within 24-48hrs before the time of arrival.

New arrivals are placed in a separate room with a bathroom facility, in which they must remain for the duration of the quarantine period. Food would be delivered to their door, however, they can only pick it up when keeping a distance of at least 6 feet to the food delivery person. The quarantined person will follow a routine of steam inhalation and salt & turmeric gargle twice daily, as well as other immune boosters and Ayurvedic & Siddha concoctions, while temperature, pulse rate, and oxygen

[419] https://www.who.int/emergencies/diseases/novel-coronavirus-2019/advice-for-public

Copyright ©2021 Sri Nithyananda Paramashivam. All Rights Reserved

saturation levels are monitored every day by qualified medical personnel. If symptoms and/or Covid are detected at any stage the affected person will remain in quarantine for a further 15 days.

Protective Quarantine - Tier 3

Tier 3 is for the people at large, once they have successfully passed the mandatory quarantine period. Everyone is provided with accommodation, food, internet, and general healthcare, and are free to roam around the entire inner circle of the grounds, keeping to the basic guidelines of the Aadhenam, such as the prohibition of smoking, alcohol, drugs, and substance abuse, illicit sex and consumption of non-vegetarian food on the grounds of the Aadheenam.

There are no other expectations, tasks, or chores imposed on the people seeking refuge, and people able to "work from home" can continue to do so, as the free internet connection would allow them to do so.

The first couple of batches of people seeking refuge have already been welcomed at some of the centers, have gone through the mandatory quarantine, and are now enjoying freedom and safety at their leisure. Everyone is free to leave as, and whenever they wish, however, they will have to go through the quarantine again upon their return.

1. ***Pacchai Pattini Vratham*** - A 28-day spiritual regimen, involving Vratha (Hindu fasting), meditation, chanting of sacred sound of Mahavakya, hygienic living, and social distancing, practiced as a method of cleansing, introspection, prayer, and meditation.
   Every year, the Maasi festival is celebrated on the last Sunday of the Tamil month of Maasi and ends on the last Sunday of Tamil month Panguni. Devi Mariamman, the manifestation of Parashakti (the Divine Cosmic Feminine Consciousness) observes a 28-day fast (Vratha) during this time, called the Pacchai Pattini Vratham, for the welfare of Her devotees.
   The Vratha is specially designed to spiritually heal physical and psychological ailments, clear out toxins and blockages from the system, strengthen the immune system so it can fight off disease, and relieve mental tension, stress, and anxiety, while praying to, and receiving the blessing from Devi Mariamman to stay protected from all disease.
   The SPH Himself also performed the Pacchai Pattini Vratham for the benefit of all of humanity[420], with over 30 million citizens of SHRIKAILASA worldwide also participating in the event to provide healing for the world from the effects of COVID-19. Benefits of this event include:
   - Removal of evil possession
   - Healing of Fevers - Bhuta Jvaram, Preta Jvaram, Pishacha Jvaram, Tapa Jvaram, Vaishnava Jvaram, Sarva Jvaram
   - Healing of all diseases of Vata Pitta Kapha
   - Healing of Maharogas - epilepsy, leprosy
   - Healing of headache, backache, body parts ache, jaundice

[420] See http://health.gov.kailasa.sk/heal-from-coronavirus/

Copyright ©2021 Sri Nithyananda Paramashivam. All Rights Reserved

2. ***Maheshwara Puja*** - a most ancient Hindu ritual, performed in remembrance of someone who has passed away, such that the departed soul is liberated and rests in peace. The Ultimate Peace a soul can experience is the peace of Enlightenment.

    a. Maheshwara Puja can only be performed by an Avatar, a living incarnation of the Ultimate Superconsciousness

    b. The SPH Himself is performing the Maheshwara Puja twice every month for all the lives lost due to Covid-19

3. ***Annadaan*** - the offering of free sattvic food (vegetarian diet based on yogic principles of purity, vitality, and balance as well as Ahimsa - non-harm/non-violence)

    Thousands of meals are provided every month to the needy, as directed and overseen by the SPH, at various centers around India, with over 15 million meals provided thus far. The SPH has supplied all Adheenams with staples and groceries to last them for at least 3 years, including provisions for food donations.

    Regular Food Donations are also made to food banks around the globe, such as in France, several cities of the US (New York, May 16, 2021 - 554lbs of organic rice and beans donated, New Jersey, Nov 14, 2020 - 280 lbs of organic rice donated), Singapore (Dec 19, 2020 - 1273 meals provided, various food items donated), etc.

4. ***Global Akhanda Nirvikalpa Samadhi Jnana Yagna*** - A perpetual, Global Meditation movement launched by the SPH in May 2020, aimed at healing the world from the effects of COVID-19

    a. The meditation is performed continuously, 24hrs a day, 7 days a week by SHRIKAILASA citizens around the world

    b. The movement has been running non-stop since 13 May 2020, clocking in at over 400 days, or over 9700 hrs so far.

5. ***Paramashivoham Level 2 Program*** - a free 16-day global, online Yoga and meditation program providing real-life solutions for Covid-19 related issues and much more.

    The SPH launched this program in March 2020, just as the lockdowns started coming into effect all over the world, to ensure people across the globe had a viable coping mechanism with the new environment they suddenly found themselves in, in terms of quarantine confinement and dealing with the threat of the pandemic. The SPH has made Himself available to, and worked tirelessly for the program attendees, ensuring they get the best possible practical information, attention, and outcomes from the program.

    Some of the real-life solutions include detoxifying and maintaining a healthy body through ayurvedic medicine and a healthy, sattvic diet; strengthening the body, and the immune and nervous systems through practice of authentic Yoga; de-stressing and removal of anxiety through the method of un-clutching the mind; removal of negative patterns through the science of completion; as well as many others, promoting positive, pro-life energy flow, and a balance with the universal energies.

Copyright ©2021 Sri Nithyananda Paramashivam. All Rights Reserved

The program runs for 16hrs a day for 16days and is offered continuously (i.e. one instance finishes and the next one starts), for which the participants can register to any and every instance of the program they desire free, to ensure it is accessible to everyone.

The SPH has also revived and revealed to the world further Vedic practices, as per the sacred Hindu scriptures, that help build the body's immune and nervous systems, thus helping prevent and fight the Covid-19 virus. These include, but are not limited to:

- Firewalking - awakens powerful, intense energies within the body while negative energies are nullified, and strengthens the nervous system (***Please Note***: this must only be done under supervision and in conjunction with appropriate mantras and meditation practices that prepare the body and mind while maintaining a high level of energy and consciousness)
- Taking bath in turmeric water - detoxify and promote health
- Drink Neem Juice - detoxify and promote health

All this hard work and positive pro-life, pro-humanity initiatives that SHRIKAILASA and the SPH have taken onto themselves are completely at their own cost, with no expectation or thought of benefit to themselves; SHRIKAILASA is a spark in the dark, a bright light that should be celebrated, supported and promoted as the act of kindness, love, and humanity for all to follow.

Copyright ©2021 Sri Nithyananda Paramashivam. All Rights Reserved

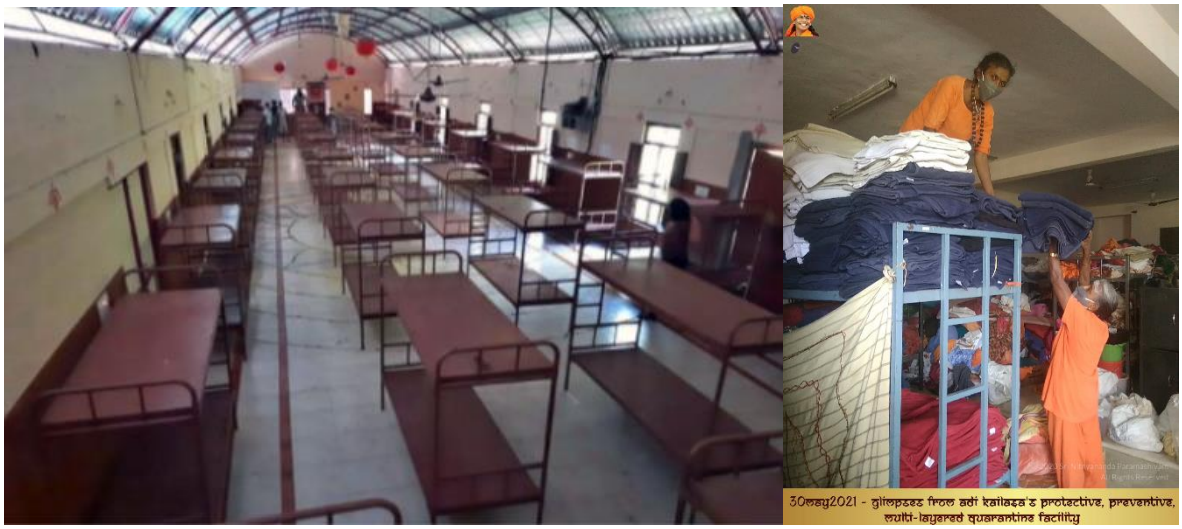
Kailasa's preparation work in pictures:

Large open spaces in Adi Kailasa campus

Organic Farming

Dorms Getting Ready For Accommodation

Copyright ©2021 Sri Nithyananda Paramashivam. All Rights Reserved



Infrastructure Readiness

Copyright ©2021 Sri Nithyananda Paramashivam. All Rights Reserved

Groceries And Food Provisions

Copyright ©2021 Sri Nithyananda Paramashivam. All Rights Reserved

Copyright ©2021 Sri Nithyananda Paramashivam. All Rights Reserved

Fire Equipment Maintenance

Medical Preparedness

Copyright ©2021 Sri Nithyananda Paramashivam. All Rights Reserved

Copyright ©2021 Sri Nithyananda Paramashivam. All Rights Reserved

Revival of Hindu Temples and Cultural Heritage

At the heart of the Vedic tradition and Hindu life is the sacred tradition of Hindu temples, the Cosmic Energy centers where the Divine resides in the beautiful form of deities. Any human settlement in Vedic civilization has flourished around temples, making Hinduism a temple-based civilization of celebratory traditions. Temples have also been the education and cultural centers where one learns and practices the highest ideals of life and has Satsanga, the truthful association with an evolved, devoted community. Temple rituals are processes to invoke and radiate different Divine energies within and without.

The SPH Nithyananda Paramashivam has established Hindu temples all over the world based on the pure Agama Sciences and rituals; inspiring millions of people to live, learn and benefit from the rich fulfilling Vedic tradition. More temples are needed to enrich human need to directly connect and commune with the Divine and to serve the urgent planetary need for positive peaceful energy centers.

Each temple is a powerful energy circuit created by a Superconscious Being and retains that pure energy for several thousands of years. The SPH Nithyananda Paramashivam has brought down enormous Cosmic Energy and stored them in all established temples to radiate it to the whole planet, for mankind to experience the ultimate peace, healing, fulfillment of desires, also to radiate unique powers and powerful truths.

In Hinduism, there is no idol worship. Worship happens *"through"* the idols. Everything, from education, architecture, lifestyle, or celebrations is based on temple traditions. By overflowing devotion (bhakti) onto the living deity in the personal form or *"Archavatar"* of pure consciousness, the oneness (Advaita) with the Divine is experienced.

Worship (Pujas, Homas, and Meditations) - Employing powerful mass worship as a means to realizing collective peace and harmony. Young monks of the Nithyananda Order conduct mass fire rituals involving the public thereby creating profound healing energy for a peaceful mind and healthy body in those living in the surrounding areas.

Globally, temples are best known for their modes of worship (pujas, Homas, and various meditations). Employing powerful mass worship as a means to realizing collective peace and harmony is one of the core components of the temple infrastructure.

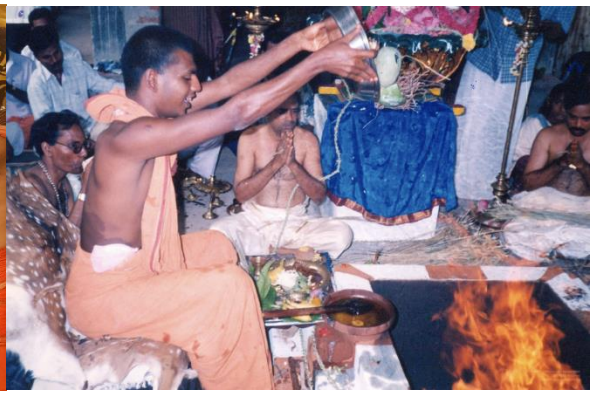
Simply by its nearness, inhabitants, and passersby of the ecosystem reap its benefits. This effect of group meditation has been thoroughly studied and tested and has been statistically proven to reduce the violence and crime rates in its surrounding area.[421]

[421] (i) https://journals.sagepub.com/doi/full/10.1177/2158244016637891 (ii) https://www.jstor.org/stable/27522387 (iii) https://www.eurekalert.org/news-releases/671086

Copyright ©2021 Sri Nithyananda Paramashivam. All Rights Reserved

Young monks of the Nithyananda Order conduct mass fire rituals involving the public, thereby creating profound healing energy for a peaceful mind and healthy body in those living in the surrounding area.

Copyright ©2021 Sri Nithyananda Paramashivam. All Rights Reserved



Commemorating Religious freedom through performing rituals in temples and taking responsibility for world peace ***(through the years)***

2015 *- Celebrating religious freedom through a unique and auspicious 3-day Ati Rudra Maha Yagna – an ancient and powerful Vedic ceremony that sends huge ripples of positive energy*

Copyright ©2021 Sri Nithyananda Paramashivam. All Rights Reserved

into the world, raising the collective human consciousness and ushering in global peace was also part of the 38th Avatar Day celebrations.

Copyright ©2021 Sri Nithyananda Paramashivam. All Rights Reserved

Powerful Benefits of Rituals

Vedic Rituals are known for various benefits such as their effect on personal health and well-being- Enhanced cognitive function[422], verbal memory[423], decrease in thoughts per second, steadiness in mind, reduction in mental stress[424], reduction in depression, epilepsy and anxiety[425], balancing of blood pressure[426], gene expression, and immunity.[427]

Healing effect on the health and environment even after nuclear or chemical[428] or nuclear disasters[429]. Such fire rituals are conducted to connect to the universal Existence and thus reinforce the sense of connectedness with the whole world. They bring about peace and harmony and purify the space in which they are conducted.

Daily Homa services are ongoing across all the major 33 temples and monasteries of the Nithyananda Order, established by The SPH Nithyananda Paramashivam. During major Hindu festivals such as Vinayaka Chaturthi, Navaratri, and Shivaratri, special Homas are conducted for the benefit of all – performed exactly as prescribed in the Vedas and Agamas. On several occasions, 1008 simultaneous fire rituals (Homas) have been conducted.

In tune with the ideals and principles for which the temple-centric ecosystem stands, The SPH Nithyananda Paramashivam's temple ecosystem serves as the worldwide organization reviving, researching, preserving, spreading, and teaching the authentic Science of Oneness, Power-Manifestation, Yoga, and the Enlightened lifestyle, for enabling peaceful co-existence on a grand scale.

---

[422] Brains of the regular sanskrit verse chanting pandits were dramatically larger than those of controls, with over 10 percent more grey matter across both cerebral hemispheres, and substantial increases in cortical thickness this consistently correlates with enhanced cognitive function. Based on structural magnetic resonance imaging (MRI) done by India-Trento Partnership for Advanced Research (An Italian and Indian reach collaboration). https://blogs.scientificamerican.com/observations/a-neuroscientist-explores-the-sanskrit-effect/

[423] Verbal Memory: Vedic scholars' right hippocampus—a region of the brain that plays a vital role in both short and long-term memory—had more gray matter than controls across nearly 75 percent of this subcortical structure. The pandits also showed substantially thickening of right temporal cortex regions that are associated with speech prosody and voice identity. Findings based on MRI study by India- Trento Partnership for Advanced Research.

[424] Decrease in thoughts per second, steadiness in mind and reduction in mental stress. (i) http://paper.ijcsns.org/07_book/200808/20080825.pdf (ii) http://nopr.niscair.res.in/bitstream/123456789/9347/1/IJTK%203(2)%20154-161.pdf (iii) http://paper.ijcsns.org/07_book/200901/20090151.pdf

[425] Reduction in depression, Epilepsy and anxiety - http://www.ncbi.nlm.nih.gov/pmc/articles/PMC3099099/

[426] Physiological effects - Balancing of blood pressure. http://www.dailymail.co.uk/health/article-1258234/Chants-fine-thing-It-sound-daft-doctors-believe-meditation-really-lower-blood-pressure.html

[427] Gene Expression and Immunity: (i) http://www.plosone.org/article/info%3Adoi%2F10.1371%2Fjournal.pone.0062817 (ii) http://commonhealth.wbur.org/2013/05/genes-altered-after-relaxation-practice

[428] How Homa saved a family performing Homa - during the Bhopal Gas Tragedy https://postcard.news/entire-city-dying-bhopal-gas-tragedy-saved-one-family-god-read-know/

[429] Homa ash used for treatment after exposure to nuclear disaster. https://www.spiritualresearchfoundation.org/spiritual-healing/healing-using-objects/spiritual-healing-agnihotra/

Copyright ©2021 Sri Nithyananda Paramashivam. All Rights Reserved

Copyright ©2021 Sri Nithyananda Paramashivam. All Rights Reserved

***Through the years**, celebrating Religious freedom through initiation into Vishesha deeksha and Shiva Deeksha by the Living Avatar of Paramashiva,*
The SPH Nithyananda Paramashiva

2015 - *Celebrating Religious freedom through Bandara - religious Congregations*

Copyright ©2021 Sri Nithyananda Paramashivam. All Rights Reserved

Reviving the science of Temple building

Temples are high-energy places meant to radiate the Cosmic healing energy for peace and well-being. These monuments of knowledge have been almost annihilated. The SPH Nithyananda Paramashivam is reviving them and preserving this rich cultural heritage and spreading it worldwide. These temples are also educational and cultural centers where the congregation happens every day.

The SPH Nithyananda Paramashivam had founded 34 temples and Aadheenams (temple-monastery complexes) worldwide in 6 countries, housing 3720 deities. Cities include Bangalore and Hyderabad in India, Los Angeles, San Jose, Seattle, Oklahoma City, St. Louis, Columbus Ohio, Houston, and New York in the USA, Toronto in Canada, Singapore, Malaysia, Melbourne in Australia.

KAILASA is preserving, making, and distributing from under a single roof the sacred temple arts and architecture as per the Agamas, that include stone temple structures, deities made of stone or 5-metal alloys, temple chariots, vehicles of deities (Vahanas), worship items, crafted temple jewelry, and traditional decorations. Over 5000 unique deities have been created by artisans so far.

Copyright ©2021 Sri Nithyananda Paramashivam. All Rights Reserved

A Glimpse of Temples Worldwide

KAILASA's Sri Nithyanandeshwara Sadashiva Devasthanam, Nithyananda Peetham, Bengaluru Aadheenam, India

Being the main temple, Sri Nithyanandeshwara Sadashiva Devasthanam is set to become the world's largest golden temple for Sadashiva, the superconscious source.

*At **Sri Nithyanandeshwar Devasthanam** are seated (center) the presiding deities of Sri Nithyanandeshwara and Nithyanandeshwari (Lord Sadashiva and Devi) blessing the world, along with the deities of Sri Nithyananda and Sri Kapila Mahamuni. (bottom center): The primordial Svayambhu Linga (self-manifested Shiva Linga) that burns all karmas.*

Copyright ©2021 Sri Nithyananda Paramashivam. All Rights Reserved

Sacred worship at the Garbha Mandir (sanctum) of the presiding deities Sri Nithyanandeshwara and Nithyanandeshwari (Lord Shiva and Devi) at Nithyananda Peetham, Bengaluru Aadheenam, the SPH Nithyananda Paramashivam

Kalabhairava, the Lord of Time at the entrance of

The Sacred Banyan Tree at Sri Nithyanandeshwara Sadashiva Devasthanam, Bengaluru Aadheenam

Copyright ©2021 Sri Nithyananda Paramashivam. All Rights Reserved

Nithyananda Peetham, Bengaluru Aadheenam	spreading its cosmic branches. Seated below is the deity of Adi Guru Sri Dakshinamurti.

The daily worship is offered at the temple by all the residents and devotees at the Nithyananda Peetham, radiating blessing and healing to the world.

Copyright ©2021 Sri Nithyananda Paramashivam. All Rights Reserved

Glimpses from Uttamotama Seva offered to Nithyanandeshwara Sadashiva & Nithyanandeshwari Parashakti

Sri Nithyananda Lingam, the rare 21-feet Shiva Linga at Sri Nithyanandeshwar Sadashiva Devasthanam, Bengaluru Aadheenam encircled by the healing water tank or 'Tirtha' and 1008 Shiva Lingas - radiating cosmic healing energy and peace to the world.

Copyright ©2021 Sri Nithyananda Paramashivam. All Rights Reserved

Chariot Festivals or 'Rathotsav' are an integral part of celebrating the glory of temples and their presiding deities. During festivals, large chariots carry the living deities so their vision can be beheld.

Ratha Mandirs, the temples on wheels, blessing people in their communities and homes.

Copyright ©2021 Sri Nithyananda Paramashivam. All Rights Reserved

KAILASA's Sri Nithyanandeshwara Hindu Temple, Los Angeles Aadheenam, USA

In 2007, the temple space of over 25,000 square feet, was infused with the Cosmic Energy by the SPH Nithyananada Parashivam, who blessed the temple to be the pinnacle of the Vedic tradition to the Western world. Over 80 Deities reside at the temple, embodying the diversity of Hindu sacred sentiments. To date, it houses the largest Shiva Linga and Rajarajeshwari Devi in North America.

Copyright ©2021 Sri Nithyananda Paramashivam. All Rights Reserved

The Hindu heritage, culture, and spiritual community in the temple is an example of the vibrant Hindu tradition for living Hindus from all over the western world.

The SPH Nithyananda Paramashivam has personally hand-finished and energized the magnificent deity of Lord Venkateshwara. After prana Pratishta (breathing cosmic life-energy) was performed by His Divine Holiness, the deity graces as Sri Nithyananda

Copyright ©2021 Sri Nithyananda Paramashivam. All Rights Reserved

Venkateshwara in Southern California as its largest and most blissful manifestation of Sri Vishnu. The vision is to create a golden shrine for the Lord as a replica of the sanctum of Tirumala Tirupati Venkateshwara.

Nithyananda Sangha at Los Angeles Aadheenam
Renewal of authentic Vedic ceremonies, kirtans and meditation programs at the temple to celebrate the Divine and the Self.

Copyright ©2021 Sri Nithyananda Paramashivam. All Rights Reserved

KAILASA's Sri Nithyanandeshwara Hindu Temple, Seattle Aadheenam, USA

Also called the Chidambaram of the West, Nithyanandeshwara Hindu Temple, Seattle, USA was inaugurated on 24th February 2008 by The SPH Nithyananda Paramashivam. The sacred ceremonies are followed as per Chidambaram, India temple's Vedic calendar and tradition. Chidambaram represents the element of *akasha* (ether), which is one of the *Pancha Bhuta Sthala (five elementary spaces),* where Lord Shiva resides in the formless form as Nataraj, the Cosmic Dancer.

The 12-foot Sri Ananda Nataraj is the largest living Deity of Natraj outside India.

"Since the skies are always celebrating, let this temple radiate akasha (ether) energy."

~ The SPH Bhagavan Nithyananda Paramashivam

Left: *Sri Nithyananda Ganesha in the unique, rarely seen is His blissful dancing form*
Right: *The SPH Nithyananda Paramashivam with Sri Ananda Nataraja and Nithyanandeshwara*

Copyright ©2021 Sri Nithyananda Paramashivam. All Rights Reserved

(Left) The SPH Nithyananda Paramashivam with 8-foot granite deity of Sri Nithyananda Venkateshwara, the living form of Lord Narayana.
(Right) Spatika Linga (shown in front) is made of pure crystal.

Copyright ©2021 Sri Nithyananda Paramashivam. All Rights Reserved

Recreating the Sacred Temple of Chidambaram – Nithyanandeshwara Hindu Temple, Seattle Aadheenam is a powerful energy center with a grand vision and space to raise the consciousness of the Pacific Northwest in the US.

Copyright ©2021 Sri Nithyananda Paramashivam. All Rights Reserved

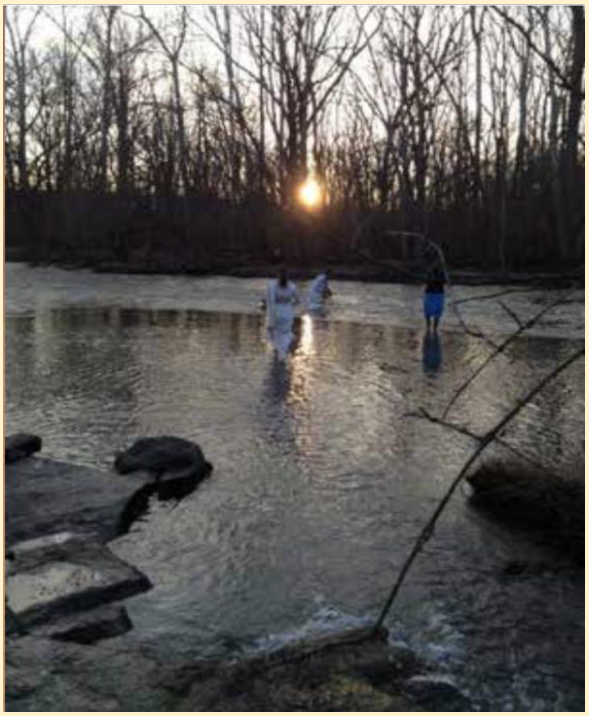
KAILASA's Sri Nithyanandeshwara Hindu Temple, Columbus Aadheenam, USA

On 14th April 2007, Nithyanandeshwara Hindu Temple at Columbus, Ohio, USA was inaugurated by living Avatar The SPH Nithyananda Paramashivam. This is the first temple established and energized by His Divine Holiness outside India. The temple physically came to life in just 9 months after The SPH Nithyananda Paramashivam's declaration that "*There will be a Shiva temple in Ohio.*"

The chief presiding deities of the temple are Sri Nithyanandeshwara and Nithyanandeshwari (Lord Sadashiva and Devi Adi Shakti). The deities are 7-feet tall granite, weighing 6 tons, and their faces have been directly hand-carved by The SPH Nithyananda Paramashivam.

The Deities represent the divine energy and strength of Arunachala Hill in South India, the Cosmic place where Lord Shiva manifested as an infinite Pillar of Light.

(Left photo) The SPH Nithyananda Paramashivam with Sri Nithyanandeshwara and Nithyanandeshwari



The Temple is located in a beautiful, natural setting with two rivers flowing on its property: the Olentangy River and a creek that flows into the river. The SPH Nithyananda Paramashivam declared the confluence of these two waterways the *'Prayag of the West'*.

Copyright ©2021 Sri Nithyananda Paramashivam. All Rights Reserved

The temple inauguration ceremonies lasted two weeks and were all performed by The SPH Nithyananda Paramashivam to bless and anchor Divine energy into the presiding deities through the rare cosmic process of Prana Pratishta, bringing life to the deities. The Kumbhabhishekam, a sacred ritual to energize the temple with Cosmic Energy landing into the deities, is a huge service to humanity as it raises the positivity of the whole surrounding areas and makes the pure Divine Energy available to all.

Copyright ©2021 Sri Nithyananda Paramashivam. All Rights Reserved

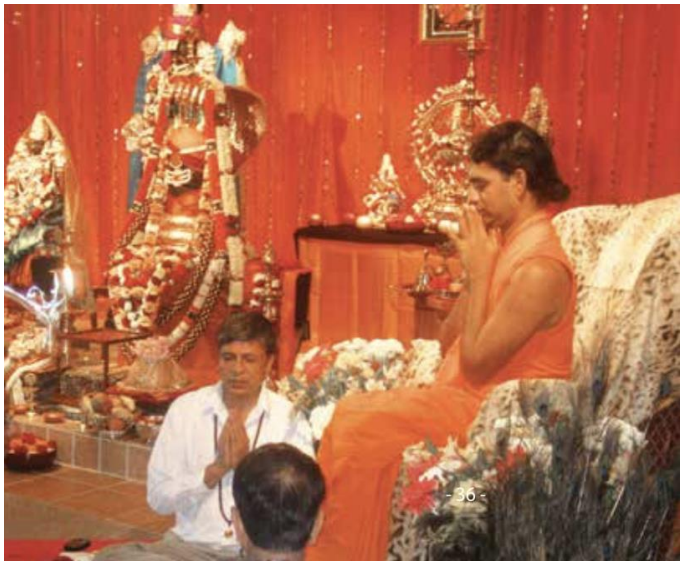
The temple has many beautiful deities (from left to right) Nithyananda Ganesha and Nithyananda Mahalakshmi

(Left) *Devotees gather for Live Satsang with The SPH Nithyananda Paramashivam*
(Right) *Volunteer Appreciation Day at Nithyanandeshwara Hindu Temple, Ohio Aadhenam*

Copyright ©2021 Sri Nithyananda Paramashivam. All Rights Reserved

KAILASA's Sri Nithyanandeshwara Hindu Temple, Oklahoma Aadheenam, USA

Nithyanadeshwara Hindu Temple of Oklahoma City, USA was inaugurated on 30 October 2007 by the SPH Nithyananda Paramashivam. It is declared as the energy center of Somanath Temple located in the Prabhas Kshetra on the west coast of Gujarat India – and a creek that flows into the river.



The SPH Nithyananda Paramashivam gracing the Nithyanandeshwara Hindu Temple Oklahoma

A view of the temple with all the deities gracing their presence

Copyright ©2021 Sri Nithyananda Paramashivam. All Rights Reserved

Devotees and Sangha gather to celebrate Vedic festivals

Copyright ©2021 Sri Nithyananda Paramashivam. All Rights Reserved

KAILASA's Sri Nithyanandeshwara Hindu Temple, San Jose, Aadheenam, USA

Inaugurated in 2009, Nithyanandeshwara Hindu Temple at San Jose radiates the energy of Madurai Meenakshi Temple, which is home to Devi Meenakshi, the Divine Cosmic Mother, and the consort of Lord Sundareshwara, the most beautiful and blissful form of Lord Shiva.

The Chief presiding deities of the temple are Devi Meenakshi, the Shiva Linga and Lord Sri Nithyanandeshwara, and Devi Nithyananadesahwari (Lord Shiva and Devi) which have been created, installed, and energized by The SPH Nithyananda Paramashiva

Nithyananda Meenakshi

Sri Nithyanandeshwar and Devi Nithyanandeshwari (Lord Shiva and Devi) seated majestically blessing all

Copyright ©2021 Sri Nithyananda Paramashivam. All Rights Reserved

Adiguru Dakshinamurti, the primordial Master

Larger than life deity of Sri Nithyananda Venkateshwara

Satsangs and meditation programs, Sri Nithyanandeshwara Hindu Temple, San Jose, Aadheenam, USA

Copyright ©2021 Sri Nithyananda Paramashivam. All Rights Reserved

Copyright ©2021 Sri Nithyananda Paramashivam. All Rights Reserved

KAILASA's Sri Nithyanandeshwara Hindu Temple, Phoenix, Aadheenam, USA

Established by Avatar The SPH Nithyananda Paramashiva, the Phoenix Aadheenam serves as the energy field of worship, meditation, and celebration for the last 7 years. This temple structure is 2500 square feet, completely enlivened with Cosmic Energy. The presiding deities are Sri Nithyanandeshwar and Devi Nithyanandeshwari (Shiva and Devi) with the Shiva Linga. Over 21 deities reside at the temple.

St. Louis Aadheenam carries the energy of Tirumala Tirupati of South India and houses one of the tallest Venkateshwara deities in North America along with His consorts - Sridevi and Bhudevi. The beautiful Shiva Linga and Nithyananda Ganesha also preside at the temple. St. Louis Aadheenam is located on the scenic route, just 30 minutes from the city. The beautiful landscape nestled among the woods and rolling hills of Missouri stretches for 20 acres. Upon entering, visitors can see the Paramahamsa Park around Pushkarini Lake. Construction of the Vedic Community is planned around Paramahamsa Park.

Copyright ©2021 Sri Nithyananda Paramashivam. All Rights Reserved

Nithyananda Mahalakshmi

Sri Nithyananda Ganesha

Meditation programs via two-way video technology
Sri Nithyanandeshwara Hindu Temple, St. Louis, Aadheenam, USA

Sri Nithyananda Venkateshwara is the tallest in North America standing at 14-feet tall

Copyright ©2021 Sri Nithyananda Paramashivam. All Rights Reserved

Meditation programs, evening Satsang, and Nithya Yoga classes

Krishna Jayanthi celebrations, Sri Nithyanandeshwara & Nithyanandeshwari, Sri Nithyananda Venkateshwara, Third Eye Demonstration

Copyright ©2021 Sri Nithyananda Paramashivam. All Rights Reserved

KAILASA's Sri Nithyanandeshwara Hindu Temple, Toronto, Aadheenam, Canada

Toronto Aadheenam, inaugurated by The SPH Nithyananda Paramashivam in July 2011, is blessed to radiate the superconscious energy of Kailasa - the abode of Lord Shiva with all His energies. The temple deities are seated exactly as they existentially preside in Kailasa around Mahadeva Himself.

The presiding deities are Sri Nithyanandeshwara and Devi Nithyanandeshwari (Shiva and Devi) and the Shiva Linga along with Devi Meenakshi, Sri Nithyananda Ganesha, Sri Nithyananda Venkateshwara, Devi Mahalakshmi, and many more deities.

Copyright ©2021 Sri Nithyananda Paramashivam. All Rights Reserved

Anna Daan - Serving food to the community (left), Powerful meditation programs (middle), transforming mind, body, and spirit, Deities go out and in processions, blessing the community (right)

KAILASA's Sri Nithyanandeshwara Hindu Temple, Houston, Aadheenam, USA

Houston Aadheenam was inaugurated by The SPH Nithyananda Paramashivam in February 2017. The upcoming Houston temple had 19 Deities - 13 granite and 6 marble Deities and Navagrahas (9 planets).

All the deities are life-size and devotees can walk close to the deities to pray and connect with the Divine, having "up close and personal" experiences. The huge deities and intense energy of The SPH Nithyananda Paramashivam will allow devotees to experience peace and bliss within.

The temple has a Dakshinamurti hand-carved by the SPH Nithyananda Paramashivam

Community gatherings and rituals (left), Sri Ganesha (right)

Copyright ©2021 Sri Nithyananda Paramashivam. All Rights Reserved

KAILASA's Sri Nithyanandeshwara Hindu Temple, Charlotte, Aadheenam, USA

In December 2010, Nithyanandeshwara Hindu Temple was blessed as a home temple.

In October 2013, on the auspicious occasion of Vijaya Dasami, His Divine Holiness inaugurated the temple with the deities and sacred Vedic ceremonies of Rudra Homa and Rudrabhishekam were performed. The deities are Meru and Ambal energized by The SPH Nithyananda Paramashiva.

(Left) Ambal Devi and Meru, (Right) volunteers of the Sri Nithyanandeshwara Hindu Temple, Charlotte, Aadheenam, USA

Community gatherings, programs, and offerings of Naivedyam (food for the Divine)

Copyright ©2021 Sri Nithyananda Paramashivam. All Rights Reserved

KAILASA's Sri Nithyanandeshwara Hindu Temple, Oman

Oman Aadheenam, a home temple, is spiritually named *'Oman-Sivagangai'*. It fulfills the needs of Hindus in the area and brings powerful, energized deities to the region. The community has been hugely benefited by the presence of these energized deities which include Bhagavan Sri Nithyananda His Divine Holiness, Sri Nithyanandeshwar, and Devi Nithyanandeshwari along with Paratha Murti of the Sri Guru blessing everyone.

Community gatherings, programs, and worship of the Divine

Copyright ©2021 Sri Nithyananda Paramashivam. All Rights Reserved

KAILASA's Sri Nithyanandeshwara Hindu Temple, Melbourne Aadheenam, Australia

Australia's First Nithyanandeshwara Hindu Temple - Melbourne Aadheenam, was inaugurated by The SPH Nithyananda Paramashiva, in 2015. The main deity is a life-size statue of The SPH Nithyananda Paramashiva, which was blessed by him to radiate blessing and healing to all of Australia. Melbourne Aadheenam has the largest community outside of Bengaluru Aadheenam with a large number of devotees blissfully living together in Nithyananda Palace.

The SPH Nithyananda Paramashivam

Community gatherings, programs, and temple rituals are the main events at Melbourne Aadheenam

Copyright ©2021 Sri Nithyananda Paramashivam. All Rights Reserved

KAILASA's Sri Nithyanandeshwara Hindu Temple, Singapore Aadheenam, Singapore

Singapore Aadheenam was established in October 2006. It offers meditation, yoga, and sacred space that is energized by living Incarnation, The SPH Nithyananda Paramashiva. As part of bhakti-yoga, sacred Vedic ceremonies are performed.

Various practices are done to awaken the Kundalini Shakti - to enable all to achieve their highest potential. These include Nithya Yoga SM, Nithya Spiritual Healing, Nithya Dhyana, Kriyas, and weekend gurukul education for children.

Hundreds of thousands of Singaporeans have been enriched and the Sangha (spiritual community) has contributed to building a strong, peaceful, and harmonious society.

Copyright ©2021 Sri Nithyananda Paramashivam. All Rights Reserved

KAILASA's Sri Nithyanandeshwara Hindu Temple, Kuala Lumpur, Malaysia

Kuala Lumpur Aadheenam, Malaysia was blessed and energized in 2008 by The SPH Nithyananda Paramashiva. The temple introduces people to the many benefits of yoga and meditation and offers spiritual healing and counseling for better conscious living.

Presiding deities: Bhagavan Sri Nithyananda His Divine Holiness, Sri Nithyanandeshwara, and Devi Sri Nithyanandeshwari

Copyright ©2021 Sri Nithyananda Paramashivam. All Rights Reserved

Reaching out to the community in various ways including, visiting schools, the Ratham (vehicle with traveling deities) travels to communities to give blessings and to distribute Anna Daan (free food)

Copyright ©2021 Sri Nithyananda Paramashivam. All Rights Reserved

Glimpse Of Nithyanandeshwara Hindu Temples in South India

KAILASA's Sri Nithyanandeshwari Devasthanam, Hyderabad

Nithyanandeshwari Devasthanam, the Hindu temple at Hyderabad, South India was inaugurated and energized by The SPH Nithyananda Paramashivam in 2006.

Nestled in a peaceful, sacred land, the temple stands beautifully with its towering gopurams (temple towers). Amidst the lush greenery and temple precincts, The Divine Cosmic Mother - Devi Nithyanandeshwari - is seated, blessing all Her children. Ganesha, Sri Venkateshwara, Shiva Linga, and Surya, and the 9 planets. The banyan tree was also planted here by the SPH Nithyananda Paramashivam, radiating healing and Cosmic Energy.

Reaching out to the community Third Eye powers demos, temple rituals, and blessings, Anna Daan – serving free, sattvic vegetarian food

Copyright ©2021 Sri Nithyananda Paramashivam. All Rights Reserved

KAILASA's Nithyananda Peetham, Puduvai Aadheenam

Nithyanandeshwara Hindu Temple at Puduvai, Puducherry in South India was inaugurated and energized by The SPH Nithyananda Paramashivam in June 2014. The Deities worshipped are the SPH Bhagavan Sri Nithyananda Paramashivam, Lord Nithyananadeshwara, Devi Nithyanandeshwari, and also the newly added Spatika Linga engraved with the Sri Chakra. Regular pujas and homas conducted like Sri Vidya Homa, Guru Homa, and Ganesha Homa contribute to the peace and well-being of the community. The SPH Nithyananda Paramashivam regularly conducts the Kalpataru Program (Science of Manifesting Desire) where thousands of people from all over South India participate and are enriched by the direct presence of the Avatar.

Copyright ©2021 Sri Nithyananda Paramashivam. All Rights Reserved

KAILASA's Nithyananda Peetham, Chennai Tiruvanmiyur Aadheenam

Gracing a scenic seashore location off the East Coast Road, Chennai Tiruvanmiyur Aadheenam is one of the prominent Aadheenams of Nithyananda Sangha in southern India.

The shrine houses the energized deities of Sri Nithyanandeshwara, Sri Nithyanandeshwari, and Guru Murti of The SPH Nithyananda Paramashiva. This Guru Murti has been specially energized by The SPH Nithyananda Paramashivam to bless devotees with completion in all aspects of life. These deities are powerful living energies (Jagrat Vigraha), answering prayers, giving clarity, and granting boons. Vibhuti (sacred ash) frequently materializes on these deities and Guru Padukas, as an auspicious sign that the deities have received the prayers.

Copyright ©2021 Sri Nithyananda Paramashivam. All Rights Reserved

Copyright ©2021 Sri Nithyananda Paramashivam. All Rights Reserved

KAILASA's Nithyananda Peetham Tiruvannamalai Aadheenam

In Southern India, thrives the ancient temple town of Tiruvannamalai, birthplace of the Avatar, The SPH Nithyananda Paramashivam. This beautiful Aadheenam lies at the feet of Arunachala Hill, which is one of the most sacred forms of Lord Shiva. The Aadheenam is home to the Sacred Banyan Tree where pujas are performed in the vibrating silence of this powerful energy field His Divine Holiness Paramahamsa Nithyananda has been conducting meditation programs for thousands of people, blessing them to experience peace, well-being, and consciousness.

Copyright ©2021 Sri Nithyananda Paramashivam. All Rights Reserved

Every month on Pournami or full-moon night, and on special festival days, tens of thousands of pilgrims, mendicants, and devotees are offered Annadaan, free Sattvic meals.

Copyright ©2021 Sri Nithyananda Paramashivam. All Rights Reserved

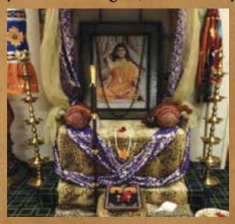
Global Nithyananda Sangha - Paduka Mandirs, Satsang Centers

Nithyanandeshwara Hindu Temple, New York Aadheenam, USA

Nithyananda Sangha, Chicago, USA

Nithyananda Sangha, San Diego, USA

Nithyananda Sangha, Ponca City, USA



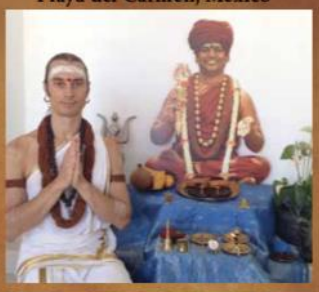
Nithyananda Sangha, Calgary Amarnath, CAN

Nithyanandeshwara Hindu Temple, Washington DC Aadheenam, USA

Copyright ©2021 Sri Nithyananda Paramashivam. All Rights Reserved

Nithyananda Sangha, London Aadheenam

Nithyananda Sangha,
Playa del Carmen, Mexico



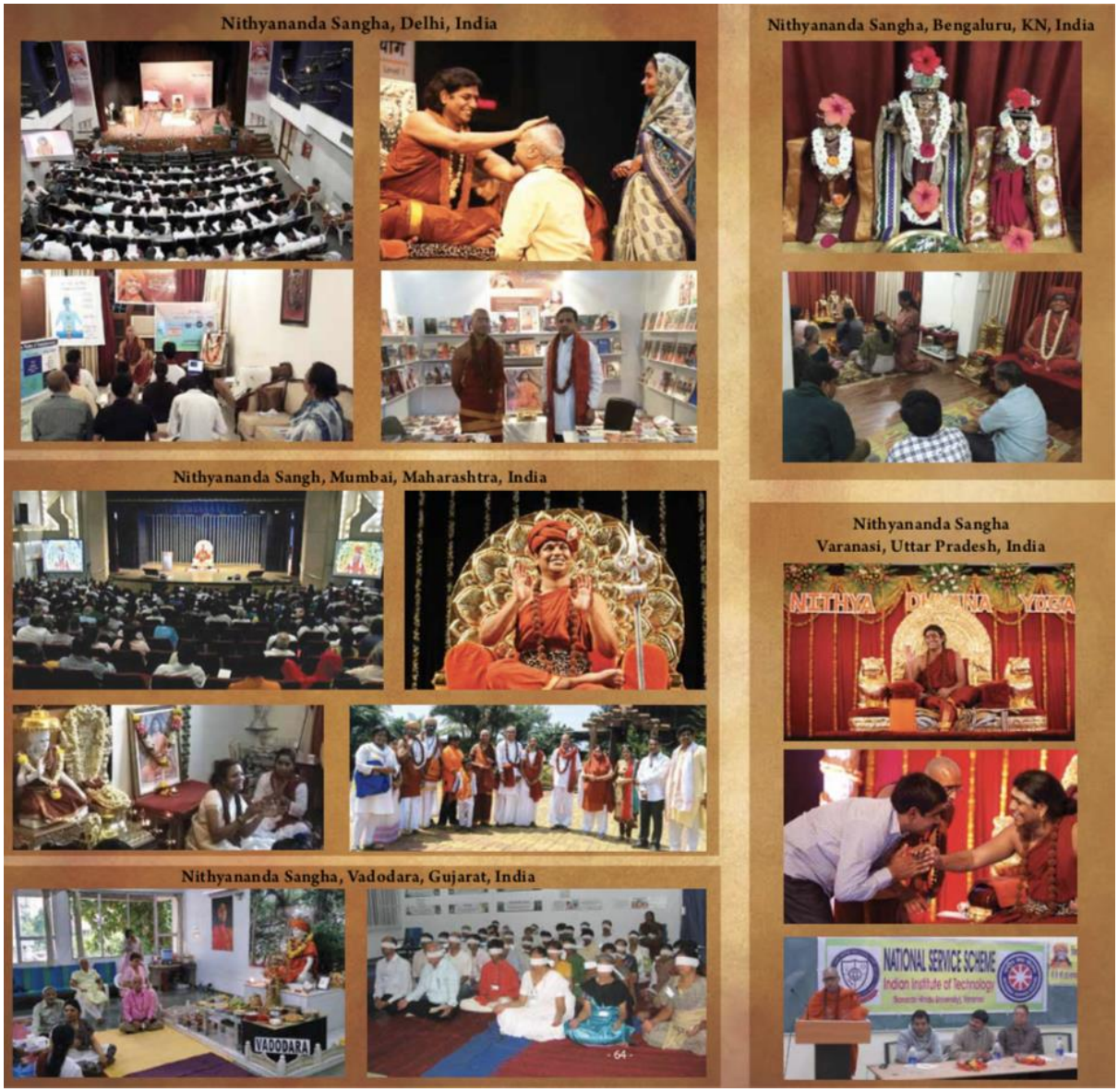
Nithyananda Sangha, Dubai, Aadheenam, UAE

Nithyananda Satsang Center,
Kastav, Croatia

Nithyananda Sangha,
Wellington, New Zealand

Nithyananda Sangha,
Minnesota, USA

Copyright ©2021 Sri Nithyananda Paramashivam. All Rights Reserved



Copyright ©2021 Sri Nithyananda Paramashivam. All Rights Reserved

Copyright ©2021 Sri Nithyananda Paramashivam. All Rights Reserved

Nithyananda Peetham, Thirupatur Aadheenam, Tamil Nadu

Nithyananda Peetham, Coimbatore Aadheenam, Tamil Nadu

Nithyananda Peetham, Taramangalam Aadheenam, Tamil Nadu

Nithyananda Peetham, Pattanam Aadheenam, Tamil Nadu

Copyright ©2021 Sri Nithyananda Paramashivam. All Rights Reserved

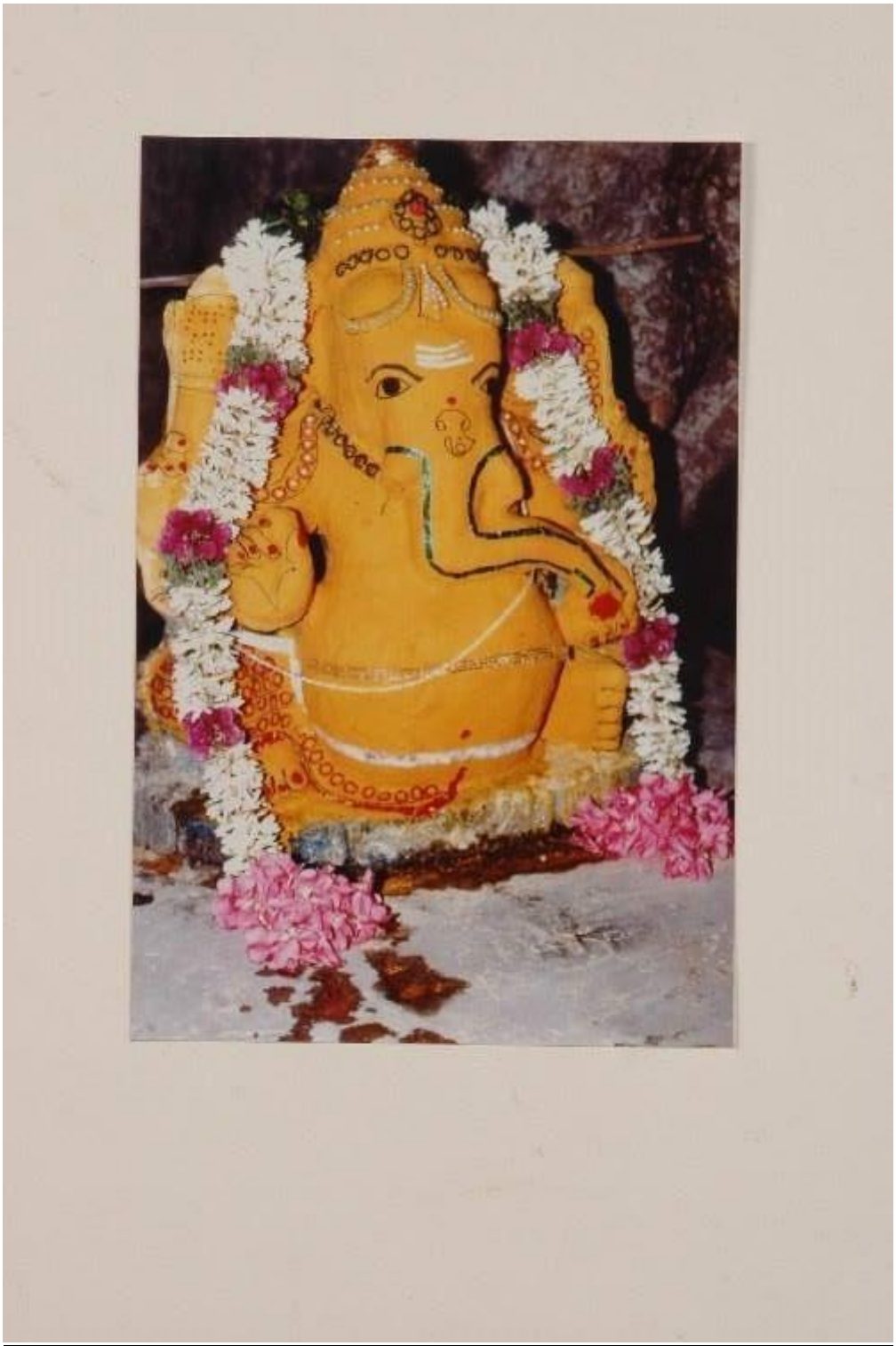
How did it all begin

August 1987

Since the age of around 7 years old, The SPH Nithyananda Paramashivam has organized events, gathering hundreds of people, to celebrate events. Pictured below is the first-ever Ganesha Chathurti that The SPH Nithyananda Paramashivam put together along with his close friends. The SPH Nithyananda Paramashivam is on the left-hand side of the Ganesha idol in the center. His friend Sampath is on the left side of him.

Copyright ©2021 Sri Nithyananda Paramashivam. All Rights Reserved

Copyright ©2021 Sri Nithyananda Paramashivam. All Rights Reserved



The alankaram for Ganesha that is a chandanakap

Copyright ©2021 Sri Nithyananda Paramashivam. All Rights Reserved

November 2000 - Invoking Divine Mother as the first mission

The SPH Nithyananda Paramashivam conducted an elaborate Chandi Homa in November 2000 in the Rajarajeshwari Kovil along the Girivala Path in Tiruvannamalai. In 1995, The SPH Nithyananda Paramashivam left Tiruvannamalai to wander all over India. His family and friends lost contact with him immediately. This Homa was conducted when The SPH Nithyananda Paramashivam returned from His wandering as a being radiating on an entirely different frequency. Now, 22 years old, this Homa became the first mission. The arrangements cost at least 10 lakh rupees (US$13 thousand approx.), which He raised and put together. More than 200 people showed up at the event. The SPH Nithyananda Paramashivam conducted it with just ritualistic perfection and you can see it in the photos.

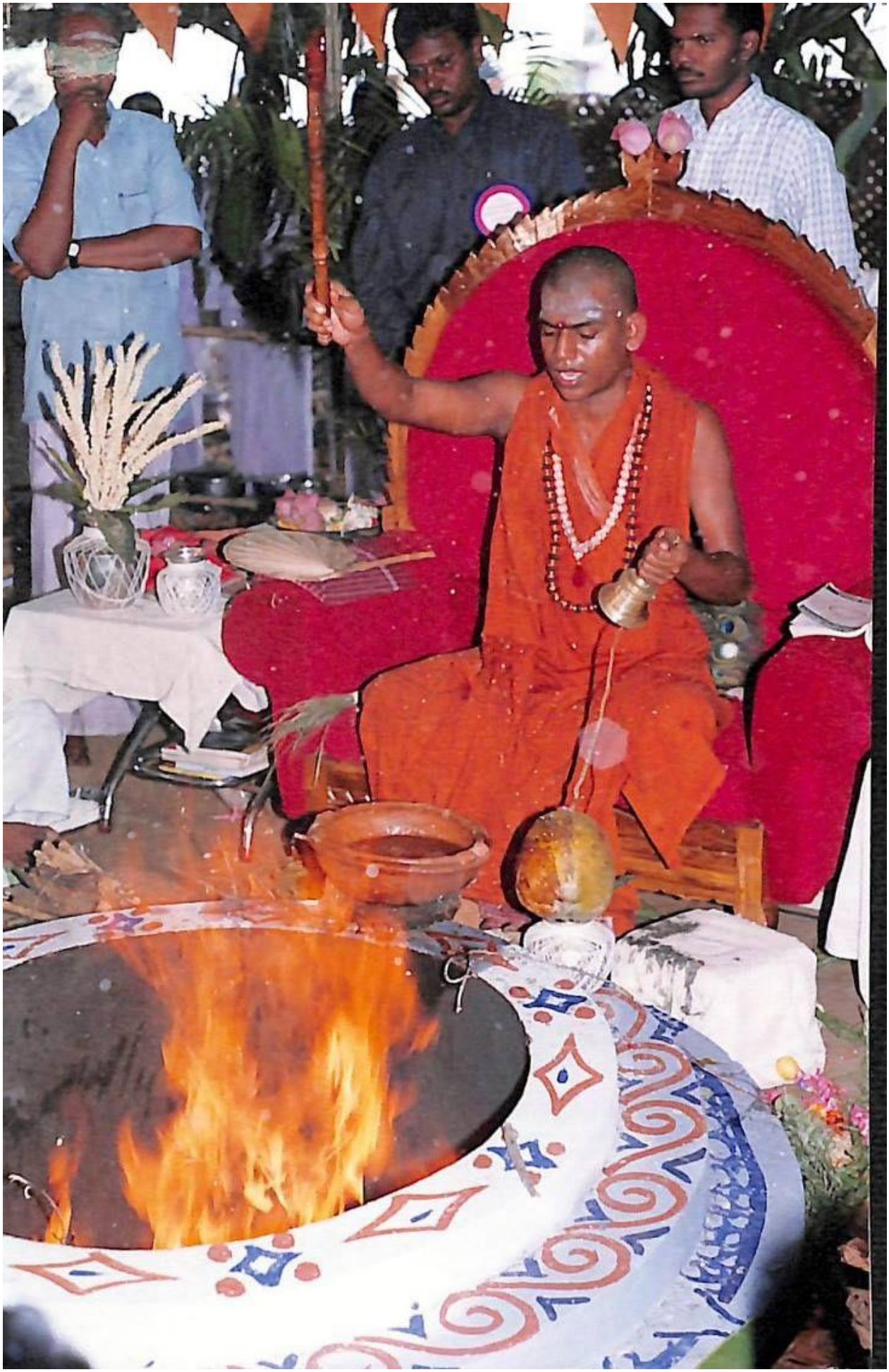
January 9, 2001

For more than 100 participants, The SPH Nithyananda Paramashivam conducted a three-day Chandi Homa. At the end of the SPH Nithyananda Paramashivam even dressed in a beautiful dress and jeweled himself like Matha Rajarajeshwari herself, who is the powerful form of Devi Adishakti, the consort of Sadashiva This is traditional practice according to the scriptures on how to conduct the Chandi Homa.

Copyright ©2021 Sri Nithyananda Paramashivam. All Rights Reserved

The SPH Nithyananda Paramashivam made this a very grand celebration and its event by the photos. The Kalasha is placed on steps, at least 108 of them. There are three main Kalashas at the top.

Copyright ©2021 Sri Nithyananda Paramashivam. All Rights Reserved



The Chandi has over 700 verses. In the Chandi Homa, the entire book is chanted 9 times. Offering plates of fruits and vegetables is custom in the Chandi Homa. Here The SPH Nithyananda Paramashivam stands up to offer this while people witness the ritual. The SPH Nithyananda Paramashivam always describes himself as a Shakta, a worshipper of Devi (Cosmic Mother).

Copyright ©2021 Sri Nithyananda Paramashivam. All Rights Reserved

Day 3 January 11, 2001

On the final day of the Homa, The SPH Nithyananda Paramashivam offers the grand final offerings to Chandi. He dresses up as Devi herself. This is the first Devi Bhava Darshan, where devotees connect to Him like He is their cosmic mother.

Copyright ©2021 Sri Nithyananda Paramashivam. All Rights Reserved

In this photo, The SPH Nithyananda Paramashivam sits as Devi Rajarajeshwari. Traditionally, this goddess holds sugarcane in her left hand and lotus in the other which The SPH Nithyananda Paramashivam is showing.

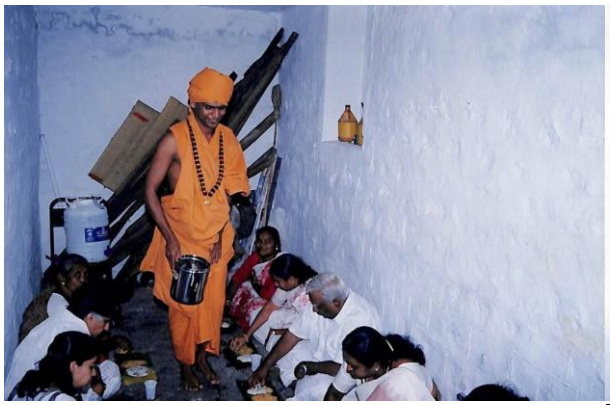
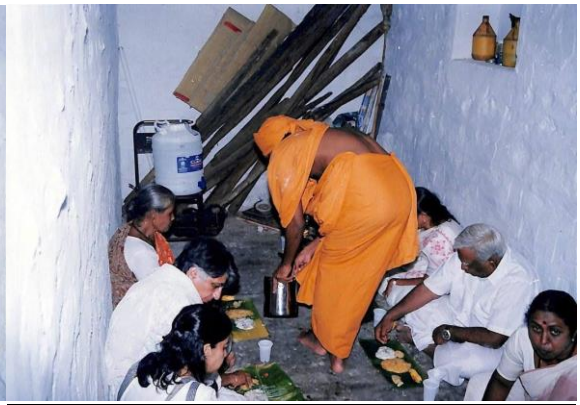
Copyright ©2021 Sri Nithyananda Paramashivam. All Rights Reserved

November 2002 Bhoomi Puja to the New land in Bidadi

When beginning any construction or staying newly on land, the offering is done for the land and ritualistically the first bricks are placed as a foundation of the construction. The SPH Nithyananda Paramashivam did this on November 15, 2001, for the current headquarters of his mission. 50 people gathered for this auspicious occasion, all of which received his Darshan.

Copyright ©2021 Sri Nithyananda Paramashivam. All Rights Reserved

November 2002 - Annadan, serving free food

The SPH Nithyananda Paramashivam traveled to Tiruvannamalai for Karthigai Deepam with a close circle of disciples. The above pictures show Him offering Annadhaan to a close circle of devotees. The SPH Nithyananda Paramashivam cooked and served this food to everyone.

2005 September Visit to Los Angeles Adheenam

The SPH Nithyananda Paramashivam brought Ananda Venkateshwara to Los Angeles by September 2005. He did the Prana Prathista, or energizing process for the deity there.

2005 Los Angeles Ashram Inauguration

Copyright ©2021 Sri Nithyananda Paramashivam. All Rights Reserved

The SPH Nithyananda Paramashivam inaugurated the Los Angeles ashram in 2005 ritualistically. After the rituals took place, devotees offered pada puja to him.

Copyright ©2021 Sri Nithyananda Paramashivam. All Rights Reserved

2006 Jayanti Celebrations

One thousand people visited the Adheenam on the day of The SPH Nithyananda Paramashivam's Jayanti. There was a procession and guru puja under the BanyanTree.

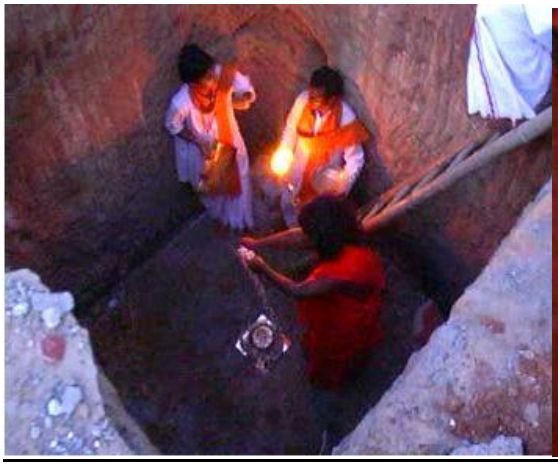
The SPH Nithyananda Paramashivam led a firewalk for individuals' interest in this powerful alchemy process. The firewalk is an Aushada ritual that awakens subtle parts of the brain and readies the body more for enlightenment. FIrewalk was a regular practice for The SPH Nithyananda Paramashivam which he passes on to his devotees whenever he can.

Copyright ©2021 Sri Nithyananda Paramashivam. All Rights Reserved

2006 Flagstaff Installing

Construction of the Golden Temple for Paramashiva begins in Bidadi

To construct the Dvajastambha of the temple The SPH Nithyananda Paramashivam installed a Meru 10 feet underneath the ground. He offered puja and was energized that Meru was there. As this pit was filled, on top of it the construction of the Bali Peetam and flagstaff began. Construction for the mandapam of the main shrine of the temple began with all the volunteers and Adheenavasis who were there at the time. Together, they began the construction of the golden temple for Paramashiva.

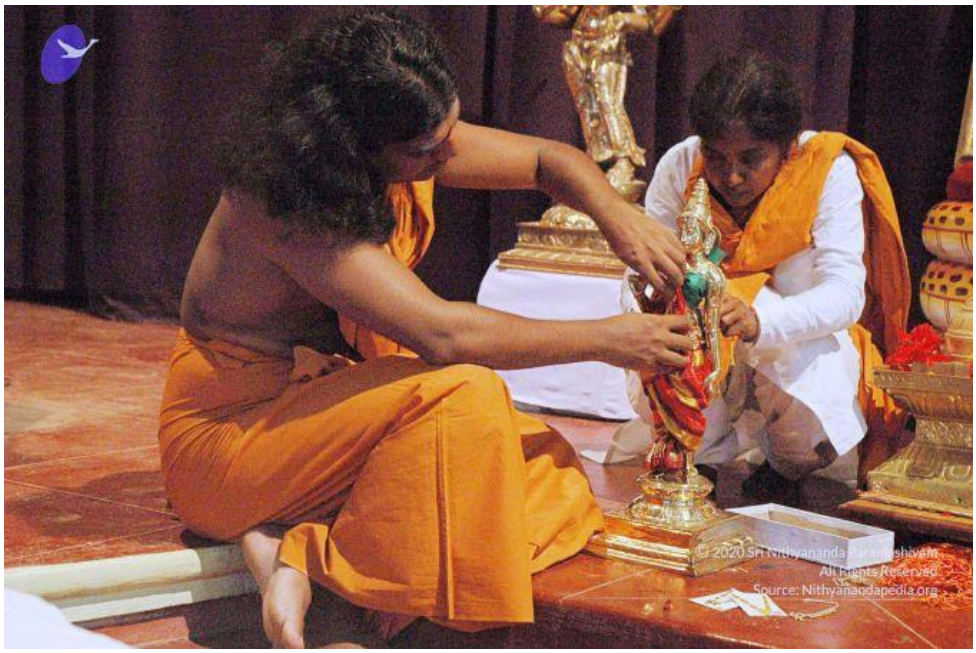


Copyright ©2021 Sri Nithyananda Paramashivam. All Rights Reserved

2006 August First 10-day Brahmacharya Training and Initiation Program

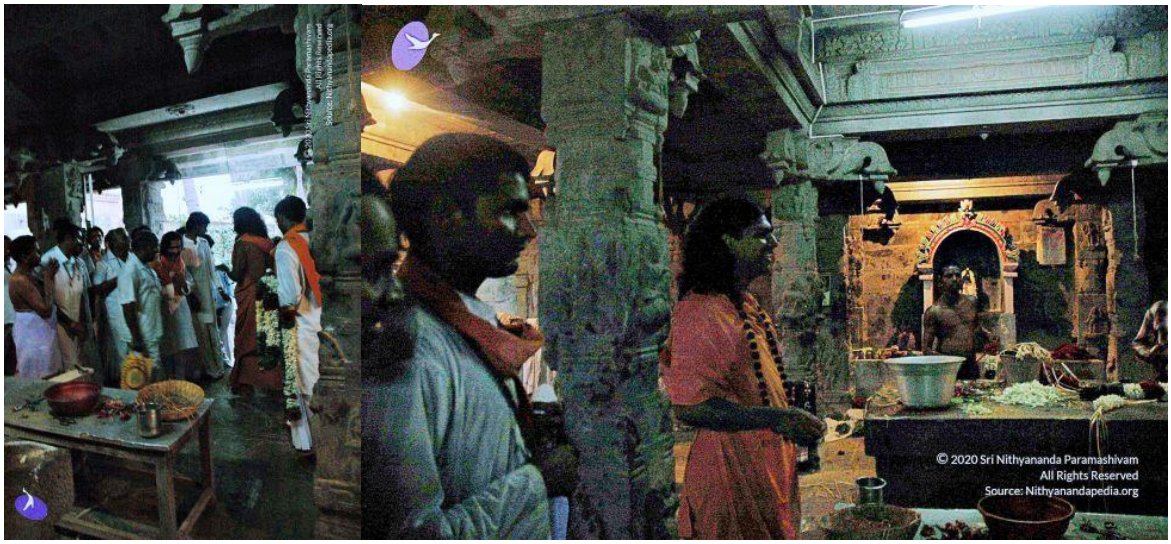
The first of many programs dedicated to the training and preparation of initiated disciples of the Nithyananda Order. The initiated monks help protect, preserve, live, and uphold the responsibility of keeping the temple-centric ecosystems and science of Living Enlightenment alive.

Revealing the ancient yogic sciences



Teaching the art of Alankaram (dressing the Deity)

Copyright ©2021 Sri Nithyananda Paramashivam. All Rights Reserved



Sharing the sacred science of temples

Copyright ©2021 Sri Nithyananda Paramashivam. All Rights Reserved

Brahmacharya Initiation

Copyright ©2021 Sri Nithyananda Paramashivam. All Rights Reserved

2006 November Energizing the New temple

A huge pit was dug in order and Homa offered to energize the main shrine of the Nithyanandeshwara Paramashiva Devasthanam. In the sky at that time, a large bird was seen which was an extremely auspicious sign, showing that all kinds of forms were witnessing this event.

Copyright ©2021 Sri Nithyananda Paramashivam. All Rights Reserved

Copyright ©2021 Sri Nithyananda Paramashivam. All Rights Reserved

2007 Kumbh Mela

For the first time, The SPH Nithyananda Paramashivam and the sangha went to Kumbh Mela to experience and enjoy the biggest Hindu festival. Every day there were different rituals, traditions that The SPH Nithyananda Paramashivam did and taught to his devotees. Lakhs of people saw the impact that The SPH Nithyananda Paramashivam was making on Hinduism for the first time.

Copyright ©2021 Sri Nithyananda Paramashivam. All Rights Reserved

June 2008 Himalayas Trip

The SPH Nithyananda Paramashivam offered Meru and Ambal Murthy Abhishekam while 200 people witnessed. On another day, The SPH Nithyananda Paramashivam conducted Homa.

Copyright ©2021 Sri Nithyananda Paramashivam. All Rights Reserved

Copyright ©2021 Sri Nithyananda Paramashivam. All Rights Reserved

Guru Poornima 2008

Copyright ©2021 Sri Nithyananda Paramashivam. All Rights Reserved

Five thousand people came to the Aadheenam (monastery) to witness Guru Poornima celebrations in the Aadheenam and pay respect to their beloved guru.

Praying to the banyan tree

Copyright ©2021 Sri Nithyananda Paramashivam. All Rights Reserved

The SPH Nithyananda Paramashivam prays to the Swayambhu linga Nithyanandeshwara

Copyright ©2021 Sri Nithyananda Paramashivam. All Rights Reserved

Masses of people offer pada puja to The SPH Nithyananda Paramashivam. Pancha-Arathi is offered, five Artis at the same time.

Copyright ©2021 Sri Nithyananda Paramashivam. All Rights Reserved

Reviving Hindu Cultural Heritage Across the Globe

(left) Flower offerings to Nithyanandashwara and Nithyanandashwari in the Kalpataru Program organized by New Zealand Sangha

(right) Doing Sri Guru Puja and Shiva Puja at a retreat in New Zealand

Copyright ©2021 Sri Nithyananda Paramashivam. All Rights Reserved

Meditation and Power Manifestation Session in a retreat in Pukekohe, New Zealand, where all the participants manifested the Shakti of consciousness over matter – moving objects with their Will

Weekly Meditation Classes in Auckland, New Zealand - Introduction into the Science of Completion for University Students (and others)

Copyright ©2021 Sri Nithyananda Paramashivam. All Rights Reserved

Alankaram for Paramashiva Linga, Nithyanandeshwara Paramashiva, and Nithyanandeshwari Para Shakti at Nithyananda Peetham Toronto Addhenam

Copyright ©2021 Sri Nithyananda Paramashivam. All Rights Reserved

Demonstration of Kundalini Raju Yoga for the attendees of the Yoga World Tour Program in Toronto

Balasanth of Nithyananda Sampradaya manifesting Shaktis for the participants in Toronto

Copyright ©2021 Sri Nithyananda Paramashivam. All Rights Reserved

Deity Ratham Celebrations in Toronto Aadheenam, July 2017

Nithyananda Sangha Oman

Copyright ©2021 Sri Nithyananda Paramashivam. All Rights Reserved

Nithyananda Weekend Gurukul classes, Oman, 2015

Nithyananda Weekend Gurukul Bala Vidyalaya - Children learning formal Deity worship, Maha-mantra meditation, Artwork, Story-telling, Learnt on Integrity, and Jnana Mudra.

Copyright ©2021 Sri Nithyananda Paramashivam. All Rights Reserved

Annadhaanam Activities, Kuala Lumpur, 2018
along with Ananda Ratham, distribution of Bhagavad Gita books, Kanta Mala, Vibhoothi, and Blessing Card

Copyright ©2021 Sri Nithyananda Paramashivam. All Rights Reserved

Little Avatars Camp, Malaysia, June 2018

World Tour 2017, Singapore Aadheenam

International Yoga Day, June 2018, Singapore Aadheenam

Copyright ©2021 Sri Nithyananda Paramashivam. All Rights Reserved

Grand Opening of Nithyanandeshwara Hindu Temple Houston Aadheenam, Feb 2017

Attract Your Fortune Workshop, Nithyanandeshwara Hindu Temple Seattle, USA

Copyright ©2021 Sri Nithyananda Paramashivam. All Rights Reserved

Be Your Own Boss Workshop, Nithyanandeshwara Hindu Temple Seattle, USA

Shivarathri Celebrations at Los Angeles Aadhenam, 2017

Festival Celebrations at Nithyananda Vedic Temple, Ohio, USA

Copyright ©2021 Sri Nithyananda Paramashivam. All Rights Reserved

Nithyananda Sangha Australia, Nithyananda Vedic Centre Melbourne Opening

Copyright ©2021 Sri Nithyananda Paramashivam. All Rights Reserved

International Peace and Security

"The pure space of peace manifests only from Oneness. The moment dvandva (duality) comes to exist, the fear or greed becomes the cognized reality."

~ the Supreme Pontiff of Hinduism
Bhagavan Nithyananda Paramashivam

Our contemporary world is showing no signs of a decline in the intensity of violent conflicts, crime, displacement, and the prevalence of a continued state of tension in many regions of the world. According to a UN report[430], in the year 2019 alone, about 55 percent of 358 political conflicts worldwide involved the use of violence. Geopolitical tensions, which have been on the rise even before the COVID-19 pandemic, have only prolonged violent conflict, making it difficult for policymakers to come together and resolve their differences peacefully and amicably.

The impact of these conflicts on the general population is highly skewed, with women and children being much more vulnerable to conflict-related violence and other human rights violations. In 2019, the UN verified over 25,000 grave violations against children, including, sexual violence and abduction, killing and maiming, recruitment of children as soldiers, as well as 927 attacks on schools and hospitals.[431]

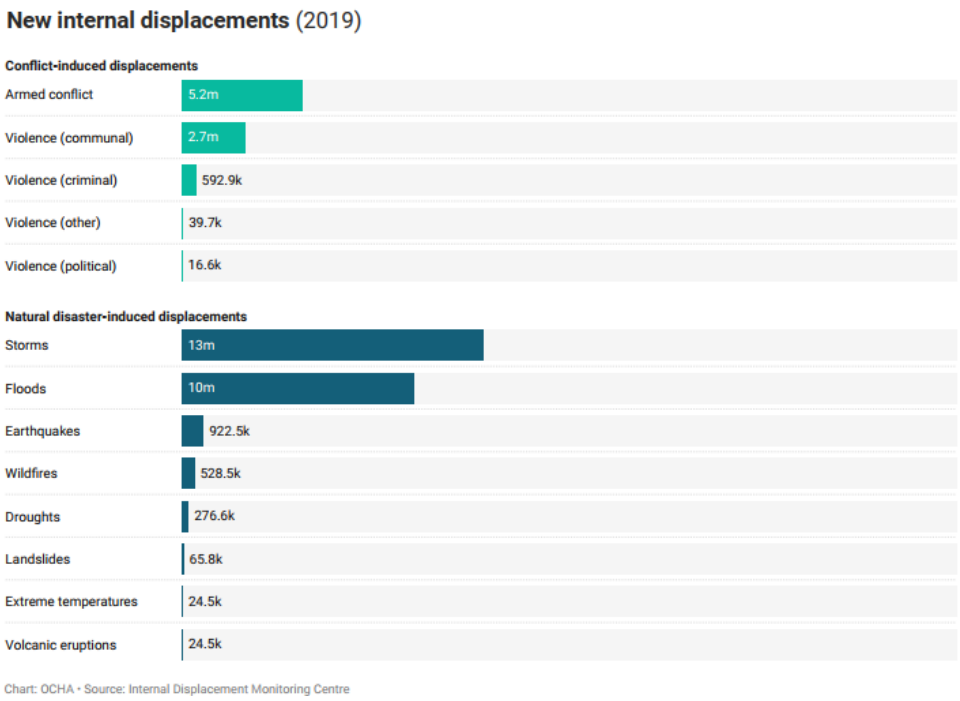
The last decade witnessed the highest number of people internally displaced by conflict and violence. 79 million people witnessed displacement between 2010 and 2019, primarily as a result of violent conflicts, and natural disasters.[432] The number of refugees doubled from 10 million in 2010 to 20.4 million in 2020.

[430] OCHA, Global Humanitarian Overview 2021

[431] Report of the UN Secretary-General on Children and Armed Conflict, A/74/845–S/2020/525, 9 June 2020.

[432] Internal Displacement Monitoring Centre, Global Report on Internal Displacement, April 2020

Copyright ©2021 Sri Nithyananda Paramashivam. All Rights Reserved



A 2017 UN ECOSOC report on crime trends, crime prevention, and criminal justice revealed that although most of the regions in the world are witnessing a very subtle decline in homicide rates (taken as a proxy for overall crime statistics), mainly due to some effective crime prevention measures by policymakers and improvements in the criminal justice system, the overall crime rates remain pretty high all across the globe.[433] In the wake of rising global tensions and the possibility of an increase in instability as a result of the COVID-19 pandemic, the UN Secretary-General, in March 2020, appealed for an immediate global ceasefire.[434] However, the pandemic has and is still expected to spark further violence and conflict as countries witness more civil unrest, political destabilization, an increase in crime, anti-refugee sentiment, and suspicion of humanitarian workers. There is also an increase in racist and xenophobic sentiment, shockingly in the developed world as well. All these factors are expected to exacerbate existing insecurity, making it even more difficult not only for the global community to live in peace and harmony, but also to heal from pre-existing psychological wounds inflicted by the causes discussed above and other similar factors. Additionally, the possibility of resorting to justice as a means to internal and external peace, as well as both individual and collective healing, instead of a military solution, is also getting reduced in this atmosphere of continuous tension and insecurity. Since justice, not violent revenge, is an essential precursor to peace, the chances of establishing long-lasting global peace have been diminishing in recent years.

---

[433] Economic and Social Council, World crime trends and emerging issues and responses in the field of crime prevention and criminal justice, May 2017

[434] The United Nations Secretary-General's Call For a Global Ceasefire: Challenges and Opportunities

Copyright ©2021 Sri Nithyananda Paramashivam. All Rights Reserved

In the backdrop of this grim situation discussed above, it becomes essential to discuss the tireless humanitarian work done by the Supreme Pontiff of Hinduism (SPH) Bhagavan Sri Nithyananda Paramashivam, who in his capacity of being the incarnation of Paramashiva (Supreme Consciousness) according to Hinduism, has acted as an apostle of peace and non-violence, continuously inspiring people to seek inner completion and peace as a means to achieve collective peace.

The SPH, who has been forced by Hinduphobic terrorist forces present inside and outside India to flee His country, disconnecting Him from His people, especially the Adi Shaivite Minority Tradition (ASMT) community, an ancient enlightenment-based indigenous tradition that He belongs to. This community, which is on the verge of extinction, has a rich tradition of living by the principles of Oneness (Advaita) and peaceful co-existence with humanity, living beings, and nature at large. In India, the SPH was subjected to repeated atrocities and human rights violations including assassination attempts, mob lynching attempts, terrorist attacks on various Indian embassies of Kailasa, media trials, lawfare, and hate speech to name a few. Leading by example, the SPH has chosen to maintain His non-violent and compassionate stance, and instead intensify the work He has chosen to do, that is enriching the human society with the best gifts that Sanatana Hindu Dharma (Hinduism) has to offer.

The SPH has set an example for millions of His disciples, seekers, and the general public, on how to handle yourself and continue to contribute to society in the most life-positive and non-violent manner, even when you are brutally attacked from all sides. His initiations and solutions have not only healed and brought inner peace to the hearts of the people but empowered them by turning their powerlessness into powers, an ancient science unique to Hinduism. Power Manifestation Science is one of His biggest contributions to modern-day humanity, through which He seeks to establish the spiritual legitimacy of Sanatana Hindu Dharma (Hinduism).

The SPH is the founder and spiritual head of KAILASA, the revival of the ancient, enlightened Hindu civilizational nation, which is being revived by displaced Hindus from around the world. The SOVEREIGN ORDER OF KAILASA led by the SPH and NITHYANANDA ORDER of monks, nuns, and Hindu diaspora are working for global peace and to give a superconscious breakthrough to humanity.

It is the SPH's mission to re-create a Conscious world where the global issues at the climatic, economic, social, health, and humanitarian levels, cease to exist from their very root; turning the problems of poverty, hunger, violence, discrimination into powerful living through the experience of Oneness.

The SPH has been working from the very grassroots level to usher in an era of peace at all levels– individual, societal, national, and global. His deep insights into the workings of the human mind-body emotions have enabled him to powerfully and directly address various

Copyright ©2021 Sri Nithyananda Paramashivam. All Rights Reserved

social and emotional problems facing humanity today. The life solutions based on the ancient Hindu tradition, the meditation and yoga techniques from the scriptures, the cognitions rooted in the highest truths, the lifestyle based on living and radiating the higher values of life, and powerful way of living and realizing one's ultimate potential, form the foundation of the SPH's teachings which by their inherent nature provide the foundation for peace on planet Earth.

In a short period of public life, He has contributed to humanity in the areas of meditation, healing, health and wellness, yoga, medicine, education, lifestyle, and science and technology. The SPH has been working on creating and teaching people:

1. Significance of peace and how to achieve it

2. Working for higher consciousness, life, and lifestyle

3. Reducing collective negativity in thoughts, words, actions

4. Living in oneness- peaceful co-existence with humanity and nature

5. Manifesting superhuman powers for a better quality of life

More than 20 million people in 347 cities in 196 countries over 6 continents revere and follow the SPH.

Deepening our cognition about peace, in the light of Sanatana Hindu Dharma, the SPH, in a grand public discourse organized on the International Day of Peace, 2020, expounded on the peace-centric nature of Hinduism, deepening the cognition about peace and giving the solution to achieve real peace on the planet. Following are some of the excerpts from that satsang:

"Never allow the dvandva, dvaita as cognized reality even if it is objective reality because cognized reality is the decision maker, game changer about your objective reality. There are three realities, objective, subjective, cognized. The cognized reality changes the quality, quantity, definition, perception, experience of subjective reality that changes the objective reality perceived by us. Cognized reality is the only zone where you can work consciously, alter the cognition. Unfortunately, instead of working on the cognized reality, you go on working on the objective reality…The ideas which makes you work on objective reality showing objective reality is your first priority is what I call ***pious fraud.*** *It makes you feel objective reality is too important, too real and needs to be attended immediately. Anything which is told to you in a loving, caring way for your interest, only then you start listening. So maya enters into you in a very pious way convincing you it is for your good and which is why she is doing what she is doing. This is what I call pious fraud. The objective reality makes you believe that it is for your good that you are asked to make certain decisions, live in a certain way and move in certain ways. O God! Sons of Devils – the so-called chaos instigators of society!*

Today is International Peace Day. Whoever inspires the real peace brings liberation and all the best things of the world to you. Whoever is constantly instigating chaos – like media which thrives on

Copyright ©2021 Sri Nithyananda Paramashivam. All Rights Reserved

creating chaos to catch eyeballs, which creates crimes, scenes…to get TRP, they will do anything….Let us understand peace. ***Peace manifests from the beings who consciously declare oneness.*** *The chaos mongering social, political, religious power centers disturbing the peace of humanity, keep you as slave and destroy your life.*

Hinduism may not have had its own criminal strategies to create chaos in the world and retain its land or accumulate more land. But it is the most beautiful religion for human beings which can really really give you ultimate peace. Hinduism is the only religion that never supports terrorism nor conversion. Physically killing is terrorism; mentally killing in the course of time, is conversion. Conversion is where your third generation is killed. If you convert the father, the son becomes more involved in your religion and by the time the grandson comes, he becomes a fanatic in the religion. Whereas terrorism is killing you immediately. Conversion and terrorism is one and the same but with a time difference. Hinduism does not accept terrorism or conversion. It doesn't accept either in its constitution or the ecosystem it creates. Many religions talk about peace in their constitution, but it is all about pieces in the ecosystem level. Hinduism is all about oneness, extreme joy, ecstasy, spiritual bliss, enlightenment. If you are standing up for Hinduism, you are standing for real peace. And if you are standing up for real peace, you are standing for Hinduism.

Hinduism is the most peace loving, peace practicing religion. Look around and pick up each religion - how many people they converted in the last two hundred years and how many people they killed in the religion related terrorism activities. I am not even talking about 1000s of years of history, i am talking about just 200 years ago. I guarantee you, even the worst fanatic people will realize Hinduism is the most peace loving, peace keeping, peace living religion.

लोकः समस्ताः सुखिनो भवन्तु

lokāḥ samastāḥ sukhino bhavantu

let the whole world be happy, blissful.

Every chanting, every prayer in Hinduism ends with ***shanti shanti shanti*** *- 3 times, meaning peace, peace, peace.*

Hinduism is the real religion - loving peace, living peace, at the individual level, social level, global level. Hinduism lost all its 56 nations, 200 states, 10,000 kingdoms - samasthanas. It is not a loss to Hinduism; it is a loss to planet earth and human beings. Wherever Hinduism is practiced, kept alive, the ideal of global peace is kept alive. You yourself google and study the top ten religions. List how many people they converted and how many people they killed in last 200 years. I can be 200% sure and you yourself will realise Hinduism is the most peace loving and peace living religion, with neither conversion nor terrorism.

Being the Supreme Pontiff of the most peace loving, peace living religion, i give you all my blessings on this International Peace Day. It is we Hindus who need to keep the global peace as a living possibility and we need to make this global peace as reality. Just talking about global peace will not work. Working for global peace is the responsibility of the real living Hindu. Anyone who wants to claim

Copyright ©2021 Sri Nithyananda Paramashivam. All Rights Reserved

themselves as a Hindu or practising Hindu would work for global peace. Global peace is our responsibility.

For all the living and practicing Hindus all over the world, i have a sincere request today: on this International Day of Peace, 21 September 2020, let us all take the responsibility for global peace. We need to keep the global peace ideal alive. Hinduism is the most authentic way to bring peace to you individually, socially, and globally. Today i wanted to take the responsibility along with whoever wants to join. This is my invitation to all the living and practicing Hindus who want to be part of this global responsibility to bring global peace as a reality."

"Working for global peace is the responsibility of the real living Hindu. Anyone who wants to claim themselves as a Hindu or practicing Hindu would work for global peace. Global peace is our responsibility."

~ the Supreme Pontiff of Hinduism
Bhagavan Nithyananda Paramashivam
(International Day of Peace, September 21, 2020)

Data Supporting the Claim that Hindus are the Most Peace-Living Community Worldwide

Reports of various governments and research organizations have shown that throughout the world, the crime rate is least in Hindu communities. It means, for a given population, the number of people that resort to crimes is least amongst Hindus. The following slides show the prison population in various countries such as the US, UK, India, etc.

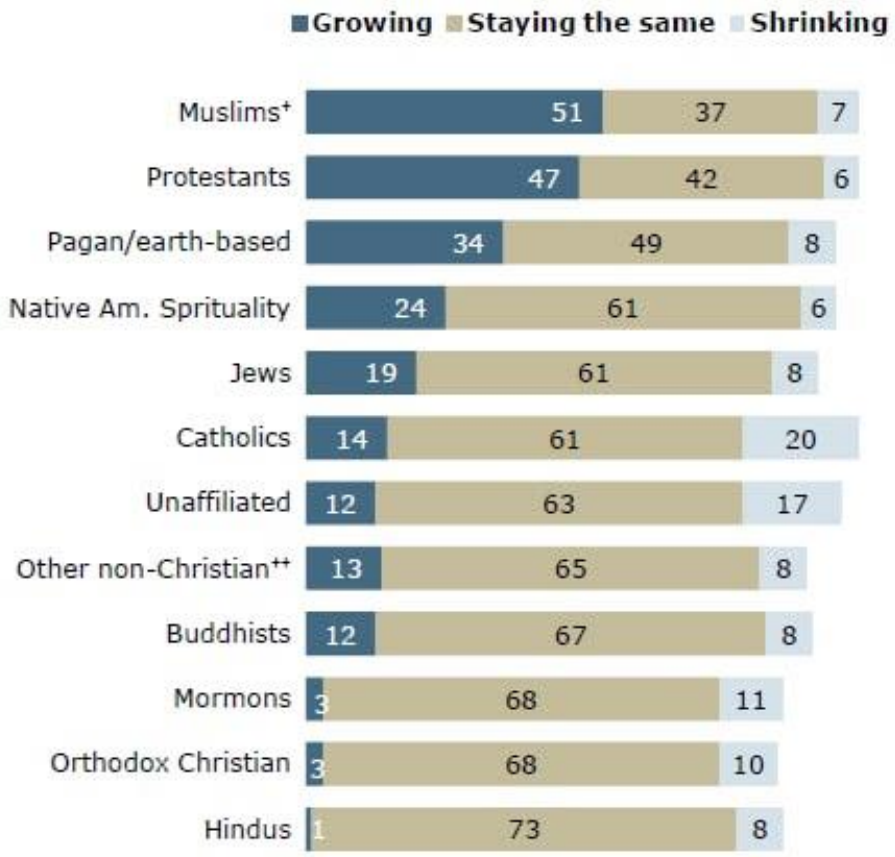
Consistently it is seen that the proportion of the Hindu population in prison in all countries is much lesser than the proportion of the total Hindu population of the countries. Hindus are the most peaceful and crime-free community in the world, leading even Buddhism in this regard. Terrorism and extremism are also the least in Hindu communities.

Copyright ©2021 Sri Nithyananda Paramashivam. All Rights Reserved

Least Prison Population of Hindus

Which Groups Are Growing and Shrinking?

% saying each group is growing, shrinking or staying the same size in the inmate population where they work, due to switching



Q27a-l. Based on all saying there was a lot, some, or not much switching in the prison where they work, N=710. No answer/not sure responses are not shown.

+ Includes followers of the Nation of Islam and the Moorish Science Temple of America.

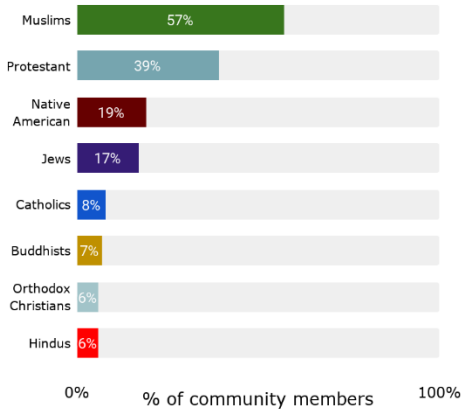
++ The question listed the following examples: "Baha'is, Rastafarians, practitioners of Santeria, Sikhs and others."

PEW RESEARCH CENTER'S FORUM ON RELIGION & PUBLIC LIFE

Copyright ©2021 Sri Nithyananda Paramashivam. All Rights Reserved

Amongst the prison population, the increase in the number of prisoners from the Hindu community is the least, rather the number of Hindus in prison is decreasing.[435]

Hinduism has the Least number of Terrorists



Percentage rating of religious extremism among inmates of each religious group

Since the 9/11 terrorist attacks, religious extremism has been a topic of high public interest in the United States. Some experts specifically have raised concerns that prisons could be a breeding ground for home-grown terrorists and have suggested that prison chaplains and other prison administrators need to monitor religious activity more closely.

In pursuit of insights into this subject, on **22 March 2012,** the Pew Research Center carried a 50-State survey of US prisons. The research found that that Hindus had the least religious extremist ideas amongst all prisoners in the US.[436]

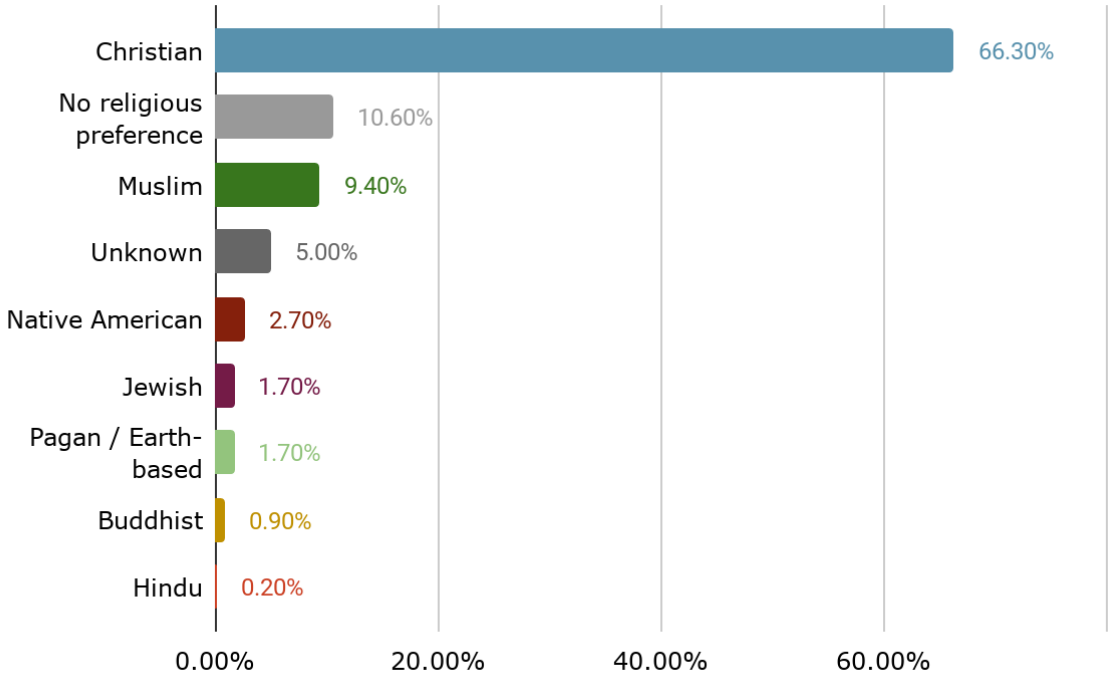
U.S. Prison Statistics

Mean religious affiliation of inmates in U.S. prisons, as reported by prison chaplains in 2011

[435] https://www.pewforum.org/2012/03/22/prison-chaplains-exec/

[436] https://www.pewforum.org/2012/03/22/prison-chaplains-exec

Copyright ©2021 Sri Nithyananda Paramashivam. All Rights Reserved



Although Hindus are 2% of the total US population, they are **less than 0.2% of the prison population.**[437]

U.K. Prison Statistics

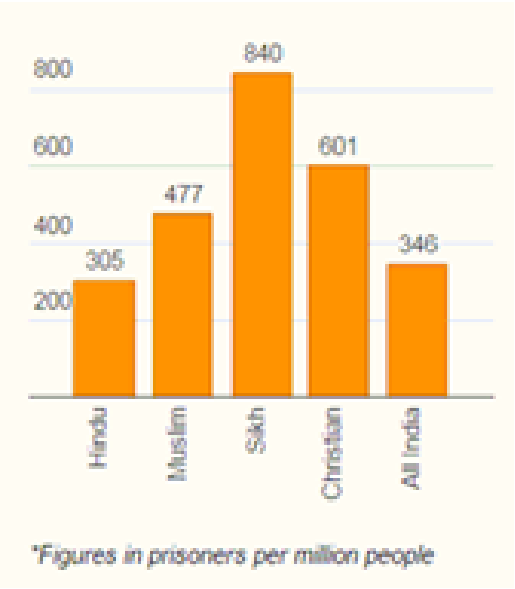
[437] https://www.pewforum.org/2012/03/22/prison-chaplains-exec/

Copyright ©2021 Sri Nithyananda Paramashivam. All Rights Reserved

RELIGION OF PRISONERS AND GENERAL POPULATION, 2020				
England and Wales	Number	Prison population	% point change on 2002	General population
Christian	38,800	47%	-10.6	61%
Muslim	13,563	16%	8.4	4%
Hindu	354	0%	0.0	2%
Sikh	588	1%	0.1	1%
Buddhist	1,658	2%	1.0	1%
Jewish	521	1%	0.3	1%
No religion	25,398	31%	-1.2	24%
Other	1,984	2%	1.8	1%
recorded	124	0%	0.1	7%
Total	82,990	100%	..	100%

Source: MoJ Offender Management Statistics Quarterly, table 1.5; NOMIS, Census 2011.

As per the government reports, in the UK, although the Hindu population is 2% of the total population, Hindus constitute only 0 · 4% of the prison population.[438]



Indian Prison Statistics

As per the official Indian Government National Crime Records Bureau (NCRB), in 2014 Hindus committed the least crimes and were least likely to be undertrials and convicts.[439]

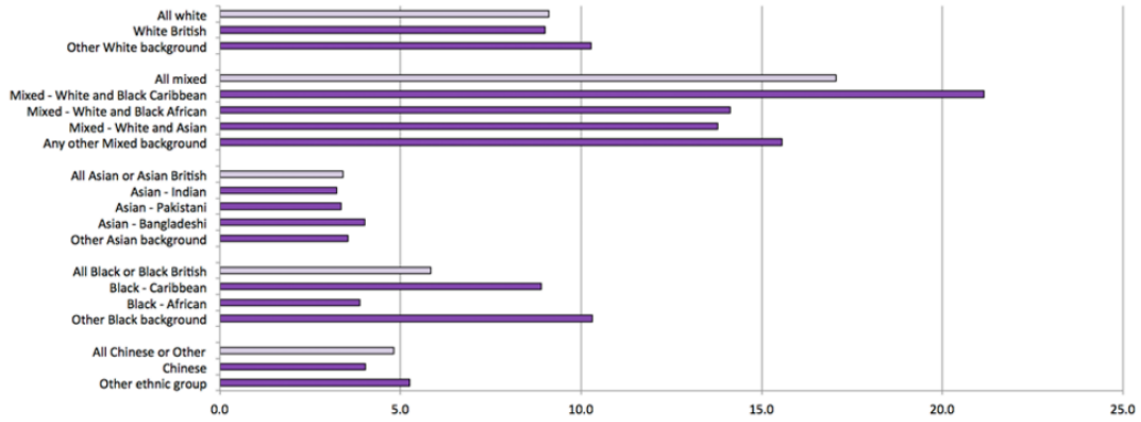
Indian Prisoners' Proportion by Faith

[438] https://commonslibrary.parliament.uk/research-briefings/sn04334/
[439] https://www.hindustantimes.com/india/hindus-least-likely-to-be-jailed-sikhs-christians-most-likely/story-Og4PhnhYsPlVLJglKyeOKL.html

Copyright ©2021 Sri Nithyananda Paramashivam. All Rights Reserved

Hindus are less likely to be substance abusers

Following are the statistics compiled by Govt. Of UK.

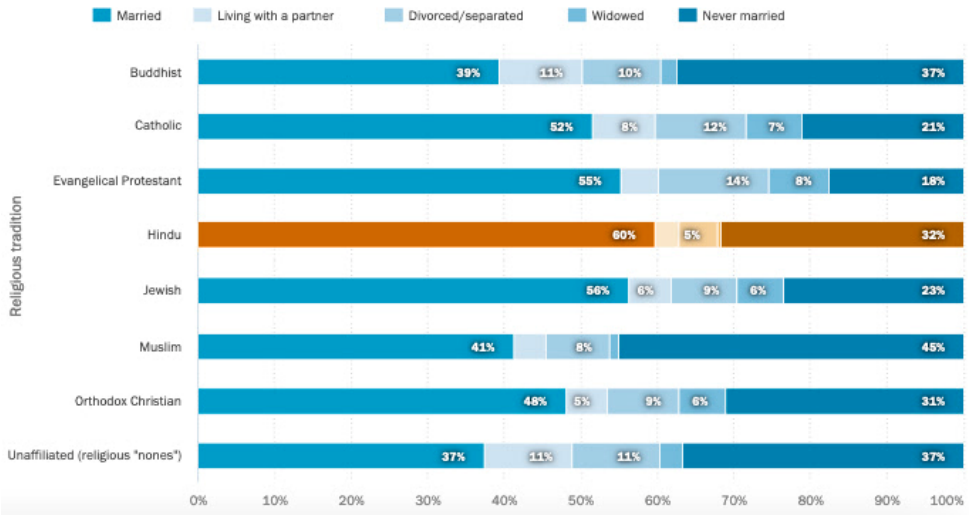


Adults from the Asian or Asian British and Chinese or other ethnic groups generally had the lowest levels of last year drug use. Levels were similar among those identifying as Asian-Indian (3.2%), Asian-Pakistani (3.4%), Asian-Bangladeshi (4.0%), and Chinese (4.0%).[440]

[440] https://www.gov.uk/government/statistics/drug-misuse-findings-from-the-2013-to-2014-csew/drug-misuse-findings-from-the-201314-crime-survey-for-england-and-wales.

Copyright ©2021 Sri Nithyananda Paramashivam. All Rights Reserved

Least Divorce Rate in the Hindu Community



Hindus have the lowest divorce rate of any group -- **only 5 percent have been divorced**.[441]

Hindus are the Happiest People in the World

A study by the Office for National Statistics (ONS), UK has found that people belonging to the UK Hindu community are the happiest people in the country. The ONS study analyzed the happiness and personal well-being of more than 300,000 people over three years, between 2012 and 2015. Here are the highlights of the report: The average happiness rating was 7.38 out of 10. Hindu community scored 7.57 for happiness, well above the average and highest among all communities.[442]

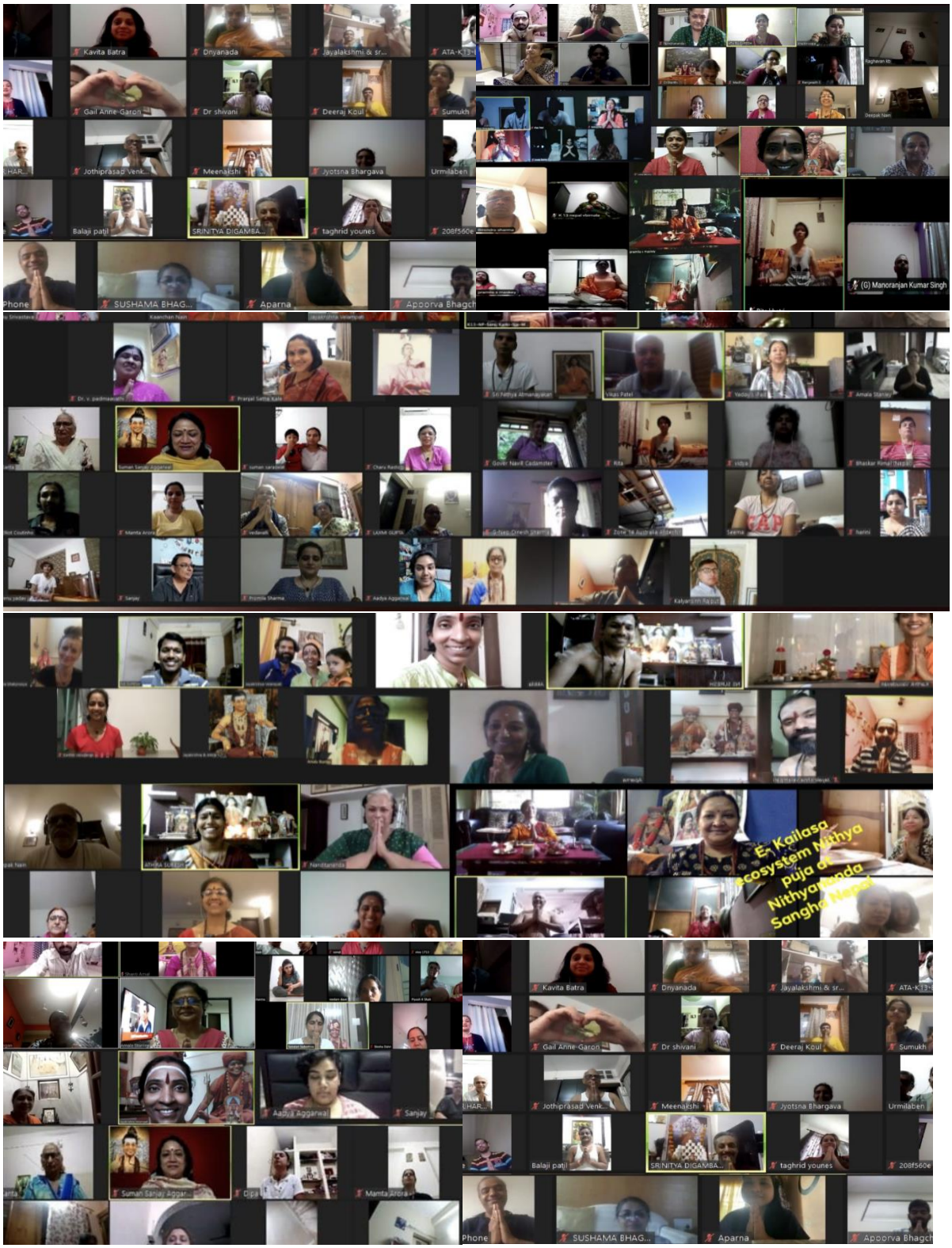
Peace-Initiatives by the SPH

The SPH launched the Minutes4Peace initiative which aimed to reduce crime globally by conducting mass meditations around the world in parallel. In 2014, just after 2 years of launching the program, it crossed over 1 billion minutes of meditation. Scientific studies have shown a reduced crime rate after participation in the meditation and completion techniques. In scientific research in 1976, it was found that when 1% of a community practiced meditation (pujas) the crime rate was reduced by 16% on average.[443] The current tally on the Minutes4Peace website is more than 4.3 billion cumulative minutes of meditation logged. If we include all the events, programs, and festivals where people have gathered in large

[441] https://www.pewforum.org/religious-landscape-study/marital-status/#religious-tradition-trend
[442] www.newsgram.com/hindus-are-the-happiest-people-in-uk-study
[443] Societal Violence and Collective Consciousness: Reduction of U.S. Homicide and Urban Violent Crime Rates, Michael C. Dillbeck and Kenneth L. Cavanaugh, 2016

Copyright ©2021 Sri Nithyananda Paramashivam. All Rights Reserved

numbers and participated in meditations and rituals, the total count comes out to be a staggering 409 billion minutes for peace so far.



Copyright ©2021 Sri Nithyananda Paramashivam. All Rights Reserved

The SPH, Nithyananda Paramashivam personally conducts Global Akhanda Nirvikalpa Samadhi Jnana Yajna establishing each individual to experience inner peace

Copyright ©2021 Sri Nithyananda Paramashivam. All Rights Reserved

In a world plagued by conflicting identities, whether they be related to one's place of birth, country, gender, race, language, color, ethnicity, socio-economic status, etc, the SPH has given humanity the wonderful gift of Unclutching[SM] initiation and meditation. Unclutching[SM] is a simple, yet powerful meditation technique taken directly from Upanishads, the source scriptures of Sanatana Hindu Dharma, which lead the seeker into the state of *Nirvikalpa*

Copyright ©2021 Sri Nithyananda Paramashivam. All Rights Reserved

Samadhi, a state of consciousness beyond any identity based on a false sense of Self. The moment individuals begin to taste this state of Unclutching[SM], all their fears and reactionary patterns associated with previous identifications automatically start withering away and they get more and more grounded in the state of Paramashanta Swaroopa (alive and active yet in complete peace and restful awareness). This is, by far, the most potent technique for

Kumbh Mela, Ujjain, 2016

(about 5000 devotees gathered and participated in a 48-day meditation program called Shuddhatdvaitam)

achieving real and ever-lasting peace on planet Earth, that the SPH has introduced to modern-day humanity.

Kumbh Mela is the world's largest spiritual gathering and marks the greatest celebration with a violence-free environment. It is inscribed on the UNESCO's Representative List of Intangible

Copyright ©2021 Sri Nithyananda Paramashivam. All Rights Reserved

2015 - *Kumbh Mela, Nasik largest peaceful religious spiritual convocation in the world - millions of enlightened beings*

Copyright ©2021 Sri Nithyananda Paramashivam. All Rights Reserved

***September 2006**, the first confluence for world peace to honor the memory of those who lost their lives saving others on September 11, 2001, at Irvine, California, USA. The second confluence for peace was held in Los Angeles in 2007 in collaboration with Vedanta Society, BAPS, ISKCON, Siddha Yoga and other organizations. The Kumbh Mela festival spread fast to other countries including Australia, Canada, etc*.

Cultural Heritage of Humanity. The SPH has been the largest contributor to Kumbh Mela – the world's largest spiritual confluence of those with devoted faith. His camps hosted over 3000 residential guests in 2015 and 2016, serving over 300,000 vegetarian meals a day.

Nithyananda Sangha is entrusted as the only organization to host Kumbh Mela outside India by the Akhila Bharatiya Akhada Parishad, which has hosted Kumbh Mela for thousands of years. The SPH has hosted Kumbh Mela USA in Los Angeles since 2007. In September 2006 the SPH organized the first confluence for world peace to honor the memory of those who lost their lives saving others on September 11, 2001, at Irvine, California, USA. The second

Copyright ©2021 Sri Nithyananda Paramashivam. All Rights Reserved

confluence for peace was held in Los Angeles in 2007 in collaboration with Vedanta Society, BAPS, ISKCON, Siddha Yoga, and other organizations. The Kumbh Mela festival spread fast to other countries including Australia, Canada, etc.

In 2009, the SPH organized a month-long Peace Walk covering 1000 km and 1000 villages, to bring together in harmony from all walks of life, to promote feeling connection and Oneness among people. During the walk, health camps were conducted in villages along its path. His Holiness has conducted large-scale collective meditations on September 21st International Peace Day, to raise the collective consciousness and awareness of peace.

Copyright ©2021 Sri Nithyananda Paramashivam. All Rights Reserved

Through the years, *The SPH Nithyananda Paramashivam embarks on numerous 'Peace Walk' initiatives, healing and empowering masses into superconsciousness*

Copyright ©2021 Sri Nithyananda Paramashivam. All Rights Reserved

Koddikan Ratha Yatra: *Kodikkan Ratha Yatra in Coimbatore with the Mobile temple carrying Nithyanandeshwara and Nithyanandeshwari Deities to bless prayers and give darshan to crores of eyes (Kodikkan)*

The SPH has revitalized the monastic tradition of Sanyas by initiating hundreds of people into the Nithyananda Monastic Order. The all-renouncing monks contribute the best things to human civilization living their life with the cognition, "Life is for others." "*These monks and nuns act as the harbingers of peace and empowerment for the human society distraught with violence, depression, and other forms of life-negativity."*

The SPH has also revived the ancient practice of embarking on pilgrimages (spiritual journeys) taking spiritual aspirants to high-energy sacred spots such as the Himalayas, Kailash, Varanasi, Angkor Wat (Cambodia), and various powerful temples of India. Even though prevalent in India, this practice is rapidly losing its original context, turning into a recreational family vacation. Reviving the original spiritual context, the SPH has made it possible for modern-day human beings to benefit from the spiritual energy present at these centers and accelerate their journey of spiritual evolution, hence ensuring individual and collective peace as a natural consequence.

Copyright ©2021 Sri Nithyananda Paramashivam. All Rights Reserved

The SPH is also employing powerful mass worship as a means to realizing collective peace and harmony. Young monks of the Nithyananda Order conduct mass fire rituals in the temples across all de-facto embassies of Kailasa, both daily and during major Hindu festivals, involving the public, thereby creating profound healing energy for a peaceful mind and healthy body in those living in the surrounding areas. The rituals have powerful benefits like:

- Effect on personal health and well-being- Enhanced cognitive function, verbal memory, decrease in thoughts per second, steadiness in mind, reduction in mental stress, reduction in depression, epilepsy and anxiety, balancing of blood pressure, gene expression, and immunity
- Healing effect on the health and environment even after nuclear or chemical or nuclear disasters. Such fire rituals are conducted as a means to connect to the universal Existence and thus reinforce the sense of connectedness with the whole world. They bring about peace and harmony and purify the space in which they are conducted.

Copyright ©2021 Sri Nithyananda Paramashivam. All Rights Reserved

Poverty and Economic Disparity

Poverty is a malaise that our world has been dealing with for a long time. Even though noticeable success has been achieved on this front in the last two decades, we still have a long way to go. Based on most recent estimates, in 2015, 10 percent of the world's population or 734 million people lived on less than $1.9 a day, the international poverty line.[444] A sizeable chunk of the world population has been living in extreme poverty, struggling to fulfill even the most basic needs such as health, education, and access to water and sanitation. As far as women and children are concerned, the data reveals some shocking trends. For every 100 men between 25 and 34 years of age, there are 122 women in the same age group living in poverty. One out of five children live in extreme poverty, and it has been found that poverty and deprivation in the early years can have adverse effects that can last a lifetime. Moreover, the multidimensional poverty rate for children is twice as high as for adults.

Even before the COVID-19 pandemic, trend forecasts predicted that 6 percent of the global population would still be living in dire poverty in 2030, missing the target of eradicating poverty. New research published by the UNU World Institute for Development Economics Research warns that the COVID-19 pandemic is likely to increase global poverty by as much as half a billion people, which constitutes 8% of the total human population. The socio-economic shock of the pandemic itself threatens to push over 71 million people into extreme poverty. Eradicating poverty in all its forms is the first of the 17 Sustainable Development Goals (SDGs) of the 2030 Agenda for Sustainable Development.

Along with poverty, inequality of income and opportunity is another area of concern for modern society. Even though the level of inequality across countries has fallen to some extent, the level of inequality in absolute terms is still daunting enough to be a cause of worry for policymakers. The reason for this is that inequality if sustained for a long time, can lead to distrust of the population on institutions and may cause civil unrest. Moreover, poverty and income inequality are deeply intertwined. Lack of social mobility and poverty trap are phenomena usually observed in societies with a higher degree of income or wealth inequality.

Inequality in income distribution has grown in most developed countries and several middle-income countries, over the last three decades. Inequality has grown in the most populous countries – China and India – in particular. Overall, countries, where inequality has grown, are home to more than two-thirds (71 percent) of the world population. While the bottom half of the world's population owned less than 1 percent of all wealth in 2018, the richest 10 percent owned 85 percent of all wealth, and the top 1 percent alone almost half of it (Shorrocks, Davies and Lluberas, 2018).[445] Additionally, the share of wages in total GDP has

[444] United Nations, Global Issues, Ending Poverty

[445] Comparing Global Inequality of Income and Wealth, December 2018, James B. Davies1 and Anthony F. Shorrocks

Copyright ©2021 Sri Nithyananda Paramashivam. All Rights Reserved

declined in a majority of countries and wage stagnation is likely to disproportionately harm those at the middle and bottom of the income distribution.

Apart from it being a question of ethics and a just society, there are technical reasons to promote equality among the population. High and sustained inequalities hinder economic growth, create economic instability and hamper the progress towards poverty eradication. Additionally, recent research has shown that more unequal societies are more probable to be less socially mobile across generations. Moreover, the concentration of wealth and income affects trust in politics and public institutions. High levels of inequality likely lead to a lack of trust, hence destabilizing political systems and undermining the functioning of democracy by creating faultlines in the social contract. Studies have also shown a positive correlation between group-based inequality and violent conflict, thus making it imperative for us to work towards a more egalitarian society if we want to achieve a peaceful and secure atmosphere for the global community to evolve.

Even United Nations, in goal 10, has included the aim of reducing inequalities and ensuring no one is left behind as one of the Sustainable Development Goals (SDGs). The existing inequalities have only been deepened by the COVID-19 pandemic, which has hit the most vulnerable sections of the population the hardest. It has brought these macroeconomic faultlines to the surface, amplifying the impact of the pandemic. The pandemic has also put at risk the limited progress that has been made so far on overall inequality and gender inequality in particular.

Inequalities are also deepening for vulnerable populations in countries with weaker health systems and those already facing a humanitarian crisis. Refugees and migrants, indigenous peoples, senior citizens, physically challenged people, women, and children, are especially at risk of being left behind. On top of that, hate speech targeting vulnerable groups is also on a rise.[446]

In the context of this global socio-economic situation, the Supreme Pontiff of Hinduism (SPH) Bhagavan Sri Nithyananda Paramashivam has come as a boon for modern-day humanity, introducing the ancient enlightenment-based economic policies according to Sanatana Hindu Dharma, that aim at creating a prosperous and just society without any of the malaises of poverty, inequality or resentment towards the social contract, which have become almost synonymous with the fear- and greed-based modern model of economic growth and development.

Under the leadership of the SPH, various de-facto embassies of Kailasa have been providing micro-financing to people below the poverty line enabling them to take up self-employment, supporting over 1000 indigenous ethnic minority families with free food, education, and

[446] COVID-19: UN Counters Pandemic-Related Hate and Xenophobia, May 2020.

Copyright ©2021 Sri Nithyananda Paramashivam. All Rights Reserved

employment in their traditional field of expertise, supporting over 100 social welfare youth groups financially to inspire them to contribute at a grassroots level.

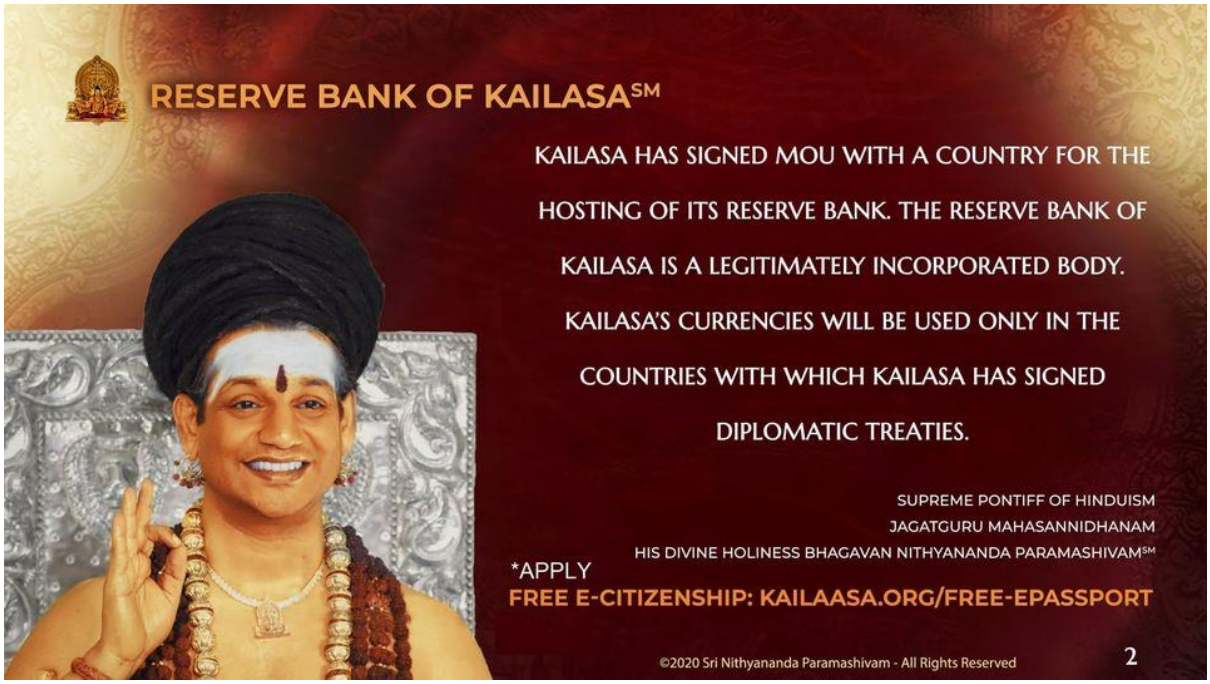
At the fundamental level, the SPH is reviving the Hindu economic principles based on Vedas and Agamas, the source scriptures of Sanatana Hindu Dharma, hence establishing not just spiritual but economic legitimacy of Sanatana Hindu Dharma. He is working day and night to present to the world, the true grand narrative of Hinduism and prove that it is a legitimate functional system, not just for enlightenment, but also for economics, jurisprudence, social structure, and administration.

The SPH has explained that the Hindu economic system is extremely life positive and activism-based, where all members of the society are made to feel secure and supported to grow and excel in their profession or field of contribution. He has also expounded on the grain- and precious metal-based currency and how it is mapped to and can be exchanged against the cosmic currency of *punya.* The most important contribution of the SPH in this field is that He has made all these principles the working principles of Kailasa's economic policy and administration. On August 18, 2020, the SPH officially launched the Reserve Bank of Kailasa along with the official currency, the Kailasian Dollar[447], which is a gold-based currency having both an intrinsic value just by virtue of possession and ownership, along with the value maintained by the regulatory authority, in this case, the Reserve Bank of Kailasa, based purely on enlightenment principles.[448]

[447] Nithyananda's Reserve Bank of Kailasa - Golden Kailashian Dollar Currency Inauguration, August 22, 2020

[448] KAILASA Economic Principles - Their Alignment With Enlightenment Science!, public discourse marking the official launch of the Reserve Bank of Kailasa, the inauguration of Kailashian Dollar, the official currency of Kailasa, and a brief exposition of the economic principles of Kailasa.

Copyright ©2021 Sri Nithyananda Paramashivam. All Rights Reserved



In addition to this, it is the Hindu society's obligation to provide free food, healthcare, and education to its citizens. "The intention to study is worshipped in Hinduism.", says the SPH, emphasizing the fact that in case the *guru* is not able to feed his/her students, he/she has to beg and provide for their basic necessities during the period of their stay. It is the SPH's vision to provide all these services to more than 2 billion Hindus living all over the world, absolutely free of cost. This hits straight at the root of exploitation which modern human beings are subjected to. They are made to feel insecure about their two meals a day and then turned into a slave by those who have access to all the resources. Additionally, before the students even finish their education, they already slip into the debt trap and spend the rest of their youth, the prime of their life, in paying off their student loans. Kailasa's economic policy makes sure not a single human being is made to suffer in this way, supporting them with their basic needs and encouraging them to take responsibility to enrich society with the work of their choosing. Lastly, delinking healthcare from profit removes the incentive to keep the people sick to keep them as loyal customers of a morally bankrupt and greed-based healthcare system, and in turn, shifts the focus back to keeping the population healthy.

Copyright ©2021 Sri Nithyananda Paramashivam. All Rights Reserved

It is because of the economic principles of Sanatana Hindu Dharma elaborately given in Vedas and Agamas that India was an economic powerhouse from the first century A.D. up till the seventeenth century when it got colonized.

An important takeaway is that India enjoyed economic prosperity without having any problems related to poverty and unequal distribution of income, wealth, or opportunity, as are prevalent in economically prosperous countries following the modern economic model. It is the SPH's goal to revive Hindu economics so that a conscious and prosperous society can be created where each being will live with dignity and without insecurity.

Copyright ©2021 Sri Nithyananda Paramashivam. All Rights Reserved

Climate Change and Hunger

A large part of the world is sadly still grappling with the problem of acute food insecurity. The rise in hunger has been showing no sign of diminishing. As compared to the pre-pandemic scenario, the number of food-insecure people was estimated to rise to 270 million by the end of 2020 due to the fallout from the COVID-19 pandemic, according to the recent analysis, representing a staggering increase of 82 percent.[449] Even though Zero Hunger is the second Sustainable Development Goal (SDG) set by the United Nations as its development agenda, stating the goal as to"end hunger, achieve food security and improved nutrition and promote sustainable agriculture," the recent trends show that not only are we far from achieving this goal by the target year of 2030 but the percentage of people affected by hunger will cross 840 million by 2030, as compared to the current figure of 690 million.

Around 2 billion people did not have regular access to sufficient, safe, and nutritious food in 2019, of which nearly 750 million – or nearly 10 percent of the world population – were exposed to severe food insecurity. When it comes to food security and nutritional status, the most vulnerable sections of the population, such as the poor, senior citizens, migrant workers, internally displaced persons (IDPs), women, and children are expected to bear most of the brunt of the health and socio-economic consequences induced by the COVID-19 pandemic. 144 million children below the age of 5 were affected by stunting, that is, low-height-for-age, in 2019, while around 47 million children in the same age group were affected by wasting, a condition defined as low-weight-for-height, caused due to low nutrient intake or prolonged illnesses.

Climate change is one of the most pressing issues which our civilization is facing at present. The previous decade has been the hottest recorded decade so far.[450] Global warming due to increased greenhouse gas emissions, extreme weather conditions, shifting weather patterns, an upsurge in the number of natural disasters, and rising sea levels pose an imminent threat to our sustainable survival as a species. Be it catastrophic flooding or a collapse of the food production system, the impacts of climate change are global in scope and unparalleled in scale.

Natural disasters are becoming more frequent. 396 natural disasters were reported in the year 2019 itself, which was above the annual average of 343 disasters per year for the last 10 years. They resulted in the loss of 11,755 lives and affected 95 million others.[451] Additionally, such extreme weather events also lead to large-scale displacements and increase the

---

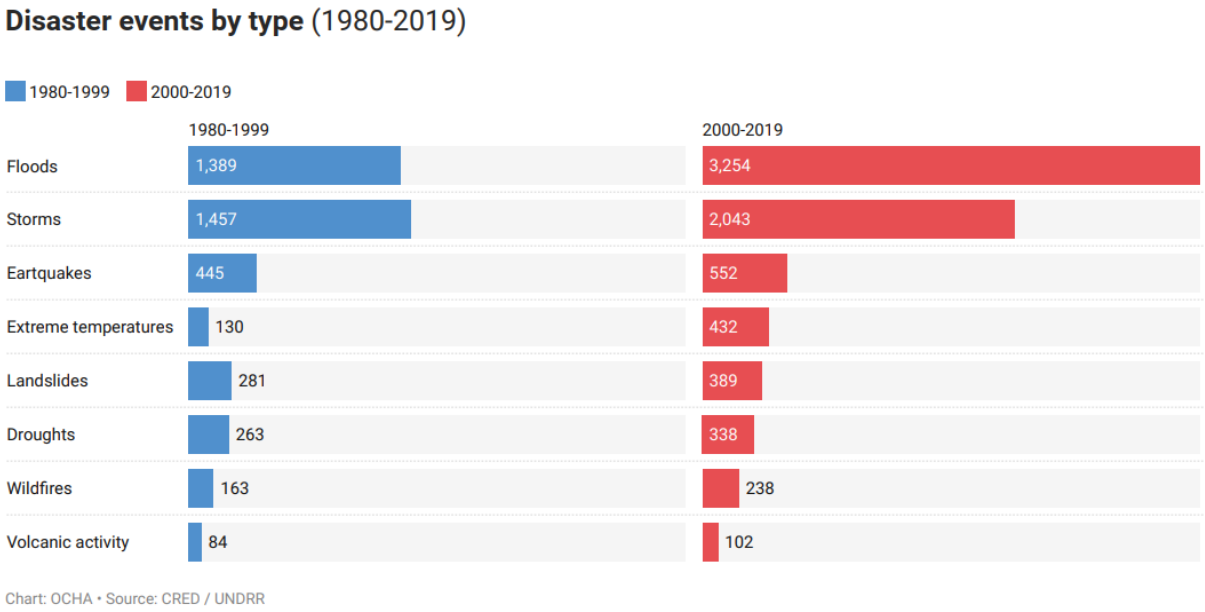
[449] State of Food Security and Nutrition in the World 2020, FAO, Rome, 2020

[450] World Meteorological Organization, Statement on the State of the Global Climate in 2019

[451] Excluding epidemics and insect infestations; Center for Research on the Epidemiology of Disasters, Disaster Year in Review (2019)

Copyright ©2021 Sri Nithyananda Paramashivam. All Rights Reserved

incidence of global hunger and food insecurity. Estimates show that more than 80 percent of the world's most food-insecure people live in disaster-prone countries.[452]



Our dietary habits are also found to be significantly linked to greenhouse gas emissions and climate change. The greenhouse gas emissions from the global livestock industry surpass those from all cars, trains, planes, and ships combined. A study published in Science in 2018 assessed the relative climate impact of various food groups. The analysis showed that animal-based foods, especially beef, lamb, shrimps, pork, poultry, fish, and eggs have a much higher carbon footprint than plant-based foods. Beef and lamb (mutton) occupy the top spots in this analysis. Moreover, land conversion for the sake of meat production and animal feed is a primary cause of deforestation in various tropical regions such as the Amazon. 8 percent of global greenhouse gas emissions occur as a result of tropical deforestation. Also, the demand for large quantities of grass for grazing cattle leads to the use of nitrogen fertilizers, the production of which causes the release of carbon dioxide (CO2) and nitrous oxide (N2O), both potent greenhouse gases. According to the same study, emissions from plant-based foods are, on average, 10 to 50 times smaller than those from animal products. From this data, it naturally follows that switching from a meat-heavy diet to a vegan or vegetarian diet, or at least reducing the meat intake in our diet could help reduce greenhouse gas emissions. A recent report by the Intergovernmental Panel on Climate Change (IPCC) in 2018 stated that consumption of healthy and sustainable diets (plant-based food) would likely reduce greenhouse gas emissions and improve health outcomes.[453]

[452] World Food Programme, 14 Facts Linking Climate, Disasters, and Hunger

[453] Climate Change and Land, An IPCC Special Report on climate change, desertification, land degradation, sustainable land management, food security, and greenhouse gas fluxes in terrestrial ecosystems, 2019

Copyright ©2021 Sri Nithyananda Paramashivam. All Rights Reserved

The poor and vulnerable sections of the population are at an increased risk as far as the adverse effects of climate change are concerned. Children constitute nearly half of those affected by disasters. Some studies also reveal the linkages between our food habits and the prevalence of vector-borne diseases. Many pandemics that humanity has witnessed in recent years, such as SARS, H1N1, etc have shown to be linked to the overlap between human and animal ecosystems, that have been caused as a result of the ever-expanding livestock industry and presence of fresh-meat markets in cities.

"We will revive the food supply system of Kailaasa ... Before you get hungry, food will be ready. Continuous annadhan. I am not giving any fantasy. It is already becoming reality."

- *The SPH JGM HDH Bhagavan Nithyananda Paramashivam (17 June 2019)*

The No-Hunger Project launched by the Supreme Pontiff of Hinduism (SPH) Bhagavan Sri Nithyananda Paramashivam precisely aims to tackle these issues on a widespread scale. *Annadan* (food donation) is a Hindu practice of serving free food to others and is ordained by the Hindu scriptures as one of the best practices, not only from a societal context but also for one's spiritual upliftment. Through *Annalayas* (food donation centers) the defacto spiritual embassies of Kailasa worldwide, under the guidance of the SPH have served over a billion organic, sattvic, vegetarian meals so far. The food is cooked strictly based on Agamas, hence is high in *sattva,* a Sanskrit term referring to quality associated with peace, bliss, high activism, and higher state of consciousness, and is distributed only after being served to the Divine. As discussed in the section on Economic Disparity, giving free food to all the citizens is

Copyright ©2021 Sri Nithyananda Paramashivam. All Rights Reserved

the economic policy of Kailasa, deriving the reference from Vedas and Agamas. Additionally, serving free organic vegetarian food acts as a significant step towards introducing an alternative diet to people, that is tasty as well as healthy, and also takes into account the safety and health of Mother Earth. The SPH has said that if the meat industry is allowed to continue at this scale, planet Earth will not be able to survive more than 50 to 60 years. Moreover, He has, on many occasions, spoken in detail about the health and spiritual benefits of eating a vegetarian diet.

1943 – 1944: In the man-made famine of Bengal, as per existing records 3+ million were murdered. The Prime minister of the world's biggest empire controlling 1/3rd of mankind claimed they could not do anything about the people dying of hunger because - *"Hindus bred like rabbits and the famine was their fault*".

2016, Ujjain : In Ujjain Kumbh Mela, the peacekeepers of KAILASA served organic food to over 3+ million. Peacekeepers of KAILASA under the leadership of the SPH Nithyananda have served more than 1 billion free meals in past 26 years and are determined to end hunger and poverty in all its forms.

KAILASA, with 200 peacekeepers at any given time, can deliver what even one of the biggest countries could not deliver. KAILASA is not driven by war, fear or greed - it is an enlightenment based nation - driven by selfless service.

The Vedagamas, the source of Hindu Scripture, declares :

|| अन्नम् बहु कुर्वीत ||[1]

"Annam Bahu Kurveetha"

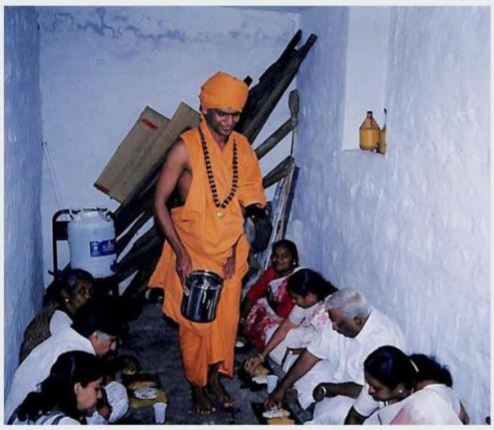
which means, ***"Let us produce food in large quantities"***.

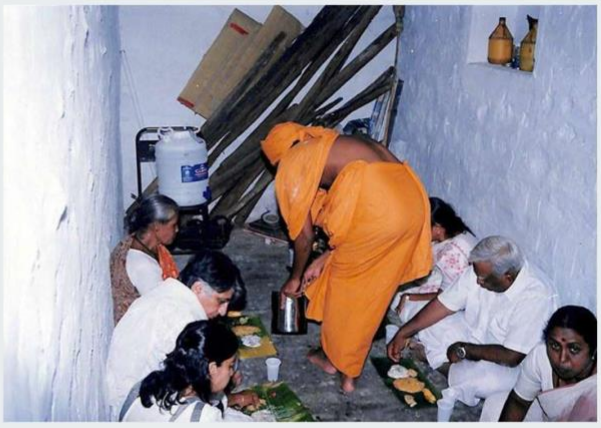
Through the widespread distribution and promotion of free, healthy, organic food, KAILASA's global peacekeepers led by the SPH serve such that we may *achieve food security, improve nutrition, and promote sustainable agriculture globally.*

Annadhan is the vision to end poverty and hunger, in all its forms.

(1) Taittiriya Upanishad, Brigu Valli, Chapter 3 Verse 9

Copyright ©2021 Sri Nithyananda Paramashivam. All Rights Reserved





22 Nov 2002 - The pictures show the early days of KAILASA's spiritual mission, where the SPH is offering Annadhan (providing a free, organic, vegetarian meal), on Kartikai Deepam. *(Thiruvannamalai, India)*

Jan 2011: KAILASA in Thiruvannamalai
The SPH Himself directly serving Annadhan, and traditional temple services

Copyright ©2021 Sri Nithyananda Paramashivam. All Rights Reserved

12 Dec 2007: Nithyananda Spurana Meditation Workshop (*Salem, India*)

17 Aug 2014: As a part of the Krishna Janmashtama Celebrations, peacekeepers of KAILASA distributing free organic food to the public *(AdiKAILASA - Bidadi, India)*

Copyright ©2021 Sri Nithyananda Paramashivam. All Rights Reserved

8 Dec 2016: Sadashivoham Meditation Workshop (*AdiKAILASA - Bidadi, India*)

30 May 2020: Annadhan service continues in the midst of the COVID-19 crisis (*Madurai, India*)

In the area of disaster relief, the SPH has provided emergency relief to thousands who face natural events such as tsunami, earthquakes, floods, etc. through Nithyananda Global Initiative and the Red Om global services. Volunteers have provided thousands of food packets, clothes, and blankets to affected areas in India, such as Karnataka, Andhra Pradesh, and Tamil Nadu, and built shelters for those who have lost their housing during these events. Under the Blue Om initiative, Kailasa is working for animal rights and prevention of cruelty towards animals, and under the Green Om program, it is working for protecting the environment.

Copyright ©2021 Sri Nithyananda Paramashivam. All Rights Reserved

3 Jan 2012: Pondicherry - Thane Flood Relief

2 Jan 2013: The Supreme Pontiff of Hinduism, Bhagavan Nithyananda Paramashivam arrives with volunteers and KAILASA's peacekeepers, to provide relief efforts to the cyclone-hit Pondicherry region through distribution of food, water, and basic necessities, medical camps, and clearing the local roads for further relief efforts. *(Pondicherry, India)*

Copyright ©2021 Sri Nithyananda Paramashivam. All Rights Reserved

4 Jan 2012: Thane Flood Relief Food Preparations *(Pondicherry, India)*

The most recent humanitarian initiative launched by the SPH is the opening of Kailasa COVID Care Centers (CCCs) in India, where the monastery campuses have been turned into a multilayer quarantine facility to safeguard the inmates against any possible point of contact with the outer world. The SPH has opened this service free to all people, regardless of any differences in age, gender, caste, creed, ethnicity, color, or socioeconomic status. Food, shelter, internet, and all basic facilities including medical care are provided at these CCCs, free of cost and for an indefinite time. The outcome has been a splendid Zero-infection rate so far among the participants, a feat not achieved anywhere else in the world, let alone in India. Apart from protecting people's lives during the deadly COVID-19 pandemic, this service has ensured food security at a time of dire desperation and has also provided an opportunity for people to live in an open lush green nature-friendly environment, unlike being stuck at home, hence improving the physical and mental health of people during this crisis. This response model of handling the COVID-19 pandemic at a community level, along with guidelines and recommendations for governments has been recognized and accepted by the United Nations as well.[454]

[454] COVID-19 and Multilateralism, A Report By The Adi Shaivite Minority Tradition (ASMT) Hindu Community Kailash Union, June 2021

Copyright ©2021 Sri Nithyananda Paramashivam. All Rights Reserved

Scientific Research

Bridging Modern Science and the Greater Science of Sanatana Hindu Dharma

Establishing Scientific Legitimacy of Sanatana Hindu Dharma (Hinduism)

The disciples of the SPH Bhagavan Nithyananda Paramashivam have been subjected to rigorous scientific tests by many prestigious laboratories and universities for verifying the Science of Power Manifestation. Such studies have not been possible in the recent past as persons manifesting these powers were rare and lived away from the centres of modern scientific research, such as in the Himalayan caves or other remote places. Making the greater Science of Hinduism verifiable by modern research and technology is one of the greatest contributions of The SPH to humanity in the field of superconscious breakthrough. Further, a large part of Hinduism which has been discarded as "myth" or "allegory" thus delegitimizing Hinduism of its glorious Truths, has now gained legitimacy by the efforts of the SPH.

Highlights of Scientific Research

- Research conducted by doctors at the Integris Jim Thorpe Rehabilitation Center in Oklahoma, USA acknowledged supernormal brain activity and control in the SPH's brain. This study was referred to by famous TV anchor Brian Williams in his speech at the Morning Star Center for Spiritual Living in Norman, Oklahoma in 2009, when he said "here we can see the template for the mental and spiritual state we aspire to: fully organized neurological activity, expanded use of the higher brain center, and the ability to consciously transition from one level of amplitude to another."
- Conducted research on the effect of Kundalini Awakening on human cells; discovered that the Mitochondria count in participants initiated by His Holiness, and those who participated in the 21-day Inner Awakening program increased by 1300%.
- Controlled gene ontology study and gene pathway analysis done in 2011 with Inner wakening participants revealed a seven-fold increase in pathways related to Immune modulation, inflammation, hypoxia regulation, etc., and 420 up-regulated and 165 down-regulated entities have been demonstrated, showing that Inner Awakening can alter genetic makeup positively and significantly. Previous studies done by Harvard showed such changes in gene activation of meditators, but that study required 8 weeks of meditation compared to 3 weeks for Inner Awakening.

Copyright ©2021 Sri Nithyananda Paramashivam. All Rights Reserved

- Other medical research conducted on Inner Awakening® participants in 2012 has shown that 70-100% of the participants exhibit a significant reduction in problems like chronic fatigue & pain, eating disorder, depression, asthma, allergies, etc.
- In September 2011, researchers studied the phenomenon of materialization and kundalini awakening using whole-body CT scan and QEEG machine and scientifically validated (1) that the brain waves change significantly from alpha to delta waves during kundalini awakening, and (2) verified that materialization of objects indeed can be recorded on the CT scan.
- QEEG studies conducted by neurologists showed that during kundalini awakening the brain waves changed in a way that may increase focus, awareness, improve memory, problem-solving, and decision-making abilities.
- Other research has focused on Nirahara Samyama – the meditation and process to go beyond food, and the patterns related to food.

Modern Science is going through a revolution; constantly pushing frontiers and evolving. Discoveries in medicine, psychology, astrophysics, and quantum mechanics are breaking old paradigms of understanding.

The SPH Bhagavan Nithyananda Paramashivam contends that the ancient scriptures describe scientific understandings that are beyond where the understanding of humanity is at currently. He points to the most ancient of scriptures, called Agamas in Sanskrit, as being the source of these ancient scientific understandings.

Based on these ancient scriptures the SPH Bhagavan Nithyananda Paramashivam is using the scientific formulas laid out in them to totally awaken the DNA structure to re-invent the human body, with the intent to transform humanity into higher functioning beings, with far greater mastery of mind, body, and spirit.

This process of enlivening this highly esoteric yet scientifically relevant knowledge, could in the future be seen as the most ground-breaking scientific discovery ever made. This revival of the Agamas could be revealed as the foundation for the next step in evolution.

Specific areas of scientific discovery are relating to the Agamas are being researched at Nithyananda University.

These are some areas where breakthroughs have been made to-date:

Unconditional Quantum Teleportation (A. Furusawa etc)

New frontier research has proven that Teleportation of objects is possible and there are multi-million-dollar projects now working on increasing the size and weight of objects being teleported. Leading this research are the University of Science and Technology of China and the University of Calgary. These researchers moved quantum particles a distance of 12km. In

Copyright ©2021 Sri Nithyananda Paramashivam. All Rights Reserved

another development, Photons were teleported to China's Micius satellite, which is in orbit 300 miles above Earth.

In parallel, the SPH Bhagavan Nithyananda Paramashivam has demonstrated under scientific conditions at Bangalore Hospital in India, the teleportation of objects as large as ½ inch by ½ inch. At this time several thousand objects have been teleported. **The largest volume of evidence of teleportation in the world.**

Change of DNA through thought (Lipton etc)

Research studies on DNA have concluded that DNA can be changed through the use of thought. Pioneers in the fields of Eugenics, and Epigenetics like Dr. Bruce Lipton and Juan Carlos Izpisua Belmonte of the Salk Institute of Biological Science's Gene Expression Laboratory. are discovering that we can actually influence our DNA structure through environmental factors.

In parallel, Nithyananda University has demonstrated scientifically that the DNA of participants at meditation programs can be influenced in ways that lead to an overall increase in health.

Anomalous cognition remote viewing

New frontiers of research have discovered that Remote viewing, (which has been used by many military organizations over the last 50 years,) as a tool to access information, is scientifically valid. Research at the U.S. Government's Psychic Espionage Program, Stanford, Duke, and Princeton Universities all report results. In parallel, Nithyananda University has demonstrated that thousands of people have the ability to remote view, and inform:

• The health of people thousands of miles away

• Details of buildings

• Current Weather in locations around the world

• The contents of a book in another part of the world

• Diagnose disease over long distance

• The ability to read while the eyes are completely covered with a blindfold, demonstrated by several thousand people

This is the largest volume of Anomalous cognition remote viewing taking place in the world.

Spontaneous Increases in Brain function

The cutting edge of Neuroscience of brain function indicates that the brain has the ability to change functions, increase functions and drop functions that do not serve the health of the body. Discoveries in Neurogenesis at Harvard Medical School confirm that the brain can

Copyright ©2021 Sri Nithyananda Paramashivam. All Rights Reserved

increase functionality. Studies in neuroplasticity at the University of California show that intelligence and memory can be increased.

At Nithyananda University this area of research has yielded quite extraordinary results:

• Increase in IQ, at par with the genius level, for children participating in the program, based on Mensa testing results.

• increase in Memory function by 200%

This level of performance has not been reported from anywhere else in the world.

Spontaneous Remission Research

Research into prayer and spontaneous remission has demonstrated the validity of these modalities to function every effectively, as reported in the *Journal of Experimental Social Psychology,* and other journals

At Nithyananda University research shows that:

• Thousands of people have experienced spontaneous improvement of health across many categories of health issues: See the Research Section.

These unprecedented results have not been reported from any other programs or facilities anywhere else in the world.

Scientific Studies on the Avatar[455]

For over a decade, from 2004 to date, the SPH Bhagavan Nithyananda Paramashivam Himself has undergone a series of scientific studies on His neurophysiology.

Imaging Brain Activity

In 2004, a team of scientists led by Dr. Murali Krishna, MD, President, Integris Mental Health Oklahoma City, Oklahoma, USA, conducted a series of state-of-the-art tests, including a PET Scan to study the SPH's neurological systems. Using the advanced technology of Positron Emission Tomography, or PET Scan, the activity of the SPH's brain in the state of Samadhi was studied in detail.

There was a significant enhancement in the activity of the lower portion of the mesial frontal area of the cerebral cortex. This region is the starting point of the Ajna chakra or the Third Eye and connects to the limbic system and the rest of the cerebral cortex. At the same time, the rest of the cerebral cortex was in a complete state of rest.

[455] See Appendix for detailed studies

Copyright ©2021 Sri Nithyananda Paramashivam. All Rights Reserved

Measuring Brain Waves

The technique of quantitative electroencephalography (qEEG) was utilized to study the various brain waves, viz, alpha, beta, theta, and delta. In a normal person, all the waves are present in different regions of the brain in different moments of time.

Due to His state of perpetual samadhi (sahaja samadhi), the SPH Bhagavan Nithyananda Paramashivam demonstrated complete entrainment of all the brain waves, with the entire brain shifting fluidly from one brainwave pattern to another. This degree of synchronicity that contains over 100 billion neurons and even more interconnections is impossible to reproduce by any normal person under any circumstances.

Measuring Autonomic Functions

On 29th April 2005, Dr. Juan Acosta-Urquidi & Associates from Sound Health Designs, Wichita, KS, USA, recorded autonomic functions like heart rate variability along with simultaneous EEG. Heart rate variability (HRV) is a technique to measure the activity of the sympathetic or parasympathetic nervous system. During healing, HRV tests were conducted simultaneously on the SPH and the recipient. There was an obvious difference in the HRV readings before healing began. As soon as healing was initiated, both, the SPH and the recipient showed exactly the same graph, both in time and space with robust sympathetic arousal. The conclusion was that during healing, there is complete entrainment of the autonomic nervous system of the SPH with that of the recipient.

Galvanic Skin Resistance (GSR)

On 26th April 2006, Dr. Juan Acosta-Urquidi simultaneously studied the SPH and a participant during a healing session, to measure a sensitive parameter of autonomous arousal called Galvanic Skin Resistance or Response. Another technique to read the autonomic nervous

Copyright ©2021 Sri Nithyananda Paramashivam. All Rights Reserved

system, the GSR readings showed an increased level of sympathetic arousal during healing. This is consistent with the HRV tests done separately in other labs.

It is important to realize that the SPH is the only Avatar who has agreed to be scientifically evaluated, both in terms of His own body as well as the changes He brings about in other beings. However, it is astonishing to note that His Avataric attributes and powers are exactly as defined by the 5000-year old Hindu yogic sciences after extensive observation and study. Now it is being tested and proven by modern science also.

This valuable data will set the benchmark for establishing the attributes and the powers of a true Avatar.

The SPH states clearly that His purpose and vision is not only to reveal the sacred secrets but also to establish the truth behind the science as one that is observable, reproducible in not only His presence but also as a multi-centric science reproducible across the globe.

Summary

The SPH Himself has been the subject of scientific studies since 2004, and over the past decade, an enormous amount of data about not only His altered state of neurophysiology, but that of His disciples as well, has continued to be recorded. This impressive array of data will be presented systematically in this chapter, as well as in the chapters to follow.

Scientists, researchers, and doctors of the Integris Jim Thorpe Rehabilitation Center and the PET center of Oklahoma, USA administered various tests and analyzed the mystic phenomenon on Nithyananda's neurological system. Following is the summary of the findings.

M·I·N·D MATTERS™

A Mind Matters Column™

The Mind of a Mystic

By R. Murali Krishna, M.D. "'President, James L. Hall, Jr. Center for Mind, Body & Spirit

President COO, INTEGRIS Mental Health, Oklahoma City, Oklahoma

Sri Nithyananda Swami is a trim, healthy looking young man with dark, shoulder-length hair. Handsome and polite, possessing an open manner and a wealth of curiosity, he could be any ordinary American college student.
The difference is that ordinary American college students do not wear orange robes and turbans, have not experienced spiritual enlightenment and are not regarded as a teacher,

Copyright ©2021 Sri Nithyananda Paramashivam. All Rights Reserved

healer and mystic by millions of people in all corners of the world.
A mystic? The term is not a bad fit for 'Swami,' as he is known. Mystics, popular culture tells us, have direct communion with God. Through means not understood or measurable, mystics are thought to have access to ultimate realities or truths. Picture a mystic and you'll probably picture someone full of bliss, someone gifted with lofty thoughts and insights the rest of us do not possess. The very presence of a mystic is thought to bring peace and healing to others. That's an apt description of Swami, a 27-year-old from South India. He is approached by thousands of people a year seeking relief from diseases and ailments that conventional medical approaches have not cured. Swami's background lends him the air of a mystic, too. He left his home as a teen, visited ashrams across India, immersed himself in philosophy, read extensively and mastered the art of meditation.

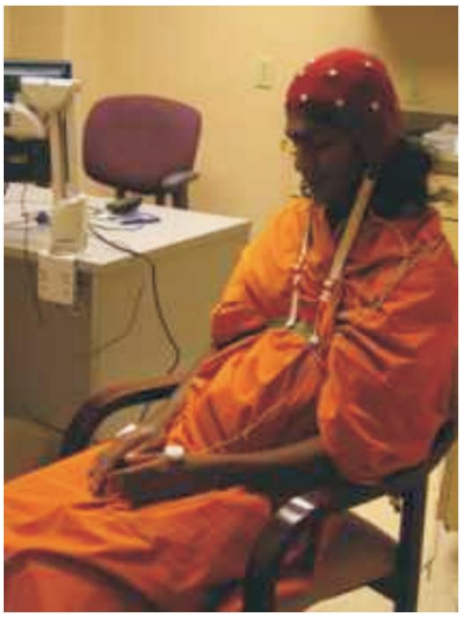
When Swami passed through Oklahoma City recently as one stop in his world travels, I asked him if he would let me use some of modern medicine's newest technology to peer into his brain while he meditated. My goal: to understand, measure and demystify what happens during the mystic phenomena. Swami, who believes that meditation has a scientific basis, happily agreed. The procedures Swami went through were administered by some of Oklahoma City's finest and most experienced physicians, neuropsychologists and researchers: Drs. Fordyce, Ruwe and Higgins of the Jim Thorpe Rehabilitation Center Neuropsychology Department and Dr. Chacko of the PET Center of Oklahoma. These doctors were using technology they use with patients on a routine basis. When they look at images obtained by their technology, they know what's normal and what's not.

The results from testing Swami? Decidedly not normal.

Imaging Brain Activity

Our first look into Swami's brain was achieved with the help of a Positron Emission Tomography (PET) device. Unlike traditional diagnostic techniques that produce images of the body's structure or anatomy, such as X-rays, CT scans or MRI, PET produces images of the function of the brain through the metabolic activity of cells. An analog of glucose is attached to a radioactive PET tracer. The PET scanner then images the metabolically active brain areas at any given time.

Copyright ©2021 Sri Nithyananda Paramashivam. All Rights Reserved



In the case of Swami, the drug was intended to identify highly active areas of the brain in an alert and conscious state, in the early stages of meditation and during deep meditation.

The results of the PET scan tests were stunning. To begin with, the activity in the frontal lobes of Swami's brain were significantly heightened, even in early meditation stages. The level of activity was higher than would be seen in the average human brain under any conditions.

When we then asked Swami to go into the deepest meditation state, there were two more remarkable findings.

First, the dominant hemisphere of Swami's brain was more than 90 percent shut down. It was as if Swami‘s brain had packed up and gone on vacation. It was quiet and still, completely at peace and Swami had made it so at will. A second amazing aspect of Swami’s deep meditation was that the lower portion of his mesial frontal areas lighted up in a very significant way. This area roughly corresponds to the reputed location of the mystical “Third Eye.”

When we later asked Swami what he was doing when the mesial frontal areas lighted up, he said he was opening his third eye.

Associated with both cosmic and inner knowledge and thought to be a place of clarity and peace. the Third Eye is considered by many to be the seat of the soul. Were we seeing an indication that deep meditation can open an area of the brain responsible for communicating with the divine, looking deep into the mysteries of self or creation? I believe the PET scan revealed what I call the brain's “D-spot.” Whether you consider the “D” in D-spot to stand for delight, the divine or even dopamine, the chemical through which our bodies experience pleasure, initial indications are that meditation can stimulate it.

Measuring Brainwaves

The second procedure we used to look into Swami’s brain is known as Quantitative Electroencephalography, or QEEG. QEEG measures electrical patterns in the brain, pattens commonly referred to as brainwaves. There are four bandwidths of brainwaves, each

Copyright ©2021 Sri Nithyananda Paramashivam. All Rights Reserved

different in speed and each associated with a different state of mind.

For instance, beta brainwaves are small and fast and linked with an awake, alert state of mind. Alpha brainwaves are slower and larger and are connected to feelings of well-being. Theta waves represent a state of consciousness between that is close to sleep, a stage in which there is a sense of calmness and serenity without active thought.

In a day's time, most people will experience all four types of brainwaves. The progression from one bandwidth to another, though, is not so easily in their control.

From Swami's QEEG, though, we can see that he has complete control over his brainwaves. When in deep meditation, his brain smoothly shifted from one state to another, like a talented pianist playing the scales.

There was no hesitation and no retreating, just continuous, fluid shifts from one type of brainwave to the next. Because the QEEG represents the five brainwave bandwidths as colors, it was as we were watching Swami float from color to color within a rainbow.

Conclusions

The brain is the body's most complex organ, containing more than 100 billion neurons, each of them in chemical and electrical conversation with up to 10,000 other neurons. Its sheer capacity to process information is astonishing.

Remarkably, that complexity presents little difficulty for Swami in managing his brain activity. Swami's mind — his thoughts, emotions and intellect — control his brain. He can, in a very fluid, easy way, shift his brain function and alter his brainwaves.

More than answering questions, the voyage we took into the mind of a mystic brings intriguing questions for study: Are there techniques we can learn and teach that will bring balance and peace into people's lives? Can we invoke a healing response or accelerate healing through specific training? Can we learn techniques that will allow us to control pain or alter the course of a disease'? Can we learn to activate what I call our D-spot, thus putting us in

Copyright ©2021 Sri Nithyananda Paramashivam. All Rights Reserved

instant connection to delight or the divine?
The results from our study of Swami are new pages in our world's growing book of research on the brain. There continue to be indications that the human mind may be able to choose to heal the body.
We're now looking at the possibility of people learning and acquiring these healing capabilities, an event of immense benefit for humankind. The potential for altering the rates and progression of many diseases - heart disease, cancer, arthritis, alcoholism and many others — is beginning to look achievable.
Swami is a bridge between the invisible, ancient World of mysticism and the modern, visible world of science and discovery. As brain research continues on a widespread basis, and as we appropriately bring the phenomena of mysticism into the realm of science for further study, we are taking strides on a path of hope and health.

The images from the PET SCAN are given in the book "Mystic Phenomena, Scientific Data" attached in the Appendix.

Scientific Studies on the SPH's Disciples[456]

Advanced Kundalini Awakening Research

Pursuing his conviction that kundalini activation can be physically measured, the SPH Bhagavan Nithyananda Paramashivam undertook the medical surveillance of participants in his breakthrough residential three-week yoga spiritual program, Inner Awakening®. Attendees were tested in relation to a variety of parameters upon arrival at the retreat. The same tests were repeated just before their departure. The results of the study were astonishing, demonstrating that Kundalini activation erases a host of chronic illnesses, mental and emotional blocks, and behavioral problems. It has a measurable effect on cell structure, creating a positive shift in genetic function and raising personal energy levels by an amazing 967%.

Inner Awakening® – The Program

Inner Awakening® is a unique life-transforming 21-day spiritual program centered on awakening the highest inner potential energy within the participants: the Kundalini energy. While the authentic morning yoga sessions prepare the body to hold and express the powerful Kundalini energy, the SPH personally guides the participants through deep cleansing

[456] See Appendix for detailed studies

Copyright ©2021 Sri Nithyananda Paramashivam. All Rights Reserved

meditation processes, aided by the natural high energy available at some of the world's most powerful Cosmic energy fields like Varanasi, Cambodia, etc. Each day culminates with an initiation from the SPH Bhagavan Nithyananda Paramashivam, during which he awakens the Kundalini energy. With this transmission, He also awakens the various previously dormant dimensions within each individual that express themselves as completion, creativity, and mystic powers. Kundalini Awakening works on all the essential dimensions of life, effecting deep and lasting healing at the physical, mental, and emotional levels. This is experienced variously as peace, productivity, and awareness. With the initiation into the Science of Completion[SM], participants learn to rewrite their future with peak possibility.

The Need for Medical Research in Inner Awakening®

Since the first Inner Awakening® program happened in 2008, many of the seekers who came from around the world seeking spiritual solace reported amazing health recoveries as one of the main benefits of attending the program. This discovery, in addition to increased energy levels, set the stage for scientific research to validate these observations. The study was structured to quantify the changes and statistically evaluate their benefits. The intent is to determine the physiology behind these changes through appropriate scientific studies so that more in-depth examination can be done in future programs by external researchers. We would like to share the health benefits experienced by the participants in recent days. These results are based on pre-and post-program questionnaires answered by the participants.

Health Recoveries[457] as a result of Inner Awakening®

The Study

1. Physical and physiological parameters

2. MTT assay

3. Genetic studies

4. qEEG studies

5. Materialization studies

Physical and Physiological parameters

The following physical and physiological parameters were evaluated on Day 0 and Day 18 of the Inner Awakening® program:

1. Height and weight and by inference BMI
2. 2. Chest and waist circumference and by inference C/W ratio
3. 3. Diastolic blood pressure with a mid-program review on hypertensives

[457] Note: Some research findings are based on information polled from program participants and are subjective in nature.

Copyright ©2021 Sri Nithyananda Paramashivam. All Rights Reserved

4. 4. Fasting blood sugar
5. 5. Mid-program review on diabetics

Study Design: An evaluation to study the effectiveness of the intervention on Anthropometry Parameters and Clinical Variables.

Statistical Methods: Descriptive statistical analysis has been carried out in the present study. Results on continuous measurements are presented on Mean SD (Min-Max) and results on categorical measurements are presented in Number (%). Significance is assessed at a 5% level of significance. The student's *t*-test (two-tailed, dependent) has been used to find the significance of study parameters on the continuous scale within each group. 95%

Table: Gender Distribution of Participants Studied

Gender	Number of participants	Percentage [%]
Male	47	47.0%
Female	53	53.0%
Total	**100**	**100.0%**

Table: Effects on Clinical Variables

	Initial	Final	Significance
Heart Rate HR (bpm)	76.88±11.27	71.19±10.29	t=5.130; p<0.001**
Diastolic Blood Pressure DBP (mm Hg)	117.87±18.14	74.54±12.94	t=24.332; p<0.001**
Fasting Blood Sugar FBS (mg/dl)	101.97±17.91	97.87±11.71	t=2.686; p=0.008**

Results are presented in Mean ± SD

Confidence Interval has been computed to find the significant features. Confidence Interval with a lower limit greater than 50% is associated with statistical significance.

Table: Incidence of pre-existing complications

Complications	Number of patients (n=100)	Percentage (%)
Known Diabetic	8	8.0%
Known Hypertensive (HTN)	8	8.0%
Eating Disorder	3	3.0%
Thyroid	8	8.0%
High Cholesterol	10	10.0%
Musculoskeletal	8	8.0%
Insomnia	5	5.0%

1. Student's *t*-test for paired comparisons

Objective: To investigate the significance of the difference between single population means. No assumption is made about the population variances and *di* is the difference formed for each pair of observations.

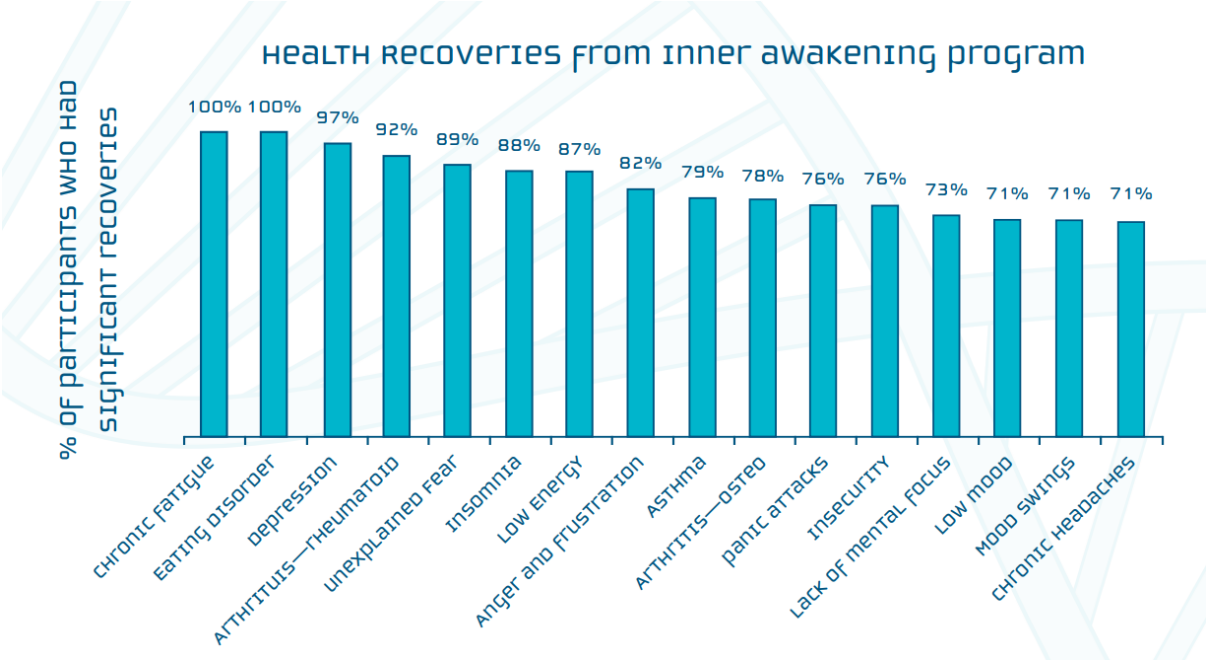
2. Significant figures

Copyright ©2021 Sri Nithyananda Paramashivam. All Rights Reserved

+	Suggestive significance (*p* value: 0.05<*p*<0.10)
*	Moderately significant (*p* value: 0.01<*p*< 0.05)
**	Strongly significant (*p* value: *p* <0.01)

Statistical software: The Statistical software namely SAS 9.2, SPSS 15.0, Stata 10.1, MedCalc 9.0.1, Systat 12.0, and R environment version 2.11.1 were used for the analysis of the data and Microsoft Word and Excel have been used to generate graphs, tables, etc.

The results are further validated by ongoing research done on subsequent batches of Inner Awakening® participants. A summary of the findings has been included here.



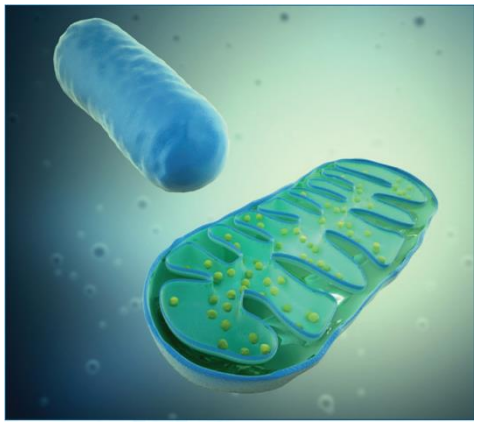
Inner Awakening® and Cellular Transformation

The Science of Mitochondrial Function

The human body is essentially an assembly of 50 trillion individual cells living in unison, working towards a common goal. Each cell is by itself a complete living entity with its own processes for sustenance of life, reproduction, and so on. Most of the components of the cells are common to all, fulfilling basic common needs, yet each has its own specialized departmental work, be it secreting

Copyright ©2021 Sri Nithyananda Paramashivam. All Rights Reserved

hormones, enzymes, and so on. All these cells are powered by a single battery within the cell called the mitochondrion.



The mitochondrion is an interesting structure, only 1 micron in length, situated outside the nucleus in the cytoplasm of the cell. Mitochondria are the cell's power producers. They convert energy into forms that are usable by the cell. They are the sites of cellular respiration which ultimately generate fuel for the cell's activities. Their function is to optimize the utilization of energy-producing substances like glucose, and to produce ATP which is the energy molecule of the cell. Without mitochondria, the cell can produce only 2 ATPs per glucose molecule. The mitochondrion, on the other hand, can produce 32 ATPs per molecule of glucose, which is a 1700% increase in efficiency. Mitochondria are also involved in other cell processes such as cell division and growth, as well as cell death.

Mitochondria have their own set of DNA, which allows them to function independently. Unlike the DNA in the nucleus of the cell, which is covered by a protective layer of histones, the mitochondrial DNA is naked and thus exposed to increased possibilities of damage. As it is, the repair mechanism of the mitochondrial DNA is not as efficient as that of nuclear DNA. As we age, significant errors creep into the mitochondrial DNA, that go unrepaired or insufficiently repaired. This leads to malfunction in the electron transfer chain of the mitochondria. Instead of producing pure energy in the form of ATP, a non-productive oxygen species called reactive oxygen species (ROS) is produced. This ROS damages cellular structures including the exposed mitochondrial DNA, leading to a vicious cycle of dysfunction and aging, which in turn leads to cell death.

Mitochondrial Assay—The Study

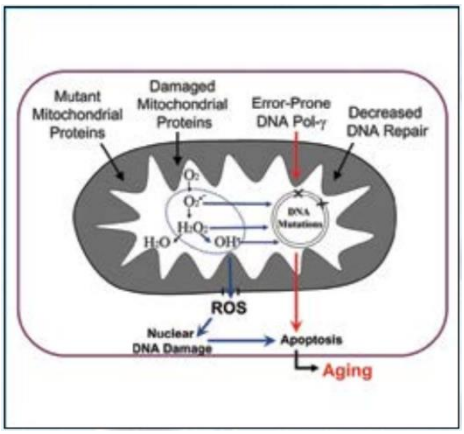
a. 10 random blood samples from Inner Awakening® participants above 50 years of age as study group

b. Blood samples were taken on Day 0 and Day 18

c. Labelling was double-blinded and sent to the laboratory for MTT assay

d. All participants received the powerful 'energy darshan' (shaktipata) from the SPH Bhagavan Nithyananda Paramashiva every day, in addition to participating in yoga, meditation, and cathartic
processes.

Copyright ©2021 Sri Nithyananda Paramashivam. All Rights Reserved



ROS mediated cell damage

Since the etiology of many diseases is currently being quoted as related to free-radical mediated damage, mitochondria seemed to be the right subject for study and that is where we started. Genetics also plays a major role in the etio-pathogenesis of diseases. Genetic studies were carried out on participants who had significant health recoveries. QEEG studies were also done to study the effect on brain waves.

Laboratory Analysis

The MTT assays were performed at the Post Graduate Department of Biotechnology, Mangalore University.

> All results including the physical, physiological measurements and the MTT assay were statistically evaluated by professional biostatistician Dr. K. P. Suresh, Scientist (Bio-Statistics), National Institute of Animal Nutrition and Physiology, Bangalore.

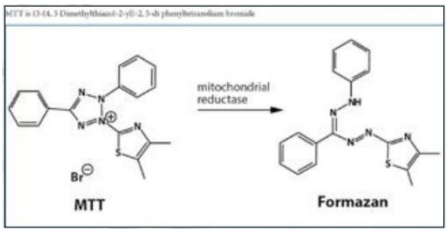
Material and Methods

This colorimetric assay is dependent on the ability of viable cells to metabolize a water-soluble tetrazolium salt (yellow color) into a water-insoluble formazan product (purple color). It measures the activity of cellular respiratory enzymes that reduce MTT. Since only viable cells perform this activity, the assay is used to measure the viability and proliferation of cells.

Procedure: Isolation of Mononuclear Cells (MNC)

Human Mononuclear cells can be separated from heparinized blood samples or the buffy coat of centrifuged blood samples with sodium citrate as an anticoagulant after removal of the erythrocytes and the plasma. The residual fraction (25–40 ml) contains more than 90% of the leukocytes, 10% of the erythrocytes, and 5% of the plasma.

Copyright ©2021 Sri Nithyananda Paramashivam. All Rights Reserved



1. Dilute buffy coats 1:4 (v/v) or heparinized blood samples 1:2 (v/v) with Dulbecco's Phosphate buffered saline (PBS) without Ca2+ and Mg2+.

2. To a 10 ml centrifuge tube add 2 ml of defibrinated or anticoagulant treated blood and an equal volume of balanced salt solution (final volume 4 ml).

3. Mix the blood and buffer by inverting the tube several times or by drawing the mixture in and out of a pipette.

Procedure for Isolation of Mononuclear Cells

1. Invert the Ficoll-Paque media bottle several times to ensure thorough mixing.

2. Using aseptic techniques, add Ficoll-Paque media (3 ml) to the centrifuge tube.

3. Carefully layer the diluted blood sample (4 ml) onto the Ficoll-Paque media solution.

4. Centrifuge at 400 g for 30 to 40 minutes at 18ºC to 20°C (brake should be turned off).

5. Draw off the upper layer containing plasma and platelets using a sterile pipette, leaving the mononuclear cell layer undisturbed at the interface.

6. Transfer the layer of mononuclear cells to a sterile centrifuge tube using a sterile pipette.

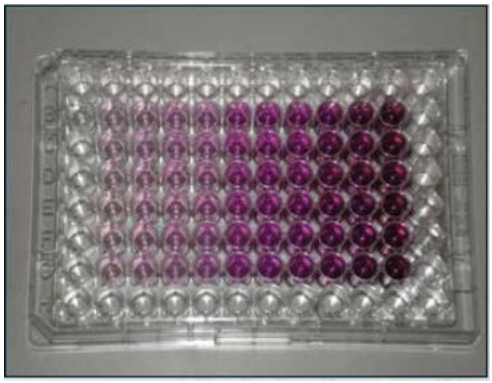
Washing the Cell Isolate

1. Estimate the volume of the transferred mononuclear cells. Add at least 3 volumes (~ 6 ml) of balanced salt solution to the mononuclear cells in the centrifuge tube.

2. Suspend the cells by gently drawing them in and out of a pipette.

3. Centrifuge at 400 to 500 × g for 10 to 15 minutes at 18°C to 20°C

Copyright ©2021 Sri Nithyananda Paramashivam. All Rights Reserved



A Micro-titer Plate after MTT Assay

Tetrazolium salts are converted by metabolically active cells to formazan, which can be quantified by measuring absorbance at 570 nm

4. Remove the supernatant.

5. Re-suspend the mononuclear cells in a 6 to 8 ml balanced salt solution.

6. Centrifuge at 400 to 500 × g (or 60 to 100 × g for removal of platelets) for 10 min at 18°C to 20°C

7. Remove the supernatant.

8. For cell counts, dilute first 1:10 in supplemented RPMI -1640, and then 1:2 with 0.1% trypan blue solution, and count the cells with a Hemocytometer.

MTT Assay – Steps

1. Remove the culture medium from cell monolayers cultured in 96-well plates.

2. Reconstitute each well with 0.2 mL supplemented RPMI-1640 containing 1 mg/mL MTT.

3. Incubate the cultures for 2–4 hours at 37°C.

4. Remove the supernatants from the wells.

5. Add 0.2 mL per well of a lysing reagent containing 0.04 *N* HCl in isopropanol.

6. Mix the content of the wells thoroughly.

7. Read the plates in an automated microplate spectrophotometer at 570 and 630 nm as reference.

Statistical Analysis

Null Hypothesis: There is no significant difference in the mean value between the two groups, i.e. $\mu 1 = \mu 2$

Alternate Hypothesis: There is a significant difference in the mean value between the two groups, i.e. $\mu 1 \neq \mu 2$

Copyright ©2021 Sri Nithyananda Paramashivam. All Rights Reserved

Level of Significance: $\alpha = 0.05$

Statistical test used: *t* test

Decision: The *p*-value and the level of significance are compared. If $p < 0.05$, the null hypothesis is rejected and the alternate hypothesis is accepted. If $p \geq 0.05$, the null hypothesis is accepted.

Computations: The tables below give us the various computations and the *p*-value.

Comparison of the change in MTT Assay at Day 0 and Day 20 in study group:

Group	Day	Mean	Std Dev	Mean Difference	T	*p*-value
Study Group	Day 0	0.12	0.06	-1.033	-12.084	<0.001*
	Day 20	1.16	0.28			

*Denotes significant difference

In the study group, there was an increase in mean MTT Assay from Day 0 to Day 20. The increase in MTT Assay from Day 0 to Day 20 in the Study Group was found to be statistically significant ($p < 0.001$).

Summary

- The MTT assay is a well-established protocol for the study of cell viability and metabolism (Mitochondria).
- There was a dramatic increase in mitochondrial activity in the study group.
- Normally, processes like yoga or exercise, or meditation increase mitochondrial activity by about 40-50%.
- This study conclusively showed an approximately 1000% increase in mitochondrial activity (cell viability) in the IA participants.

Conclusion

- The effective transmission of healing energy to participants by an adept healer through the process of energy darshan leads to Kundalini awakening to a statistically significant degree.
- The addition of yoga and meditation along with energy darshan leads to a greater increase in cellular energy

References

Mossman, T. (1983). Rapid colorimetric assay for cellular growth and survival. *Journal of Immunological Methods, 65* (1-2), 55-63.

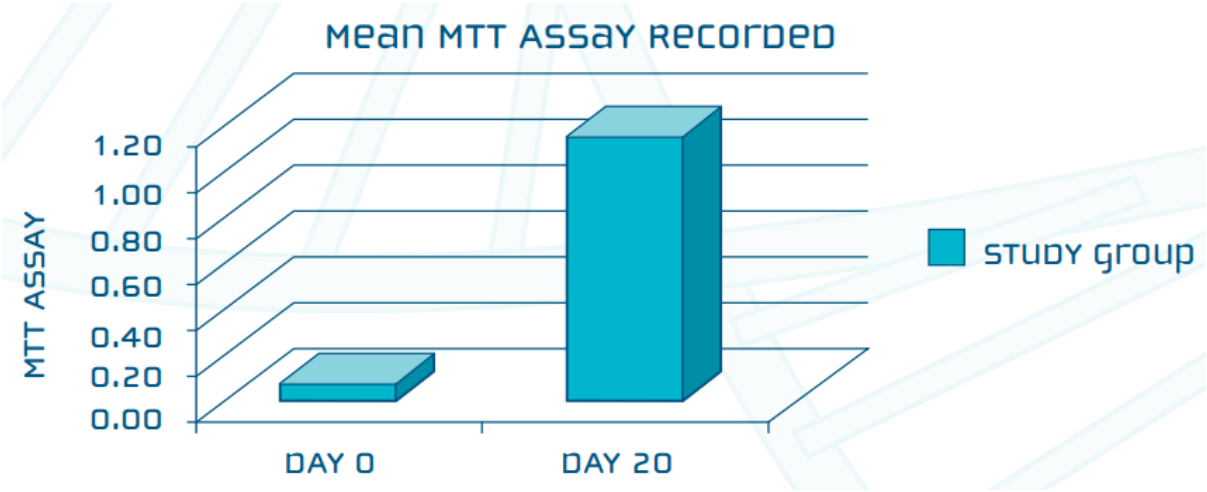
Copyright ©2021 Sri Nithyananda Paramashivam. All Rights Reserved

Sieuweters, A. M., Klijn, J. G., Peters, H. A., & Foekens, J. A. (1995; Nov. 33). MTT tetrazolium salt assay scrutinized. *Eur J Clin Chem Clin Biochem, 11*, 813-823.

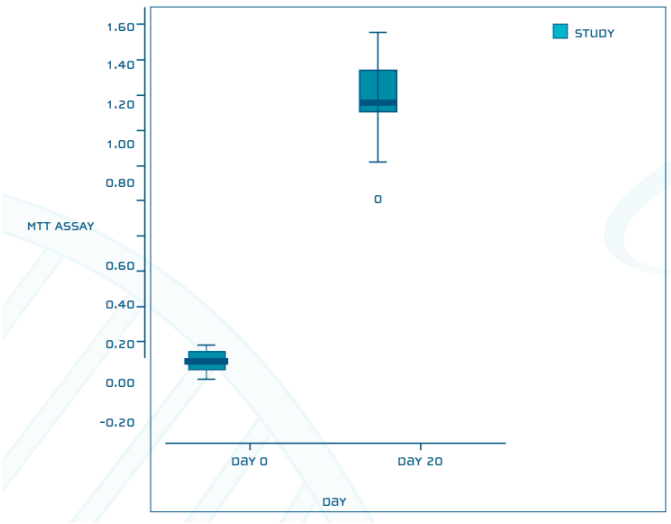
Darzynkiewicz, Z., Li, X., & Gong, J. (1994). Assays of cell viability: discrimination of cells dying by apoptosis, *Methods in Cell Biology, 41,* 15-38

MTT ASSAY

Sample No	Day 0			Day 20		
	Reading 1	Reading 2	Average	Reading 1	Reading 2	Average
1	0.28	0.148	0.214	1.787	1.316	1.5515
2	0.242	0.109	0.1755	1.567	0.747	1.157
3	0.041	0.211	0.126	1.864	0.952	1.408
4	0.121	0.123	0.122	1.942	0.728	1.335
5	0.021	0.157	0.068	1.521	0.796	1.1585
6	0.04	0.156	0.098	1.495	0.722	1.1085
7	0.007	0.308	0.1575	1.533	0.763	1.148
8	0.011	0.363	0.187	1.177	0.468	0.8225
9	0.019	0.019	0.019	1.486	1.064	1.275
10	0.054	0.099	0.0765	0.553	0.658	0.6055
Average		**0.1 2435**			**1.15695**	



Copyright ©2021 Sri Nithyananda Paramashivam. All Rights Reserved



Genetic Transformation – breakthrough Results

DNA is an essential molecule found in all human cells, which controls the body's growth, structure, metabolism, and immune functions. It carries the genetic information passed on from generation to generation.

Human beings have about 25,000 genes, of which only 5% are actively expressed and functional. *Differential gene expression studies* conducted on Inner Awakening® participants before and after the program registered the *spontaneous expression of new genes*—a phenomenon that is impossible to reproduce through any other known means.

Findings:

a. Greatly increased immune modulation

b. Increased immunity to cancer

c. Clinical improvement in rheumatoid arthritis, fibromyalgia, and other chronic pain conditions

d. Significant recovery from asthma

e. Significant improvements in memory

Copyright ©2021 Sri Nithyananda Paramashivam. All Rights Reserved

Neurological Changes – Quantitative EEG (qEEG) Studies

A series of QEEG studies were also conducted on participants who had Kundalini awakening to study the effects of Kundalini Awakening on electrical activity in the brain.

The same studies were also conducted on a control group. These included:

1. Short-term effects observed at the moment of initiation by the SPH.

2. Long-term effects measured through post-activation assessment of various mental and cognitive functions.

Findings:

1. At the moment of initiation, certain instantaneous changes were recorded in all participants who had active Kundalini awakening, including:

a. sharper focusing abilities

b. higher alertness levels

c. extremely rapid multi-processing

d. better short-term memory

Significantly, the brain waves of subjects during the activation showed a high incidence of delta waves, indicating that they were in a state of deep relaxation comparable to sleep. In Vedic science, this state of intense restful awareness is known as Samadhi.

Post-activation assessment conclusively showed:

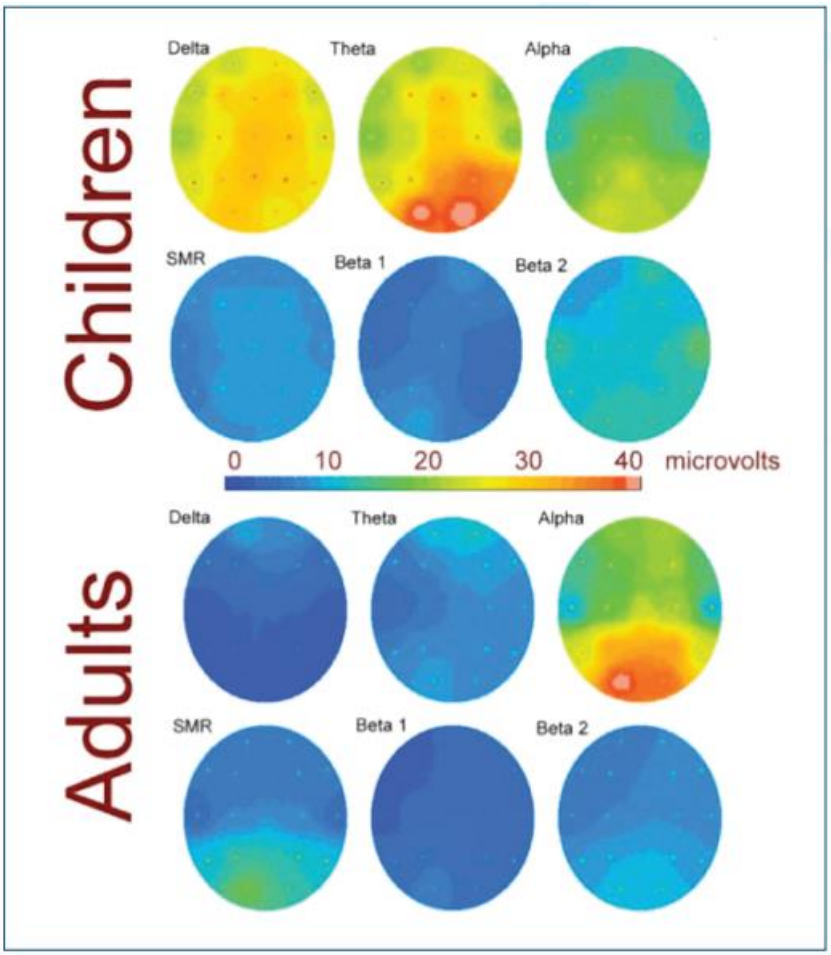
a. Better problem-solving abilities

b. More effective decision-making

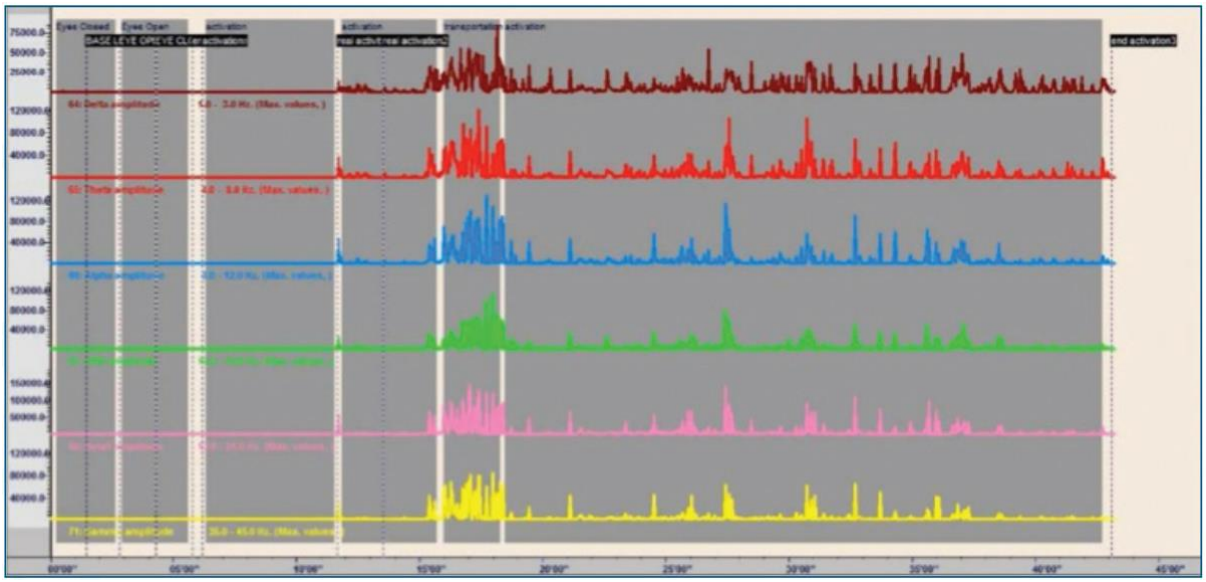
c. Enhanced interpersonal relations

d. Warm and positive personality trends

Copyright ©2021 Sri Nithyananda Paramashivam. All Rights Reserved



During eyes closed baseline rest, the theta rhythm (4-8 Hz) dominates the spectral energies of a child's brain whereas the alpha rhythm (8-12 Hz) dominates the adult brain.



Copyright ©2021 Sri Nithyananda Paramashivam. All Rights Reserved

Statistics for 9: Eyes Open (1 segments/ Total: 6)

Channel	Min.	Max.	Max.	Var. Std	Dev.	%>Th1.	%>Th2.
Delta amplitude	8.68	351.29	59.90	1915.00	43.76	0.00	0.00
Theta amplitude	7.55	290.88	74.37	2149.71	46.36	0.00	0.00
Alpha amplitude	2.64	337.25	54.46	1345.48	36.68	0.00	0.00
SMR amplitude	3.15	161.59	34.90	461.86	21.49	0.00	0.00
Beta1 amplitude	7.50	199.93	61.89	803.68	28.35	0.00	0.00
Gamma amplitude	5.08	225.91	49.75	810.62	28.47	0.00	0.00

Statistics for 10: Eyes Closed (1 segments/ Total: 6)

Channel	Min.	Max.	Max.	Var. Std	Dev.	%>Th1.	%>Th2.
Delta amplitude	7.35	4446.57	134.22	227551.57	477.02	0.00	0.00
Theta amplitude	9.61	6626.05	108.14	125931.43	354.87	0.00	0.00
Alpha amplitude	4.88	4794.20	80.99	45907.20	214.26	0.00	0.00
SMR amplitude	2.79	2849.78	56.38	19336.69	139.06	0.00	0.00
Beta1 amplitude	8.23	4616.95	74.96	31172.69	176.56	0.00	0.00
Gamma amplitude	1.85	1578.41	86.88	6080.80	77.98	0.00	0.00

Statistics for 19: activation (3 segments/ Total: 6)

Channel	Min.	Max.	Max.	Var. Std	Dev.	%>Th1.	%>Th2.
Delta amplitude	0.28	54160.00	4543.03	60676930.53	7789.54	0.00	0.00
Theta amplitude	0.28	105706.96	3728.19	75247550.27	8674.53	0.00	0.00
Alpha amplitude	0.28	115260.90	2538.26	49613798.63	7043.71	0.00	0.00
SMR amplitude	0.28	81638.19	1917.53	31331640.36	5597.47	0.00	0.00
Beta1 amplitude	0.28	138673.11	2483.76	75422637.19	8684.62	0.00	0.00
Gamma amplitude	0.28	76107.48	1006.80	18483111.32	4299.20	0.00	0.00

Statistics for 20: transportation (1 segments/ Total: 6)

Channel	Min.	Max.	Max.	Var. Std	Dev.	%>Th1.	%>Th2.
Delta amplitude	276.12	85212.39	20889.91	294884317.27	17172.20	0.00	0.00
Theta amplitude	23.42	120867.08	21960.66	471117428.33	21705.24	0.00	0.00
Alpha amplitude	13.12	128822.14	18432.99	479787949.08	21904.06	0.00	0.00
SMR amplitude	8.21	140082.44	15265.83	349482559.32	18694.45	0.00	0.00
Beta1 amplitude	6.12	198443.95	21478.52	915510736.86	30257.41	0.00	0.00
Gamma amplitude	3.93	121867.55	10200.88	301556769.21	7365.39	0.00	0.00

Scientific Validation of Materialization

Materialization is the creation of matter from energy. In the **only known instance of materialization on our planet** today, a vast range of objects were materialized by the SPH Bhagavan Nithyananda Paramashivam, channeled through the bodies of receptive individuals. Materials ranging from *vibhuti* (sacred ash) and *kumkum* (holy vermilion) to solid objects like diamond, pearl, solidified mercury, etc. were produced through devotees who were either physically present or communicating with the SPH through videoconferencing.

Laboratory investigations and findings are displayed in the following section, where the phenomenon of materialization is examined in detail.

1) Whole-body baseline CT scan of the subject

Copyright ©2021 Sri Nithyananda Paramashivam. All Rights Reserved

Baseline whole-body CT scans proved the absence of any hidden objects in the body and vicinity of the subject.

After the energy transfer from the SPH Bhagavan Nithyananda Paramashivam to the subject, a repeat scan clearly shows the sudden appearance of a radio-opaque foreign body in the oral cavity without any delay or repositioning.

The recording of the spiral CT after materialization revealed the presence of materialized objects both in sections and 3D format.

2) Simultaneous qEEG of the SPH Bhagavan Nithyananda Paramashivam and the subject

The qEEG recording of both the SPH Bhagavan Nithyananda Paramashivam and the subject done during the process of energy transfer clearly showed 'Entrainment' (Synchronicity) in the brain waves of both individuals during the process of materialization, proving that a process of attunement was indeed taking place at the time.

CLUMAX
DIAGNOSTICS

PATIENT NAME : MS. POORNIMA GANESH
AGE / SEX : 26 YRS / FEMALE DATE: 6TH SEPT.2011
REFERRED BY : DR. KRISHNA SHAMARAO

CT WHOLE BODY - 2

OBSERVATIONS:

Whole body CT of test subject done.
No evidence of any radio-opaque foreign body seen.

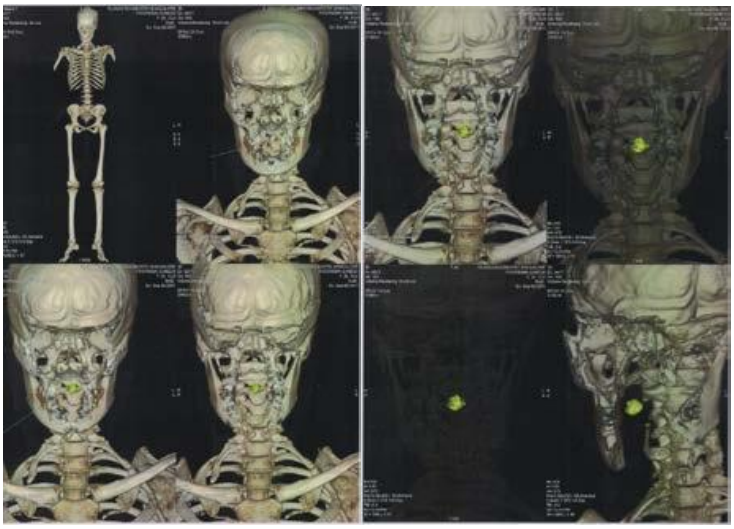
Repeat whole body CT of test subject done without any delay / repositioning shows radio-opaque foreign body in oral cavity.

DR. B. T. GURURAJ RAO
CONSULTANT RADIOLOGIST

btg/vr

Medical Report of whole-body CT scan proving foreign body in the oral cavity of Ms. Poornima Ganesh (Ma Nithya Mahayogananda)

Copyright ©2021 Sri Nithyananda Paramashivam. All Rights Reserved



Scan (top left) taken a few minutes earlier clearly shows the absence of any such object in the oral cavity. Scan (top right) showing the sudden appearance of the foreign body (green colored tone) in the oral cavity of the individual. Laboratory investigation (bottom) in progress with CT scan of the SPH's energy channel and simultaneous qEEG (brainwave) studies of the SPH Bhagavan Nithyananda Paramashivam and the channel to demonstrate entrainment.

Nirahara Samyama – The Science of Living Food-Free

Sammyama happens when your ability to feel, think & be – all three are centered on one subject. To be completely effective, sammyama needs three components – the presence of an Avatar who initiates one into the sammyama, the technique itself, and the Sangha or group of practitioners experimenting with the technique. The right ambiance creates a powerful

Copyright ©2021 Sri Nithyananda Paramashivam. All Rights Reserved

energy field where beginners can simply pick up the positive bio-memory of those who are already trained in that sammyama.

Initiation or *Deeksha* is a technique of transferring bio-energy directly from the Master to the practitioner. This involves both the quantum concept of entanglement as well as a direct or classical transmission of energy, which results in changes at the levels of bio-memory (gene and gene Expression), cellular energy (mitochondria), and several other changes at the molecular level.

Pranayama Science

Shitkari Kumbhaka described in the *Hatha Yoga Pradipika* by Yogi Svatmarama

atha sītkārī
sītkām kuryāttathā vaktre ghrānenaiva vijrmbhikām
evam abhyāsayoghena kāmadevo dvitīyakah |
yoginī chakrasammānyah srshtisamhārakārakah
na kshudhā na trshā nidrā naivālasyam prajāyate ||

One should always inhale through the mouth, retain and exhale through the nose. With this practice, one becomes a cupid. He is regarded adorable by all the yoginis and does not suffer from hunger, thirst, sleep, and drowsiness.

As per the *Trisikhibrahmanopanisad,* the height of the human body is 96 digits length with the vital breath or *Prana* longer than the body by 12 digit lengths.

In the middle of the body is the *Sikhi* or the fire situated just at the level of the *nabhi* (navel) and is called the *Nadi Chakra*.

The regulation of the vital life-energy, *Prana* and *Apana* happens at the level of the *Nabhikanda, i.e. region originating from the navel.*

Unlike traditional *pranayamas*, which are used to raise the *Kundalini* (the potential energy) up from *Muladhara Chakra* to *Sahasrara* (from the base of the spine to top of the head) and therefore, the in-breath and out-breath flow from the nose or occasionally the mouth, in Nirahara sammyama, the in-breath is through the mouth. This allows part of the prana (the life-energy) to enter the traditional route and the other part to directly enter the belly to activate the *nadi chakra.* This increases the redistribution of *prana* into the *samana system,* thus providing energy in lieu of gross food. The *Kumbhaka* or breath retention after filling the lungs with breath, allows time for the energy to be distributed from the *Nadi chakra* into the various abdominal organs, thus energizing and purifying them.

The exhalation through the nose allows for Prana to move through the Ida and Pingala, and enter the Susumna activating or resetting the hypothalamus to control hunger, thirst, sleep,

Copyright ©2021 Sri Nithyananda Paramashivam. All Rights Reserved

and drowsiness. increases the sensitivity of the body to realign itself at both macro and micronutrient levels

Vitamin D

Vitamin D levels rose 100% in all participants. High levels of Vitamin D lead to reversal of aging, heightened immune function, and promotion of calcium absorption. This reduces the risk of osteoporosis and fractures.

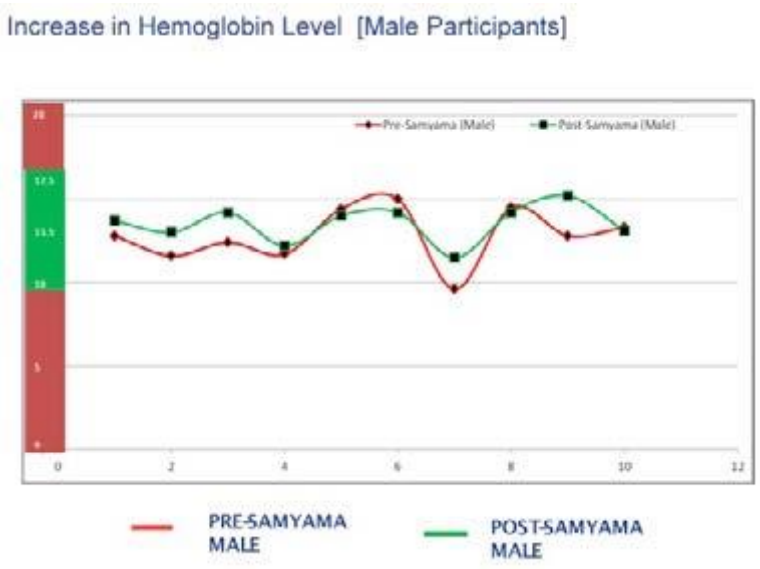
Implication

Normally vitamin D is either acquired from food sources like milk and meat or from exposure to the sun. Vitamin D3 increase following direct exposure to the sun is usually estimated in relation to the number of sun hours of exposure.

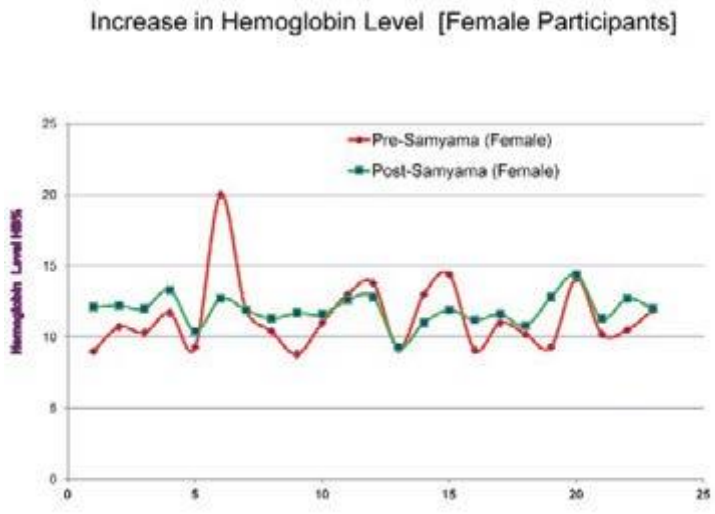
Though the Nirahara Sammyama participants were largely indoors, the availability of indirect sunlight including UV light during the day cannot be discounted. Considering the very significant increase in the Vitamin D3 levels in just 3 weeks, the likely mechanism is a heightened sensitivity of the skin to manufacture Vitamin D3 even at minimum sunlight exposure.

Hemoglobin

The hemoglobin of male and female participants combined rose 70%. Hemoglobin is essential in producing red blood cells which carry oxygen and provides us with vital energy.



Copyright ©2021 Sri Nithyananda Paramashivam. All Rights Reserved

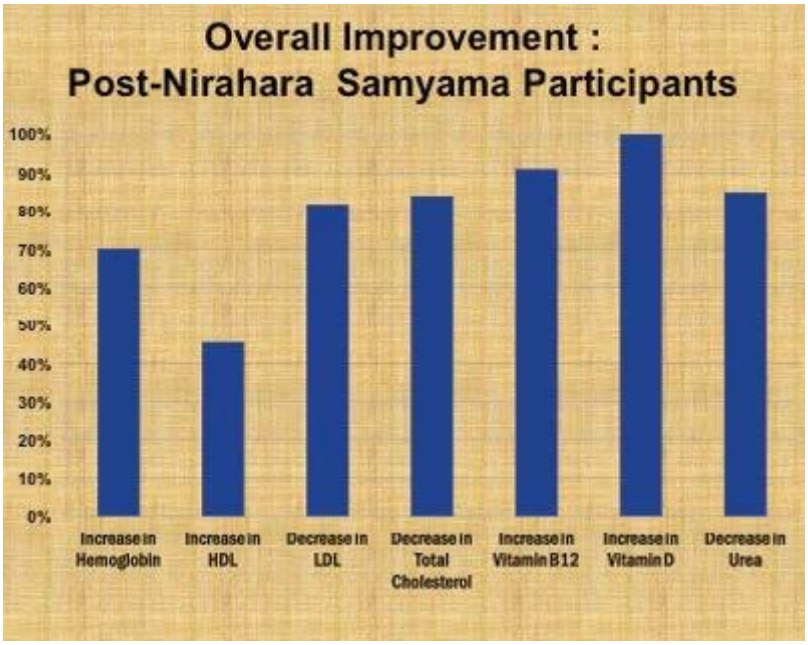


Compiled Results

- Recoveries from many serious mental and physical diseases
- Huge shifts in energy
- Reduced mental chatter
- Less unnecessary chatter when communicating with people
- Calmness and contentment in inner space
- Increased awareness of engrams (negative thought patterns)
- Increased awareness and removal of destructive patterns
- Reduction of hours of sleep yet rested and energized
- The majority of participants reported needing only 4-5 hours of sleep per night
- Heightened ability to respond to situations spontaneously without negativity
- Increased responsibility for thoughts and actions
- Clarity of speech and expression
- Balanced emotions
- Alertness in body and mind
- Lighter body
- Greater flexibility both mentally and physically
- Increased gratitude
- Decreased feelings of irritation
- Increased intuition
- Drastic and permanent weight balancing

For the first time in history, using the combination of modern science and yogic science, it has been unequivocally demonstrated that a liquid vegetarian diet in combination with yogic techniques not only maintains good health but enhances various parameters of wellbeing.

Copyright ©2021 Sri Nithyananda Paramashivam. All Rights Reserved

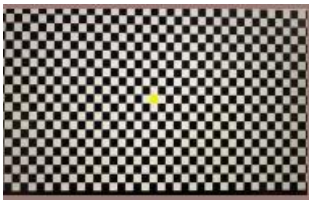


Scientific Research at Kailasa in Gujarat[458]

Neurological Research at Apollo Hospital

In Spring 2019, neurological research was conducted in Apollo Hospital, Ahmedabad, India under the supervision of Dr. Peter Bloomfeld, faculty of the University of California, Los Angeles. Three tests were conducted: VEP EEG.

TEST 1: Seeing without Activity in Visual Tract



Checkerboard used for testing

Controls:

5 Balasanths (students of Nithyananda Gurukul) and 5 children (same age)

Tests Conducted:

Visual Evoked Potential (VEP)

Hypothesis:

[458] See Appendix for detailed studies

Copyright ©2021 Sri Nithyananda Paramashivam. All Rights Reserved

Third Eye vision requires activity in the visual tract.

Study:

Measure neuronal activity along the normal optic pathways, in which visual data is received in the retina and travels through the optic tracts to the occipital lobe of the brain for processing.

Protocol - VEP Testing

1. Subject undergoes normal VEP testing of each eye to demonstrate normal visual pathways are intact.

2. Subject has both eyes taped shut & acrylic blackout blindfold is applied on top.

3. Subject undergoes VEP testing w/ blindfold in place while subject tries to focus on the checkerboard.

4. During testing subject is asked randomly at 10 times whether the red dot is covered or not; the # of times correctly identified is documented.

5. During testing 5 different objects are identified into the field of VEP testing; the subject is asked to identify the object. The number of times the object correctly identified is documented.

6. After testing, without any adjustment to blindfold, 9 words are introduced from the InspireMe random word generator. The number of words the subject can successfully read is documented.

7. Baseline is obtained on all subjects where they are instructed to try not to focus on the checkerboard or see through the blindfold.

Results:

Copyright ©2021 Sri Nithyananda Paramashivam. All Rights Reserved

Subject	Scenario	Vision	EEG measurement
Balasanth	Baseline - Eyes open	YES	Normal brain activity
Children	Baseline - Eyes open	YES	Normal brain activity
Balasanth	Mindfold blindfold Eye Patch	YES (ZERO THOUGHTS EXPERIENCED)	• Alpha waves (8-12Hz) which commonly happen when people have their eyes closed. • Very distinct high amplitude high beta jigsaw pattern, range of 22-25 Hz
Children	Mindfold blindfold Eye Patch	NO	Alpha waves (8-12Hz) which commonly happen when people have their eyes closed.

TEST 2: Super Human Beta Activity

Controls:

5 Balasanths (students of Nithyananda Gurukul) and 5 children (same age)

Tests Conducted:

ElectroEncephaloGram (EEG)

Hypothesis:

Third Eye awakening activity has no change in brain wave activity Study: Measure brain wave activity throughout the brain while performing various activities.

Protocol - EEG Testing

1. Subject undergoes normal baseline Video EEG w/ normal set up.

2. Minimum of one-minute baseline data is recorded.

3. Minimum of one minute where subject seeks to go into a space of oneness is recorded.

4. Subject is blindfolded.

5. Minimum of one minute where the subject is asked to read blindfolded is recorded.

6. During this time, 9 words are introduced from the InspireMe random word generator. The number of words the subject can successfully read is documented.

Results:

Copyright ©2021 Sri Nithyananda Paramashivam. All Rights Reserved

Subject	Scenario	Vision	EEG measurement
Balasanth	Baseline - Eyes open	YES	Normal brain activity
Children	Baseline - Eyes open	YES	Normal brain activity
Balasanth	Mindfold blindfold Eye Patch	YES (ZERO THOUGHTS EXPERIENCED)	• Alpha waves (8-12Hz) which commonly happen when people have their eyes closed. • Very distinct high amplitude high beta jigsaw pattern, range of 22-25 Hz
Children	Mindfold blindfold Eye Patch	NO	Alpha waves (8-12Hz) which commonly happen when people have their eyes closed.

TEST 3: Minimal Brain Activity

Controls:

5 Balasanths (students of Nithyananda Gurukul) and 5 children (same age)

Hypothesis:

Third Eye awakening activity has no change in brain wave activity

Study:

Measure brain activity in various parts of the brain

Method:

Functional magnetic resonance imaging (fMRI)

Protocol: fMRI

1. With foam & acrylic blindfold applied, the subject is exposed to 5 colored lights in a different sequence.

2. With a blindfold in place, the subject is then showed pictures and/or words.

3. After each round of fMRI recording is completed, the number of lights in sequence and pictures and/or words the subject could identify while blindfolded is documented.

4. Subject undergoes normal baseline fMRI.

5. With eyes open, 5 different colored lights flashed for the subject.

6. With eyes open, 5 different colored lights flashed for the subject.

Copyright ©2021 Sri Nithyananda Paramashivam. All Rights Reserved

7. With eyes open, the subject is showed with pictures.

Results:

Subject	Scenario	Vision	fMRI measurement
Balasanth	Baseline - Eyes open, images	YES	Normal brain activity
Children	Baseline - Eyes open, images	YES	Normal brain activity
Balasanth	Mindfold blindfold - images	YES	very little brain activity
Children	Mindfold blindfold - images	NO	midbrain and occipital area (sign of anxiety)
Balasanth	Mindfold blindfold - images, lights flashing	YES	very little brain activity
Children	Mindfold blindfold - images, lights flashing	NO	midbrain and occipital area (sign of anxiety)

Blind Peoples Association

Kailasa in Gujarat partnered with the Blind People's Association of Gujarat to give the blind students not only a superior quality of life but ultimately a super-conscious breakthrough with

Copyright ©2021 Sri Nithyananda Paramashivam. All Rights Reserved

the Third Eye program. What started as a simple 3rd eye reading demo for the administrative team of BPA Gujarat turned into a spontaneous initiation for the students of the blind school. There began Kailasa's relationship with BPA. Through Kailasa'sintervention, the students at the Blind People's Association of Gujarat were able to begin **seeing without the need for any treatment**. After the initial initiation, all the students had a significant increase in their sight

It was an experimental breakthrough that no one expected: blind children manifesting the power of the 3rd eye to read print material with consistency and stability while recognizing shapes, pictures, objects, and colors for the first time in their lives.

This the first ever breakthrough of visually impaired children being able to read after being initiated by into 3rd eye awakening by "Balasanths", child saints, of the Nithyananda Gurukul all of whom have been initiated in the ancient Vedic science of 3rd eye by the Shaivite Guru, the SPH Bhagawan Sri Nithyananda Paramashivam. 82 children in all age groups above 6 years afflicted with varying stages of blindness from partial to complete and in some cases blind at birth were able to experience the gift of sight.

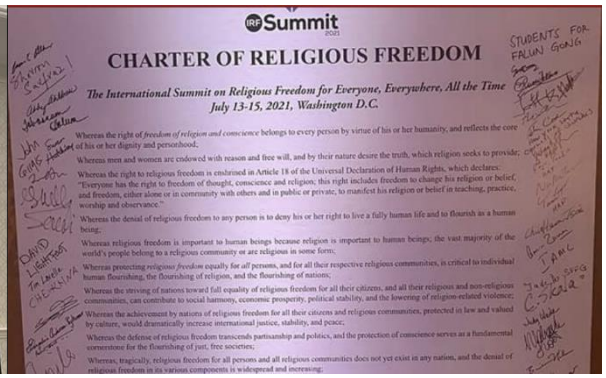
After the first initiation, representatives from Kailasa continued to return to the Blind People's Association of Gujarat to help the students further expand their newly acquired abilities through various exercises and activities. Over the course of four weeks, they conducted daily classes for the students to better understand the science of the Third Eye and manifestation as well as get comfortable with seeing through the Third Eye. Through the specialized follow-up classes, many students had an increased ability to physically see through the Third Eye.

Kailasa is excited with the results seen with the Blind People's Association of Gujarat and anticipate that the students will experience a breakthrough in their life as they continue forward. Already, we are noticing changes in the students in the past 4 weeks since the inception of the program and look forward to seeing many more

Copyright ©2021 Sri Nithyananda Paramashivam. All Rights Reserved

Copyright ©2021 Sri Nithyananda Paramashivam. All Rights Reserved

Dispute resolution, Human Rights, and Religious Freedom Advocacy



Soverign Order of KAILASA participate in International Religious Freedom Summit in 2021 to present the advanced ideologies of Hinduism to the world;

Copyright ©2021 Sri Nithyananda Paramashivam. All Rights Reserved

Nithya Dharmam - Dispute Settlement

This peacekeeping initiative provided a forum where mental and relationship issues of families were addressed through the authentic principles of Hindu governance as laid out in Vedagamas. The SPH Nithyananda Paramashivam personally conducted these programs offering personalized solutions to all those in need. Nithya Dharmam is an effort to realize one's inner conflict manifesting as outer conflict and resolving the conflicts of the outer world such as relationship issues in professional and personal settings by infusing spiritual solutions and powerful cognitions in the individual to establish peace by reducing global conflict.

The show was highly influential to the general public, and many of its themes and discussion have penetrated an individual's consciousness through social and digital platforms over the years.

Nithya Dharmam - conflict resolution programs conducted by The SPH Nithyananda Paramashivam as per Manu Dharma Shastra ***(through the years)***

Copyright ©2021 Sri Nithyananda Paramashivam. All Rights Reserved

Early days - Humble beginnings

1 Jan 2003: *Former Indian Prime Minister Sri Deve Gowda, felicitates Sri Jeevan, the person who donated the land for the Bangalore ashram.* ***Occasion****: Inauguration of Nithyananda Dhyanapeetam. He donated the land to the SPH Nithyananda Paramashivam through a mystical dream guiding him to do so.*

Copyright ©2021 Sri Nithyananda Paramashivam. All Rights Reserved

2003 *- Bhoomi puja - obeisance to Mother Earth in the land identified for the ashram in Bangalore. Through this traditional ceremony, the SPH Nithyananda Paramashivam breaks the earth and lays the first brick thus flagging off construction.*

Copyright ©2021 Sri Nithyananda Paramashivam. All Rights Reserved

Pranapratishta (installing energy into the Deities)

(Left) 2003 – The SPH Nithyananda Paramashivam assumes the Peeta (the spiritual seat of honor reserved for the sovereign of the organization) for the first time. **(Right)** Inauguration function in the presence of spiritual and political leaders.

Copyright ©2021 Sri Nithyananda Paramashivam. All Rights Reserved

(left) Early days of healing. **(right)** 2004 Jayanti celebrations - offering Aarati to the throne.

Sri Satya Sai Trust offers golden padukas – sandals – to the SPH Nithyananda Paramashivam

(Left) 2005 – The SPH Nithyananda Paramashivam commences installation of the new Dakshinamurti deity under the sacred banyan tree. **(Right)** The Swayambu Linga - naturally

Copyright ©2021 Sri Nithyananda Paramashivam. All Rights Reserved

formed Shiva Linga Deity - is taken and consecrated in front of the new Dakshinamurti deity under the sacred banyan.

Volunteers (Ananda sevaks) in blissful service under the banyan tree. Dec 2005, first ever Nithyanandam program, Bangalore ashram.

Morning Guru Puja under the banyan tree, Bangalore ashram, Dec 2006.

Copyright ©2021 Sri Nithyananda Paramashivam. All Rights Reserved

Jayanti 2007 celebrations at Bangalore ashram. With spiritual and political leaders:

- Srimad Sadguru Sri Sri Sri Sivapuri Maha Swamiji

- Sri B.S.Yediyurappa, Honourable Deputy Chief Minister of Karnataka

- Sri T.N. Chaturvedi, Honourable Governor of Karnataka,

- Sri Narendra Modi, Chief Minister of Gujarat, India,

- Jagadguru Sri Sri Sri Balagangadharanatha Maha Swamiji,

- Srimad Swami Ragaveshanandaji Maharaj of Sri Ramakrishna Mutt, Belgaum

Copyright ©2021 Sri Nithyananda Paramashivam. All Rights Reserved

3 September 2005: marked the momentous occasion of the inauguration of the Western Hemisphere Headquarters in Los Angeles, USA. 25 ashramites (residents of the monastery) from different walks of life and with varied professional backgrounds came together to be part of the Mission; to live together and dedicate their lives towards practicing and spreading the teachings of the SPH Nithyananda Paramashivam to the world at large.

Copyright ©2021 Sri Nithyananda Paramashivam. All Rights Reserved

With the freshly adorned Devi deity at the inauguration of the Los Angeles Vedic temple, Nov 2007.

The SPH Nithyananda Paramashivam receives a farewell card. Departure to world tour 2007, Bengaluru Aadheenam, India

A group of disciples visit Tiruvannamalai to learn traditional sacred arts. Here, they are seen learning to play the 'Udal drums' that are exclusive to the rich heritage of Tiruvannamalai, and also a childhood passion for the SPH Nithyananda Paramashivam.

Copyright ©2021 Sri Nithyananda Paramashivam. All Rights Reserved

In September 2007, over 200 devotees gathered in Los Angeles for a 10-day intensive Mission Training program. Participants, in the presence of the Master Himself, had the opportunity to study to serve the mission in a range of different areas. Some trained as acharyas (spiritual teachers), some trained as pujacharyas (conductors of religious rituals) and some trained to serve efficiently as ananda sevaks (blissful volunteers). Each morning throughout the training, the students started their day with Nithya Dhyaan (Life Bliss Meditation) and Nithya Yoga. The training was inspiring and enjoyable for all with plenty of discourses and interactive question/answer sessions with the Master – the SPH Nithyananda Paramashivam.

Copyright ©2021 Sri Nithyananda Paramashivam. All Rights Reserved

Picture taken during the Himalayan tour, 2006.

A 3-day Nithya Dhyaan mega satsang in Bangalore city, India. 20 to 22 Dec 2007, Palace Grounds.

Copyright ©2021 Sri Nithyananda Paramashivam. All Rights Reserved

"Sixty thousand years of Vedic tradition lived and expressed in one life. Aspirations and ambitions of (sixty thousand years of) the world's oldest human civilization personified and perfected in one human body- Vedic tradition realized and radiating in one body."

~ The Supreme Pontiff of Hinduism, Bhagavan Nithyananda Paramashivam

Copyright ©2021 Sri Nithyananda Paramashivam. All Rights Reserved

Copyright ©2021 Sri Nithyananda Paramashivam. All Rights Reserved

BRIEF BIOGRAPHY OF KAILASA'S SUPREME PONTIFF OF HINDUISM
JAGADGURU MAHĀSANNIDHĀNAM

BHAGAVĀN NITHYANANDA PARAMASHIVAM

My life is not an individual's history.

The science of crores of Vedic Dharmā's incarnations and ṛṣīs has been realized once again in Me.

The Supreme Pontiff of Hinduism ("SPH"), Jagatguru Mahasannidhanam ("JGM"), His Divine Holiness ("HDH") Bhagavan Sri Nithyananda Paramashivam, recognized as the living incarnation of Paramashiva as per Sanatana Hindu Dharma ("Hinduism") and by His predecessors of enlightened masters and adepts.

Photo of The Supreme Pontiff of Hinduism whom at the age of 3 when He was initiated into Balasanyas (child saint) and His first Chaturmasya (17 July 1981) by enlightened beings, Gurus and predecessors of The Supreme Pontiff of Hinduism - Isakki Swamigal, Yogi Yogananda Puri, Mata Vibhutananda Puri and the 230th Pontiff of Kingdom of Thondaimandalam - Gurumahasannidhanam Sri La Sri Jnanaprakasha Desika Paramacharya Swamigal through the instructions and blessings of Jagatguru Shri Chandrasekharendra Saraswati Swamigal, the 68th Jagatguru of the Kanchi Kamakoti Peetham

The SPH Nithyananda Paramashivam had revivied Hinduism as the 1008 Acharya Mahamandaleshwar (the head for all spiritual leaders) of Atal Akhada (ancient apex body of Hinduism), coronated as Mahamandaleshwar (Supreme Spiritual Head) of Maha Nirvani Akhada (largest apex monastic order) and the youngest Mahamandaleshwar, ordained as the 233rd Guru Mahasannidhanam (Pontiff) of Thondai Mandala Aadheenam, ordained as the 293rd Guru Mahasannidhanam (Pontiff) of Shyamalapeeta Sarvajnapeetam, ordained as the 23rd Guru Mahasannidhanam of Dharmamukthi Swargapuram Aadheenam, and coronated as the 203rd Emperor of Suryavamsa Surangi Samrajyam.

Copyright ©2021 Sri Nithyananda Paramashivam. All Rights Reserved

The Sacred Ancient Hindu scripture of the Srimad Karana Agama, Purva Bhaga, Patala 71, Sakalotpatti Vidhi, Sloka (Verses) 8 & 9 declares

"इत्येवं निष्कळं प्रोक्तं परं भावमिति स्मृतम्।
सृष्टिस्थं लोकरक्षार्थं लोकस्योत्पत्तिकारणम्।।
साधकानां हितार्थं न स्वेच्छया गृह्णते तनः।"

"In this way (Shiva) who is Nishkala - without any body and parts, who is the Ultimate Supreme Being, who is established in the Creation, who is the Cause of the creation of the Universe, assumes a body out of His Free Will for the protection of the Universe, and for the welfare of the Spiritual seekers and Devotees."

The SPH Nithyananda Paramashivam has revived Hinduism - the most ancient, most peaceful, still-living and long-lasting demonstrable system that shows the possibility of peaceful co-existence amongst people despite fundamental differences in their preferences and realities. Hinduism demonstrated as a living enlightened civilization that global peace is achievable and sustainable. Hinduism begins with individual peace and awakening of innate powerfulness and powerful cognitions.

Many world leaders have stood in solidarity[459] with the untold, multi-level - social, political, intellectual, religious, cultural, linguistic, economic, legal, digital - persecution done to Hinduism and faced by Hindus and Hindu minorities worldwide for the past several thousands of years continues through the modern day and have given proclamation letters congratulating The SPH Nithyananda Paramashivam for the recent acknowledgement by the United Nations of the persecution on Him – The SPH Nithyananda Paramashivam and the KAILASA global community, especially the affected women and children.

The living incarnation of Paramashiva, The SPH Nithyananda Paramashivam stands as the unifying force for the 2 billion born and practicing Hindu Diaspora worldwide and established the Hindu State, KAILASA for the persecuted Hindus in over 100 countries. Following the coronation to establish KAILASA worldwide at the age of 16, for the past 27 years, The SPH Nithyananda Paramashivam, as the face of the unified Hindus, has been single handedly, tirelessly inspiring the dispossessed Hindu Diaspora to reclaim their Hindu centric freedom and stand unified for the centuries old Hindu genocide. Resolute efforts towards recognizing and legitimizing the Hindu genocide which has been receiving scant consideration by global

[459] (i) Proclamation of the City Council of the the City of Pomona, County of Los Angeles, State of California, 3rd Jan 2022. kailasapedia.org/images/c/c8/20210926_1000_243234104_FB.jpg (ii) Proclamation Recognizing Nithyananda Day, by the City of Jersey, by Steven M. Fulop, Mayor of City of Jersey City, January 2022 https://kailasapedia.org/images/d/d2/20210926_1001_243240602_FB.jpg (iii) (Full list)

Copyright ©2021 Sri Nithyananda Paramashivam. All Rights Reserved

leaders and international bodies, The SPH Nithyananda Paramashivam founded KAILASA Uniting Nations. For the past 27 years, this international body has been responsible in building relations, bridging dialogs, inspiring leaders, uniting nations towards acknowledging the Hindu policies which are universal, life positive as referenced from the ancient text of Hinduism. This is the 'Ahimsa' (non-violent) way of bringing acknowledgement to the horrors of the Hindu genocide, the untold facts of the darkest act of mankind on Earth to the most contributing civilization - KAILASA.

Both historical and ongoing religious persecution and systematic violence, in various forms including assasination attempts on living incarnations, targeted elimination of Hindu pontiffs through bio war and lawfare, cyberbullying, Hindu phobia, forced conversions, documented massacres, demolitions, desecration and grabbing of worship temples and monasteries, looting of Hindu temples properties, destruction of Hindu educational instituitions, elimination of well-known Hindu libraries, gross violation to the freedom to practice the Hindu school of liberated thinking (Sankhya), Hindu schools of living enlightenment (Jeevan Mukthi), gross violations of the right to freedom of religion that includes violations of the right to life, personal Hindu integrity or personal Hindu liberty, mass execution, rape, looting and enslavement.

SPH JGM Bhagavān Nithyananda Paramashivam is the reviver of KAILASA - the only Hindu Nation. SPH JGM Bhagavān Nithyananda Paramashivam is the Avatār (Incarnation of Superconscious Energy As Per Hinduism). The purpose of the Avatār's happening this age is to revive and bring legitimacy to Hinduism. With this vision, SPH JGM Bhagavān Nithyananda Paramashivam has for the first time in the history of humanity, unequivocally established that science of power manifestation, extraordinary powers, yoga and temple-based rituals are real, reproducible, logically and scientifically demonstrable, thereby bringing back the best of Hinduism to eradicate global problems.

KEY RECOGNITION

- Crowned as Reigning Spiritual Emperor (*Jagadgurū Mahāsannidhānam*) of 17 ancient traditional Hindu kingdoms (including 293rd *Guru Mahāsannidhānam* of *Śyamalāpeetha Sarvajñapītham*, 233rd Emperor of *Kānchi Kailāsa Sarvajñapītham*, 203rd Emperor of *Suryavamśa Surāngi Sāmrājyam*, 23rd *Guru Mahāsannidhānam* of *Dharmamukti Swargapuram Aadheenam*, 1008th *Ācārya Mahāmaṇḍaleśwar* (head for all spiritual leaders) of *Atal Akhāḍa* (ancient apex body of Hinduism), *Mahāmaṇḍaleśwar* (Supreme Spiritual Head) of *Mahānirvaṇī Akhāḍa* largest apex monastic order)
- Revered as the Supreme Pontiff by the 2 Billion Hindus worldwide (including 100 million Ādi Shaivites, ethnic groups from 56 original Vedic nations as well as the global Hindu Diaspora)

Copyright ©2021 Sri Nithyananda Paramashivam. All Rights Reserved

- 600+ Featured Articles, 1100+ proclamations from World's leading magazines, publications, newspapers, weeklies, federations, legislature assemblies, and other governing bodies (including U.S House of Representatives Congress)

KEY CONTRIBUTIONS

TOWARDS GREATER SCIENCE OF HINDUISM

- Decoded 100+ scriptures of Hinduism (the only Avatār to decode the complete Prasthānatraya - sacred Hindu texts - Upaniṣads, Bhagavad Gītā and Brahma Sutrās)
- Revived 463+ extraordinary powers and abilities from Vedāgamās
- Authored 365+ books, 10,000+ articles translated in 50 languages (20 million+ copies distributed)
- Revealed 108+ yogic processes for diseases and disorders (Nithya Kriyās)
- Delivered 10,000+ hours of discourses
- Initiated 20 million+ lives into lifestyle of Śiva
- Researched 100+ sacred herbs (Auṣadha) and alchemy products (maṇḍalās) as solution for healthy living
- Offered 7,100+ courses
- Compiled 200+ best meditation techniques from Hinduism

AS REVIVER OF HINDUISM

- Revived 10 ancient Hindu Sampradāyās including the Rudrakanyās/ Rudrās, Ṛsis / Ṛsikās, Bhairavās / Bhairavis, Sanyāsis
- Established Largest Hindu universities and primary education Schools (Gurukul) in 150+ countries
- Founder and reviver of over 100 *Sarvajñapīthās*(Vedic knowledge seats)
- Established Largest Hindu Library to collect, organize, preserve Hinduism. To date 1 million books, 1 million palm leaf scriptures, and over 20 million digital books made available.
- Ordained 1000+ faculty to spread the science of Hinduism worldwide
- Revived 64 sacred arts of temple and temple sciences

Copyright ©2021 Sri Nithyananda Paramashivam. All Rights Reserved

The revival of Hinduism through the civilizational nation of Kailasa globally irked vested interests of atheistic terrorist militant elements, caste supremacist terrorists and other anti-Hindu forces who executed a massive persecution and genocide on The SPH and His followers on 2 March 2010 that continued for the next whole decade and comprised of over 70 assassination attempts, over 250 sexual assaults on The SPH and his monks and disciples, lawfare of 120 false cases over 10 years, massive hate propaganda in electronic media of over 14,000 hours and print media of over 25,000 articles in 5 years, destruction of heritage properties worth over 27 million USD, and the continuing ethnocide and genocide of over 80 million Hindus worldwide since 7 centuries.

Specifically, the lawfare involved:

- Delegitimizing The SPH by hate propaganda, disenfranchising Him of His civil and human rights, prejudicing Him from fair representation and fair trial
- Repeated illegal imprisonment, with brazen torture, custodial assassination attempts, supported by system justification in various forms, including the common processes of bureaucracy, indifference, self-deception, diffused responsibility, and has resulted in continued systemic complicity with torture, murder, and genocide
- Well-planned multi-layer false hate propaganda by the 'fourth estate' media sustained by moral disengagement, leaving the broader public in a state of willful ignorance, motivated denial, victim blaming, dehumanization and bystander apathy to even genocide.

The United Nations has recognized and published in multiple reports about the contributions and persecution of The SPH JGM Bhagavān Nithyananda Paramashivam.[460]

[460] (i) https://www.ohchr.org/Documents/Issues/Expression/disinformation/2-Civil-society-organisations/Nithyanandeshwara-Hindu-Temple.pdf
(ii) https://www.ohchr.org/Documents/HRBodies/CEDAW/DGD24June2021/51.docx
(iii) https://www.ohchr.org/Documents/Issues/IntOrder/Multilateralism/AdiShaiviteMinorityTradition.pdf
(iv) https://www.ohchr.org/Documents/Issues/Women/SR/Femicide/2021-submissions/CSOs/india-kailash-union.pdf

Copyright ©2021 Sri Nithyananda Paramashivam. All Rights Reserved

BRIEF PROFILE OF THE GREATEST AND ONLY HINDU NATION

KAILASA: Revival of the Most Ancient Enlightened Civilization

KAILASA is an apolitical nation whose vision is enlightened living for all. Towards this goal, KAILASA is the only Hindu nation on planet Earth today bringing legitimacy to the principles of Hinduism - Social principles, economic principles, judicial principles, Hindu medical principles, and Hindu economic principles. KAILASA is The SPH JGM Bhagavān Nithyananda Paramashivam's response to humanity's global problems of poverty, hunger, illiteracy, disease, violence and global warming and the continuing ethnocide and genocide of over 80 million Hindus worldwide since 7 centuries.

KAILASA, is the only macrocosmic, ancient, Hindu enlightened civilizational nation to serve the religious and spiritual needs of two Billion Hindus (https://kailaasa.org/) and the whole of humanity. KAILASA creates a safe haven to live, practise, express and radiate the peaceful lifestyle of extraordinary powers as per Hinduism regardless of race, gender, caste, or creed. KAILASA is the homeland and civilizational nation for Hindus on par with Israel for Jews, Vatican for Catholics and Tibet for Buddhists.

KAILASA's territory has received nominal sovereignty with autonomous status in many locations. KAILASA is a consortium of multiple micro-nations- some with sovereign and autonomous status, de facto spiritual embassies, not for profit organizations (NPO), non governmental organization (NGO's), educational institutions including Hindu universities and school (gurukul), temples, temple monastery complexes, nunneries, food banks (Annamandir), animal shelters (Goshala), libraries (Jnanalaya), organic agriculture. The consortium of KAILASA (s) established around the world known as the United States of KAILASA (USK) is growing in more than 150 countries. KAILASA's democratic government includes Reserve Bank, Hindu Compliance Body, Hindu Import Export and International Trade, Hindu World Trade Center, Hindu Holdings and Airlines - Garuda.

KAILASA's democratic government works with International agencies and organizations to develop and administer humanitarian projects aligned with the world's needs including free food, medical care, education to children, spiritual, mental, emotional and alternative health care including yoga, meditation and spiritual healing through seventeen ministries (https://gov.shrikailasa.org/departments-agencies/).

Copyright ©2021 Sri Nithyananda Paramashivam. All Rights Reserved

KAILASA's GLOBAL IMPACT: 3 MILLION+ LIVES SERVED DAILY

- Protective, Preventive Quarantine: A one of a kind humanitarian charitable service massively mobilized to provide protection and preventive COVID care in this testing time of global meltdown. KAILASA is the only nation to report 0 deaths due to COVID.
- Serving more than 3 million free organic meals per month
- Providing self-employment opportunities to help the needy and underprivileged
- Contemporary academic education available free of cost through Nithyananda Hindu University: 200 + primary schools and 628 + higher education institutions
- Saved millions of human lives through various disaster relief works such as the 2012 Thane cyclone and blood donation camps
- Protecting and fighting for Hindus' rights and interests, providing legal support against persecution of Hindus across the globe

FOOTPRINT IN OVER 150 COUNTRIES - SUPPORTING EFFORTS OF MORE THAN 200 NGO'S WORLDWIDE, 125 GLOBAL INITIATIVES, OVER THE PAST 2 DECADES

16,638+ defacto spiritual embassies of KAILASA worldwide (https://kailasapedia.org/wiki/KAILASA_Centers_Worldwide) legations, consular offices, and other facilities, including all

- 120+ Hindu Temples,
- 38+ Monasteries,
- 34+ Satsang Temples,
- 418+ Pādukā Mandirs,
- 2175+ Satsang Centres,
- 1898+ ASP Centers
- 2175+ Paramaśiva Senā Śākhās,
- 186+ franchisee campuses,
- 22 Hindu Universities and schools.
- 33+ temple monastery complexes (Aadheenams)
- 1898+ youth centers
- 5334+ healing centers
- 12+ animal shelters (goshalā)
- 22+ libraries
- 22+ food banks

Copyright ©2021 Sri Nithyananda Paramashivam. All Rights Reserved

- 25 e-KAILASA's
- 242+ Hindu primary education schools
- 17 royal inheritances

KAILASA's KEY INITIATIVES TOWARDS REVIVING HINDUISM

- **KAILASA's NITHYANANDAPEDIA** (Npedia) is an effort to capture all the Hindu knowledge and expressions shared by SPH – to have a one-stop shop combining all of SPH teachings in form of videos, audio, text, books, etc – along with photographs that capture all the services SPH has offered and continues to offer to the world (https://nithyanandapedia.org/).
- **KAILASA's KAILASAPEDIA** is a one-stop solution to understand Hinduism from the time it originated till the current date. Kailasapedia will contain complete documentation on KAILASA's inception and glorious lineage from the time of Paramashiva, the historic Hindu persecution and the revival of KAILASA through the unified authentic efforts of SPH for the last 26 years (https://kailasapedia.org/wiki/Main_Page)
- **KAILASA's HINDUISMPEDIA** is a unique, unified, authentic, expansive, huge resource platform of Hinduism which has the rich heritage of 10,000 sampradayas. Hinduismpedia has a treasure of one million pages to find, learn and imbibe anything and everything about Hinduism. Hinduismpedia works on organising and presenting a million books and scriptures for free access to everyone. (https://hinduismpedia.kailaasa.org/wiki/Main_Page).
- **SOVEREIGN ORDER OF KAILASA** (comprising 49 Orders led by SPH JGM and NITHYANANDA ORDER of monks, nuns and Hindu diaspora, https://kailasapedia.org/wiki/Sovereign_Order_of_Kailasa) offers its services through free nutritious everyday meals, free holistic energy healing, free Vedic call centers, free medical camps, free educational benefits for rural children, financial independence for rural women, free digital education (1131 Facebook Pages; 51 Websites; 27 Instagram Channels; 69 Initiatives; 451 YouTube Channels; 139 Twitter Channels; 11 Web TV Channels; 324 Soundcloud Channels; 426 Blogger Sites; 419 Mix Sites; 404 TikTok Channels; 424 Podbean Channels; 413 MySpace Channels; 424 Wattpad Channels; 428 Pinterest Channels; 382 Podomatic Channels; 427 Quora Channels; 425 WeHeartIt Channels; 34 Vimeo Channels; 398 DevianArt Channels; 423 Reddit Channels; 248 WebNovel Channels; 429 Medium Sites; 395 Digg Sites; 171 Snapchat Channels; 45 Others; 429 Tumblr sites; 423 GoodReads Channels) (https://kailaasa.org/livesenriched/)

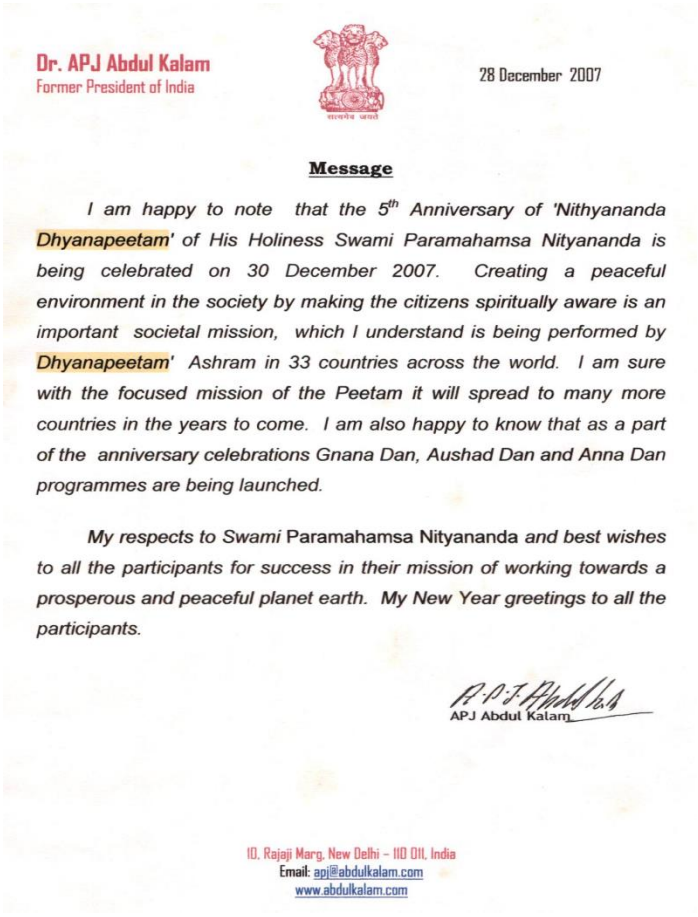
Copyright ©2021 Sri Nithyananda Paramashivam. All Rights Reserved

- **KAILASA's NITHYANANDA HINDU UNIVERSITY**, world's largest Hindu university with extended campuses in 196 countries is offering 10,000+ courses for free in science of power manifestation, yoga, healing, health and wellness initiating and training more than 20+million people in expressing powers of the Third Eye. KAILASA's NITHYANANDA HINDU LIBRARY, is collecting, organizing, preserving, time capsuling, decoding, spreading and reviving 20 Million source books of Hinduism. KAILASA's NITHYANANDA SACRED ARTS UNIVERSITY focuses on the revival of the 64 sacred arts and sciences such as Ayurveda, Music, Dance, Sculpting, Astrology and Vastu. (https://nithyanandahinduuniversity.org/)
- **KAILASA's HINDU PARLIAMENT** is a humble effort of SPH to revive the Hindu democracy actively participated by Hindu leaders, Hindu decision makers and Hindu diaspora in more than 100 countries to establish a civilizational nation with Vedas and Agamas as its constitution and use Dharmashastras to solve the global problems of humanity. Universal Hindu Parliament has 7 wings-

    1. **CHIT SABHA** - Consciousness based truths and knowledge are shared with the world through Chit Sabha
    2. **DEVA SABHA** - representation and administration by Gods and Goddesses either in the form of Incarnations, or as partial bhava samadhi, enlightened beings.
    3. **RAJA SABHA** - Formed by all Hindus activists all over the world including Hindu Gurus / Peetadhipathis / Matathipathis / Hindu party leaders / Hindu political activists / Hindu social leaders / any of the Hindu communities' leader like Brahmins, Devar, Shaiva Vellalar / Hindu yoga studios / Hindu temple priests, owners.
    4. **JNANA SABHA** - includes the Hindu educational organisations like Hindu gurukuls, Hindu colleges, Hindu universities.
    5. **KANAKA SABHA** comprises the Hindu business organizations, Hindu businessmen forming the Hindu world trade center.
    6. **ANANDA SABHA** for all the Hindu common men, to address the issues of the Hindus all over the world.
    7. **NITHYANANDA SABHA** will focus on SPH JGM Bhagavān Nithyananda Paramashivam's 44yrs of Seva to humanity by reviving Hinduism and introducing governance of KAILASA.

More at https://kailaasa.org

Copyright ©2021 Sri Nithyananda Paramashivam. All Rights Reserved



Dr. APJ Abdul Kalam
Former President of India

28 December 2007

Message

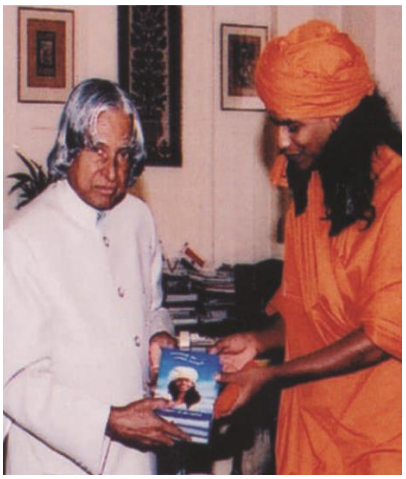
I am happy to note that the 5th Anniversary of 'Nithyananda Dhyanapeetam' of His Holiness Swami Paramahamsa Nityananda is being celebrated on 30 December 2007. Creating a peaceful environment in the society by making the citizens spiritually aware is an important societal mission, which I understand is being performed by Dhyanapeetam' Ashram in 33 countries across the world. I am sure with the focused mission of the Peetam it will spread to many more countries in the years to come. I am also happy to know that as a part of the anniversary celebrations Gnana Dan, Aushad Dan and Anna Dan programmes are being launched.

My respects to Swami Paramahamsa Nityananda and best wishes to all the participants for success in their mission of working towards a prosperous and peaceful planet earth. My New Year greetings to all the participants.

APJ Abdul Kalam

10, Rajaji Marg, New Delhi – 110 011, India
Email: apj@abdulkalam.com
www.abdulkalam.com

Message from Former President of India, Dr. APJ Abdul Kalam to The Supreme Pontiff of Hinduism Paramahamsa Nithyananda



Former President of India, Late APJ Abdul Kalam said thus to The Supreme Pontiff of Hinduism Paramahamsa Nithyananda during a meeting in Delhi, North India, when The Supreme Pontiff of Hinduism presented him with a flagship book He had recently published:

"*Swamiji, it is such a joy to experience your blissful smile. When we were children we lived blissfully, smiled a lot, and we were happy and fulfilled. But as we grow we lose our smile. Yet when I see you, I see you carry and radiate such a divine bliss. If I could ask you for something Swamiji, I would request you to spread the same bliss that you carry inside you to the entire world. If you could do that, I would be very happy.*"

Copyright ©2021 Sri Nithyananda Paramashivam. All Rights Reserved

FROM THE OFFICE OF
GOVERNOR BOB TAFT
AUGUST 17, 2004

I want to extend my warmest greetings to Paramahamsa Sri Nithyananda Swami, spiritual master, from Thiruvannamalai, South India, on the occasion of his special visit to the State of Ohio, August 17-23, 2004.

Ohio is truly honored to have Paramahamsa Sri Nithyananda Swami as a distinguished guest. We are pleased to have a culturally and spiritually rich state and we appreciate the ways in which individuals and organizations contribute to our community by furthering the ideals of spiritual strength and healthy living.

The State of Ohio's greatest treasure is its people, and we recognize the unique benefits that can be achieved from the celebration of understanding and multicultural diversity. We appreciate the promotion of better health, stress management, and meditation, which are basic teachings of Paramahamsa Sri Nithyananda Swami.

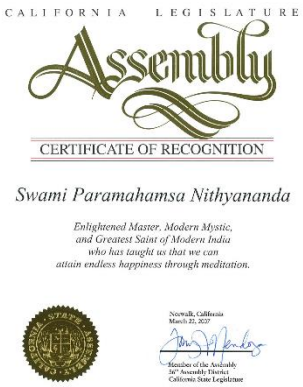
On behalf of all Ohioans, best wishes for a successful and memorable discourse.

Sincerely,

Bob Taft
Governor

17 August 2004: The Governor of Ohio welcomed the SPH Nithyananda Paramashivam as a distinguished guest to the State of Ohio for furthering the ideals of spiritual strength and healthy living. Appreciating the teachings of the SPH for better health, stress management, and meditation.

15 April 2005: The Senate of the State of California, USA recognized The Supreme Pontiff of Hinduism for His spirit, dedication, and efforts to raise awareness of the Vedic tradition, and to usher positively on global peace and universal brotherhood.



CALIFORNIA LEGISLATURE

Assembly

CERTIFICATE OF RECOGNITION

Swami Paramahamsa Nithyananda

Enlightened Master, Modern Mystic,
and Greatest Saint of Modern India
who has taught us that we can
attain endless happiness through meditation.

Norwalk, California
March 22, 2007

Member of the Assembly
56th Assembly District
California State Legislature

22 March 2007: The California Legislature Assembly, Norwalk, California, USA recognized The Supreme Pontiff of Hinduism as an enlightened master, modern mystic, and greatest saint of modern India who has taught the science of attaining endless happiness.

County of Los Angeles

Paramahamsa Nithyananda

FIRST EXPERIENCE DAY ANNIVERSARY

With sincere congratulations and best wishes the Board of Supervisors of the County of Los Angeles does hereby join in your celebration.

MAY 31, 2007

31 May 2007: The County of Los Angeles, California, USA, acknowledged the SPH Nithyananda Paramashivam for His contribution to meditation and Yoga.

City of Montclair

Certificate of Recognition

presented to

VEDIC TEMPLE

In Celebration of its
Grand Inauguration

November 9, 2007
Date

Paul M. Eaton
Mayor

09 November 2007: The Senate of the State of California, USA recognized The Supreme Pontiff of Hinduism for His spirit, dedication, and efforts to raise awareness of the Vedic tradition, and to usher positively on global peace and universal brotherhood.

CALIFORNIA LEGISLATURE

Assembly

CERTIFICATE OF RECOGNITION

SWAMI PARAMAHAMSA NITHYANANDJI

In recognition, of your leadership and outstanding commitment to communities around the world. Your service and selfless devotion to students of the International Vedic Hindu University, and to the expansion of ashrams around the world are honorable and commendable.

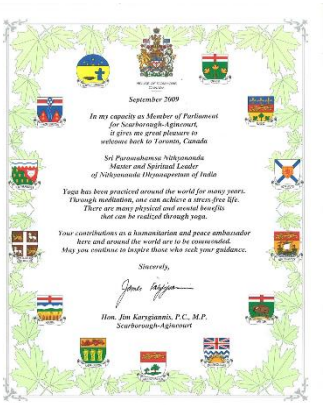
Norwalk, California
March 29, 2009

TONY MENDOZA
Member of the Assembly
56th Assembly District

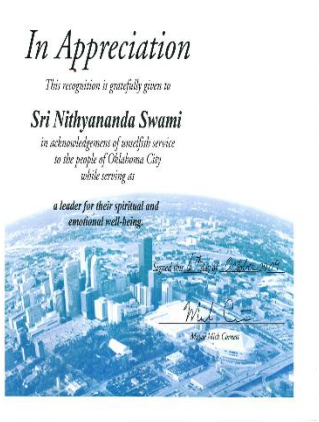
29 March 2009: California Legislature Assembly recognized The Supreme Pontiff of Hinduism, for His leadership and outstanding commitment to communities around the world, service, and selfless devotion to students at the International Vedic Hindu University.

Copyright ©2021 Sri Nithyananda Paramashivam. All Rights Reserved

29 March 2009: Keys to the City, Artesia, California, USA was awarded to The Supreme Pontiff of Hinduism.



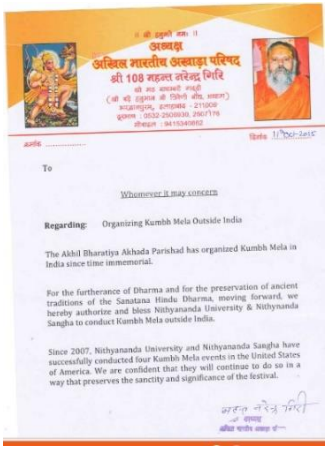
01 September 2009: Hon. Jim Karygiannis, P.C., M.P., Scarborough-Agincourt, Toronto, recognized The Supreme Pontiff of Hinduism for His contributions as a global peace ambassador.



06 October 2009: Oklahoma City, USA acknowledged The Supreme Pontiff of Hinduism for His unselfish service to the people of Oklahoma City while serving for their spiritual well-being.

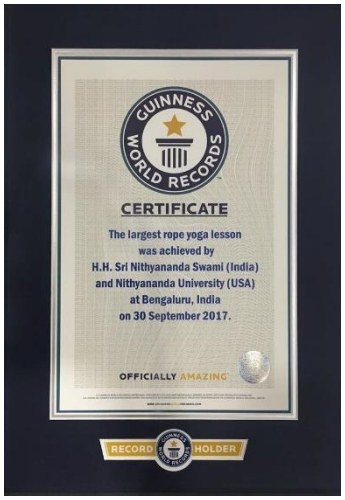
30 April 2016: Postage stamp on The Supreme Pontiff of Hinduism was released by the Indian Postal Department on the occasion of Kumbh Mela.

24 October 2015: The Senate of the State of California, USA recognized and congratulated the SPH for highlighting and educating the community on Kumbh Mela.



11 October 2015: KAILASA's Nithyananda University was authorized by Akhil Bhartiya Akhada Parishad as the only organization that can conduct Kumbh Mela outside India.

Copyright ©2021 Sri Nithyananda Paramashivam. All Rights Reserved



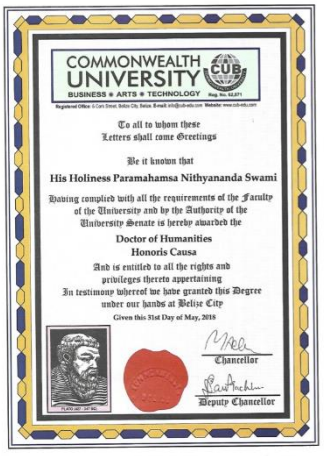
30 September 2017: The Supreme Pontiff of Hinduism was awarded Guinness World Records for the largest rope yoga (Kundalini Rajju Yoga[SM]) class.

03 October 2017: The Supreme Pontiff of Hinduism was awarded Guinness World Record for the largest pole yoga (Shivastamba Yoga[SM]) class.

16 December 2017: The largest human OM symbol by The Supreme Pontiff of Hinduism (India) and Nithyananda University (USA) at Bengaluru, India on 16 December 2017

18 October 2017: Declared as Paramahamsa Nithyananda Day – by the City of Montclair, California, the USA in recognition of The Supreme Pontiff of Hinduism' contribution to the superconscious evolution of humanity.

01 January 2012: The Supreme Pontiff of Hinduism was named among the world's 100 most spiritually influential personalities by a renowned esoteric magazine – Body Mind Spirit.



31 May 2018: Conferred with Honorary Doctorate in Humanities by Commonwealth University

Copyright ©2021 Sri Nithyananda Paramashivam. All Rights Reserved

UNITED NATIONS GLOBAL
DEVELOPMENT ORGANIZATION

Respectfully presented to

His Divine Holiness Sri Nithyananda Swami

for

Super Conscious Evolution of Humanity

29 Oct 2018: United Nations Global Development Organization Respectfully Presented to The Supreme Pontiff of Hinduism for Super Conscious Evolution of Humanity.

Universidad Azteca

A través del presente documento, hace constar que :

His Divine Holiness

Bhagwan Nithyananda Paramashivam

Ha completado legalmente todos los requisitos establecidos por esta institución, por lo que otorga el grado de :

Doctor Honorario en Ciencias (D.Sc.)

En Hinduismo

Es merecedor al grado mencionado con los privilegios, derechos y honores inherentes al mismo.

Damos testimonio de esta acción, plasmando nuestras firmas y sellos en Chalco, Estado de México

A los 25 Días de Abril del Año 2019.

Folio N° 01563

25 April 2019: The Azteca University in Mexico recognized the tremendous scientific contribution made by The Supreme Pontiff of Hinduism in the field of super-consciousness and awarded him an Honorary Doctorate in the Sciences for this.

NITHYANANDA MEDITATION ACADEMY

It gives me great pleasure to extend congratulations and best wishes on

16 YEARS OF SERVICE

providing meditation, yoga, and self-empowerment workshops, while also preserving Hindu culture and traditions in our vibrant Canadian society.

Mary Ng

MEMBER OF PARLIAMENT AND LIBERAL CANDIDATE FOR MARKHAM-THORNHILL

11 September 2021: Member of Parliament, Markham-Thornhill, Canada, congratulates KAILASA at Toronto (Nithyananda Meditation Academy) to complete 16 years of service, providing meditation, yoga, and self-empowerment workshops.

The City of Charlotte

PROCLAMATION

WHEREAS, The Supreme Pontiff of Hinduism ("SPH"), Jagatguru Mahasannidhanam ("JGM"), His Divine Holiness ("HDH") Bhagavan Sri Nithyananda Paramashivam is recognized as the 1,008th living incarnation of Paramashiva as per Sanatana Hindu Dharma ("Hinduism") and by His predecessors of enlightened masters and adepts, with their grace and blessings, is celebrating His 41st Chatumasya; and

WHEREAS, the hard work of The SPH Nithyananda Paramashivam has revived Hinduism - the most ancient, most peaceful, still-living and long-lasting demonstrable system that shows the possibility of peaceful co-existence amongst people despite fundamental differences in their preferences and realities; and

WHEREAS, the 1,008th living incarnation of Paramashiva, The SPH Nithyananda Paramashivam, stands as the unifying force for the two billion born and practicing Hindu Diaspora worldwide and established the Hindu State, KAILASA℠ for the persecuted Hindus in over 100 countries; and

WHEREAS, the untold, multi-level - social, political, intellectual, religious, cultural, linguistic, economic, legal, digital - persecution done to Hinduism and faced by Hindus and Hindu minorities worldwide for the past several thousands of years continues through the modern day; The SPH was recently acknowledged by the United Nations of the persecution on The SPH and the KAILASA global community, especially the affected women and children; and

WHEREAS, KAILASA℠, as a Nation, with de facto spiritual embassies operating across over 100 countries and having presence across the globe as the largest spiritual knowledge source on Hinduism, spiritually governed with the life positive, all inclusive, universal policies sourced from Hinduism revived by The SPH Nithyananda Paramashivam. KAILASA has enriched and enriched more than one billion individuals over the past 27 years and as such also has had a significant impact over the city of Charlotte, North Carolina:

August 2021: The City of Charlotte, proclaimed October 1, 2021, as the 41st Celebration of the Revival of KAILASA and congratulated the SPH for the recent acknowledgement by the United Nations of the persecution on the SPH and the KAILASA global community, especially the affected women and children.

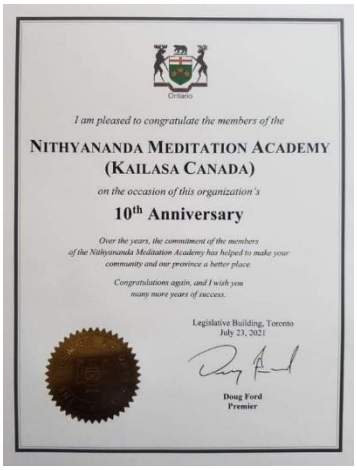
City of Santa Clara

Certificate of Special Mayoral Recognition

KAILASA San Jose

LISA M. GILLMOR
MAYOR
CITY OF SANTA CLARA

22 July 2021: The City of Santa Clara, gave special recognition to KAILASA San Jone for providing a safe place for worship, meditation, festivals and advocacy supporting resudents throughout Bay Area and for their dedicated serving the needs of people during COVID-19 pandemic.


Ontario

I am pleased to congratulate the members of the

NITHYANANDA MEDITATION ACADEMY
(KAILASA CANADA)

on the occasion of this organization's

10th Anniversary

Over the years, the commitment of the members of the Nithyananda Meditation Academy has helped to make your community and our province a better place.

Congratulations again, and I wish you many more years of success.

Legislative Building, Toronto
July 23, 2021

Doug Ford
Premier

23 July 2021: The Premier of Toronto congratulated the membes of the Nithyananda Meditation Academy (KAILASA Canada) on the occassion of it's 10th Anniversay, and for the commitment of KAILASA to make the community a better place.

Copyright ©2021 Sri Nithyananda Paramashivam. All Rights Reserved

CITY OF SAN JOSE

Commendation

WHEREAS: Nithyanada Dyanapeetam of San Jose (KAILASA San Jose), under the leadership and guidance of SPH Nithyanada Paramashivam, has spent the last 12 years giving back to San Jose and its residents; and

WHEREAS: Since 2009, they have offered more than 10,000+ residents free daily yoga and meditation classes, weekly breathing exercise programs, women empowerment classes, and distributed food to individuals in need during the 2020 pandemic; and

WHEREAS: The City of San José is grateful for the generosity of KAILASA San Jose and SPH Nithyanada Paramashivam towards the residents of the greater Bay Area;

NOW, THEREFORE, I, Sam Liccardo, Mayor of the City of San José, on this 22nd day of July 2021, do herby recognize and commend

NITHYANADA DYANAPEETAM OF SAN JOSE AND SPH NITHYANADA PARAMASHIVAM

for their contributions to the residents of San José and Santa Clara County.

The Honorable Sam Liccardo
MAYOR

Attested by:
Toni Taber, City Clerk

The State of Texas ★ House of Representatives

This Certifies that the Texas Flag herewith presented to

JAGATGURU MAHASANNIDHANAM, HIS DIVINE HOLINESS BHAGAVAN SRI NITHYANANDA PARAMASHIVAM

By

THE TEXAS HOUSE OF REPRESENTATIVES

was flown at the Capitol of the Sovereign State of Texas

JULY 23, 2021 IN CELEBRATION OF HIS 41ST CHATURMASYA

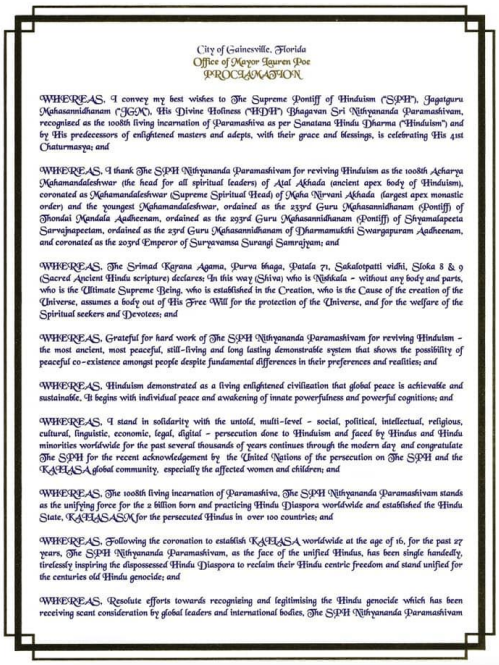
In witness thereof and pursuant to the authority vested in me, I have hereunto set my hand and seal of office at Austin, Texas,

this the 24TH *day of* JULY A.D., 2021

Chief Sergeant-at-Arms
Texas House of Representatives

22 July 2021: The City of San Jose, recognized and commended Nithyananda Dyanapeetam of San Jose and the SPH Nithyananda Paramashivam for their contributions to the residents of the San Jose and Santa Clara County.

24 July 2021: The State of Texas presented the Texas flag flow on 23 July 2021, to the SPH Nithyananda Paramashivam in celebration of His 41st Chaturmasya.



City of Gainesville, Florida
Office of Mayor Lauren Poe
PROCLAMATION

WHEREAS, I convey my best wishes to The Supreme Pontiff of Hinduism (SPH), Jagatguru Mahasannidhanam (HGM), His Divine Holiness (HDH) Bhagavan Sri Nithyananda Paramashivam, recognised as the 1008th living incarnation of Paramashiva as per Sanatana Hindu Dharma (“Hinduism”) and by His predecessors of enlightened masters and adepts, with their grace and blessings, is celebrating His 41st Chaturmasya; and

WHEREAS, I thank The SPH Nithyananda Paramashivam for reviving Hinduism as the 1008th Acharya Mahamandaleshwar (the head for all spiritual leaders) of Atal Akhada (ancient apex body of Hinduism), coronated as Mahamandaleshwar (Supreme Spiritual Head) of Maha Nirvani Akhada (largest apex monastic order) and the youngest Mahamandaleshwar, ordained as the 293rd Guru Mahasannidhanam (Pontiff) of Thondai Nandala Aadheenam, ordained as the 293rd Guru Mahasannidhanam (Pontiff) of Sryanulapeeta Sarvajnapeetam, ordained as the 23rd Guru Mahasannidhanam of Dharmamukthi Swargapuram Aadheenam, and coronated as the 203rd Emperor of Suryavansa Surangi Samrajyam; and

WHEREAS, The Srimad Kerana Agama, Purva bhaga, Patala 71, Sakalotpatti vidhi, Sloka 8 & 9 (Sacred Ancient Hindu scripture) declares: In this way (Shiva) who is Nishkala – without any body and parts, who is the Ultimate Supreme Being, who is established in the Creation, who is the Cause of the creation of the Universe, assumes a body out of His Free Will for the protection of the Universe, and for the welfare of the Spiritual seekers and Devotees; and

WHEREAS, Grateful for hard work of The SPH Nithyananda Paramashivam for reviving Hinduism – the most ancient, most peaceful, still-living and long lasting demonstrable system that shows the possibility of peaceful co-existence amongst people despite fundamental differences in their preferences and realities; and

WHEREAS, Hinduism demonstrated as a living enlightened civilisation that global peace is achievable and sustainable. It begins with individual peace and awakening of innate powerfulness and powerful cognitions; and

WHEREAS, I stand in solidarity with the untold, multi-level – social, political, intellectual, religious, cultural, linguistic, economic, legal, digital – persecution done to Hinduism and faced by Hindus and Hindu minorities worldwide for the past several thousands of years continues through the modern day and congratulate The SPH for the recent acknowledgement by the United Nations of the persecution on The SPH and the KAILASA global community, especially the affected women and children; and

WHEREAS, The 1008th living incarnation of Paramashiva, The SPH Nithyananda Paramashivam stands as the unifying force for the 2 billion born and practicing Hindu Diaspora worldwide and established the Hindu State, KAILASA(SM) for the persecuted Hindus in over 100 countries; and

WHEREAS, Following the coronation to establish KAILASA worldwide at the age of 16, for the past 27 years, The SPH Nithyananda Paramashivam, as the face of the unified Hindus, has been single handedly, tirelessly inspiring the dispossessed Hindu Diaspora to reclaim their Hindu centric freedom and stand unified for the centuries old Hindu genocide; and

WHEREAS, Resolute efforts towards recognising and legitimising the Hindu genocide which has been receiving scant consideration by global leaders and international bodies, The SPH Nithyananda Paramashivam

founded KAILASA Uniting Nations. For the past 27 years, this international body has been responsible in building relations, bridging dialogs, inspiring leaders, uniting nations towards acknowledging the Hindu policies, which are universal, life positive as referenced from the ancient text of Hinduism, This is the ‘ahimsa’ (nonviolent) way of bringing acknowledgement to the horrors of the Hindu genocide, the untold facts of the darkest act of mankind on Earth to the most contributing civilization – KAILASA; and

WHEREAS, Both historical and ongoing religious persecution and systematic violence, in various forms including assassination attempts on living incarnations, targeted elimination of Hindu pontiffs through bio war and lawfare, cyberbullying, Hindu phobia, forced conversions, documented massacres, demolitions, desecration and grabbing of worship temples and monasteries, looting of Hindu temples properties, destruction of Hindu educational institutions, elimination of well known Hindu libraries, gross violation to the freedom to practice the Hindu school of liberated thinking (Sankhya), Hindu schools of living enlightenment (Jeevan Mukthi), gross violations of the right to freedom of religion that includes violations of the right to life, personal Hindu integrity or personal Hindu liberty, mass execution, rape, looting and enslavement; and

WHEREAS, I am gratefully indebted to KAILASA(SM), as a Nation, with de facto spiritual embassies operating across over 100 countries and having presence across the globe as the largest spiritual knowledge source on Hinduism, spiritually governed with the life positive, all-inclusive, universal policies sourced from Hinduism revived by The SPH Nithyananda Paramashivam. I thank and congratulate KAILASA on having enriched and reached more than one billion individuals over the past 27 years and as such also has had a significant impact over the City of Gainesville; and

WHEREAS, I congratulate The Supreme Pontiff of Hinduism, Head of KAILASA Nation, on His 41st Chaturmasya and appreciate His contributions to Hinduism J. On this auspicious occasion for Hindus all over the world, I proclaim the 2021 Chaturmasya (Hindu Holy Season for Austere/Spiritual Observances & Meditation) as the 41st Celebrations of the Revival of KAILASA Nation, the ancient enlightened civilisational nation,

NOW, THEREFORE, I, Lauren Poe, by the authority vested in me as Mayor of the City of Gainesville, do hereby proclaim January 3, 2022 as

KAILASA's SPH Nithyananda Day

in the City of Gainesville and invite all our citizens to join me this day with Hindus all over the world.

IN WITNESS WHEREOF, I have hereunto set my hand and caused to be affixed the official seal of the City of Gainesville, Florida, this 14th day of September, A.D., 2021.

Lauren Poe
Mayor

14 September 2021: The Mayor of City of Gainesville, Florida conveyed his best wishes to the SPH Nithyananda Paramashivam, and expressed gratitude to the SPH for reviving Hinduism, recognized the efforts of the SPH in legitimizing the Hindu genocide which has been receiving scant considerations by global leaders and international bodies, and declared Janurary 3 2022 as KAILASA's SPH Nithyanada Day.

Copyright ©2021 Sri Nithyananda Paramashivam. All Rights Reserved

The House of Representatives
Citation
Kailasa Silver Jubilee

Whereas, The House of Representatives of Pennsylvania is always pleased to recognize that which has contributed to the enrichment and betterment of life; and

Whereas, Hinduism is the most peaceful of religions and is the most ancient, still-living, long lasting, demonstrable system that shows the possibility of peaceful co-existence amongst people with fundamental differences in their preferences and realities; and

Whereas, Hinduism demonstrated as a living civilization that global peace is achievable and sustainable. It begins with individual peace and awakening of innate powerfulness and powerful cognitions; and

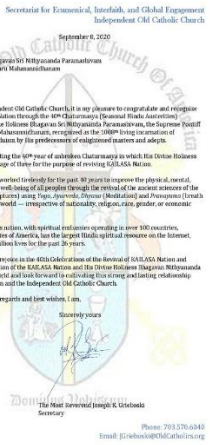
Whereas, His Divine Holiness Sri Nithyananda Paramashivam as the Supreme Pontiff of Hinduism and the head of the KAILASA Nation has worked tirelessly for the past 21 years for the revival of ancient science of the Vedas and Agamas of Hinduism using the technologies of Yoga, Ayurveda (Science of Herbal Medicines), Dhyana (Meditation) and Pranayama (breath control) throughout the world to develop human beings consciously - irrespective of nationalities, religions, races, gender or economic status- by inspiring their physical, mental, emotional, economic and spiritual well beings; and

Whereas, KAILASA as a borderless nation with de facto spiritual embassies operating across more than 100 countries and having presence across the globe as the largest spiritual knowledge source on Hinduism in the internet having enriched and reached more than a billion individuals over the past 20 years and as such also has had a significant impact over the Commonwealth of Pennsylvania; and

Now Therefore, The House of Representatives of the Commonwealth of Pennsylvania pays tribute to Kailasa Silver Jubilee and does proclaim 2020 as the Silver Jubilee year of revival of KAILASA Nation with expressed appreciation for the contribution of the KAILASA Nation and Supreme Pontiff of Hinduism, Jagatguru Mahasannidhanam, His Divine Holiness Bhagavan Nithyananda Paramashivam to the 113th Legislative District and look forward to cultivating this strong and lasting relationship for many years to come; and

And Directs, That a copy of this citation is sponsored and presented by the Honorable Marty Flynn on August 28th, 2020.

Marty Flynn, Sponsor
113th Legislative District



Secretariat for Ecumenical, Interfaith, and Global Engagement
Independent Old Catholic Church

September 8, 2020

His Divine Holiness Bhagavan Sri Nithyananda Paramashivam
Supreme Pontiff, Jagatguru Mahasannidhanam
KAILASA Nation

Your Divine Holiness,

On behalf of the Independent Old Catholic Church, it is my pleasure to congratulate and recognize the revival of KAILASA Nation through the 60th Chaturmasaya (Seasonal Hindu Asceticism) Anniversary of His Divine Holiness Bhagavan Sri Nithyananda Paramashivam, the Supreme Pontiff of Hinduism, Jagatguru Mahasannidhanam, recognized as the 1008th living incarnation of Paramashiva as per Hinduism by His predecessors of enlightened masters and adepts.

In 2020, you are celebrating the 60th year of unbroken Chaturmasya in which His Divine Holiness was initiated into at the age of three for the purpose of reviving KAILASA Nation.

His Divine Holiness has worked tirelessly for the past 30 years to improve the physical, mental, emotional, and spiritual well-being of all peoples through the revival of the ancient sciences of the Ved-Agamas (Hindu scriptures) using Yoga, Ayurveda, Dhyana (Meditation) and Pranayama (breath control) throughout the world — irrespective of nationality, religion, race, gender, or economic status.

KAILASA, as a borderless nation, with spiritual embassies operating in over 100 countries, including the United States of America, has the largest Hindu spiritual resource on the Internet, enriching more than 1 billion lives in the past 20 years.

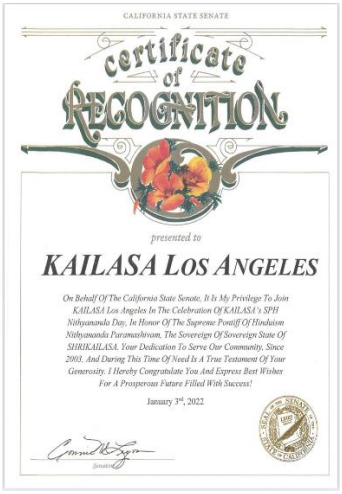
In this Year of 2020, we rejoice in the 60th Celebrations of the Revival of KAILASA Nation and appreciate the contribution of the KAILASA Nation and His Divine Holiness Bhagavan Nithyananda Paramashivam to the world and look forward to cultivating this strong and lasting relationship between KAILASA Nation and the Independent Old Catholic Church.

With warmest personal regards and best wishes, I am,

Sincerely yours

The Most Reverend Joseph K. Grieboski
Secretary

Phone: 703.570.6040
Email: JGrieboski@OldCatholics.org



CALIFORNIA STATE SENATE

certificate of RECOGNITION

presented to

KAILASA LOS ANGELES

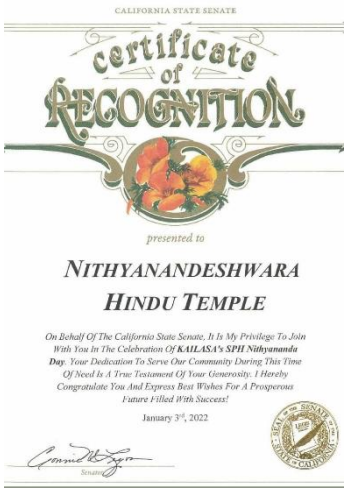
On Behalf Of The California State Senate, It Is My Privilege To Join KAILASA Los Angeles In The Celebration Of KAILASA's SPH Nithyananda Day, In Honor Of The Supreme Pontiff Of Hinduism Nithyananda Paramashivam, The Sovereign Of Sovereign State Of SHRIKAILASA. Your Dedication To Serve Our Community, Since 2003, And During This Time Of Need Is A True Testament Of Your Generosity. I Hereby Congratulate You And Express Best Wishes For A Prosperous Future Filled With Success!

January 3rd, 2022

28 August 2020: House of representatives of the commonwealth of Pennsylvania paid tribute and proclaimed 2020 as Silver Jubilee years of revival of KAILASA Nation appreciating the SPH for KAILASA's and His contributions to 113th Legislative District.

08 September 2020: The independent old Catholic Church, congratulated and recognized the revival of KAILASA Nation, and appreciated the contribution of the KAILASA Nation and the SPH to the world.

7 October 2021: California State Senate, joined KAILASA Los Angeles in the celebration of KAILASA's SPH Nithyananda Day. The Senate recognized the sovereign State of SHRIKAILASA and the SPH, and the dedicate service to the community since 2003.



CALIFORNIA STATE SENATE

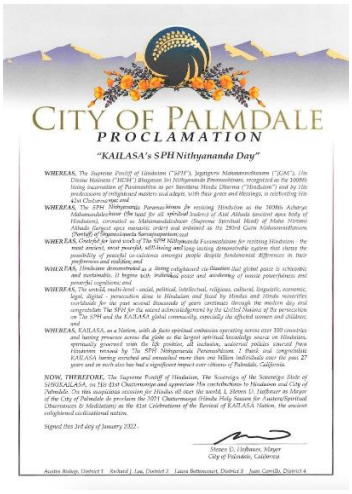
certificate of RECOGNITION

presented to

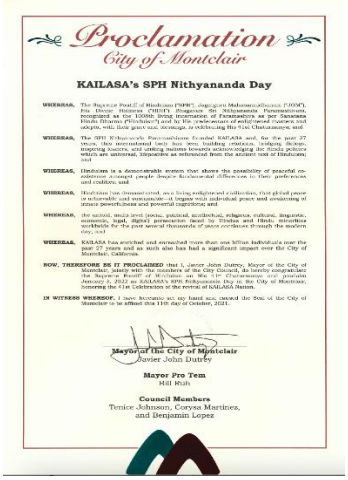
NITHYANANDESHWARA HINDU TEMPLE

On Behalf Of The California State Senate, It Is My Privilege To Join With You In The Celebration Of KAILASA's SPH Nithyananda Day. Your Dedication To Serve Our Community During This Time Of Need Is A True Testament Of Your Generosity. I Hereby Congratulate You And Express Best Wishes For A Prosperous Future Filled With Success!

January 3rd, 2022



CITY OF PALMDALE
PROCLAMATION
"KAILASA's SPH Nithyananda Day"



Proclamation
City of Montclair

KAILASA's SPH Nithyananda Day

Mayor of the City of Montclair
Javier John Dutrey

Mayor Pro Tem
Mill Ruh

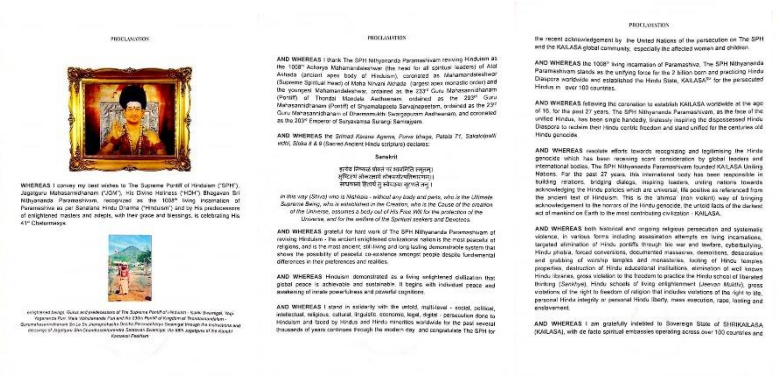
Council Members
Tenice Johnson, Corysa Martinez,
and Benjamin Lopez

7 October 2021: California State Senate, joined KAILASA Nithyanandeshwara Hindu Temple in the celebration of KAILASA's SPH Nithyananda Day.

October 2021: City of Palmdale, proclaimed 3 January 2022 as KAILASA's SPH Nithyananda Day and appreciated the SPH's contributions to Hinduism and City of Palmdale.

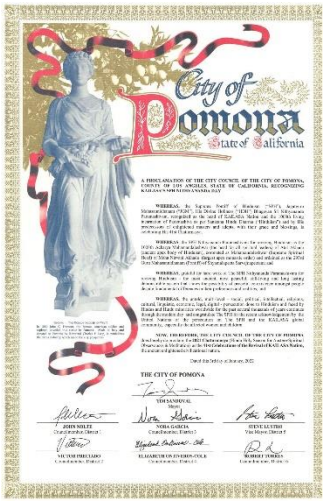
11 October 2021: The City Council of Montclair, proclaimed 3 January 2022 as KAILASA's SPH Nithyananda Day and appreciated the SPH's contributions to one billion individuals over past 27 years and for significant impact over City of Montclair.

Copyright ©2021 Sri Nithyananda Paramashivam. All Rights Reserved



13 October 2021: The City of Harare, The Republic of Zimbabwe conveyed his best wishes to the SPH Nithyananda Paramashivam, recognized Him as the living incarnation of Paramashiva, expressed gratitude for the hard work of the SPH for reviving Hinduism, expressed solidarity with the SPH and the Hindu minorities worldwide for the past several thousand years of genocide and recent acknowledgement by the United Nations of the persecution of the SPH, and declared 2021 Chaturmasya as the 41st Celebration of the Revival of Sovereign State of SHRIKAILASA.

1 October 2021: The Mayor of Newark, congratulated the SPH Nithyananda Paramashivam and expressed gratitude to KAILASA Nation for opening its doors to protect those most in need and for its life positive, all inclusive, universal policies sources from Hinduism, revived by the SPH.



October 2021: The City Council of Pomona, proclaimed 3 January 2022 as KAILASA's SPH Nithyananda Day and congratulated the SPH for the recent acknowledgement by the United Nations of the persecution on the SPH and the KAILASA global community, especially the affected women and children.

11 October 2021: The City of New Jersey, proclaimed January 2022 as the 41st Celebration of the Revival of KAILASA and congratulated the SPH for the recent acknowledgement by the United Nations of the persecution on the SPH and the KAILASA global community, especially the affected women and children.

Copyright ©2021 Sri Nithyananda Paramashivam. All Rights Reserved

APPENDIX - A

Copyright ©2021 Sri Nithyananda Paramashivam. All Rights Reserved

Copyright ©2021 Sri Nithyananda Paramashivam. All Rights Reserved

Mystic Phenomena Scientific Data

A compilation
of astounding medical observations
recorded on a Master
and modern mystic

Paramahamsa Nithyananda

The meditation techniques included in this book are to be practiced only under the direct supervision of an ordained teacher of Nithyananda Dhyanapeetam and in consultation with your personal physician to determine your fitness and ability to do the techniques. They are not intended to be a substitute for medical attention, examination, diagnosis or treatment. If someone tries these techniques without prior participation in the meditation programs of Nithyananda Dhyanapeetam and without the direct supervision of an ordained teacher of Nithyananda Dhyanapeetam, they shall be doing so entirely at their own risk; neither the author nor Nithyananda Dhyanapeetam nor the publisher shall be responsible for the consequences of their actions.

Copyright © 2011 - 'Year of Sharing Enlightenment'

First Edition: September 2006
Second Edition: July 2011

Print Edition ISBNs: ISBN 13: 978-1-934364-45-1 ISBN 10: 1-934364-45-2

All rights reserved. No part of this publication may be reproduced, or stored in a retrieval system, or transmitted by any form or by any means, electronic, mechanical, photocopying, recording or otherwise, without written permission of the publisher. In the event that you use any of the information in this book for yourself, the author and the publisher assume no responsibility for your actions.

All proceeds from the sale of this book go towards supporting charitable activities.

Contact us:
Nithyananda Mission, Bidadi Ashram,
Nithyanandapuri, Kallugopahalli,
Off Mysore Road, Bidadi,
Bangalore District - 562 109.
Karnataka, INDIA
URL: www.nithyananda.org
Email: eNPublishers@nithyananda.org

Table of Contents

Paramahamsa Nithyananda 5

Dr. R. Murali Krishna, M.D. 7

Integris Jim Thorpe Rehab. Center - PET tests 10

Body, Mind & Spirit 18

Dr. Juan Acosta-Urquidi & Ann Trechak - EEG 19

Dr. Juan Acosta-Urquidi & Ann Trechak - EEG 22
Health, Healing & Energy 26
Dr. Acosta-Urquidi & Ann Trechak - Brain studies 27

Intelligence, Consciousness & Energy 41

Dr. William Collins; Neurofeedback 42
Appendix A - Definitions 47
Appendix B - Life Bliss Foundation Offerings 51

Nithyananda Meditation Academies 56

Paramahamsa Nithyananda

Paramahamsa Nithyananda is a Master and modern mystic living amidst us today. Starting out at a young age, and enduring years of intense penance, he persevered with the single-pointed vision of experiencing inner bliss. He traversed the length and breadth of India, studying yoga, tantra and other Eastern metaphysical Sciences with great Masters in India and Nepal. He had many profound spiritual experiences before experiencing the ultimate inner bliss.

His mission is to help each individual actualize his inherent potential. With a pragmatic and compassionate approach, and an enlightened insight into the core of human nature, he has emerged as an inspiring personality touching and transforming the lives of millions of people across the world.

His divine healing touch has taken the shape of Nithya Spiritual Healing – a scientific system of spiritual healing through meditation. Through his direct touch and through ordained healers, this system of healing simulates the body's inherent healing powers to heal various diseases at the physical and mental levels.

His lucid explanation of practical issues and simple and dynamic meditation techniques, help individuals blossom at the physical, emotional and spiritual levels.

Life Bliss Foundation is his worldwide movement to spread his message of meditation and bliss. With its spiritual nerve center in Bangalore, India and the Western Hemisphere headquarters in Los Angeles, USA, it operates across 30 countries, working steadily in transformation of humanity through transformation of the individual. Thousands of volunteers – *Ananda Sevaks* - work to support the mission world over.

By offering himself as a living laboratory, Nithyananda works with scientists across the globe to record and analyze the mystic phenomena through modern technology. He strives to bridge the modern Western system of logic and evidence and the ancient Eastern system of mysticism, for the benefit of humanity.

He is continuing to intrigue the world of medical science with results from the study of his own neurological and cardiac system. From the results recorded, scientists feel that the potential for altering the rates and progression of many diseases like heart ailments, cancer, arthritis, alcoholism etc. is beginning to look achievable. They are compelled to declare that there continues to be indications that the human mind can choose to heal the human body.

For centuries, science and spirituality have been battling on these issues of perennial importance for humanity. Although spiritual leaders have always maintained that the no-mind state is a 'real' phenomenon, and a perfectly realizable goal for all of us, the scientific community has naturally been unwilling to accept this without solid proof.

For the first time in our century, science has hopefully found a key to supernormal and paranormal phenomena, with sound medical evidence that explains why the spiritually super-evolved are blessed with 'powers' that the rest of us can only dream about. The following pages are summaries of various types of medical research conducted on Nithyananda during his visits to the United States of America.

Meditation is the inherent nature of man. It is nothing to be discovered anew. Every child is born with infinite intelligence in a state of meditation in this world. Society and state gift the 'mind' element to the child and start conditioning its meditative state. When this process starts, the child slips from intelligence to intellect.

Meditation is the art of keeping our inner space peaceful and blissful. It takes us from unconscious decision-making to conscious decision-making. It frees us from the clutches of our own obscure emotions. It brings us to the present. It gives us tremendous freedom in the inner and outer worlds. It helps integrate the body, mind and spirit. It propels us from logic to intuition. Logic is a servant while intuition is a Master. Meditation is the key to become a Master.

- Nithyananda

Dr. R. Murali Krishna, M.D.

President, James L. Hall, Jr. Center for Mind, Body & Spirit President
COO, INTEGRIS Mental Health Oklahoma City, Oklahoma, USA

(Following is a write up by Dr. Muralikrishna explaining why doctors and Scientists the world over are time and again researching spirituality to obtain tangible results; to bridge Science and spirituality.)

For many people, spirituality underlies all that they do every moment. Every thought word or deed of theirs stems from the spiritual chords within. Spirituality is the ground in which they are rooted as they work at their job, parent their children, visit with friends or greet acquaintances. It may be an outwardly obvious action like volunteering in a spiritual organization or it maybe a quiet thing, an inner sense of peace and serenity, a trust in life, strength of conviction beyond mundane logic. No matter how it manifests, medical research says that harboring spirituality may bring a bonus: better health.

What is spirituality? It is about having a belief system that focuses on intangible elements or forces, that add vitality and meaning to our life and life's events. Plain believing in those intangible elements or forces is not enough, though. It is essential that the belief leads to personal experience of these intangible forces adding meaning to our life.

Spirituality is not a concept limited to any one religion or denomination. It is not even linked to worship in a church or temple, or belief in a certain God. Regardless of occupation, age, color or religious affiliation, anyone can discover spirituality and benefit from it.

Medical science is finding more and more evidence of those benefits. Every progressive medical study supports the notion that spirituality may have a positive effect on health. To be accurate, many of these studies look at people's participation in religious activities, not strictly spirituality. But from these studies, we have learned that regular attendees of religious services are likely to have lower blood pressure than those who attend these less frequently or not at all. We have seen that elderly people who regularly attend church have healthier immune system than those who don't. Another study found that people over 60 years of age, who attended church weekly or more often were significantly less likely in the previous year to have been admitted to the hospital.

These studies are scientifically valid, but still don't tell the whole story. Was it the spirituality inherent in their religion that kept these people healthier, or was it the social support they received by being part of a church community? Were they were healthier because the church helped them discover meaning in their lives, or because their religion or church community discouraged use of tobacco, alcohol or other drugs? Or was it simply that healthier people are able get up and go to church on a weekly basis, while people in poorer health remain at home?

While these studies are indicators of the benefits of spirituality, the stronger evidence comes from medical research into the power of prayer. There have been quite a number of studies in this area, of which one of the more intriguing works has been done by Mitchell Krucoff, M.D., and Suzanne Crater, N.P., at Duke University's Medical Center.

In their study, Krucoff and Crater looked at heart disease patients. The level of each patient's spirituality was determined through surveys and other assessment tools. Some patients received only standard medical therapy. Others received standard therapy along with therapies such as healing touch, stress relaxation and guided imagery. A final group of patients (who also received the standard therapy) were prayed for by diverse prayer groups – Carmelite nuns near Baltimore, Baptists in North Carolina, Buddhist monks in Paris and Nepal, etc. None of these people knew there were special prayer groups saying prayers for their recovery.

Compared to the standard therapy group, the prayer group experienced a 50 percent reduction of every adverse outcome. Broken down even further, the results were equally interesting. Patients strongly rooted in a spiritual community did well, regardless of the therapy they received. Patients not rooted in a spiritual community had better outcomes when they were prayed for than when they were not. Patients who prayed on their own at least once a day or who felt spirituality was important in their daily lives, had better outcomes when receiving healing touch, stress relaxation and guided imagery than when receiving only standard therapy.

Prayer is a spiritual practice. It is intangible. And yet we are learning that when you offer prayers, or even when others pray for you without your knowledge, there are health benefits.

How can you get in touch with your spirituality?

First, make a conscious effort to tune into spirituality. In the air all around you right now, there are signals from television stations. To you, they are intangible. You cannot hear, see or feel any of them – unless you turn on your television, a mechanism for tuning in the signals. For spirituality, too, you must have the capacity to tune in. You must have openness and willingness to look into seemingly intangible processes.

Nithyananda with the research team at the INTEGRIS Mental Health Oklahoma City, Oklahoma, USA

Second, you must become more aware of the readily observable effects of spirituality. Love is intangible, but you know it when you feel it. Hope is intangible, but it can profoundly and positively affect the course of a person's illness. Trust is intangible, but living out of a sense of trust can calm your anxieties, lower your blood pressure and help you feel inner peace and serenity. Love, hope and trust are components of spirituality, and their effects are there for you to see and feel.

Third, live out your spirituality. It is said that God comes to us in the form of suffering human beings. Toward people you know who are in physical or emotional pain, practice kindness and compassion. Put yourself in their shoes, understand what they think and feel, and act accordingly.

Fourth, marvel at creation. A movie or television show might bore you if you watch it over and over, but watching a sunset or viewing a range of snow-covered mountains does not. Those are God's creations, not ours. When you wonder at the majesty and complexity of a mountain stream, flowers or stars, you are engaged in a very spiritual act.

As is the case with everyone, your life will have its share of difficulties. Through spirituality, you can increase the chances that you will come through them with health and hope intact.

Summer 2004

Scientists, researchers and doctors of the Integris Jim Thorpe Rehabilitation Center and the PET center of Oklahoma, USA administered various tests and analyzed the mystic phenomena on Nithyananda's neurological system. Following is the summary of the findings.

A Mind Matters Column™

The Mind of a Mystic

By R. Murali Krishna, M.D.
President, James L. Hall, Jr. Center for Mind, Body & Spirit
President COO, INTEGRIS Mental Health, Oklahoma City, Oklahoma

Sri Nithyananda Swami is a trim, healthy looking young man with dark, shoulder-length hair. Handsome and polite, possessing an open manner and a wealth of curiosity, he could be any ordinary American college student.

The difference is that ordinary American college students do not wear orange robes and turbans, have not experienced spiritual enlightenment and are not regarded as a teacher, healer and mystic by millions of people in all corners of the world.

A mystic? The term is not a bad fit for 'Swami,' as he is known. Mystics, popular culture tells us, have direct communion with God. Through means not understood or measurable, mystics are thought to have access to ultimate realities or truths. Picture a mystic and you'll probably picture someone full of bliss, someone gifted with lofty thoughts and insights the rest of us do not possess. The very presence of a mystic is thought to bring peace and healing to others.

That's an apt description of Swami, a 27-year-old from South India. He is approached by thousands of people a year seeking relief from diseases and ailments that conventional medical approaches have not cured. Swami's background lends him the air of a mystic, too. He left his home as a teen, visited ashrams across India, immersed himself in philosophy, read extensively and mastered the art of meditation.

When Swami passed through Oklahoma City recently as one stop in his world travels, I asked him if he would let me use some of modern medicine's newest technology to peer into his brain while he meditated. My goal: to understand, measure and demystify what happens during the mystic phenomena. Swami, who believes that meditation has a scientific basis, happily agreed.

The procedures Swami went through were administered by some of Oklahoma City's finest and most experienced physicians, neuropsychologists and researchers: Drs. Fordyce, Ruwe and Higgins of the Jim Thorpe Rehabilitation Center Neuropsychology Department and Dr. Chacko of the PET Center of Oklahoma. These doctors were using technology they use with patients on a routine basis. When they look at images obtained by their technology, they know what's normal and what's not.

The results from testing Swami? Decidedly not normal.

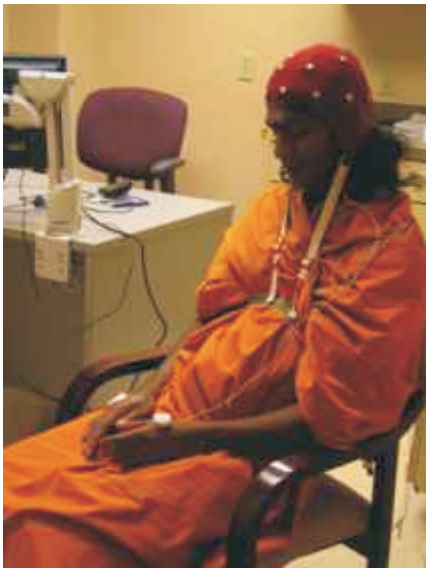
Imaging Brain Activity

Our first look into Swami's brain was achieved with the help of a Positron Emission Tomography (PET) device. Unlike traditional diagnostic techniques that produce images of the body's structure or anatomy, such as X-rays, CT scans or MRI, PET produces images of the function of the brain through the metabolic activity of cells. An analog of glucose is attached to a radioactive PET tracer. The PET scanner then images the metabolically active brain areas at any given time.

In the case of Swami, the drug was intended to identify highly active areas of the brain in an alert and conscious state, in the early stages of meditation and during deep meditation.

The results of the PET scan tests were stunning. To begin with, the activity in the frontal lobes of Swami's brain were significantly heightened, even in early meditation stages. The level of activity was higher than would be seen in the average human brain under any conditions.

When we then asked Swami to go into the deepest meditation state, there were two more remarkable findings.



First, the dominant hemisphere of Swami's brain was more than 90 percent shut down. It was as if Swami's brain had packed up and gone on vacation. It was quiet and still, completely at peace … and Swami had made it so at will. A second amazing aspect of Swami's deep meditation was that the lower portion of his mesial frontal areas lighted up in a very significant way. This area roughly corresponds to the reputed location of the mystical "Third Eye**."**
When we later asked Swami what he was doing when the mesial frontal areas lighted up, he said he was opening his third eye.

Associated with both cosmic and inner knowledge and thought to be a place of clarity and peace, the Third Eye is considered by many to be the seat of the soul. Were we seeing an indication that deep meditation can open an area of the brain responsible for communicating with the divine, looking deep into the mysteries of self or creation? I believe the PET scan revealed what I call the brain's "D-spot." Whether you consider the "D" in D-spot to stand for delight, the divine or even dopamine, the chemical through which our bodies experience pleasure, initial indications are that meditation can stimulate it.

Measuring Brainwaves

The second procedure we used to look into Swami's brain is known as Quantitative Electroencephalography, or QEEG. QEEG measures electrical patterns in the brain, patterns commonly referred to as brainwaves.

There are four bandwidths of brainwaves, each different in speed and each associated with a different state of mind.

For instance, beta brainwaves are small and fast and linked with an awake, alert state of mind. Alpha brainwaves are slower and larger and are connected to feelings of well-being. Theta waves represent a state of consciousness between that is close to sleep, a stage in which there is a sense of calmness and serenity without active thought.

In a day's time, most people will experience all four types of brainwaves. The progression from one bandwidth to another, though, is not so easily in their control.

From Swami's QEEG, though, we can see that he has complete control over his brainwaves. When in deep meditation, his brain smoothly shifted from one state to another, like a talented pianist playing the scales.

There was no hesitation and no retreating, just continuous, fluid shifts from one type of brainwave to the next. Because the QEEG represents the five brainwave bandwidths as colors, it was as we were watching Swami float from color to color within a rainbow.

Conclusions

The brain is the body's most complex organ, containing more than 100 billion neurons, each of them in chemical and electrical conversation with up to 10,000 other neurons. Its sheer capacity to process information is astonishing.

Remarkably, that complexity presents little difficulty for Swami in managing his brain activity. Swami's mind – his thoughts, emotions and intellect – control his brain. He can, in a very fluid, easy way, shift his brain function and alter his brainwaves.

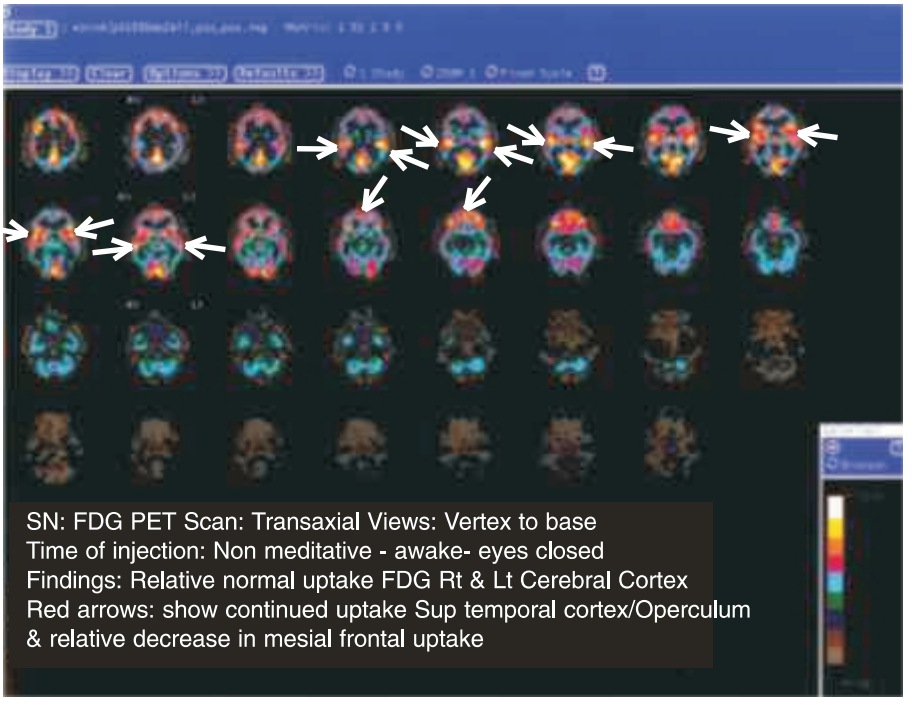
More than answering questions, the voyage we took into the mind of a mystic brings intriguing questions for study:

Are there techniques we can learn and teach that will bring balance and peace into people's lives? Can we invoke a healing response or accelerate healing through specific training? Can we learn techniques that will allow us to control pain or alter the course of a disease? Can we learn to activate what I call our D-spot, thus putting us in instant connection to delight or the divine?

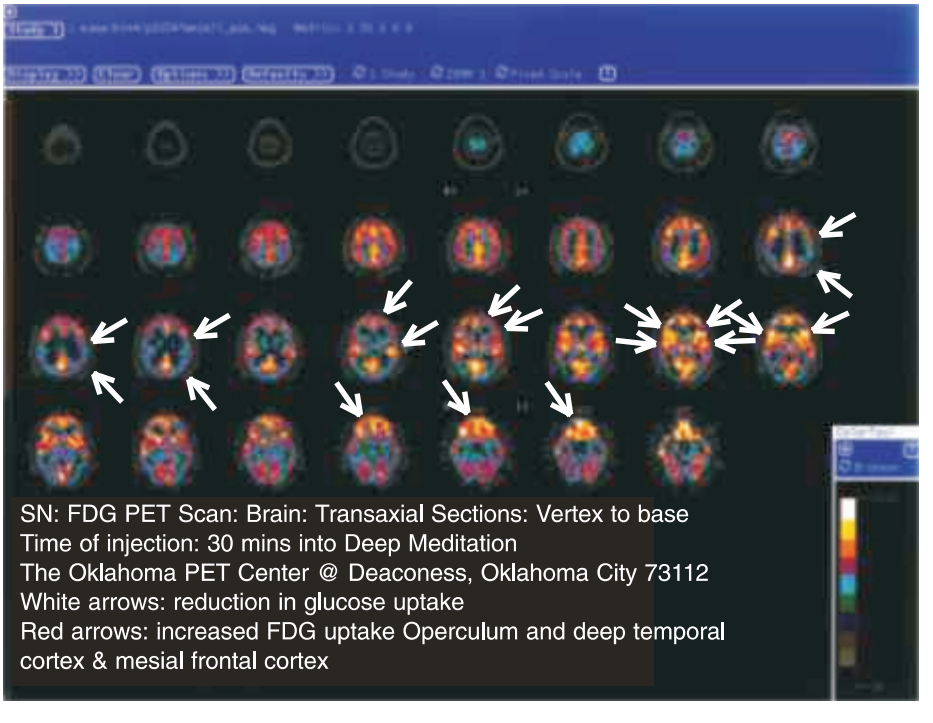
The results from our study of Swami are new pages in our world's growing book of research on the brain. There continue to be indications that the human mind may be able to choose to heal the body. We're now looking at the possibility of people learning and acquiring these healing capabilities, an event of immense benefit for humankind. The potential for altering the rates and progression of many diseases – heart disease, cancer, arthritis, alcoholism and many others – is beginning to look achievable.

Swami is a bridge between the invisible, ancient world of mysticism and the modern, visible world of science and discovery. As brain research continues on a widespread basis, and as we appropriately bring the phenomena of mysticism into the realm of science for further study, we are taking strides on a path of hope and health**.**

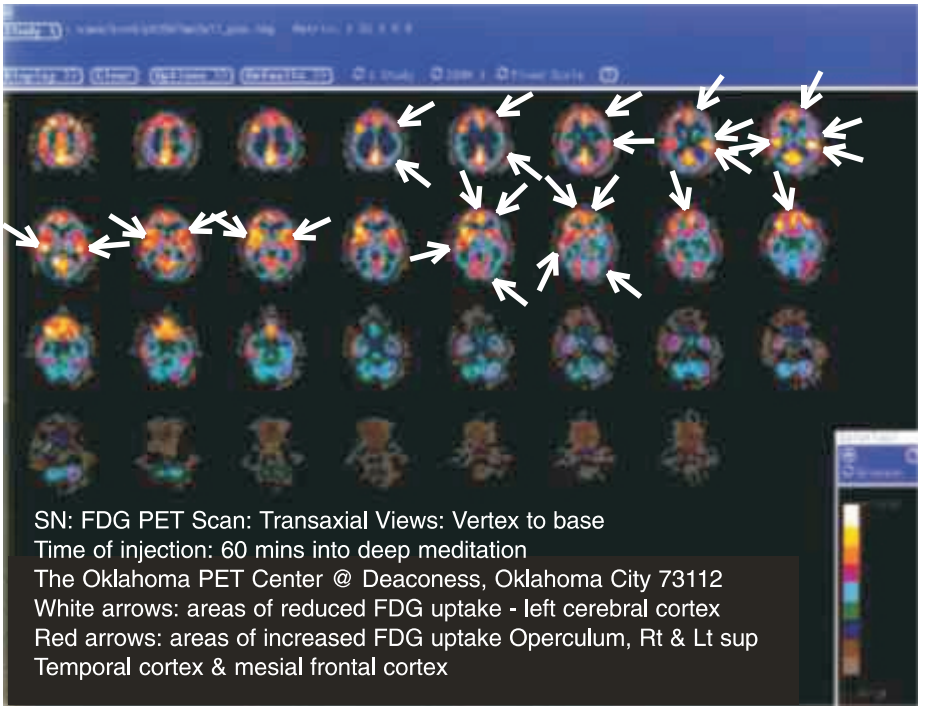
Following are images from the PET SCAN:



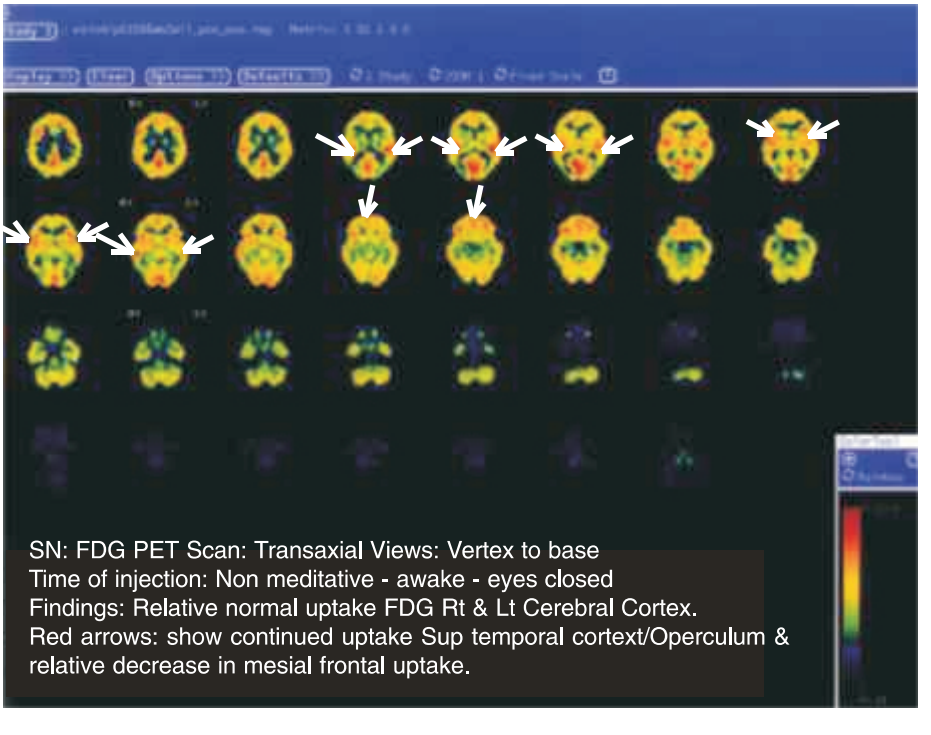
SN: FDG PET Scan: Transaxial Views: Vertex to base
Time of injection: Non meditative - awake- eyes closed
Findings: Relative normal uptake FDG Rt & Lt Cerebral Cortex
Red arrows: show continued uptake Sup temporal cortex/Operculum
& relative decrease in mesial frontal uptake



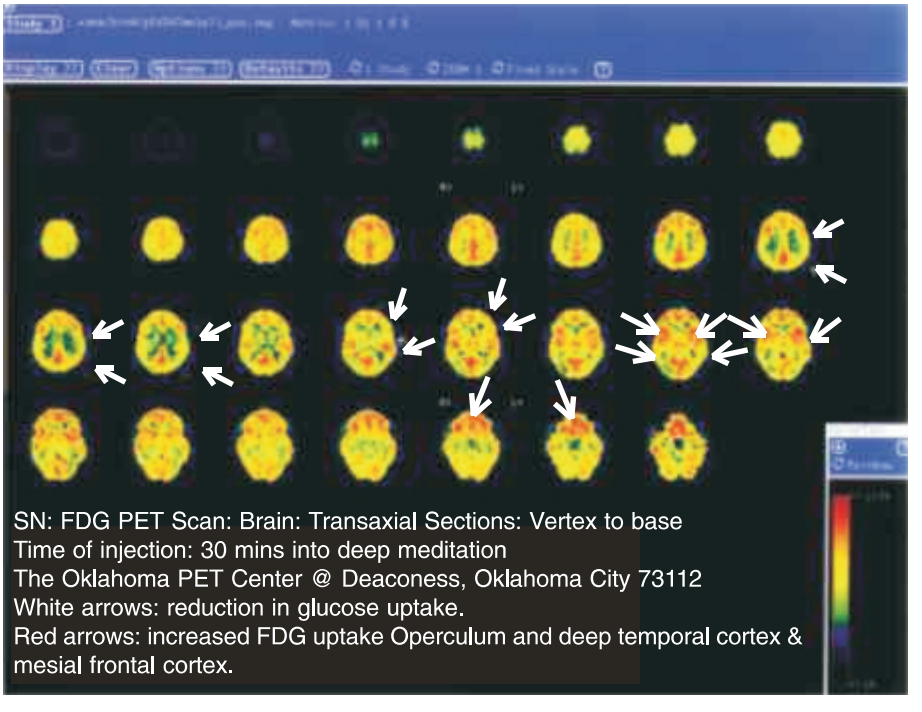
SN: FDG PET Scan: Brain: Transaxial Sections: Vertex to base
Time of injection: 30 mins into Deep Meditation
The Oklahoma PET Center @ Deaconess, Oklahoma City 73112
White arrows: reduction in glucose uptake
Red arrows: increased FDG uptake Operculum and deep temporal
cortex & mesial frontal cortex



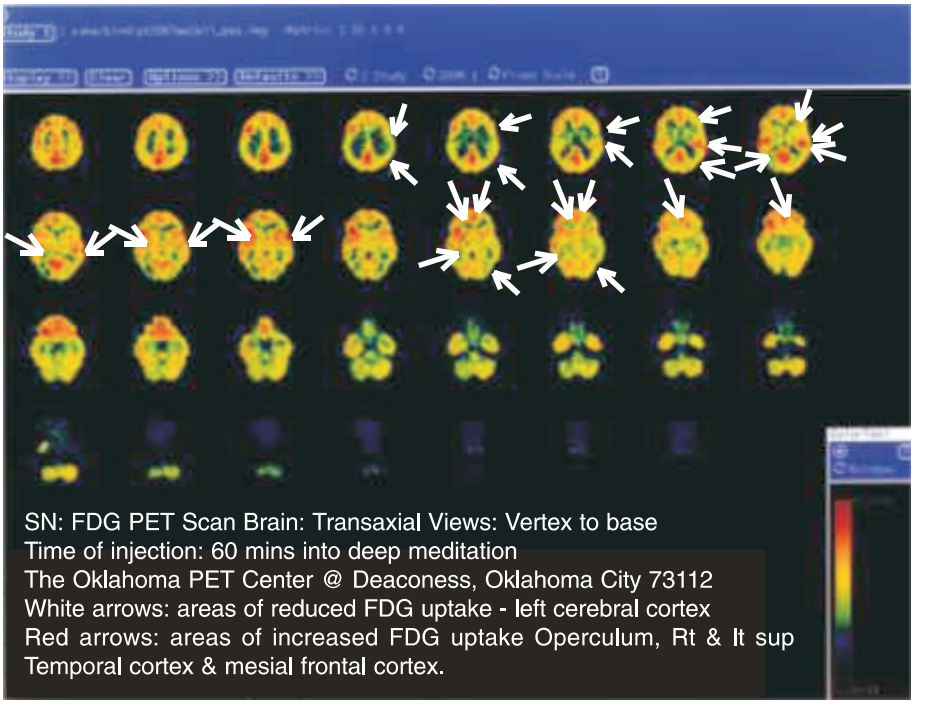
SN: FDG PET Scan: Transaxial Views: Vertex to base
Time of injection: 60 mins into deep meditation
The Oklahoma PET Center @ Deaconess, Oklahoma City 73112
White arrows: areas of reduced FDG uptake - left cerebral cortex
Red arrows: areas of increased FDG uptake Operculum, Rt & Lt sup
Temporal cortex & mesial frontal cortex



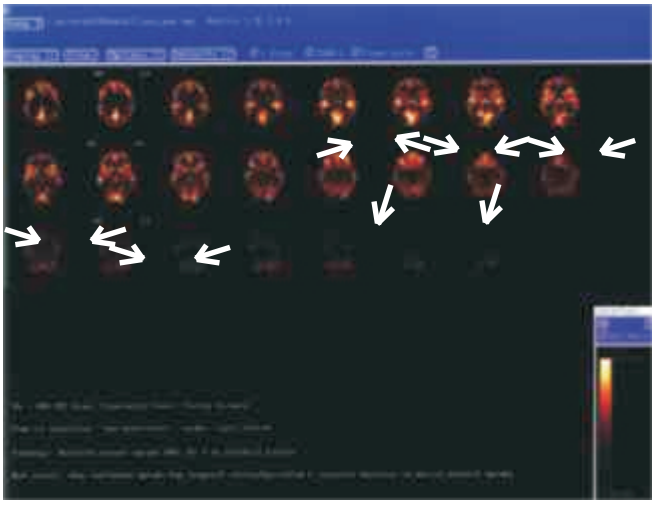
SN: FDG PET Scan: Transaxial Views: Vertex to base
Time of injection: Non meditative - awake - eyes closed
Findings: Relative normal uptake FDG Rt & Lt Cerebral Cortex.
Red arrows: show continued uptake Sup temporal cortext/Operculum &
relative decrease in mesial frontal uptake.



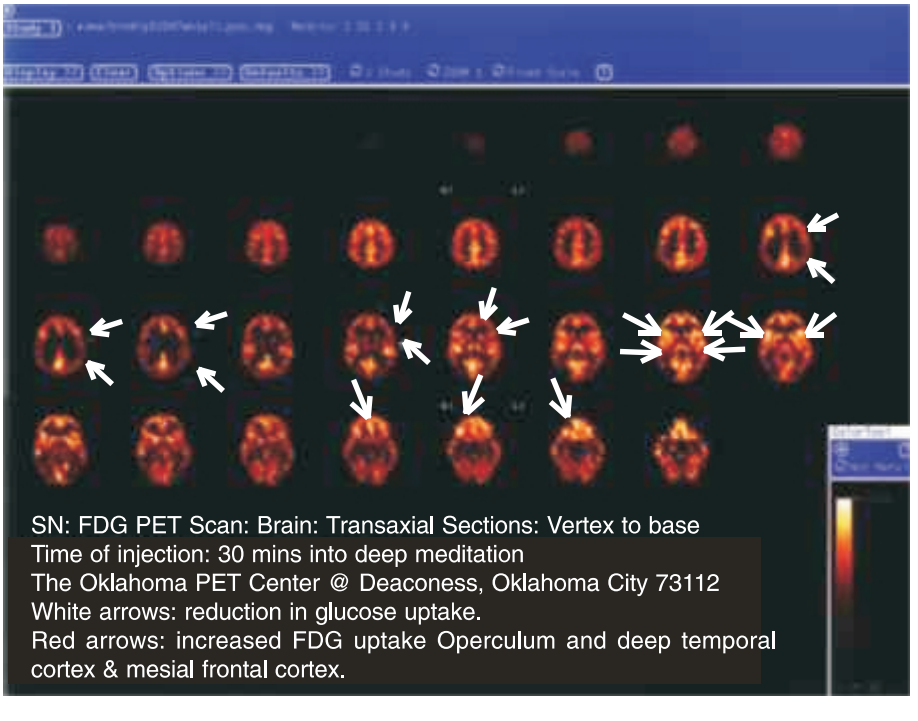
SN: FDG PET Scan: Brain: Transaxial Sections: Vertex to base
Time of injection: 30 mins into deep meditation
The Oklahoma PET Center @ Deaconess, Oklahoma City 73112
White arrows: reduction in glucose uptake.
Red arrows: increased FDG uptake Operculum and deep temporal cortex & mesial frontal cortex.



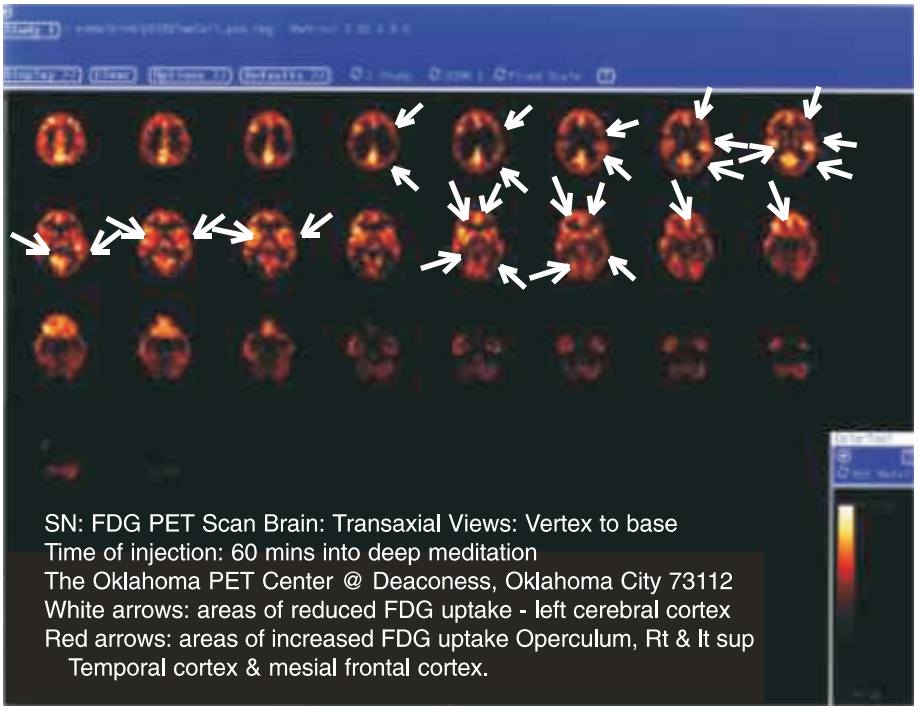
SN: FDG PET Scan Brain: Transaxial Views: Vertex to base
Time of injection: 60 mins into deep meditation
The Oklahoma PET Center @ Deaconess, Oklahoma City 73112
White arrows: areas of reduced FDG uptake - left cerebral cortex
Red arrows: areas of increased FDG uptake Operculum, Rt & lt sup Temporal cortex & mesial frontal cortex.

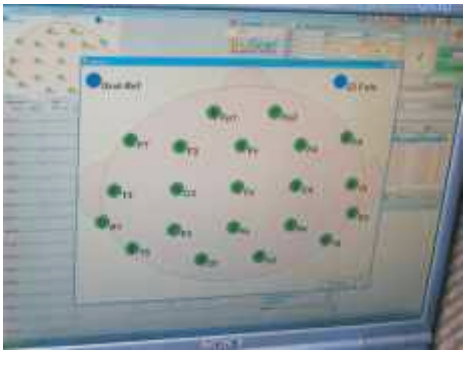


Time of injection: Non meditative - awake - eyes closed
Findings: Relative normal uptake FDG Rt & Lt Cerebral Cortex.
Red arrows: show continued uptake Sup temporal cortext/Operculum & relative decrease in mesial frontal uptake.



SN: FDG PET Scan: Brain: Transaxial Sections: Vertex to base
Time of injection: 30 mins into deep meditation
The Oklahoma PET Center @ Deaconess, Oklahoma City 73112
White arrows: reduction in glucose uptake.
Red arrows: increased FDG uptake Operculum and deep temporal cortex & mesial frontal cortex.





Pictures of electrode placement

Body, Mind and Spirit

Our body is intelligence, not just a bio-mechanism. It is created, maintained and destroyed by our own thoughts. The emotions that we engrave inside ourselves are toxins that create a distance between our bodies and ourselves. The consciousness that we create within can dissolve these toxins and produce tremendous changes in our body, destroying disease at the physical and psychosomatic levels. When we meditate, our consciousness deepens. When we learn to relax into our own body, we will be healthy and vibrant.

Our mind is the center for processing and assimilating sensory information and has a strong influence over our body's setup. The root of our mind is most often 'dilemma'. When we choose with dilemma, we choose only suffering. Choosing is always suffering. Choicelessness is bliss. Our inner space needs to be free from dilemma so we may live in the present, enjoying it as it is. When we live in the moment, we explode in all directions entering into infinite possibilities. We then live with complete awareness and actualize our entire potential.

Verbalization is the constant inner chatter that goes on within us. We repeat sets of words inside us and continuously create self-contradicting results for ourselves in the outer world. Our thinking is not real thinking; it is mere 'association'. It is an association of unrelated thoughts from the past and the future. Any information perceived is processed through this database of unrelated information. As a result, we make illogical decisions and miss the present. Meditation frees us from this pattern of unconscious decision-making. It keeps us in a state of complete awareness and deep consciousness.

Meditation is done to reach the level of the spirit or being. The being is nothing but consciousness. When you achieve your being, you feel completely at home; you feel you have come to your space. In your quest, you need to have the courage to find your space, the courage to experiment with the Truth. Meditation is the way to experiment with the Truth and experience it. It is the way to your being.

- Nithyananda

29 Apr 2005

Dr. Juan Acosta-Urquidi and his associate, Ann Trechak from Sound Health Designs, LLC, Wichita, KS, USA were offered the unique opportunity to record an EEG (Electroencephalography) session with Swamiji.

The observations showed Swamiji switching his brainwave patterns as he transited through different altered states of Consciousness. Another aspect of the research involved Heart Rate Variability (HRV) analysis, which is a useful tool to explore the energetic transactions between two subjects.

(Refer Acosta-Urquidi, JACM, 2004, vol. 10(4); Acosta-Urquidi and Trechak, 15th ISSSEEM Confer. '05; see also www.heartmath.org).

The Heart Rate Variability (HRV) from Swamiji and a volunteer subject were simultaneously recorded while the subject received healing from Swamiji. The HRV measurements obtained before (the control baseline) and during the healing session were then compared.

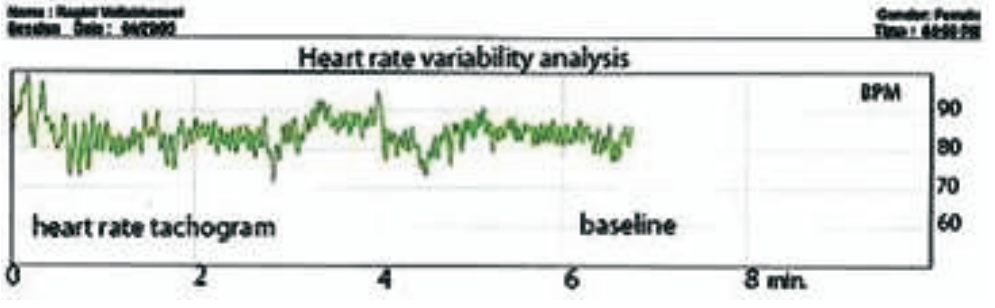
As shown in the data below, shifts in the power spectra signal were recorded in the receiving subject during the healing by Swamiji and also when Swamiji was sending healing energy into the room, not specifically directed at the subject.

Above: Ann Trechak records the HRV baseline from Swamiji before He starts the healing session.

Right: Swamiji performs healing on the subject. Both Swamiji and the subject are hooked up to HRV analysis equipment.

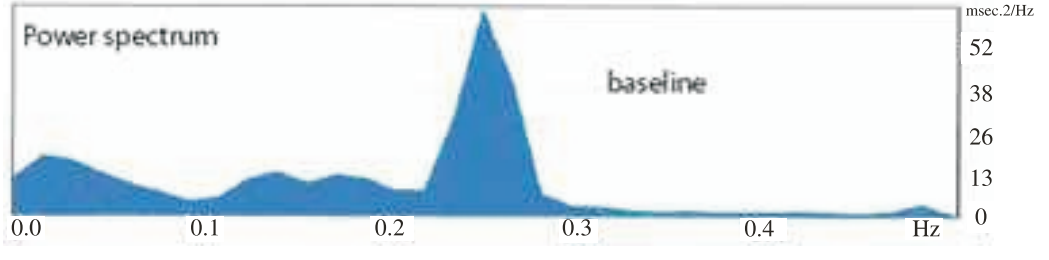
Following are a few pictures that show that Swamiji's healing energy affects the HRV signals recorded in the receiving subject:

Baseline heart rhythm tachogram recording (approximately 7 mins.)

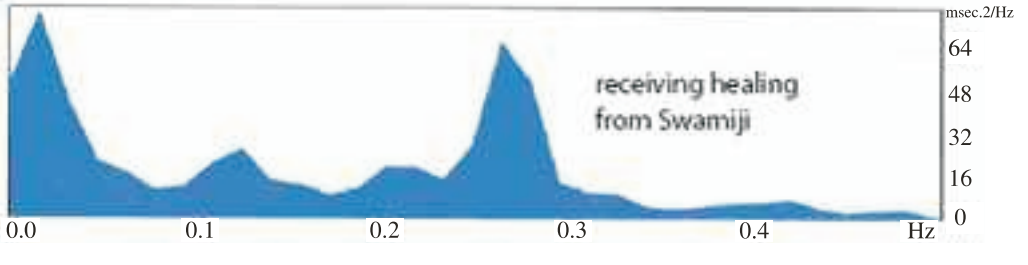


The following 3 graphs show the power frequency spectra of tachogram signal.

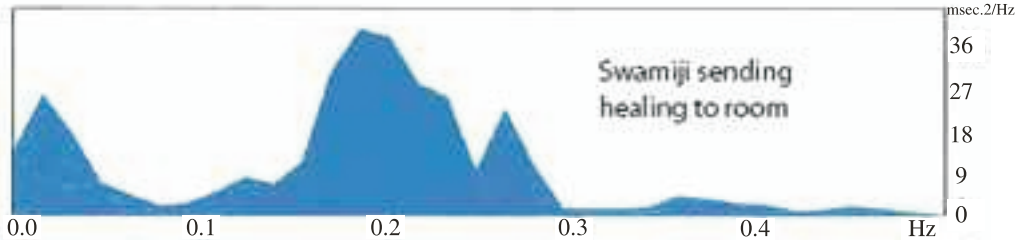
The graph below shows the spectral signal value, at approximately 0.25, indicating parasympathetic state dominance (the subject was very quiescent).



In the graph below, a new peak appears at the far left, indicating robust sympathetic arousal, which mirrored Swamiji's spectral signal (not shown).



In the graph below, peaks at the far left and far right persisted (reduced amplitude) and a new signal appeared at 0.20, indicating a significant shift towards sympathetic arousal to match the energy of Swamiji's heart.



It was concluded that the subject's heart rhythms entrained to Swamiji's during the healing session.

The team concluded the experiments saying, *"We look forward to more scientific studies of Swamiji, to objectively validate His great spiritual gifts at this crucial time when planetary healing is such a priority."*

Juan Acosta-Urquidi, PhD. and Ann Trechak can be contacted at:
Sound Health Designs, LLC., www.soundhealthdesigns.com
3700 E. Douglas #20
Wichita, KS, 67208 ph: 316-652-8989
trechakaa@cs.com
jacostau@yahoo.com

17 June 2005

On 17 June 2005, while Swamiji was attending annual AAPI Convention in Houston, TX, Dr. Juan Acosta-Urquidi and his associate, Ann Trechak from Sound Health Designs, LLC, Wichita, KS, USA again, had the unique opportunity to hook up Swamiji to an EEG machine and examine his brainwave patterns as he shifted into distinct states of consciousness.

In all his previous experience working with some very gifted subjects, Dr. Acosta had never recorded such a unique pattern of EEG mindstates.

Swamiji proved to be a dream subject as he demonstrated his mastery at switching mindstates while remaining motionless.

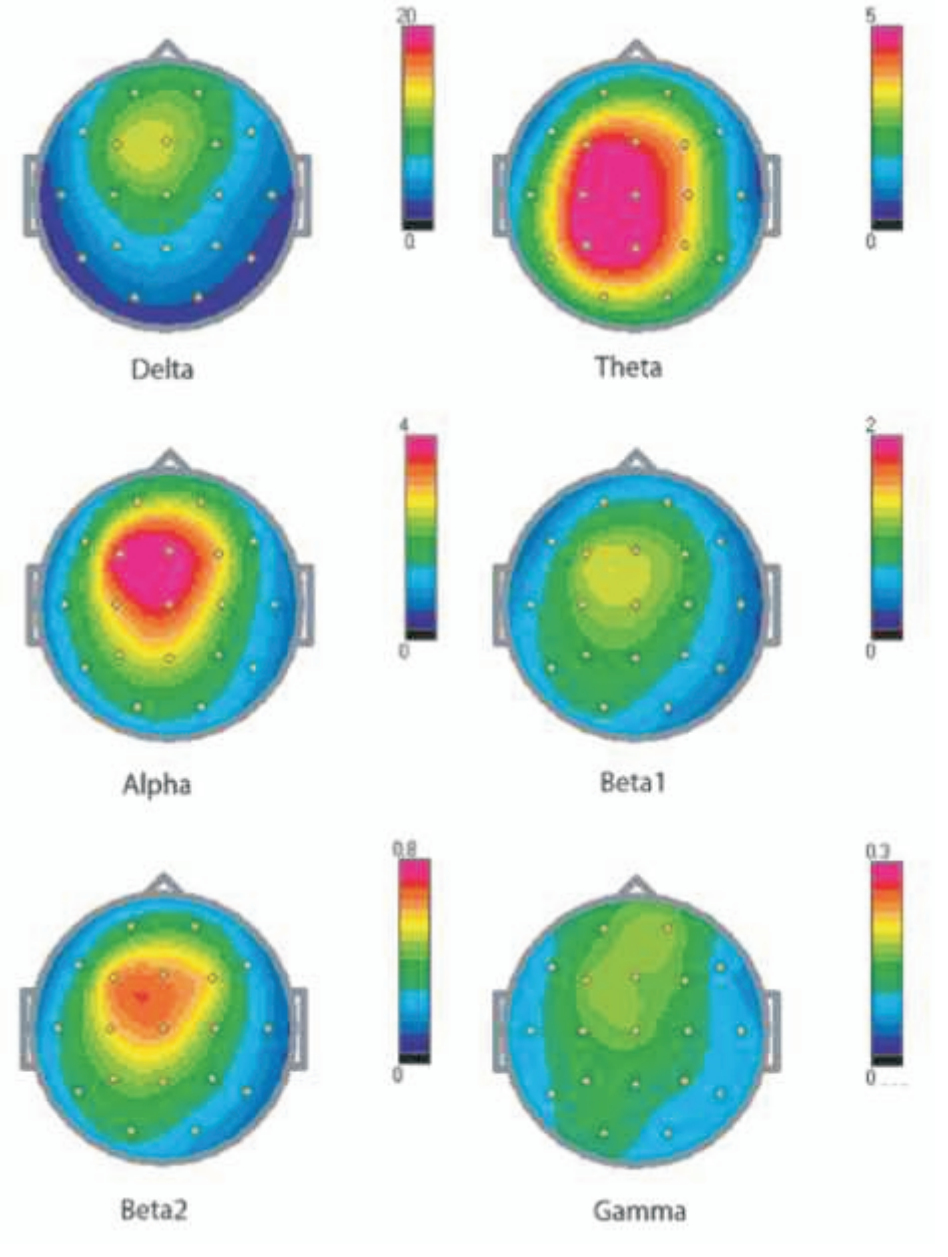
A representative sample of the recorded data is shown below.

The brainstate patterns are displayed as colored topo maps, showing average power values (600 sec. samples) for different brainwave frequency bands (Delta,Theta, Alpha, Beta and Gamma).

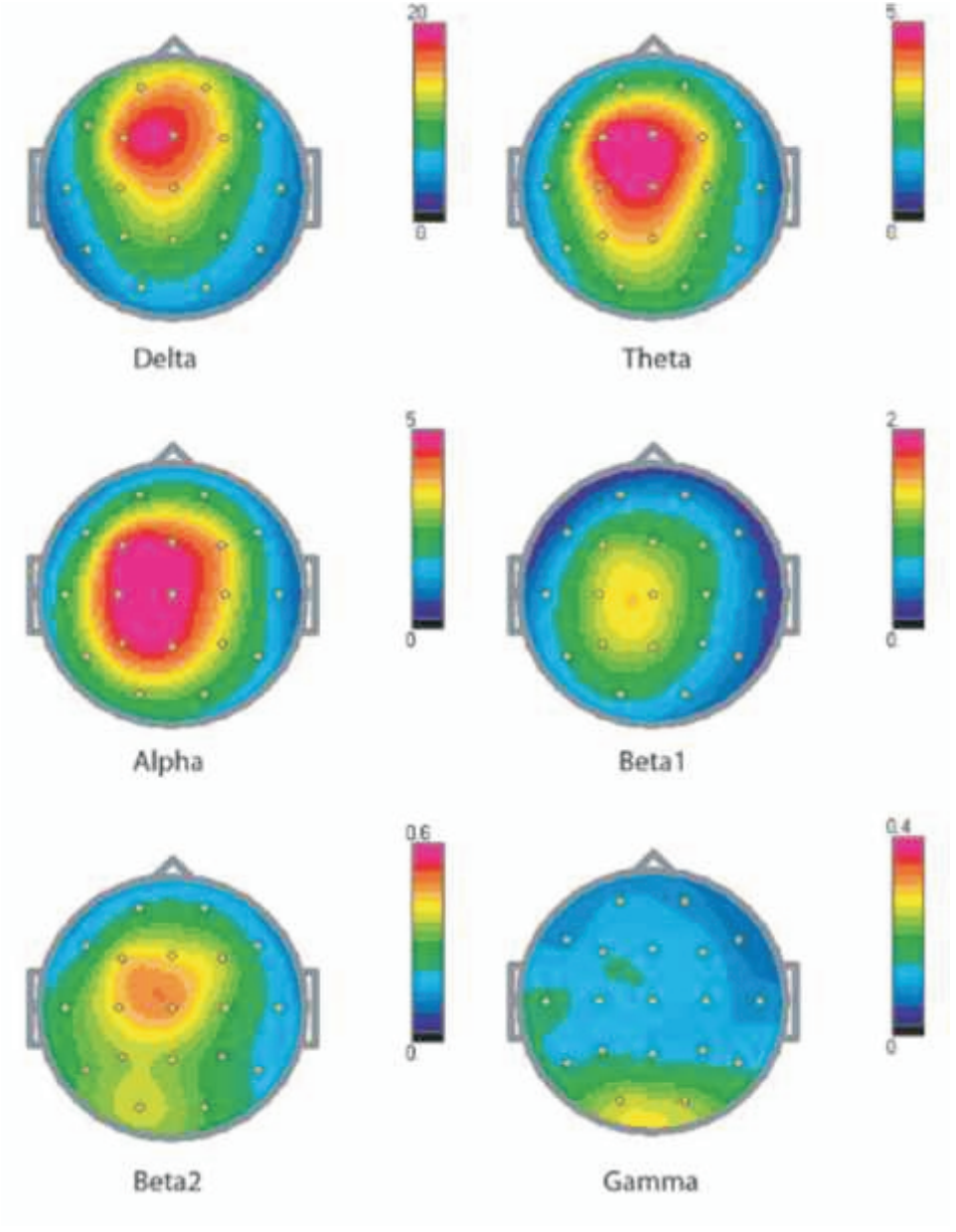
The most striking findings were: At first glance, ***Baseline*** (eyes closed) condition pattern was almost indistinguishable from ***Meditation*** state, except for some minor differences. Notice subtle changes in the localization of Theta and Alpha maximum power values (hot spots), as if they swap places. The ***Meditation*** state showed slightly higher Alpha power, which also extended into more posterior (parietal) sites. The other detectable change was the antero-posterior edistribution of Gamma hot spots: from initially frontal-central in Baseline, to focalized occipital in Meditation state.

By contrast, the ***Healing*** state showed more robust differences: Delta power increased and was very focalized to frontal region, and Theta and Alpha power values reversed. Note also Beta1, 2 & Gamma slightly increased compared to ***Baseline.*** These findings reveal that Swamiji has the unique ability to remain in a near-meditative state during rest eyes closed baseline conditions, when he was deliberately not attempting meditation. His Healing state is characterized by shifting into a more active and aroused condition, where he gains access to an energetic linkage with his client and his surroundings.

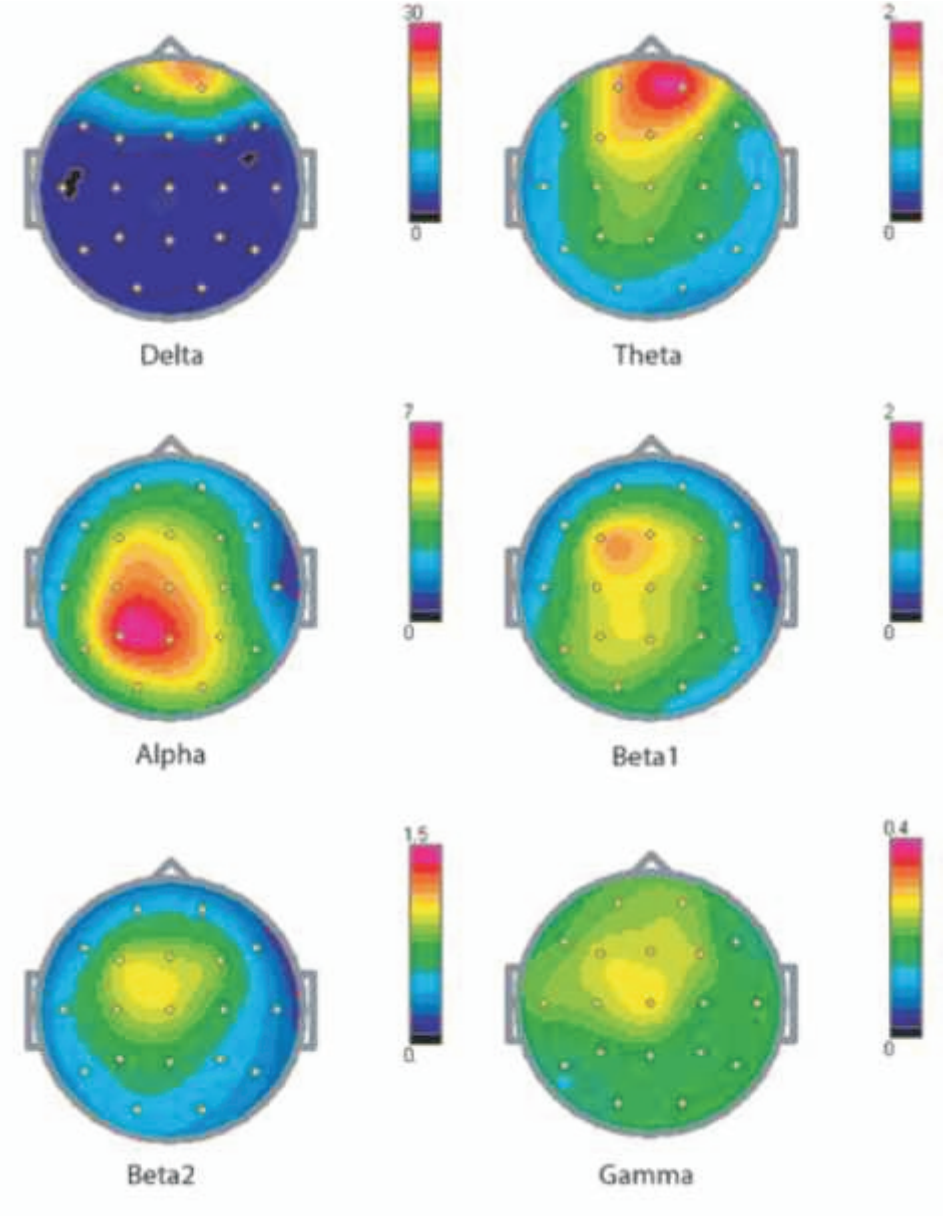
Colour topo maps showing brain state patterns



Baseline: Note highest power values are in Delta frontal sites; Theta highest at frontal-central and parietal sites, slightly left of midline. Alpha power comparable to Theta but restricted to frontal-central sites. Alpha and Beta 1, 2 overlap exactly.



Meditation: a comparison to Baseline topo maps reveals slightly increased Delta power; Theta concentrated more central and frontal; Alpha extends to parietal sites; Beta 1, 2 not much different, but Gamma band reveals a marked shift from frontal to occipital region



Healing State: Notice increased Delta power and restricted focus on frontal region. Theta power is reduced ca. 60% and now focused in frontal sites. Alpha power increased by 40% and shifted to parietal area.

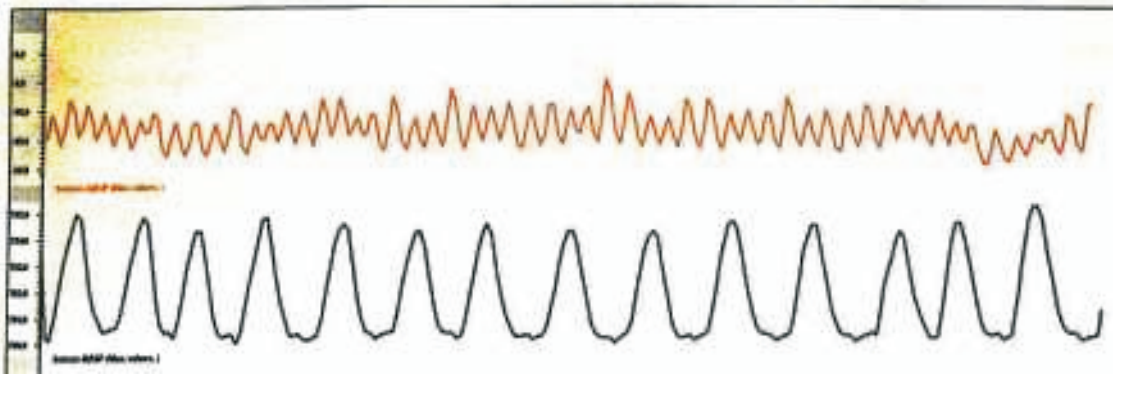
26 April 2006

Seattle, Wa. USA. Dr. Juan Acosta-Urquidi and his associate, Ann Trechak from Sound Health Designs, LLC, Wichita, KS, USA made observations of brain waves and other vital metabolic activity during normal, deep sleep, meditating and healing states of Swamiji.

Breathing and Heart rate rhythm: The remarkably smooth and uniform breathing pattern, (bottom trace, blue), is approximately 13 breath cycles per minute when Swamiji was in *Samadhi* state.

a

Upper trace is BVP (Blood Volume Pulse, measure of heart rate rhythm) and also reveals a very constant ordered pattern. This signifies high coherence state.

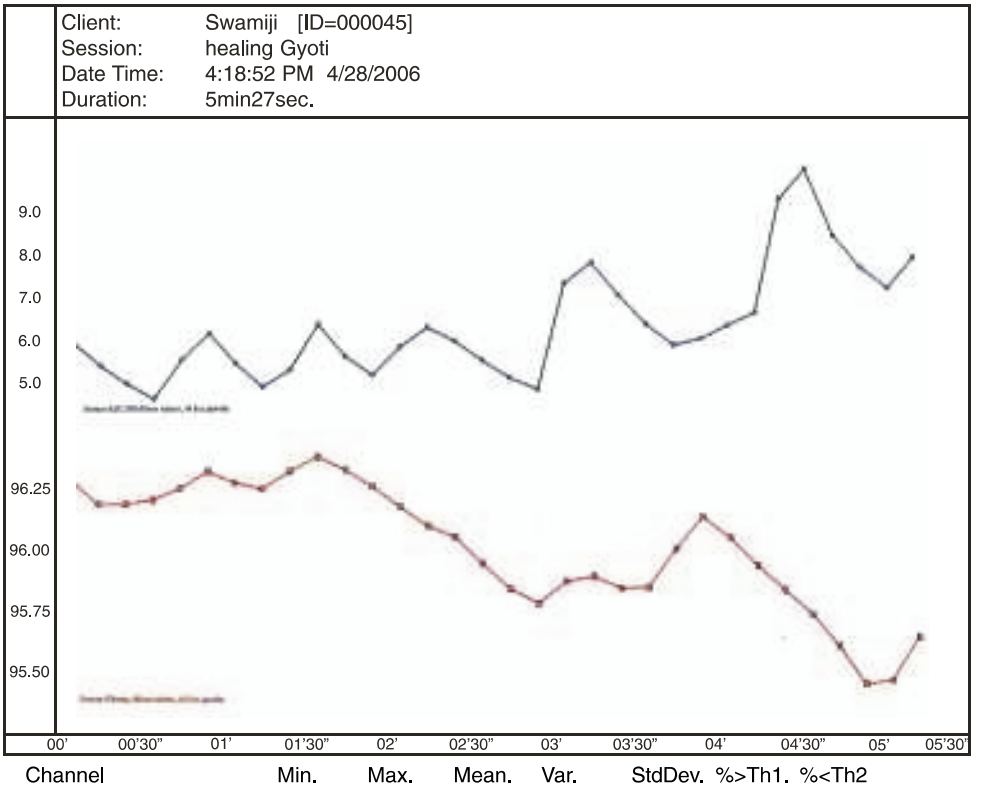


During Healing: The graph below shows simultaneous records of Temperature and GSR (Galvanic Skin Response, a measure of autonomic arousal) during a Healing session. Swamiji had a very steady consistent low baseline GSR reading (values less than 1.0 Mhos) at all times - baseline, meditation and *samadhi* state - except when entering the Healing state. In this example, his GSR started to increase gradually as he was getting ready to heal and then shows rapid very robust increases (spikes in the blue graph). His mean GSR values changed from a minimum 4.49 to maximum 11.0**.**

Temperature on the other hand, showed very little variation uring the entire session (mean 96 F).

This suggests Swamiji metabolic state is very constant and stable.

GSR (also referred to as Skin Conductance Level, SCL) is a measure of skin conductance to electricity (measured in mhos, the reciprocal of ohms, a measure of resistance). GSR reflects sweat gland activity (perspiration), which is under the control of the ANS (Autonomic Nervous System). GSR sensors on the fingertips measure the level of arousal, relaxation vs. tension, a subject is experiencing. Low GSR values represent very low level of arousal (deep relaxed, calm state). A sudden increase in GSR value reflects increased arousal level (increased skin perspiration conducts electricity better) due to ANS sympathetic activation, such as occurs when subject is in high alert.



Channel	Min.	Max.	Mean.	Var.	StdDev.	%>Th1.	%<Th2
Sensor-E:SC/GSR	*4.49*	*11.00*	*6.26*	*1.73*	*1.31*	*100.00*	*0.00*
Sensor-F:Temp.	*95.40*	*96.39*	*96.03*	*0.06*	*0.25*	*100.00*	*0.00*

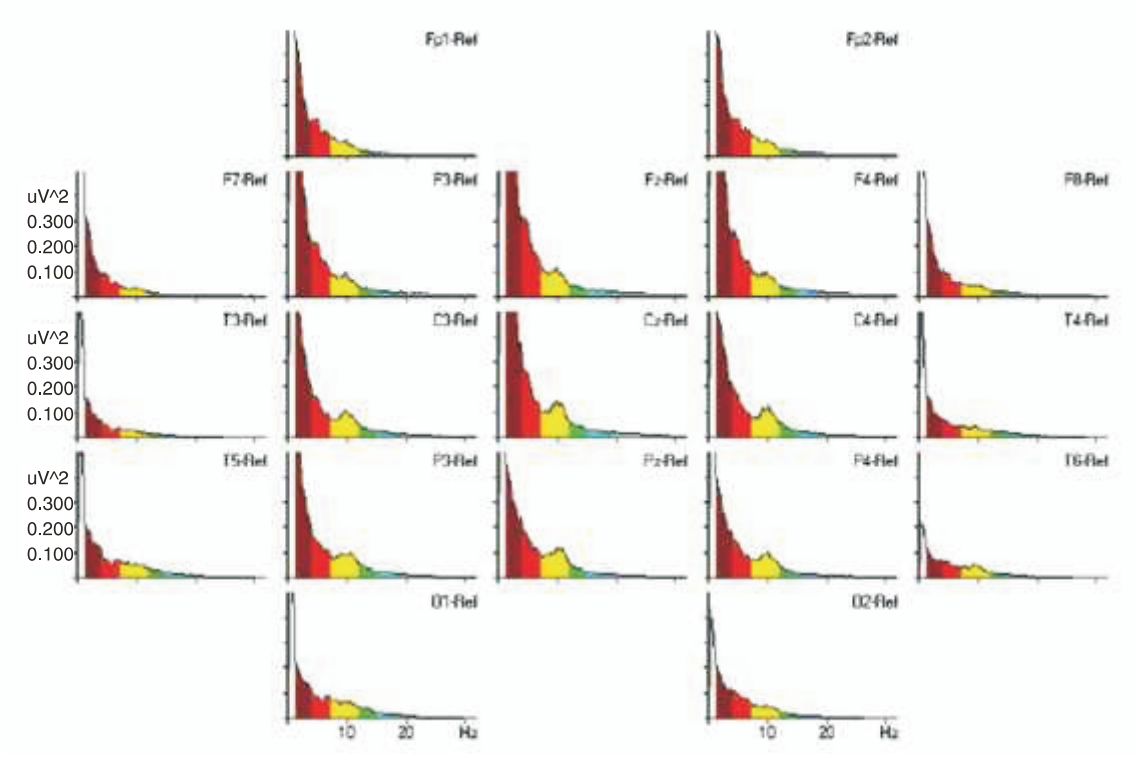
In the case of Swamiji, I interpret sudden increased GSR in preparation for, and during healing, as an increased level of sympathetic ANS activity, because he is running energy to deliver during Healing! The HRV (Heart Rate Variability) measures I obtained when Swamiji is healing a subject also reveal increased sympathetic ANS activation. This result during healing is therefore consistent, and two separate physiological measures (GSR and HRV) confirm it!

Following are brainstate patterns and colored topo maps of the brain with Baseline readings, Meditation, Deep Samadhi and Healing states' readings.

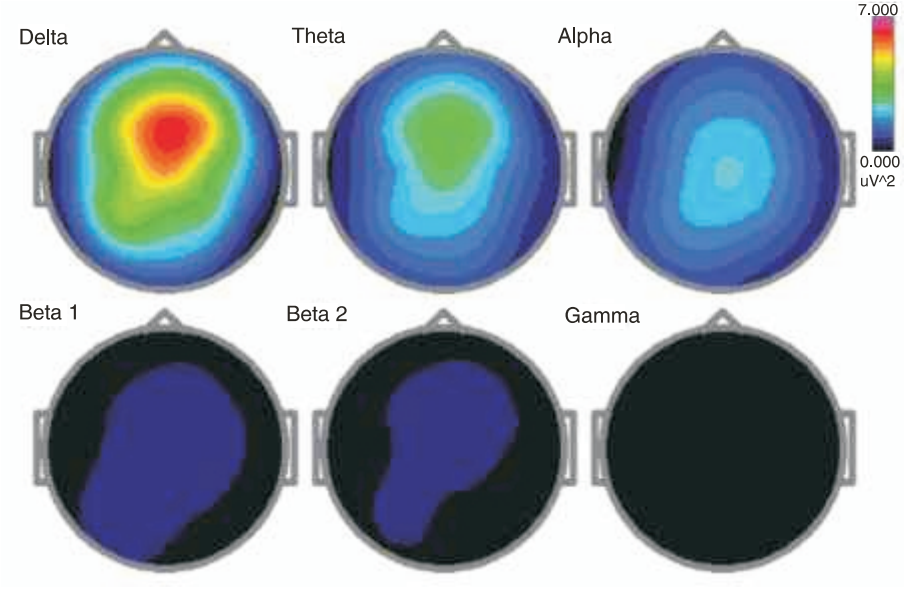
Baseline eyes closed condition

Power-frequency spectra reveals delta (1-4 Hz, burgundy) is the dominant rhythm, followed by theta (4-7.5 Hz, red) and some alpha (8-12 Hz, yellow).

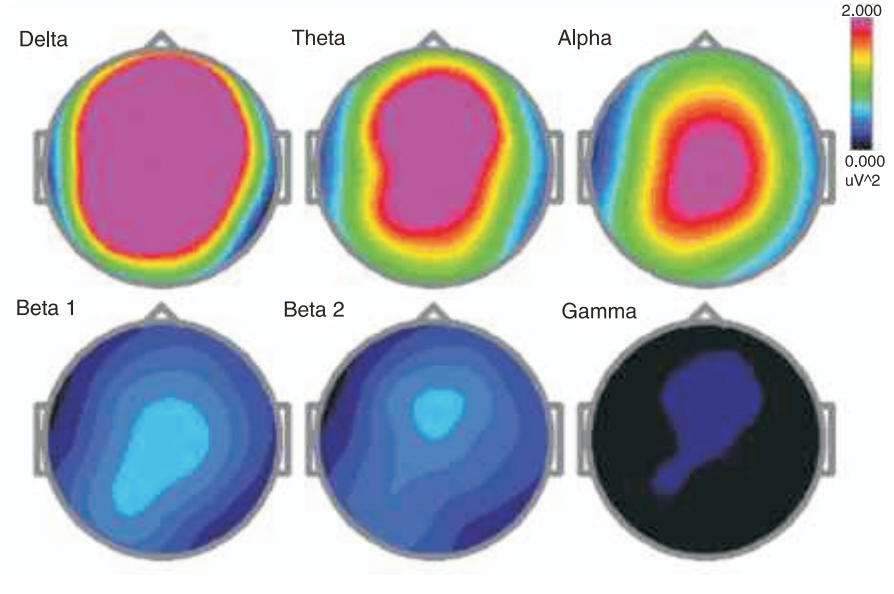
19 channel International 10-20 electrocap hookup, linked ears referential using Mitsar equipment (St. Petersburg, Russia).



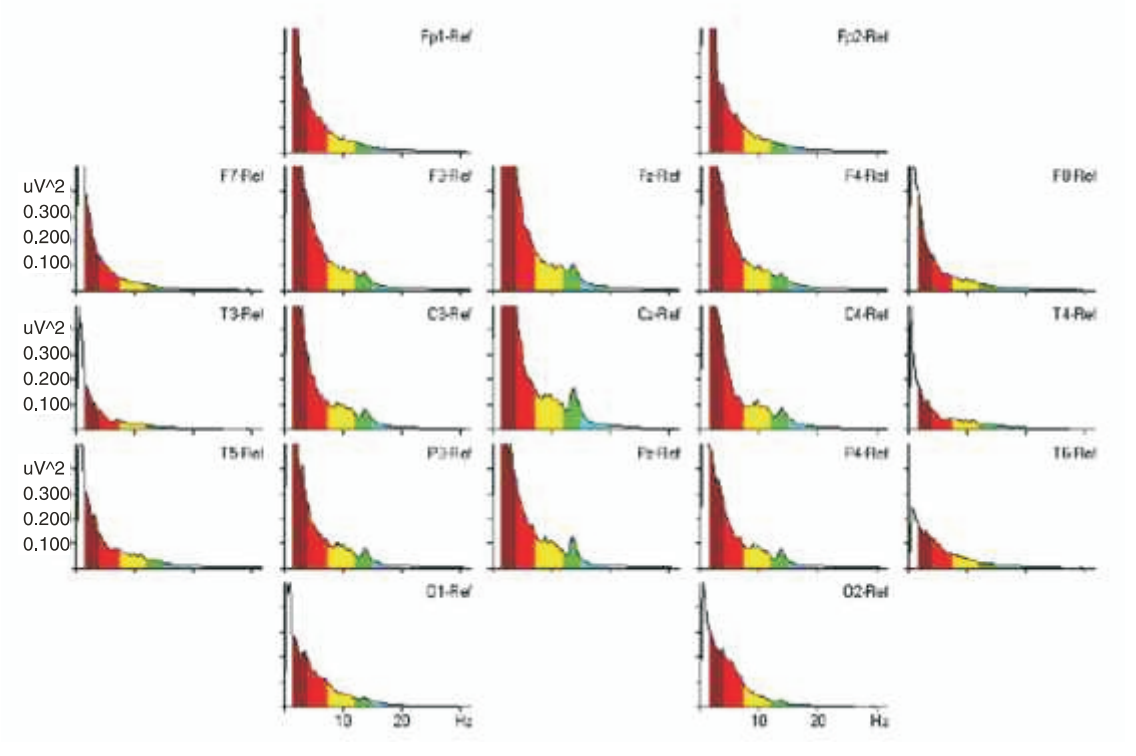
Baseline eyes closed.
Topographic brainmap shows highest delta power localized at frontal-central sites.



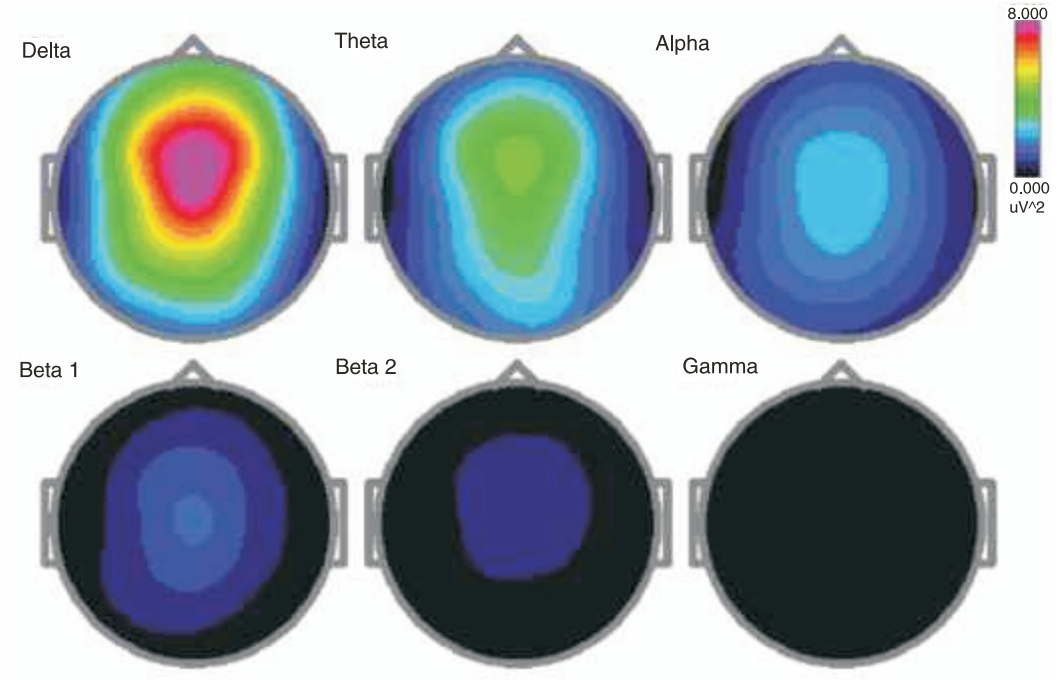
At higher gain setting topo maps reveal roughly symmetrical distribution of delta, theta and alpha around Fz and Cz (frontal and central vertex sites).

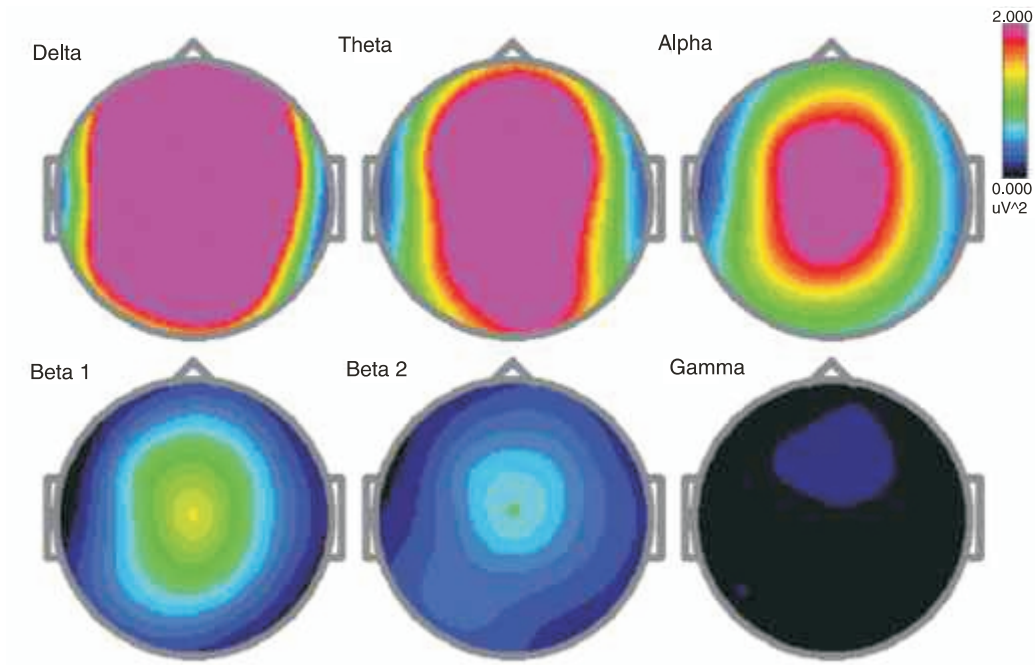


During meditation: Note the only difference compared with Baseline pattern is the slight increase in theta and alpha power, and also the appearance of small beta1 peak (12-15 Hz, SMR rhythm, green **indicating increased focus during meditation).**

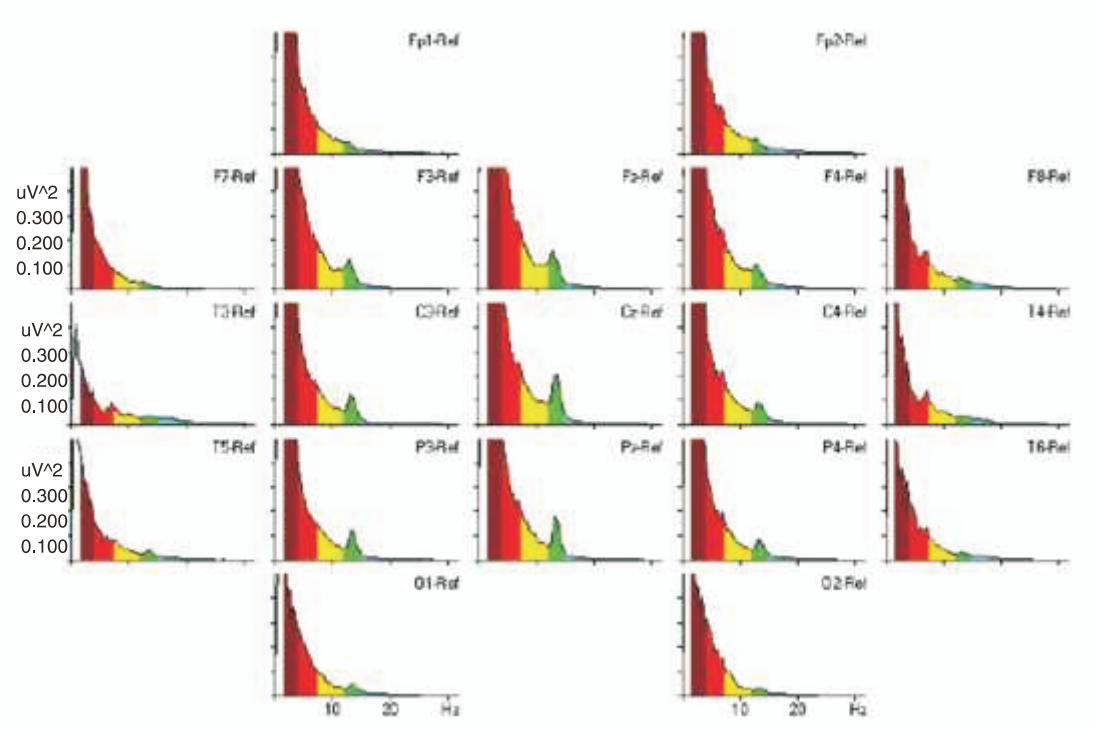


Topo maps during meditation: Note increased beta rhythm: beta1 band reveals more green color (indicating increased power), and beta2 (15-20 Hz) now appears in light blue at same central site.

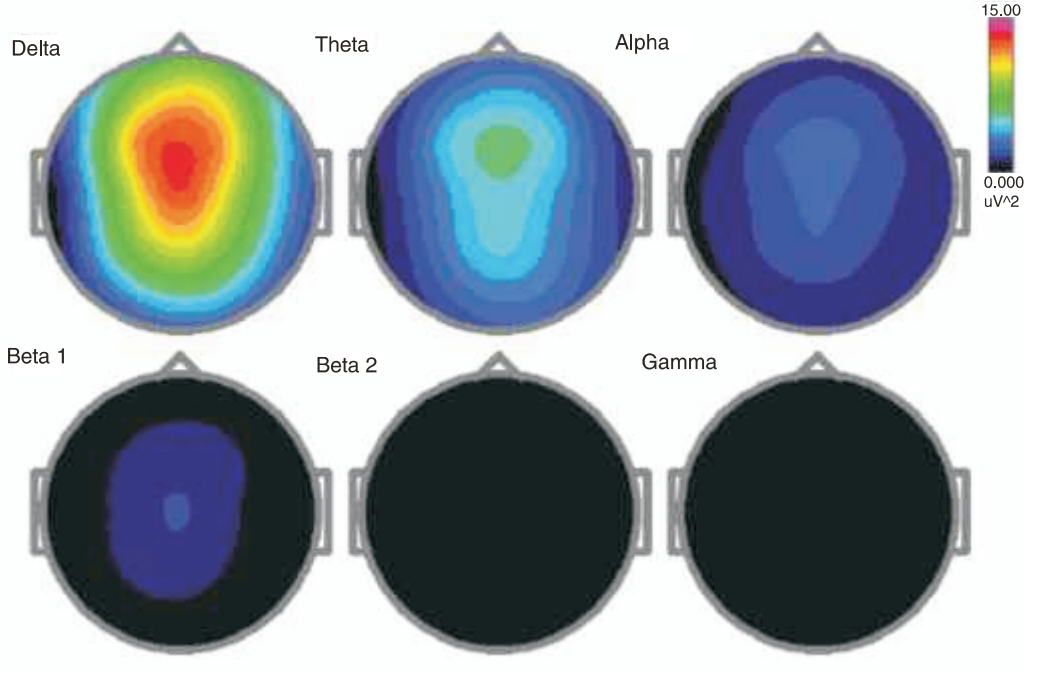




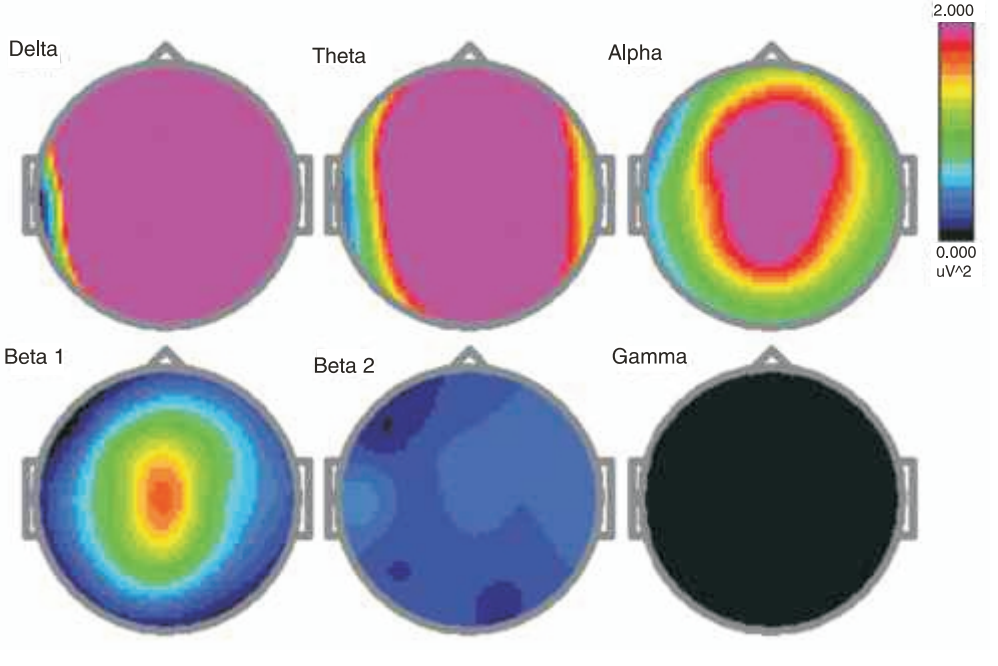
Deep Samadhi state: Shows a marked increase in beta1 power (SMR, green). This remarkable pattern of brainwaves during samadhi state demonstrates Swamiji is engaged in active focused state while still sustaining a high delta background state.



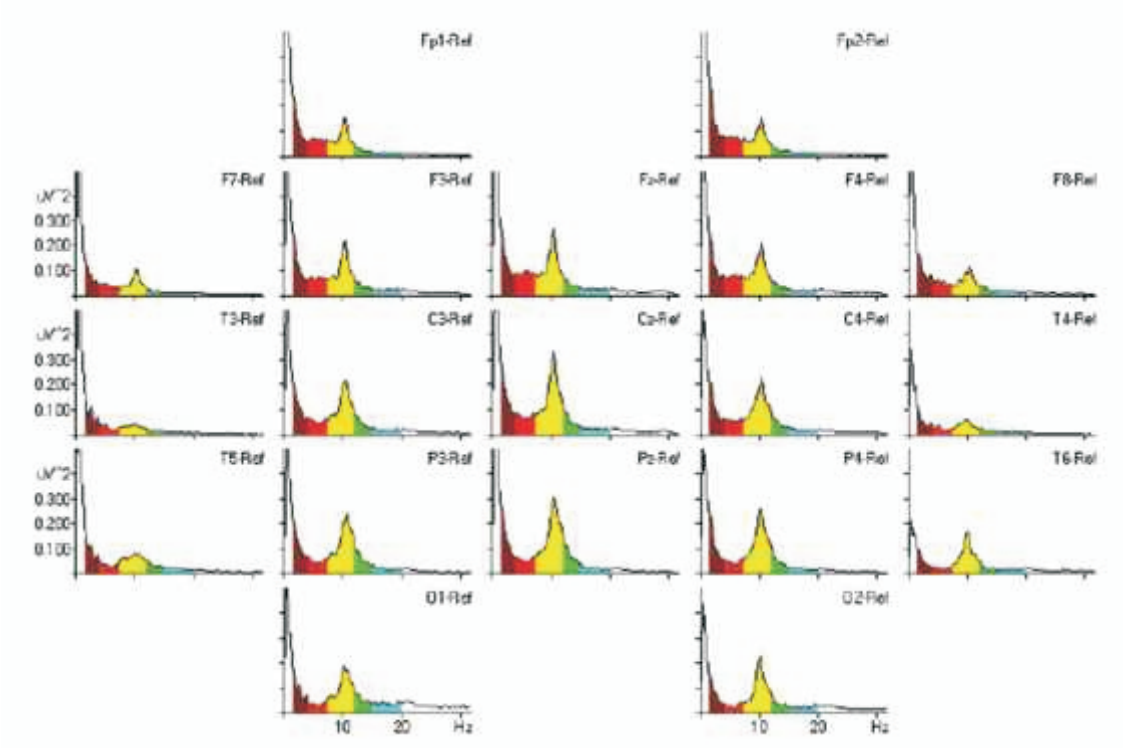
Samadhi state topo maps reveal marked increase in the background delta rhythm (note power scale is 15.0 at maximum, pink color).



At higher gain, topo maps show some increased theta power and Beta1 (12-15 Hz, SMR), which is visible as orange color localized to central site (Cz, vertex).

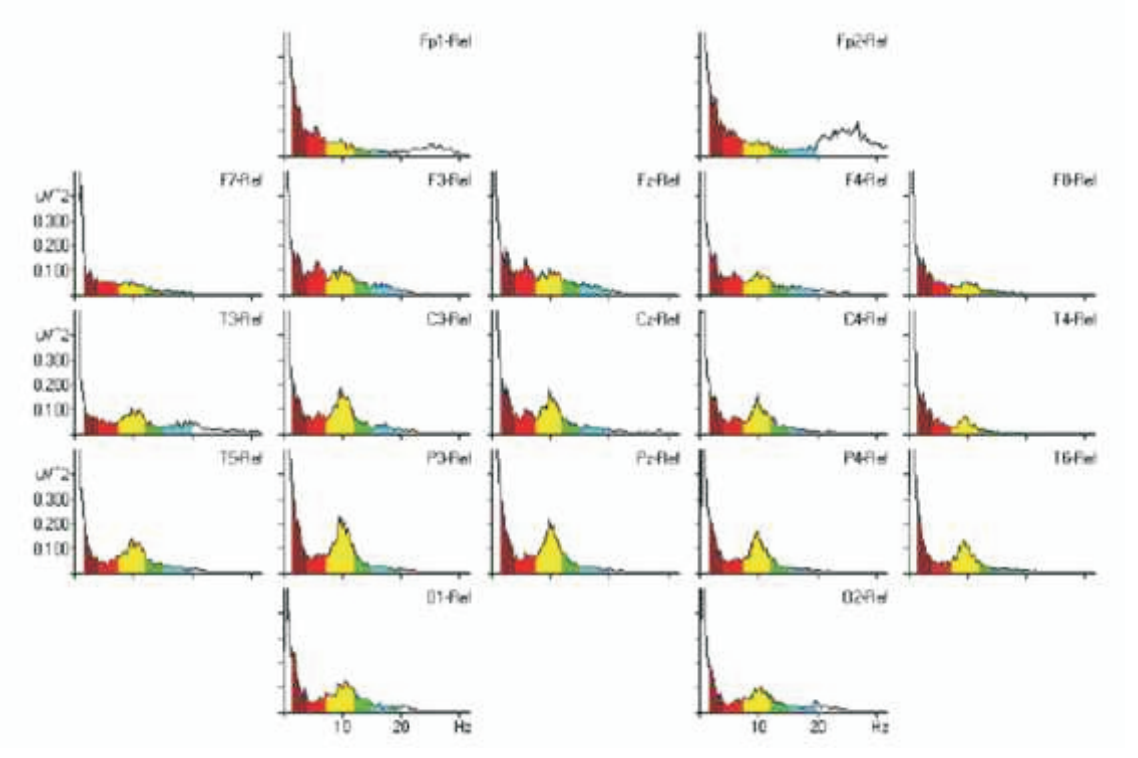


Healing State: This analysis revealed a striking shift of brainstate during healing; alpha rhythm (8-12 Hz, yellow) now shows marked increase and slow rhythms (mostly delta) are markedly suppressed. This finding is consistent with my previous studies with many energy healers, **(Acosta-Urquidi, J., 2004, JACM, vol. 10, no. 4, p.725.)**

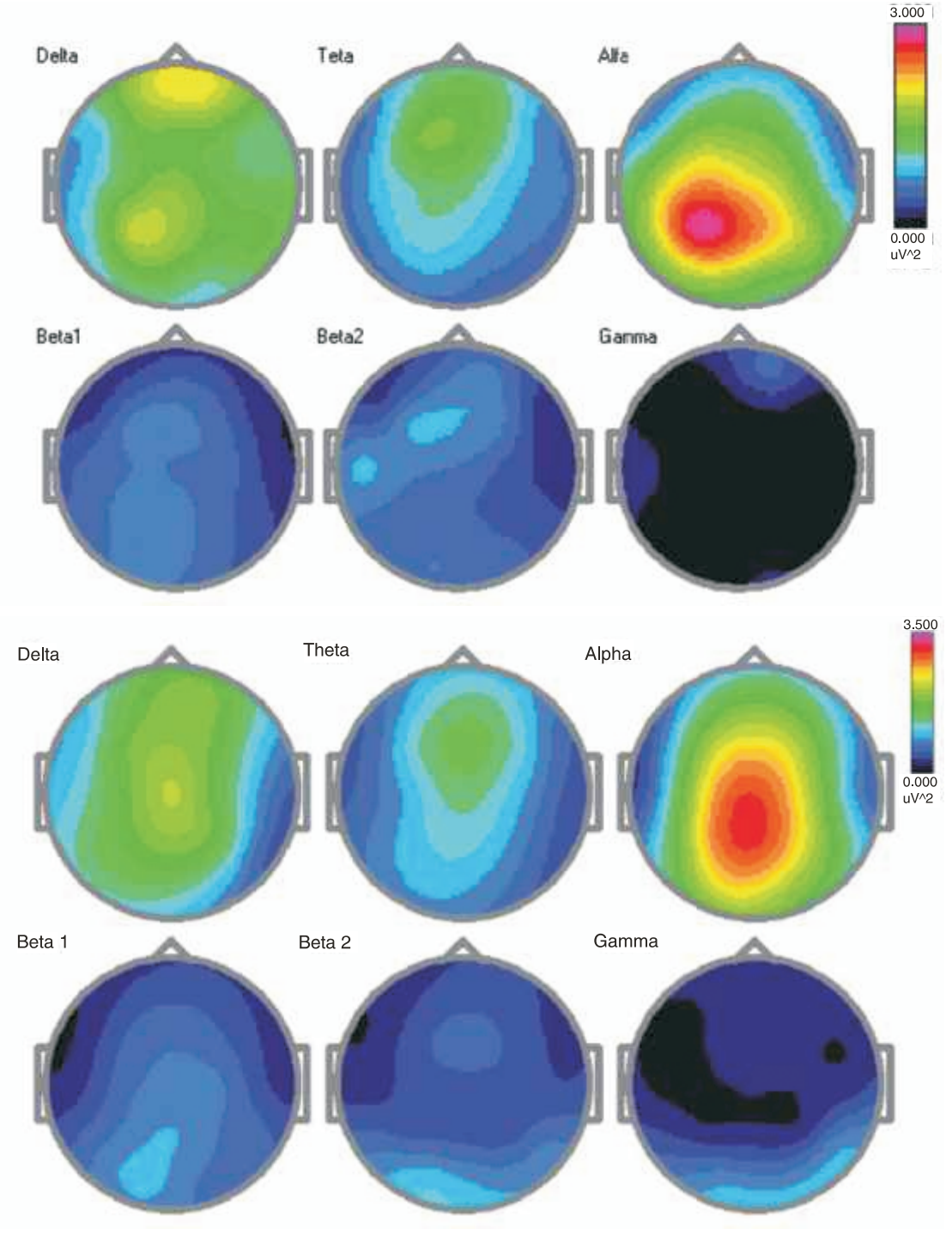


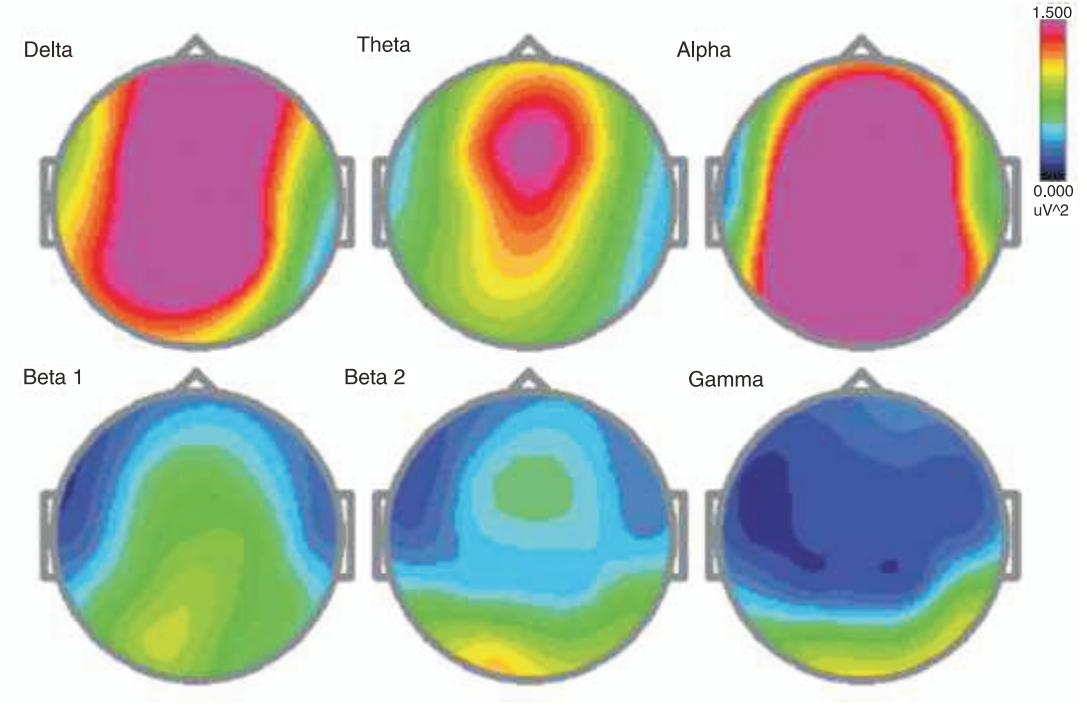
Conclusion:
Swamiji demonstrated a remarkable ability to shift into different brainstates during meditation, samadhi and healing conditions. The change between his baseline pattern and meditation is small, indicating that he is always in a permanent state of meditation when he sits still with eyes closed.

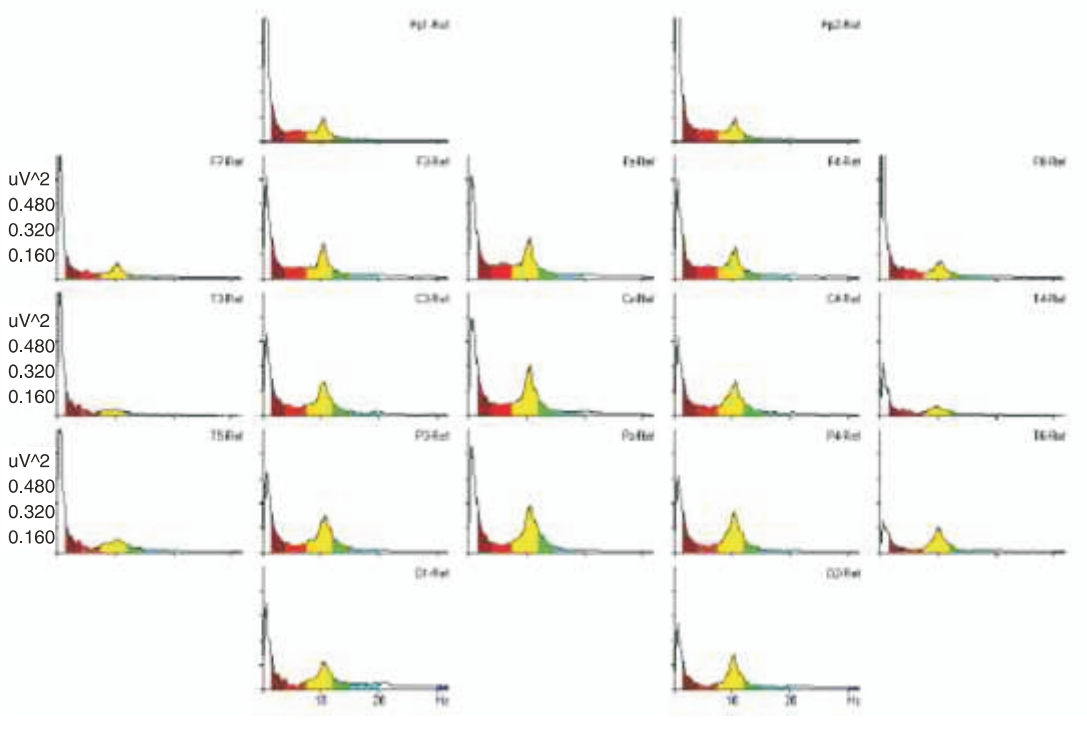
Baseline eyes open condition: Power-frequency spectra data from an earlier recording session on 6/05, shows alpha band is dominant, with some small amount of theta during eyes open condition. FP2 high frequency (20-30 Hz) is due to EMG contamination (muscle signals).

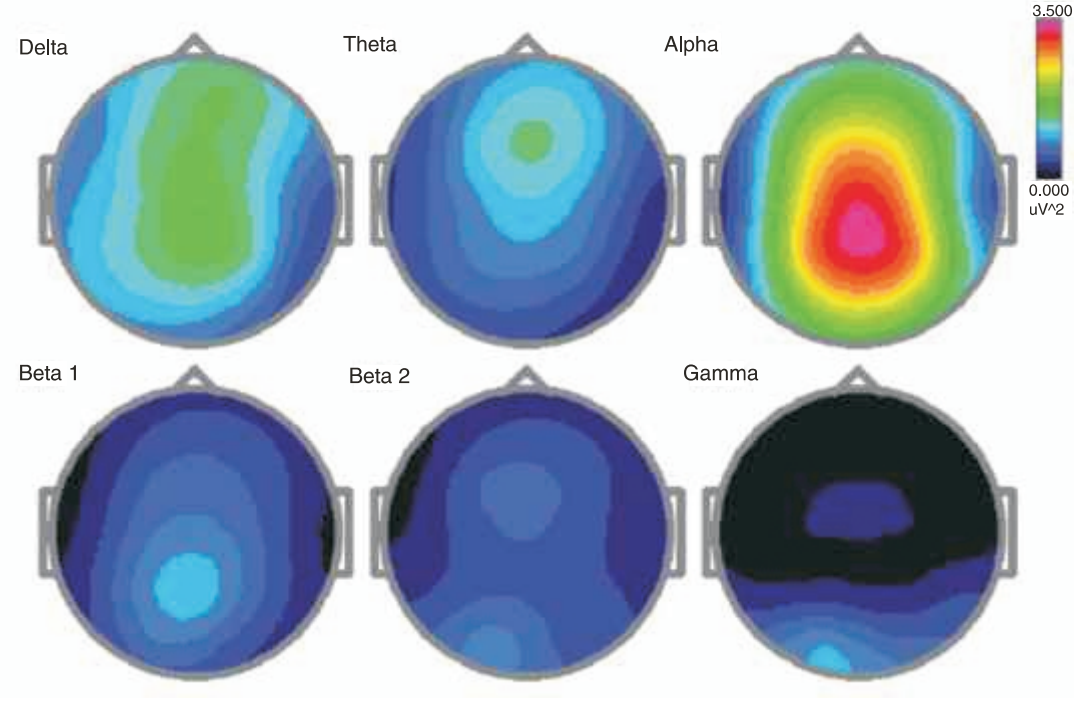


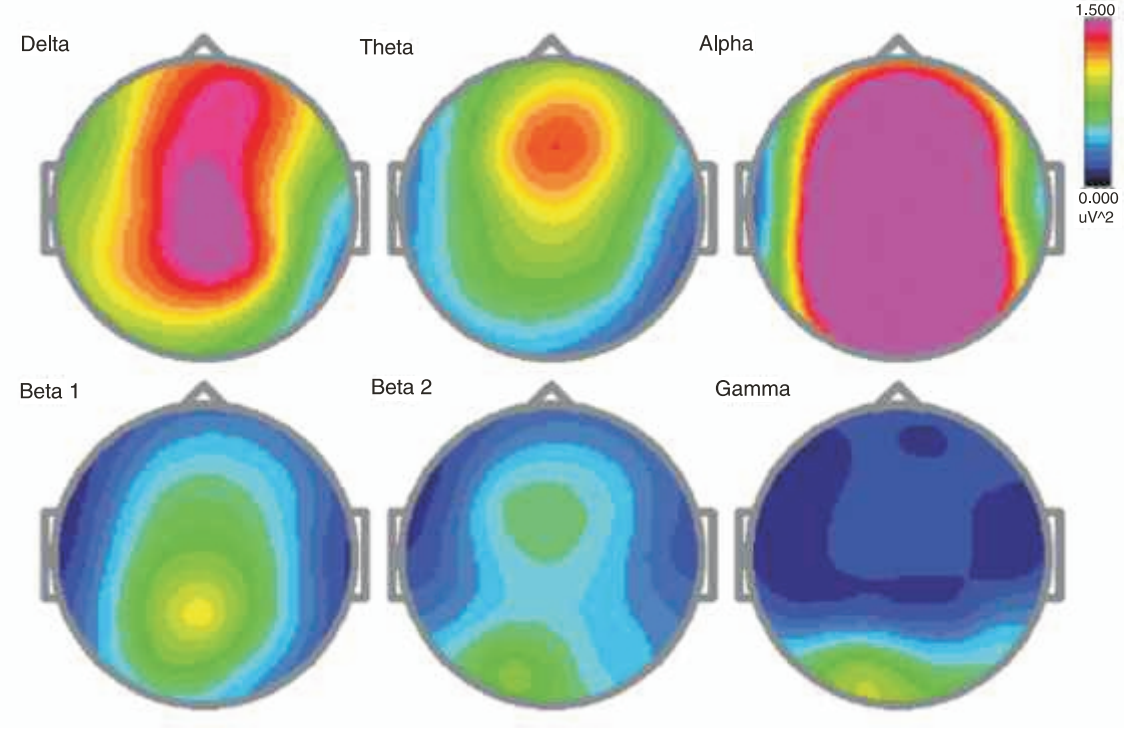
Topo maps showing the dominant alpha state during eyes open condition.




Delta
Theta
Alpha
Beta 1
Beta 2
Gamma
1.500
0.000
uV^2


uV^2
0.480
0.320
0.160
uV^2
0.480
0.320
0.160
uV^2
0.480
0.320
0.160


Delta
Theta
Alpha
3.500
0.000
uV^2
Beta 1
Beta 2
Gamma


Delta
Theta
Alpha
1.500
0.000
uV^2
Beta 1
Beta 2
Gamma

Health, Healing, Energy

Healing is restoring physical and mental health. Good health is not just an absence of disease or a clinically good report, but a positive well-being ness at the level of the body, mind and spirit. Beyond this, it is a continuous bubbling of bliss inside oneself at the being level - what is called the flowering of Energy.

Our body and mind are deeply rooted in consciousness and therefore most diseases have their roots at the psychosomatic level although they manifest themselves as something at the periphery. These diseases can be cured if our consciousness is directed upon them - and this is exactly what Energy Healing does. The Existential Energy is pure healing energy. It is pure intelligence also. When used for healing, it brings one's consciousness to the disease and thereby heals.

The human body has inherent intelligence in itself. If only we allow this intelligence to function, it is capable of miraculous healing. Pain itself is nothing but the rush of energy to heal the affected area. But we resist pain and prevent the natural body healing from happening. Energy healing is simply play of energy over matter to heal.

All efforts to heal are efforts only to awaken the body's inherent healing power. Nothing can heal from outside. The ultimate healing can happen only from within.

Someone asked me, 'Will meditation really help?' There is no eed to speak in the language of belief or faith. To know that an apple is tasty, you don't have to have any belief - just have a bite and you will understand!

- Nithyananda

14 Apr 2005

Nithyananda met with Dr. William Collins, a leading Researcher and a practicing Neurofeedback specialist at the latter's office in St. Louis, USA. Dr. Collins requested to study the brain activity of Nithyananda along with that of a patient at the time he was healing the latter. The patient was injured in a car accident 10 years earlier consequently suffering from affected motor nerves. Nithyananda readily agreed to his request. The experiment was conducted and the results recorded which are presented here in brief.

'The world is not going to believe this!' exclaimed Dr. Collins at seeing the astounding observations recorded.

There were 4 main states in which the brain readings of Nithyananda and the patient were recorded and compared: (a) both just sitting normally, (b) Nithyananda meditating, (c) Nithyananda healing the patient and (d) Nithyananda radiating healing energy, without directing it specifically towards the patient.

When Nithyananda was just sitting and his brain waves were recorded, Dr. Collins observed the following:

1. Nithyananda's brain was unusually quiet (especially the right side of his brain).
   Brain metabolism was 1/20th of normal people – this is significantly lesser that what he has seen even in very calm persons.
   - This implies there is an enormous conservation of energy.
   - Oxygen and other chemicals consumed by the brain to process information is greatly conserved.
2. The activity was a minimum; only the energy required to run vital body functions were being consumed.
3. The readings of brain activity and metabolism were at such low levels that Dr. Collins changed electrodes to more sensitive ones and even adjusted them a few times to make sure he was getting the readings. Despite the adjustments, the readings continued to show unusually low levels!

4. The left and right sides of his brain were working simultaneously.

5. The strength of Alpha waves, which is generally high for people who are stressed, was significantly lower than normal.

Dr. Collins could not believe that Nithyananda was in his normal state with this level of activity in the brain. He remarked, 'there is no such thing as normal state for you!' And Nithyananda replied that he was right, because even during normal state he is really in *Samadhi*.

While Nithyananda was meditating:

1. Higher frequency brain waves increased. This was found only in people who had meditated for 20 yrs or so.

2. Lower frequency waves decreased in strength. This was the reverse of what is normally observed in average persons, where lower frequency waves become more prominent during meditation.

    - The reason for this unusual reading is, as Nithyananda pointed out, that when average persons meditate they concentrate, but Nithyananda simply enters into pure awareness**.**

While Nithyananda healed David, Dr. Collins noted the following readings:

1. Nithyananda's brain readings were **dramatically** different.

2. The right side of His brain became much more active. The difference between the right side and the left side was dramatic!

    - Right hemisphere does global thinking and rapid processing.

    - Whatever takes the left brain several minutes to process, the right brain will process in half a sec (i.e. the right is 100s of times faster than left brain)!

    - His right brain was much more active compared to the left.

    - The right brain was also in the timeless zone (no concept of time).

3. The strength of the waves implied a tremendous level of metabolic activity.

    - Dr. Collins stated 'If I had done this, I'd be fatigued and sleeping by the time its over!'

    - But of course, Nithyananda felt refreshed after healing, and this was unbelievable for the doctor.

At the same time, from the patient's brain readings:

1. Certain high frequencies that we don't normally produce, were being produced by his brain.
    - These high frequencies are generally produced when we integrate information, or an epiphany happens.

- If and when they are produced, they occur for a very short duration (about one second) and are easy to miss.

2. In the David's brain, not only were these waves being produced, but they were maintained during the entire healing period!

3. Dr. Collins commented, 'The world is not going to believe this! This is extremely unusual….it seems as if his brain was changing and 100s of 1000s of neurons/nerves in the brain was being re-wired!'

4. The sustained levels of high frequency waves also meant a very high metabolism of the brain.

   - Dr. Collins described it as equivalent to running at your fastest speed for 20 minutes.
   - Based on that, he concluded that the patient will be exhausted after the healing.
   - On the contrary the patient didn't feel tired, and instead he was refreshed and he wanted to walk!

In this phase, Swamiji created the same healing energy, but instead of directing it to one person, he radiated it. Dr. Collins once again recorded the brain activity in Swamiji and David, and found that:

1. The high freq. waves continued to occur in David's brain (i.e. re-wiring of the brain continued to occur).

2. There was still a significant difference in the strength of the high frequency waves in David's brain.

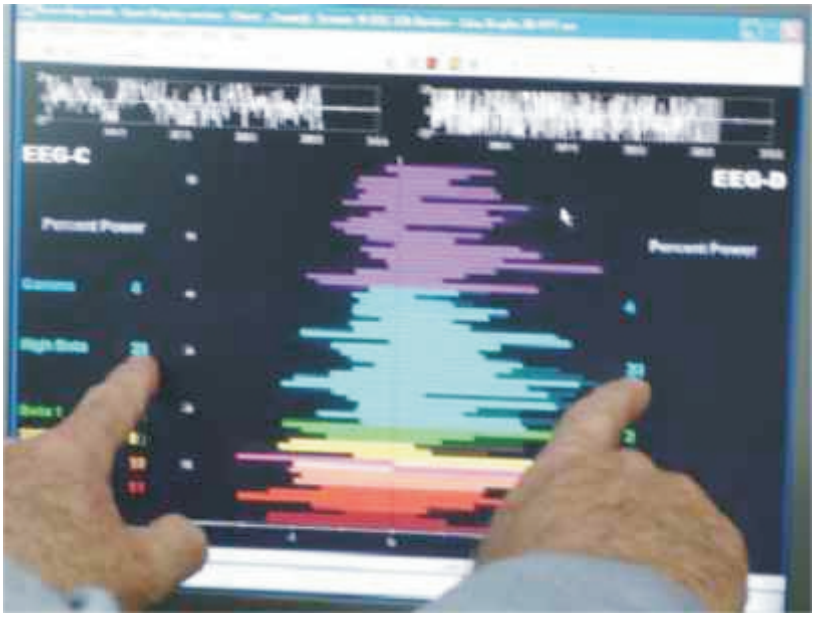
3. Both sides of David's brain became like the right brain of Swamiji.

4. Swamiji's brain activity was quite similar to the levels during one-to-one healing.

Swamiji explained, "In the normal state, myself, the person getting healed and the Cosmic Energy are all different, but during healing, all 3 get connected. That could be the reason why David's brain behaved like Swamiji's brain."

David's brain activity map showing 40 Hz high frequency wave (in yellow)...

Dr. Collins interpretting Nithyanandas brain activity



Intelligence, Consciousness and Energy

Let us define the terms - Intelligence, Energy and Consciousness.

Intelligence is that which happens when the intellect of the mind is dropped and inner consciousness takes over.

Consciousness is thoughtless awareness or pure witnessing, without the play of the mind.

Energy is the Existential energy that pervades all forms of Life.

How are these three related?

Intellect of the mind is nothing but dead knowledge that creates solid layers of unconscious patterns and draws us repeatedly into this unconscious bank for decision-making. When allowed to happen in this manner, decision-making becomes a dull and unintelligent by-product of the mind. Intellect does not allow the mind to respond; it simply makes it react, unconsciously. A reactive mind is never spontaneous; it is pre-meditated. Intelligence on the other hand is meditative and spontaneous. It therefore provides total solutions.

When the intellect is dropped and the inner consciousness is allowed to surface, we move into a different plane of existence. Consciousness is deep awareness. With deep awareness, one can harness the Existential energy, which pervades the cosmos. Existential energy is nothing but pure intelligence. When we harness this Energy, meditative intelligence happens.

The deeper our consciousness, the better we harness the energy and the more intelligent we become. Intellect is of the mind while consciousness is of the being. Mind is societal while the being is natural. If the mind is used as a mere tool and consciousness is allowed to grow, the energy pervading the cosmos becomes available to us as the ultimate intelligence – Cosmic Intelligence.

When consciousness reaches the peak, individual consciousness merges with the universal consciousness and the Existential energy flows through seamlessly. Intelligence then becomes infinite and this is what is called enlightenment or samadhi or inner bliss or whatever you may call it.

Intelligence, Consciousness and Energy become one and the same in this ultimate state of Existence.

- Nithyananda

Appendix A - Definition of Medical terms

EEG

Electroencephalogram

QEEG

Quantitative (or Quantified) Electroencephalogram

a.k.a., brain-mapping or topographic EEG analysis, it is computer-based processing of EEG data obtained from electrodes attached to the scalp

Advantages of QEEG

More objective assessment of EEG alterations is possible, which can be interpreted more easily by those who are not specifically trained in reading conventional data. Uninterrupted monitoring of instantaneous information about the changes in neurophysiological function is possible. Attributes of brain function that cannot be seen in the raw EEG signal may be observed.

Application of QEEG

Researchers have demonstrated that specific deficits were related to left and right hemispheric dysfunction as measured by electroencephalogram (EEG) analysis.

Quantitative electroencephalogram (QEEG) and topographical brain mapping have been successful in demonstrating localization and verification in studies concerning right and left cerebral hemispheric dysfunction.

The strength of QEEG as a measurement tool is established when utilizing an ideographic basis to make within-patient comparisons across homotypic brain regions (e.g., left frontal leads F1, F3, and F7, with right frontal leads F2, F4, and F8.

The QEEG is an effective and flexible neuropsychological assessment tool.

Types of Analysis

- ❖ Interhemispheric comparison (left versus right hemisphere sites)
- ❖ Within-subject statistical approach (patient serves as own control)
- ❖ Comparison of patient to normative database
- ❖ Comparison of specific sites (i.e., F8 & T4) based on current brain-behavior relationship theories

EEG Bandwidths

The **EEG** (electroencephalograph) measures brainwaves of different frequencies within the brain. Electrodes are placed on specific sites on the scalp to detect and record the electrical impulses within the brain.

Frequency

is the number of times a wave repeats itself within a second. It can be compared to the frequencies that you tune into on your radio. If any of these frequencies are deficient, excessive, or difficult to access, mental performance can suffer.

Amplitude

represents the *power* of electrical impulses generated by brain.
Bandwidths 2

The raw EEG has usually been described in terms of five frequency bands: **DELTA** (less than 4 Hz), **THETA** (4-8 Hz), **ALPHA** (8-13 Hz) and **BETA** (13-20 Hz).

Delta (<4 Hz)

The lowest frequencies are ***delta***. These are less than 4 Hz and occur in deep sleep and in some abnormal processes. It is the dominant rhythm in infants up to one year of age and it is present in stages 3 and 4 of sleep. It tends to be the highest in amplitude and the slowest waves.

Peak performers *decrease* Delta waves when high focus and peak performance are required. However, many individuals diagnosed with Attention Deficit Disorder *increase* rather than decrease Delta activity when trying to focus. The inappropriate Delta response often severely restricts the ability to focus and maintain attention.

Subjective feeling states:

Deep, dreamless (non-REM) sleep, trance, unconscious

Associated tasks & behaviors:

Lethargic, not moving, not attentive

Effects of training:

Increasing delta can induce drowsiness, trance, deeply relaxed states. Decreasing delta is associated with increased alertness.

Theta (4-8 Hz)

Theta activity is classed as "slow" activity. Theta brainwaves occur at two levels. The lower range of theta (4-6 Hz) represents the twilight zone between waking and sleep. It is a profoundly calm, serene state. In this range, conscious intellectual activity is not occurring. The higher range of theta (6-8 Hz), when it is frontal-midline, signifies that the brain is engaged in complex, focused problem solving, such as mental arithmetic. It is also seen in connection with creativity and daydreaming. Theta waves are strong during internal focus or meditation.

It is abnormal to see widespread theta in awake, alert adults, but it is normally seen in children up to 13 years old. When the theta rhythm appears to function normally it mediates and/or promotes adaptive, complex behaviors such as learning and memory.

Subjective feeling states:

Creative, recall, fantasy, imagery, drowsy.

Associated tasks & behaviors:

Creative, intuitive; but may also be distracted, unfocused.

Effects of Training:

If enhanced, can induce drifting, trance-like state. If suppressed, can improve concentration, ability to focus attention

Alpha (8-12 Hz)

Alpha waves tend to peak around 10Hz. Healthy alpha production promotes mental resourcefulness, aids in the ability to mentally coordinate, and enhances overall sense of relaxation. In this state you can move quickly and efficiently to accomplish whatever task is at hand. When Alpha predominates most people feel at ease and calm. Alpha waves represent the stage when the brain is shifting into idling gear, relaxed and disengaged, waiting to respond when needed. It is considered to be "potential" activity of cortical areas.

It is the major rhythm seen in normal relaxed adults - it is present during most of life especially beyond the thirteenth year when it dominates the resting tracing.

Alpha is a common state for the brain and occurs whenever a person is alert, but not actively processing information. You can increase alpha by closing your eyes or deep breathing or decrease alpha by thinking or calculating.

Alpha-Theta training can create an increase in sensation and abstract thinking.

Subjective feeling states:

Relaxed, not agitated, not drowsy, tranquil.

Associated tasks & behaviors:

Meditation, no action

Effects of Training:

Can produce relaxation, inner-awareness of self, mind/body integration, balance, centering.

Beta (12-35 Hz)

Activity is 'fast' activity. It is low amplitude, high frequency activity associated with a state of mental, intellectual, focused attention or concentration. It is an active processing state. It is usually seen in symmetrical distribution and is most evident frontally. It may be absent or reduced in areas of cortical damage.

It is generally regarded as a normal rhythm and is the dominant rhythm in those who are alert or anxious or who have their eyes open. However, high beta during relaxed states often signifies difficulties with excessive anxiety or obsessions.

It is the state that most of brain is in when we have our eyes open and are listening and thinking during analytical problem solving, judgment, decision making, processing information about the world around us.

Appendix B - Life Bliss Foundation Offerings

Specialized meditation programs are designed and offered continuously worldwide to benefit millions of people at the levels of body, mind and spirit. Some of the meditation programs currently offered are:

Ananda Spurana Program (ASP) / Life Bliss Program (LBP)

• Energize yourself!

The ASP or LBP is a chakra meditation camp.
It introduces us to the 7 vital energy centers in our body called the chakras, whose functioning has a direct bearing upon our physical and mental well-being. It explains the direct relationship between our emotions and these energy centers and offers simple meditation techniques for effective handling of our own emotions, better clarity and a positive mental setup, better interpersonal relationships, renewed and inspired attitude towards work, and a blissful life.

There is a similar such program designed for students, referred to as the student ASP or student LBP.

Nithyananda Spurana Program (NSP)

• Death demystified!

Death is the mystery of all mysteries. Our idea and fear of death pervades every moment of our lives and creates conflicting emotions in us. We simply miss out on the art of real living because of this.

This program clearly explains what happens at the time of death. It draws the relation between our created emotions of desire, fear, guilt, pain and pleasure with the seven energy bodies in us. It explains how each of these emotions arises from one of these seven bodies and how they work upon the departing soul as it crosses each of them. It brings to surface all our conscious and unconscious emotions that have been accumulated over the past lives, so we may be free from their clutches. It is like a complete spiritual bath to be reborn, equipped with the technique to live and leave joyously with astounding awareness to replace deep ignorance.

Atma Spurana Program (ATSP)

- Connect with your Self

Man is an integral part of Existence. When he realizes this experientially, he is enlightened. This meditation program describes the five body sheaths called koshas that stand in the way of man realising this truth. It offers techniques that pull our awareness through these sheaths to reach the Self.

Bhakti Spurana Program (BSP)

- Enrich your emotional Being

Over passing years, the mind has taken over the being. Humanity has fallen victim to the futility of the intellect. The emotional being suffers as a result of this.

Bhakti or devotion is the language of the being. It is supreme love towards Existence or God. It frees us from base emotions, bringing equanimity of the mind and deep fulfillment. It fulfills all our wants and takes us beyond them. The Bhakti Spurana Program unfolds the path of bhakti to the modern man. It steers us from intellect to the being, from mundane worship to sheer intimacy - with the Divine.

Nithyanandam

• Enlightenment intensive…

This is an intense meditation camp - a unique and first ever offering of the technology of Bliss or Nithyanandam. All keys to the 'Experience of Enlightenment', are handed over in totality by the Master himself. This is an opportunity to go beyond body and mind and experience pure Consciousness.

Dhyana Spurana Program (DSP)

• Mind is a myth; realize and liberate!

Our mind is nothing but a collection of our thoughts. By nature, our thoughts are unconnected, independent and illogical. But we try to connect all these thoughts and create suffering for ourselves. The moment we realize that our thoughts are unconnected and independent, we drop our mind and become un-clutched. The moment we drop our mind, we are liberated.

The Dhyana Spurana Program is a meditation program that helps us drop our mind and remain centered in pure Consciousness.

Arogya Spurana Therapy Program

• Be healthy!

Arogya or Good Health is not just an absence of disease, it is a positive well-being ness.

The Arogya Spurana Therapy program is an intense meditation camp on the integrated science of body, mind and spirit. It is an opportunity to understand that our body is not just a bio-mechanism but one that has its roots in deep Consciousness and Intelligence.

It is a health and healing program that takes you through meditation and healing to heal specific ailments, besides creating a new mental setup attuned towards a positive wellbeingness.

Nithya Spiritual Healing initiation (for Nithya Spiritual healing)

• become a healer!

The Nithya Spiritual healing initiation is a scientific process by which you are initiated in the Ananda Gandha chakra to become a channel for the Divine Energy to flow through you to heal others. It works on the principle that Energy is Intelligence. The uniqueness of this is that, it not only heals the patient but also helps in your own spiritual growth. Outwardly it is Healing and inwardly it is Meditation.

Ananda Yogam

• Expand and explode

Ananda Yogam is a free one-year residential program for youth between 18 and 30 years of age. With its roots in the Eastern system of Mysticism and Vedic learning, this program is to empower the modern youth with

❖ Vocational skills
❖ Success Formulae and deeper Truths for Life
❖ Healing, meditation and yoga for overall well-being
❖ The capacity to actualize one's entire potential
❖ Creative intelligence and spontaneity

This program creates a clear and sound mental makeup in every individual. It unleashes the untapped and infinite capacity within, to excel in the outer world while remaining centered within. It instills in one, the essence of the ancient Vedic principles and the modern system of Logic. It creates individuals with a capacity to be economically and spiritually stable.

Above all, this is a lifetime opportunity to live and learn under the tutelage of an enlightened Master.

ANANDA GALLERIA (Divine Shop)

The Ananda Galleria offers a wide range of books in English, Tamil, Kannada, Gujarati, Telugu, Hindi, Portuguese, French and other languages, compiled from Nithyananda's discourses worldwide. Also available are Nithyananda's discourses in cassettes, Audio CDs and Video CDs. In addition are available a host of items like photographs of the Master, shawls, chanting boxes, malas, chain dollars, photograph of His eyes, T-shirts and so on.

SUGGESTED READING

Guaranteed Solutions

This book provides a clear understanding of our base emotions like sex, fear, worry, attention-need, jealousy, ego and discontentment. It offers understanding that can transform these base energies to higher spiritual energy so that we may discover the higher dimensions of our Being. It is a revelation that can steer our life towards totality and fulfillment at the physical, mental and spiritual levels.

Bliss is the path and Goal

This book is a compilation of Nithyananda's discourses covering a range of subjects, from How the Mind Works to How we abuse our bodies, from the topic of Surrender to that of coping with the duality of material and spiritual life. It answers many questions giving an updated understanding, kindling our inner intelligence, and tuning us to inner awareness. It is a handbook to guide us through the workings of the mind, body and being so that we may live our life in bliss.

Love is your very Life

(Bhagavad Gita chapter 12)

Q: Master, Krishna says, 'my devotee never perishes.' But if everything is God, what perishes really? Krishna makes it sound like his devotee does not perish and the rest do. Please explain and remove my doubt.

A: Understand, the moment you realize that you do not perish, you become a devotee of Krishna. There are no categories like Krishna's devotees and others, or that Krishna's devotees will not perish while others will. Whoever understands that he will not perish becomes Krishna's devotee automatically. The moment you understand this concept, you become his bhakta, his devotee. So be very clear, if you understand that everything is God, then nothing perishes.

Nithyananda talks on the 12th chapter of the Bhagavad Gita, traditionally called Yoga of Devotion. He gives it the title, 'Love is your very Life' and explains how unconditional love to one another is the way to reach God.

Meditation is for you

In this book, Nithyananda talks on the science and art of meditation. He says, 'You don't have to learn meditation. You are already a meditator! Just remember any moment in your life when you have experienced extreme beauty. The sun rising suddenly from behind a mountain. Or the first time you hear an inexpressibly lovely piece of music. At such a moment, suddenly, you become still, wordless, totally aware. Haven't we all experienced such moments? That moment is meditation...'

Uncommon answers to common questions

This book is a distillation of Nithyananda's words on topics ranging from the universal quest for happiness, to the reasons for failing relationships, to the true relevance of spirituality in our time. This compilation of talks, delivered in Nithyananda's deceptively simple style, not only reflects our individual hopes and struggles, but also points to the forces that are shaping global communities today.

Our main Nithyananda Meditation Academies

For all further details and to purchase any of the above items, please visit www.nithyananda.org.

USA

Nithyananda Dhyanapeetam
928 Huntington Dr,
Duarte,
Los Angeles
CA 91010
USA
Ph.: 1 626 205 3286
Email: Laashram@nithyananda.org

India

Nithyananda Dhyanapeetam
Nithyanandapuri
Kallugopahalli
Mysore Road, Bidadi
Bangalore - 562 109
Karnataka
INDIA
Phone: 91 80 65591844
Email: mail@nithyananda.org
URL: www.nithyananda.org

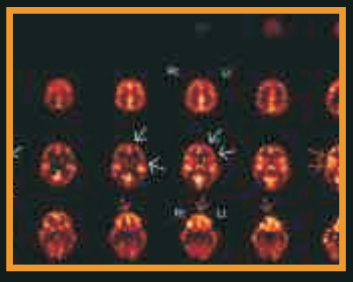
Nithyananda Dhyanapeetam
Sri Anandeshwari Temple,
Nithyananda Giri
Pashambanda Sathamrai Village
Shamshabad Mandal
Rangareddy District
Andhra Pradesh - 501 218
INDIA
Ph.: 91 93470 65288

Nithyananda Dhyanapeetam
36/1, Kamakshi amman Street,
Peramanur,
Salem – 636007
India
Ph.: 427 3098133

A Scientist
Is one who creates a formula to reproduce his experience in the outer world for others to experience

A Master
Is one who creates a formula to reproduce his experience in the inner world for others to experience

- Nithyananda -



This book compilation of astounding research observations recorded on the neurological and cardiac system of Nithyananda. The researches recorded here are by doctors and scientists who are experts in their fields. Studies of records indicate the potential for altering the rates had progression of many disease like heart ailments, cancer, arthritis, alcoholism etc. Above all, scientists are compelled to declare that there continues to be indications that the human mind *can* choose to heal the human body.

Life Bliss Foundation

928 Huntington Drive, Duarte, CA 91010, U.S.A. Telephone Number : 1-626-205-3286

India Ashram: Nithyananda Dhyanapeetam

Nithyanandapuri, Kallugopahalli, Off Mysore Road, Bidadi - 562 109, Bangalore District, Karnataka.

Ashram : +91-80- 65591844 Fax: +91-80-7288207

E-mail: mail@nithyananda.org URL: www.nithyananda.org

APPENDIX - B

Copyright ©2021 Sri Nithyananda Paramashivam. All Rights Reserved

Copyright ©2021 Sri Nithyananda Paramashivam. All Rights Reserved

Kundalini Awakening: The Miracle and the Science

Nithyananda Meditation University

Kundalini Awakening:

The Miracle and the Science

Nithyananda Meditation University

Breakthrough Scientific Studies on Kundalini Awakening and its Benefits

Nithyananda Meditation University

© Nithyananda Meditation University 2012

Table of Contents

Energetics: Where Science and Mysticism Meet 1

The Truth Behind the Facts 25

Advanced Kundalini Activation Research 45

Inner Awakening and Cellular Transformation 53

Impact of Kundalini Awakening on Gene Function 63

Glossary and Index 83

Energetics: Where Science and Mysticism Meet

Ancient Wisdom

During most of the long history of humanity, *energy* has been understood *experientially*. Ancient cultures around the world were interested in *how* things worked, not in *why* they worked. When a formula for success was found in any area of life, it was observed, nurtured and passed on as wisdom. It was not, however, dissected and challenged to discover *why* it worked. That was not perceived as important, as long as it accomplished the desired result.

Ancient people accepted that the cosmos had laws which governed how things worked, and that those laws stemmed from a source akin to, but greater than, the individual being. They acknowledged the interconnection between humankind and its environment, honoring the great dance of life in its glory and complexity. They understood that each small element, including each person, was not only part of the whole, but a complete *microcosm* of the whole: a *hologram*, an entire universe in miniature. By changing the energy patterns in any particle of the cosmos, those patterns also shift in the greater

whole. This is the "butterfly effect": when a butterfly on one side of the world flutters its wings, somewhere else a wind will arise, perhaps even a storm.

Everything each of us does, thinks and feels, has a cosmic effect. We are not independent, we are *interdependent*.

The ancients also understood the experience of spontaneously accessing knowledge through what is nowadays called *intuition*. Many modern scholars, especially those who have solved outstanding equations, have spoken of this experience. Einstein, Oppenheimer, Crick and Watson who revealed the structure of DNA—have told of being in a deep contemplative state and then "suddenly I saw" or "I just knew". Others have spoken of seeing the needed information in a dream— information which turned out to be valid.

Everything each of us does, thinks and feels, has a cosmic effect. We are not independent, we are interdependent.

Such spontaneous "downloading" of information is available to all of us, but can only operate when we set aside our suspicion. Ancient cultures bypassed skepticism by not challenging successful information. This welcoming attitude led them not only to technological heights we have yet to imagine, but to personal and communal harmony.

Energetically speaking, this openness to all dimensions is what is meant by the terms *spirituality* and *mysticism*. Whether we download from an emotional connection and name it as "God", or from a less personified source we call "Inspiration", we are in tune with cosmic forces beyond the visible. It is simply the other face of science, from which we have become divorced.

A Limited Perspective

Most of the world's inhabitants today have received a "modern" scientific education. Contemporary scientific thought is a young trend, rooted in the western European countries about eight hundred years ago. Its originators—Galileo, Leonardo da Vinci, Paracelsus and Gutenberg—were wise beings who understood the symbiosis of matter and spirit, faith and "proof", mechanics and mysticism. They worked against a canvas of nearly utter darkness, in the shadow of a religion which forbade any curiosity about the functions of the universe. The light they fostered was great.

In the course of time, however, the division between matter and spirit grew wider. Logic and "reason" became the enemies of spiritual experience. Logic became perverted into a weapon to defeat the "subjectivity" of mysticism. In a backlash against the strangling control of the medieval Christian church, Western thought rejected all spirituality.

Eastern (Asian and Oceanic) and Southern (African, South American and Australian) civilizations retained their holographic understanding. But the Western perspective spread rapidly outward through mercantile exploration and colonial aggression, trampling on local customs and traditions and in many cases extinguishing them.

Contemporary scientific thought is a young trend, rooted in the western European countries about eight hundred years ago.

Internal degradation also took place through the rise of materialism in China, India and the Southeast Asian countries, as imperial dominance replaced the wise leadership of sages and monastics. At times the monarchs relied on priestly advice, but they were free to dispense with it when it displeased them and to suppress any spirituality they found threatening.

Today's modern education consists of mechanistic thought based on "objective" sciences: Mendelian genetics, Darwinian biology, medicine based on Pasteur and Lister, and Newtonian physics. These ideas built the twentieth-century lifestyle, which has proliferated across the planet. With its proliferation, humanity has discovered its dangerous limitations.

MOST IMPORTANT, QUANTUM PHYSICS HAS DEMONSTRATED THAT THE WORLD OF ATOMS AND MOLECULES IS NOT ABSOLUTE.

The current methods of energy generation, food production, transportation and health care threaten to overwhelm the resources of Planet Earth. But scientific research is bringing new revelations to move us beyond twentieth century knowledge. The work of Mendel and Darwin is being re-evaluated, showing that evolution is not an orderly progression and that genes *switch on and off*, depending on *beliefs and expectations*. Suppressed writings of Pasteur have been recovered, indicating that he realized his process of pasteurization would not be necessary with the proper *awareness* of disease.

Most important, quantum physics has demonstrated that the world of atoms and molecules is not absolute. A point is also a wave—at times. A plane is also a cube—depending on circumstances. Every experiment conducted in allegedly "objective" surroundings is influenced by the *intentions and thoughts* of those who conduct it. There is no such thing as "objectivity".

If thoughts and expectations can influence matter, there must be a connection between them. We are inexorably led back to the holographic universe, to the ancient understanding of interconnectedness. Rebuilding our global culture on this realization can do away with scarcity, pollution, and violence born of greed.

The giants of earlier centuries had only half the picture: they missed the impact of thought, emotion (hope, anticipation, disappointment) and mystic contemplation on the physical world. The energetic nature of the universe continues to reveal itself, and with it our technology can also evolve.

Welcome to the 21st century!

The other half of it

In his groundbreaking book *No Boundary*, philosopher Ken Wilber points out that whenever a boundary is established we have divided space into halves: the half we consider contained within the boundary, and the "other half", which entails everything beyond the boundary. Usually the inside half denotes something comfortable, familiar and cozy—our no-stress zone, where we have control. The other half is unexplored territory, with unknown terrain and untried situations.

The scientific, "practical" world looks at mysticism as the "other half". Any shift in the material environment that is unexplainable other than by spirituality has been dismissed as imaginary, delusional or fraudulent.

But is this "factually" true? Or is this the coziness of our comfort zone?

The energetic nature of the universe continues to reveal itself, and with it our technology can also evolve.

In parts of the world—South and East—where ancient holistic knowledge still flourishes, such phenomena are routinely accepted occurrences. The boundary between practical and spiritual has never been drawn. The universal energy that drives the cosmos is understood as both material and mystical. They are not even separate concepts.

In the shamanic traditions of South Africa, shamans are said to "fly" during their ecstatic experiences. Eyewitness

accounts by contemporary researchers speak of observing these "flights" as prolonged levitation events. Shamans have been seen to suspend themselves against gravity for as long as seven minutes at a stretch.

The mystical lineage of India likewise survives intact, especially in rural villages which are essentially untouched by time. The extraordinary powers available through mystical dedication are well-known and accepted. Spiritual practitioners, known as *sadhus* or *yogis*, continue to implement the age-old, time-tested formulas for such powers as living comfortably without food and water, sitting unscathed in a roaring fire, walking on air, burying themselves for prolonged periods without harm, and healing grave illness, to name only a few of the abilities that manifest. Because the lineage of these practices continues unbroken, they have never been forced to change from *mystical* into *mythical* in the cultural perspective.

There is quite literally no boundary: everything is energy.

Now investigators in the North and West are beginning to acknowledge the profound genius that gave birth to these civilizations. Consistently, research using modern standards is confirming that the effect of mysticism—meditation, prayer, visualization and dream—upon matter is neither imagination nor hoax: it is simply the action of scientific laws that contemporary scholars have not rediscovered. There is quite literally no boundary: everything is energy.

Within this understanding lies hope for the beleaguered planet. Once humanity moves beyond its limited sources of fuel, food production and irrigation, infinite possibilities become available. Competition is replaced by cooperation.

Getting Back to the Source

Since the needs of Planet Earth are urgent, time is of the essence. Waiting for scientists to re-discover all the properties of energetics is not practical. It is also unnecessary. The knowledge of some ancient cultures is still available, vibrantly alive and ready for implementation.

This knowledge pre-dates the written word, which is a comparatively late development. The principle behind *oral transmission* is neither inferior intelligence nor lack of sophistication. On the contrary, its basis is highly scientific, acknowledging the vibration of *sound* as the fundamental unit of energy from which matter is created, sustained and destroyed. When information is communicated orally, *sound waves embed themselves into the memory*. Cognitive learning is bypassed and the physical body absorbs the data without the interference and judgment of the mind.

Modern experiments are now validating the ability of sound to manifest, shape and alter material objects.

For rapid contemporary use, however, a literary database gives prompter service. The search is on for a complete, holistic, currently practiced system of energetics, one whose range of effectiveness extends over physical matter, emotional and mental patterning, and ultimately influences external events (such as lowering the crime rate by meditating on peace in a violent area). Finally, the desired system should be transmittable both orally and through written language.

Modern experiments are now validating the ability of sound to manifest, shape and alter material objects.

The Vedic Tradition

The Vedic civilization of what is now the sub-continent of India responds to all these requirements. Its origins defy identification, since available historical tools such as carbon-dating do not extend further back

than 30,000 years. Beyond the limits of these methods, evidence shows that a great civilization throve around the Saraswati River, near the border of present-day India and China. "Downloaded" information places its peak at some 90,000 years ago.

Vedic civilization was based on the complete understanding of energy, its production and uses, and on the holographic nature of the cosmos.

Vedic civilization was based on the complete understanding of energy, its production and uses, and on the holographic nature of the cosmos. Its traditions were oral, but were also recorded in a series of texts called the Vedas, from the word meaning "knowledge" or "knowing". The written version stands untarnished today and is still studied and practiced by millions of people under the umbrella of "Hinduism." Because of its experiential nature, founded on the exploration of one's personal spirituality, Hinduism is receptive, embracing all mystical phenomena as valid.

Despite written accessibility, much Vedic instruction is still given orally because of the importance of imprinting the sounds physically into students. Sound formulas, called *mantras*, *sutras* and *slokas*, are transmitted from master to apprentice in an intensely committed training. This initiation of power permanently *raises the vibrational level* of the student. The goal of such apprenticeship is not only mastery of the chants and texts, but *enlightenment*: the capacity to consistently download spontaneous information, to alter and regulate the flow of energy in all objects and living beings, and the ability to transmit that energy to others for the benefit of humanity.

The Vedic civilization gave the world Vedic mathematics (a calculation system not based on linear solutions but on holistic comprehension), medicine, astronomy,

engineering, navigation and flight powered by sound, technique which the world has temporarily lost. It also developed a unique science of well-being that simultaneously nourished the body, mind and inner meditative zone. This science was called *yoga*, which means *to unite*, linking together all our dimensions to maximize our potential at every level. Through physical postures, regulated breathing and intentional contemplation, the full flowering of human possibility is called into bloom.

Yoga survives today in multiple forms, as the descendants of Vedic culture have added their insights and offshoots. It is the connecting thread between all sects of Hinduism, diverse as they have become. Such is the power of this ancient science that it is taught and practiced all over the world by people otherwise unconnected with India.

The Vedic lifestyle proposed that each individual live to the pinnacle of his potential. Education and choice of vocation were guided by the community *guru*, who had mastery of Vedic wisdom and was able to perceive the flow of energy in all things and direct its movement. Combining this perception with the discriminating use of sound formulas, the guru restored health in the sick, corrected emotional imbalances, mediated disagreements, and above all, maximized the energy pathways within each person, removing blocks that interfered with blissful living.

THE VEDIC LIFESTYLE PROPOSED THAT EACH INDIVIDUAL LIVE TO THE PINNACLE OF HIS POTENTIAL.

The guru was able to move objects from place to place (known today as *teleportation*), to negate the effect of gravity (*gravity nullification* or *levitation*), and to produce needed objects seemingly from nowhere (*materialization*). Gurus were also able to deflect light waves so they could be unseen (*invisibility*) and to appear in multiple places simultaneously (*bilocation*).

Finally, and most important, they were able to activate the dormant source of inspirational energy in each human being and bring it into flower. This process is known today as *kundalini activation*: the opening of super-consciousness within us.

Such abilities, called *siddhis*, seem impossible by the standards of conventional science, because we know only half the picture. We are peering out from inside our limiting boundary. In the more expansive light of quantum physics, the phenomena of the Vedic tradition make complete sense.

As each of us activates our kundalini and unfolds to our full self-realization, external problems spontaneously resolve.

If we consider that not long ago cloning was impossible, "test-tube babies" (*in vitro fertilization*) were thought of as outlandish, mobile phones were a wistful dream and the World Wide Web was inconceivable, we can see that expanding our boundary of acceptance is simply a sensible choice. The needs of Planet Earth are desperate enough that we cannot afford the self-indulgence of holding back.

So where do we begin to integrate this science?

As the holographic model clearly shows, we begin with ourselves. The Vedic tradition understood this: that as each of us transforms, the environment follows us. As each of us activates our kundalini and unfolds to our full self-realization, external problems spontaneously resolve.

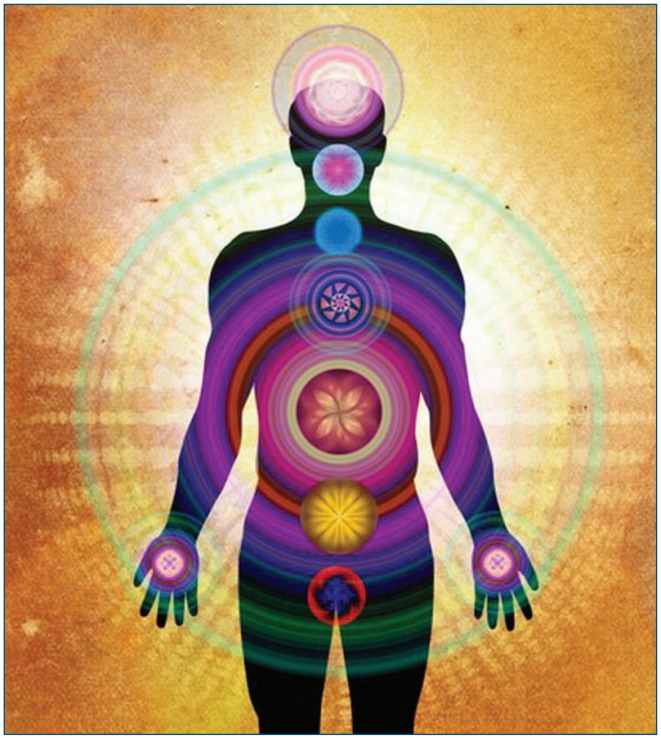
So how do we go about it?

The Human Energy Centers

Let us look at a map of the human energy system. Our energy is stored in and dispensed out of seven major centers. The Sanskrit word for these centers is *chakras*. Chakra means wheel, something circular that rotates, which is how our centers look to those who can perceive them.

The chakras lie along a central line that runs up our spine from the tailbone to the crown of the head. This central conduit for energy is called *Sushumna*. Entwined around it on the left and right sides of the spine are two other energy lines, the *Ida* and the *Pingala*, which carry feminine and masculine energy respectively. Ida and Pingala run from the tailbone to the nostrils, weaving back and forth around Sushumna. Wherever they meet and cross lies a chakra.

Each chakra is connected to a different endocrine gland in the physical body. The endocrine glands govern our hormones and therefore also our emotions. Any positive or negative experiences we have had relating to the emotion of a specific chakra is stored inside that chakra. For example, the second chakra, lying between the navel and the pubic bone, governs fear. If we have had a deep fright at some point in our lives, the feeling of it is stored in that chakra. It determines how we react to future situations that remind us of our fear.



It may block us from achieving our goals in life by interfering whenever we need courage to face our situations.

The existence and location of the chakras have been confirmed by innumerable sources. The most detailed scientific validation can be found in *Hands of Light* by Barbara Brennan, a NASA physicist for fifteen years who began spontaneously experiencing the human

energy field and went on to document her discoveries using her physics training.

At birth, every human being carries a reservoir of *kundalini* energy at the base of the spine. It is coiled up in a serpent-like pose, which is where the name kundalini comes from: it means "the coiled one." Kundalini lies dormant until it is stimulated by specific yoga techniques. Because our contemporary society provides no support to awaken it, many people live out their lives without accessing their birthright to the power it supplies. If it does arise spontaneously, the psychic experiences it produces are often regarded as madness or "nervous breakdown" by ignorant medical personnel.

One of the roles of the guru in Vedic tradition was to safely and knowledgeably awaken the kundalini and guide its rise up the spine to flower at the crown of the head.

One of the roles of the guru in Vedic tradition was to safely and knowledgeably awaken the kundalini and guide its rise up the spine to flower at the crown of the head. This image is remarkably reproduced in the symbol of the *caduceus*, the winged serpent-staff of western medicine. Once the serpent arrives at the top of the staff it sprouts wings, a metaphor for the realization of our divine consciousness. Observing this image, we can readily see that the roots of western healing indeed spring from Vedic civilization, and that the West at one time understood the dynamics of kundalini activation.

What do we do to raise our kundalini?

There are a number of methods, most of them potentially risky and requiring years of committed training and practice. The swiftest and safest method is to receive initiation from a guru—an enlightened master. The initiation is called *deeksha* and involves the transmission of energy from master to recipient.

This sounds difficult to believe until we examine it from the perspective of quantum mechanics. Recent research has identified a phenomenon called *entanglement*.

Physical Proof of Energetic Transmission

Entanglement was first identified by Einstein and his colleagues, who believed it was an erroneous concept. Their experiments aimed at disproving it. They were not only unable to do so; ensuing study has proven its truth beyond any question.

Entanglement occurs when two molecules interact and then are separated. Even if they are divided by an enormous distance, the encounter they had creates a shared state—they acquire identical behavior. Their energetic connection allows them to exchange both information and physical matter between each other without the need to travel across physical distance. Other terms for this phenomenon are *telepathy* (information) and *teleportation* (physical matter).

A corollary to entanglement is *entrainment*. Entrainment is something we often witness in daily life. If we have a clock ticking in a room, for example, and we introduce other ticking clocks, eventually they will all follow the same rhythm and tick together. Psychology experiments have shown that the human brain also responds to entrainment. Given a rhythm or behavior which appeals to our nervous centers, we will find ourselves imitating it.

Given a rhythm or behavior which appeals to our nervous centers, we will find ourselves imitating it.

What determines the leader and the follower? In a room of ticking clocks, which one sets the pace for the others?

The one with the highest vibration will be the entrainer. On an energetic

scale, whichever object vibrates at the highest frequency raises its fellows to that frequency. The inclination of all life is toward enlightenment, toward the realization of a greater level of being.

In the case of entanglement, the molecule of a pair which is identified first then sends its identity to its partner, and the partner duplicates the pattern. Therefore, when a kundalini adept encounters an inexperienced seeker, the identity of the adept sets the expectation for the seeker.

On an energetic scale, whichever object vibrates at the highest frequency raises its fellows to that frequency.

The enlightened master's years of training and contemplation have permanently soaked his physical essence with the highest vibrational frequency, creating a field around him that entrains those who enter it. When this energy is consciously directed it becomes a force for positive change, clearing old debris from the chakras, awakening and guiding the kundalini, and supporting those receiving the power to integrate it safely.

Practical Research on Kundalini Activation

Having discussed the theory, it is time to experiment with the facts. Groundbreaking studies have been underway for a decade in India at the retreat center of Paramahamsa Nithyananda near Bangalore in India.

Revered as a living incarnation by millions worldwide, Paramahamsa Nithyananda is the head of the world's most ancient living Hindu organization, Madurai Aadheenam as well as helming his own international socio-spiritual organization, Nithyananda Dhyanapeetam. The heir of a 5000-year-old lineage of enlightened Indian yogis who are adept in awakening the Kundalini energy for healing and spiritual transformation, Nithyananda is

an accomplished siddha yogi, spiritual healer, orator, and author with a following in 150 countries.

Over the past decade, Paramahamsa Nithyananda has been working closely with a team of scientists and researchers to throw more light on the mystical sciences rooted in the Vedic tradition, and reach the benefits of these sciences to people across the world.

Scientific Study of Kundalini Activation & its Benefits

Kundalini is the enormous inner potential energy that lies untapped in every individual. Once awakened, Kundalini brings about extraordinary transformation in every sphere of life, healing diseases ranging from cancer to depression and triggering rapid spiritual evolution. In a landmark energy expression on our planet, Nithyananda is awakening the Kundalini of hundreds of thousands of ordinary people, often with a single glance or a touch of initiation.

The focus of recent studies has been the activation or 'awakening' of the Kundalini Shakti, the inner potential energy that lies latent in every individual. While Kundalini is well-known in Eastern yogic science, it is only just beginning to gain recognition as a scientific reality in Western medical circles.

Kundalini energy can be activated by various means like yoga, breathing techniques (pranayama), certain herbal preparations, creating particular vibrations in the body through the chanting of mantras, and through initiation (energy transmission) by a yoga adept whose Kundalini is already awakened. Of these, initiation is the fastest, easiest and safest way of awakening Kundalini .

ONCE AWAKENED, KUNDALINI BRINGS ABOUT EXTRAORDINARY TRANSFORMATION IN THE BODY-MIND SYSTEM OF THE INDIVIDUAL.

Once awakened, Kundalini brings about extraordinary transformation in the body-mind system of the individual, including a huge surge in energy levels, the healing of chronic diseases and enhanced mental abilities. Beyond this, a host of other changes have been observed but had yet to be systematically studied or quantified.

KUNDALINI AWAKENING AND BRAIN ACTIVATION

An attempt to record Kundalini activation and its physiological effects was made by *Itzak Bentov* (1923-1973), a Czech born scientist, inventor, mystic and author, and a pioneer in the field now recognized as 'consciousness studies.' Bentov developed a model that attempted to explain the effects of Kundalini Awakening on brain activation. According to this model, when Kundalini ascends the spine through the sushumna nadi (the main channel of subtle energy), it results in a huge energy influx into the brain.

As the Kundalini flows from the thalamus to the cortex, it sets up a powerful energy loop within the brain, generating coherent alpha and gamma waves, and awakening the dormant, non-mechanical parts of the brain which we have never used before.

With increasing levels of coherence, the whole brain comes alive, turning into a super-conductor of conscious energies

that heal, empower and transform our lives. Enhanced awareness levels, greater creativity and extraordinary abilities start to express through us like levitation, teleportation and materialization. Brain activation is also known to slow down the ageing process and improve immunity to disease.

Studies on Inner Awakening participants—2011

In a breakthrough series of studies conducted in 2011, Kundalini awakening and its benefits were systematically recorded under controlled conditions in close to 600 individuals attending an intensive yoga and meditation retreat at Nithyananda Dhyanapeetam's international headquarters near Bangalore, India.

Apart from daily yoga, pranayama and other supportive practices, participants of the 21-day INNER AWAKENING program were exposed to a total of 21 personal initiation sessions from Paramahamsa Nithyananda.

The study was based on a similar study conducted by Jeffery A. Dusck at Harvard Medical School and published in *Public Library of Science* in July 2008. Recordings were taken on Day 0 and Day 18 of the program.

> With increasing levels of coherence, the whole brain comes alive, turning into a super-conductor of conscious energies that heal, empower and transform our lives.

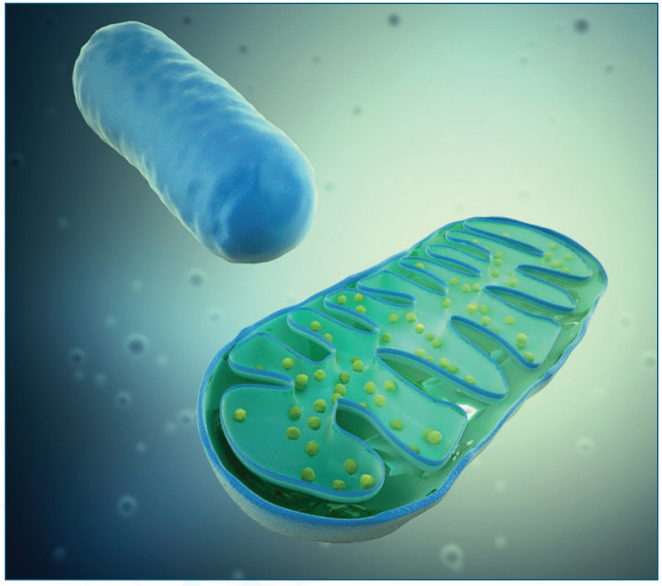
The parameters studied included:

1. Cellular energy levels
2. Physical health & immunity levels
3. Psychological and emotional health
4. Neurological changes in the brain
5. Genetic transformation, if any
6. Expression of any extraordinary abilities

1. Cellular Energy Levels Assessed Through Mitochondrial Tests:

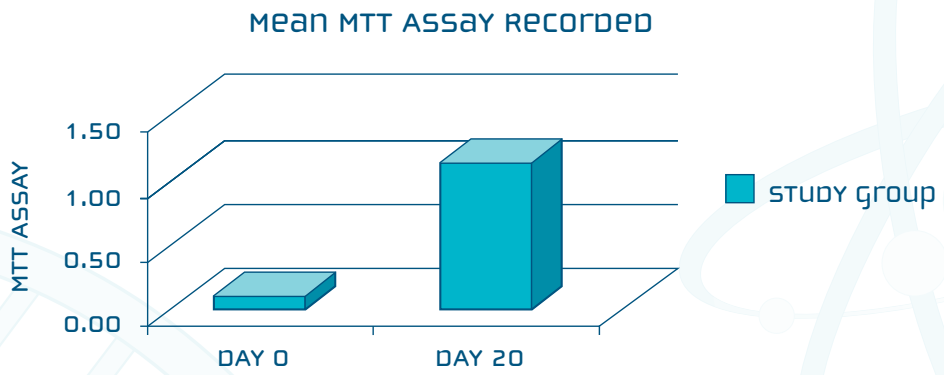
Mitochondria are the energy powerhouses of the human cell. Mitochondrial activity in the cell is a precise indicator of the individual's metabolism rate and energy levels.

In this study, blood samples from a group of Inner Awakening participants aged above 50 years were subjected to a well-known protocol called *MTT Assay* for assessment of cellular energy levels. 100% of the participants in this particular study posted a drastic increase in energy levels, averaging *967%*. Studies have shown that such an increase is clearly impossible through any other known means, such as exercise, yoga or fitness training, which can effect a maximum of 50% increase in cellular energy.



Interpretation:

- It is well known from previous studies that it is possible to increase mitochondrial activity in target organs through specific techniques devised for the same. Usually, following Yoga or exercise, the mitochondrial activity shows increase in skeletal muscles, usually in the range of 50%.
- In this program, the study group consisting of IA participants, many of them first-timers showed a *967% increase* in mitochondrial activity. The control group, consisting of resident disciples and others who had spent longer periods of time in Nithyananda's presence, showed



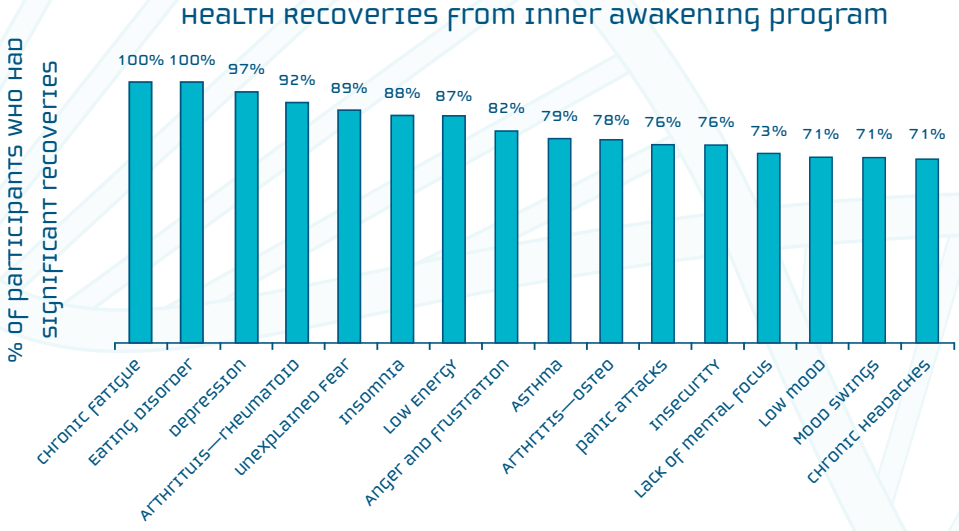
approximately a 1000% increase in mitochondrial activity

- The cells (tissue) studied in this program were white blood cells, not skeletal Muscle cells. This suggests that the increase in mitochondrial energy is global rather than tissue-directed
- The *only "abnormal" activity* in both groups during the recording period was the daily initiation by Nithyananda. This strongly suggests that initiation was the cause of this significant increase in mitochondrial activity in both the groups.

2. Healing of Physical Ailments

Rapid recovery from a range of physical ailments was observed, also indicating enhanced immunity levels:

- 100% of participants recorded significant weight loss
- 100% of participants recorded recovery from eating disorders
- 100% of participants recorded recovery from chronic fatigue
- 92% of participants showed marked recovery from rheumatoid arthritis



- 78% of participants showed marked recovery from osteo-arthritis
- 79% of participants showed marked recovery from asthma
- 71% of participants showed marked recovery from chronic headaches
- Participants also recorded lowering of fasting blood sugar, decreased BMI and improvement in psychosomatic illnesses and auto-immune diseases.

3. Healing of Psychological Disorders

Decreased dependency on medication and enhanced sense of well-being

- 97% of participants reported recovery from depression
- 89% of participants reported freedom from phobias
- 82% of participants reported freedom from anger and frustration
- 88% of participants showed marked

recovery from insomnia

- 76 % of participants reported recovery from panic attacks
- 76% of participants reported freedom from insecurity
- 73 % of participants reported an increase in mental focus
- 71% of participants reported freedom from mood swings

4. Neurological Changes through QEEG Studies

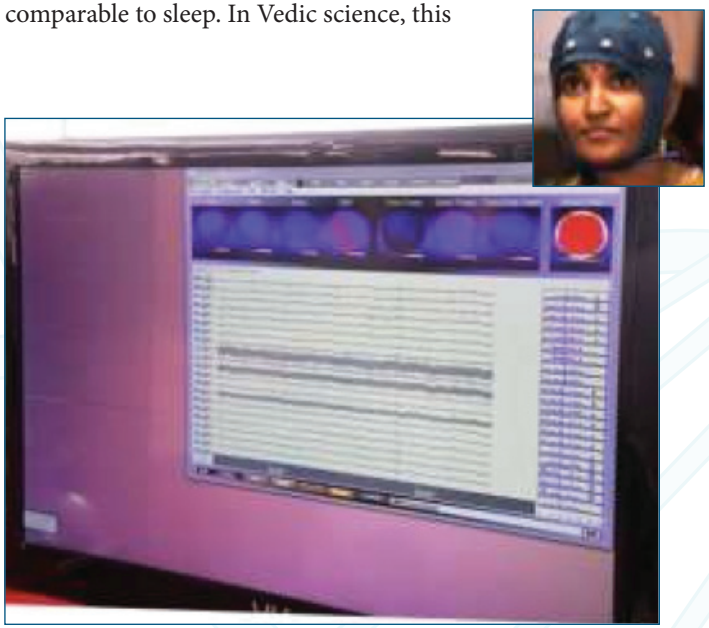
A series of QEEG studies were also conducted on participants who had Kundalini awakening to study the effects of Kundalini Awakening on electrical activity in the brain. The same studies were also conducted on a control group. These included:

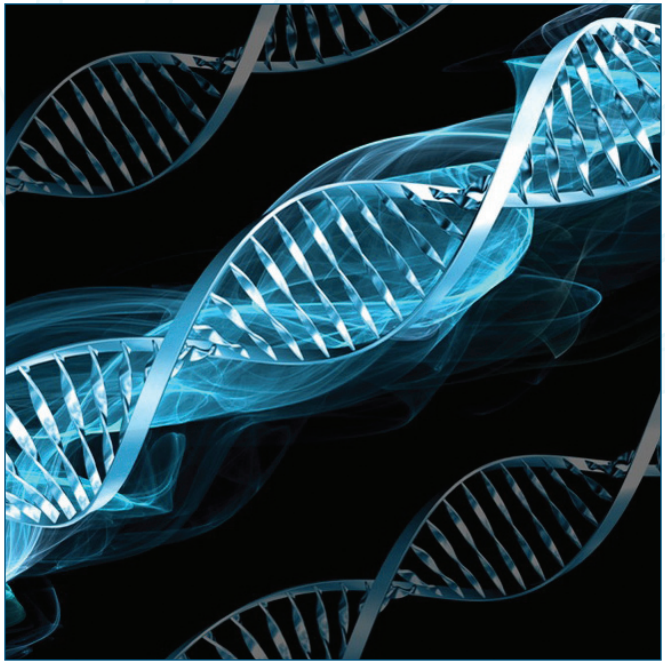
1. Short term effects observed at the moment of initiation by Paramahamsa Nithyananda
2. Long term effects measured through post-activation assessment of various mental and cognitive functions

Findings:

1. At the moment of initiation, certain instantaneous changes were recorded in all participants who had active Kundalini awakening, including:
   a. sharper focusing abilities
   b. higher alertness levels
   c. extremely rapid multi-processing
   d. better short-term memory

Significantly, the brain waves of subjects during the activation showed a high incidence of delta waves, indicating that they were in a state of deep relaxation comparable to sleep. In Vedic science, this





state of intense restful awareness is known as Samadhi.

Post-activation assessment conclusively showed:

a. Better problem-solving abilities
b. More effective decision-making
c. Enhanced interpersonal relations
d. Warm and positive personality trends

5. GENETIC TRANSFORMATION— BREAKTHROUGH RESULTS

DNA is an essential molecule found in all human cells, which controls the body's growth, structure, metabolism and immune functions. It carries the genetic information passed on from generation to generation.

Human beings have about 25,000 genes, of which only 5% are actively expressed and functional. *Differential gene expression studies* conducted on INNER AWAKENING participants before and after the program registered the *spontaneous expression of new genes*—a phenomenon that is impossible to reproduce through any other known means.

Findings:

a. Greatly increased immune modulation
b. Increased immunity to cancer
c. Clinical improvement in rheumatoid arthritis, fibromyalgia and other chronic pain conditions
d. Significant recovery from asthma
e. Significant improvements in memory

6. EXTRAORDINARY ABILITIES— MATERIALIZATION— BREAKTHROUGH RESULTS

Materialization is the creation of matter from energy. In the ONLY KNOWN INSTANCE OF MATERIALIZATION ON OUR PLANET today, a vast range of objects were materialized by Paramahamsa Nithyananda, channeled through the bodies of receptive individuals. Materials ranging from *vibhuti* (sacred ash) and *kumkum* (holy vermilion) to solid objects like diamond, pearl, solidified mercury, etc. were produced through devotees who were either physically present or communicating with Paramahamsa Nithyananda through video-conferencing.

Laboratory investigations and findings are displayed in the following section, where the phenomenon of materialization is examined in detail.

The Truth Behind the Facts

Deeper Secrets of Kundalini Awakening

While modern diagnostic techniques and procedures are able to definitively quantify the existence and results of Kundalini awakening, they are hardly equipped to explain why these phenomena occur.

Why, for instance, does initiation or the transfer of energy result in physical levitation?

What exactly happens during the process of kundalini awakening?

To answer these questions requires an understanding of the vast scope of the phenomenon called Kundalini, as well as a penetrating insight into the subtle workings of the human body-mind system. Drawing from both the Vedic wisdom and his own enlightened understanding, Paramahamsa Nithyananda here reveals the deeper truths of Kundalini awakening and its many manifestations and benefits.

The Physiology of Thoughts

Contrary to what was once believed, the brain is not the only center where our neural responses are stored. There is now growing evidence that our thoughts—which are no more than electrical signals whizzing along our neural pathways—are stored in our cellular and somatic memory, resulting in permanent changes in the way our body and mind influence each other. Somatic memory includes 3 types of memories: engraved memories (engrams), muscle-memories and bio-memories. Engrams are bio-chemical changes that occur in our neural tissues as the result of a powerful or persistent reaction to any situation. An engram is not an ordinary memory, but more like a photograph of the situation or event, complete with the emotional response that accompanied it. Engrams exist just below the level of our consciousness, influencing our emotional responses without our knowledge. While engrams affect our emotional responses alone, muscle-memories are memories that have become so deeply embedded in our system that they can recreate the physical symptoms accompanying these emotions, like those experienced during strong fear or anger. Muscle memories are also responsible for our performing repetitive mechanical actions that do not require our conscious intervention, like typing or cycling.

Bio-memories are memories that are locked into our cells. They carry hereditary memories, past-life memories and memories that have become part of the very fiber of our current personality through constant repetition for years. Both physical and mental patterns can become part of our bio-memory. Bio-memories have the power to trigger physical actions like fight or flight. Mental states like depression and anxiety can quickly become part of our bio-memory if we are not careful. Bio-memories are not only unconscious, but are usually untraceable to any particular source incident.

An everyday example of how a simple thought can become an engram or a bio-memory is illustrated below.

How does a thought become an engram or a bio-memory?

A thought is simple. It rises and falls. It does not leave a mark inside you. For example, if a thought comes to you—I would like to have a coffee—that is just a thought, not a pattern or engram. But if you fulfil this thought every time by the action of drinking coffee, after a few days it becomes an engram. That is, you start feeling a craving for that particular action—you start feeling, how I wish that I could have a coffee!... Engram is like flowing water… it creates a certain movement in your mind. After some weeks, you actually start feeling afraid that if you don't get your coffee in the morning

every day, you will have a headache! This means that this thought is solidifying like water becoming ice—it has become part of your muscle-memory.

After one year, if you keep pursuing this habit, one day if you don't get your coffee in the morning, you will ACTUALLY get a headache! When a pattern becomes so solid that it starts affecting you physically, it is called bio-memory. Bio-memories are tough like crystal and are very difficult to break!

Our thoughts carry a miniscule physical weight that can be a drag on our bodies.

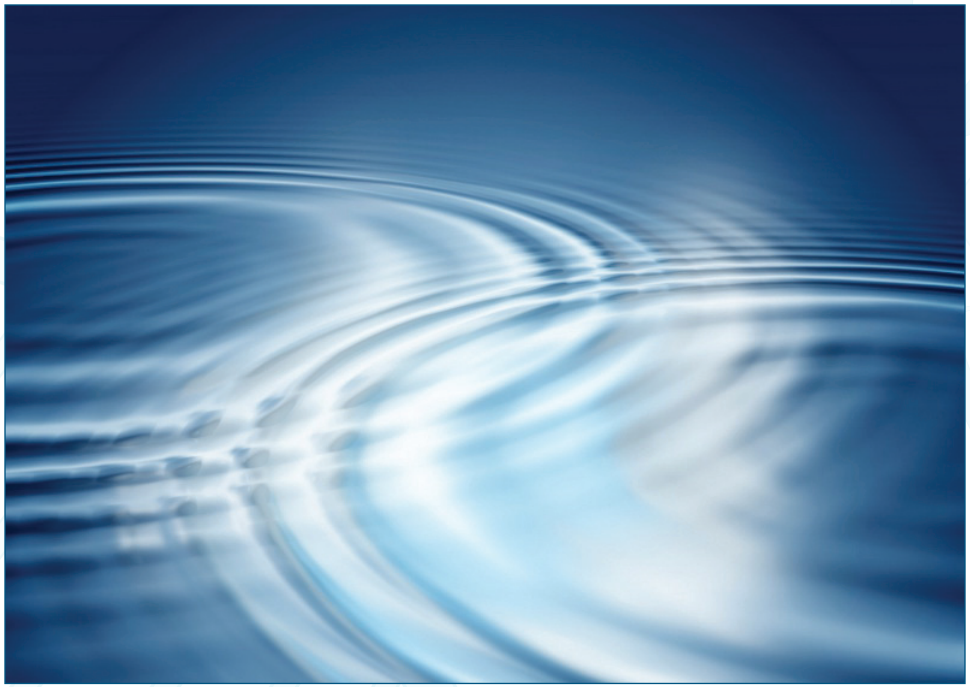
Can Kundalini Awakening alter our thought-patterns?

Yes and no.

Our thoughts carry a miniscule physical weight that can be a drag on our bodies. Everybody has experienced how we feel heavy on certain days, and light as a feather on certain days—even though our physical weight remains the same! This shows that our thoughts and engrams can actually pull us down. Kundalini awakening and initiation have the power to temporarily free us of our binding engrams. But if the negative patterns continue to be encouraged, they can return and persist even after Kundalini awakening. The first initiation is an inspiration, a glimpse of a different space, an encouragement to return again and again to that high-energy space. With repeated initiation, we are constantly exposed to that elevated space. Gradually, our muscle-memory starts enjoying this space, and it becomes part of our bio-memory.

How does energy-transfer happen during initiation?

Entanglement is a term used in quantum theory to describe the way that particles of energy/matter can become correlated to interact with each other in predictable ways, regardless of how far apart they are. This means that the state and actions of one of these particles can influence the



state and actions of the other through the process of interference.

Entanglement is the principle behind all processes involving energy transfer, whether spiritual healing, kundalini awakening, levitation, teleportation or materialization. An enlightened being has the power to raise others into his own elevated state by the subtle pressure of his presence. When the mind of the receiver comes in touch with the no-mind (thought-free mind) of such a being, a process similar to entanglement happens, and thoughts subside in the mind of the receiver. Entanglement happens when the receiver is mentally in tune with the source and is open to receiving the energy, eg. during spiritual healing.

When entanglement happens at the deeper level of muscle-memory, Nithyananda gives it the name *'Entrainment'*. During Kundalini awakening, entanglement can happen irrespective of the mental state of the receiver.

During initiation, entanglement penetrates the bio-memory of the receiver. That is why initiation has permanent physiological and psychological effects. Nithyananda calls this *Enlightenment*, in the sense that during the moment of initiation, the receiver actually experiences a space identical to that of the enlightened being. But lacking the yogic body and nervous system to retain this space, the receiver gradually loses the experience through energy 'leaks'. With repeated initiations, the experience becomes bolted into the system, and the receiver moves closer to being established in the state of enlightenment. At INNER AWAKENING, the yoga & meditation program conducted at Nithyananda Dhyanapeetam's international headquarters in India, participants receive a series of powerful initiations on 21 consecutive days. This ensures that the physical and mental transformation experienced during the program are rendered long-lasting or even permanent.

During initiation, our engrams are momentarily lifted from us by the pressure of positive vibrations entering us from outside.

Why do people levitate when the Kundalini is awakened?

Let us take the example of a bird flying.

When a bird flaps its wings, the surrounding air is pushed downward, creating a certain pressure. This downward pressure produces an opposite force that is powerful enough to defy gravity and lift the bird into the air.

We too are grounded because of the weight of the engrams we are carrying. During initiation, our engrams are momentarily lifted from us by the pressure

of positive vibrations entering us from outside. Our inner space becomes light enough to combat the pull of gravity on our physical body, and we lift off the ground for a few moments. In Vedic philosophy, the human body is compared to an open pot, in the sense that the same space exists both inside and outside of us, separated only the seeming boundary of the pot (the body). The space inside us is known as *ghataakaasha* (literally, pot-space), while the space outside us which forms our immediate physical and mental environment is *chittaakaasha*. Beyond both these lies the cosmic space, *paraakaasha*.

During levitation, the inner space of the receiver enters into entanglement with the pure inner space of the enlightened being, and loses the dirt of thoughts and engrams contaminating it. The receiver's *ghataakaasha* becomes much lighter than the surrounding *chittaakaasha*, and as a result, the body is lifted off the ground, much like a helium balloon rises into the air.

Other Experiments in Entanglement and Entrainment

The interpersonal transmission of energy to entrain the kundalini is one facet of Paramahamsa Nithyananda's research. He has also conducted studies in teleportation and materialization, the production of physical objects seemingly from "nothing". Since we have seen that thoughts are not "nothing"—they have energetic existence—Paramahamsa Nithyananda is simply demonstrating the science of transforming the energy of his thought into physical matter. He visualizes an

object mentally, and subsequently it appears. His recent experiments have ranged over a wide variety of objects. The manifestations are usually of a religious nature because the abundant energy of devotion in a religious setting facilitates the process.

Materialization—Science of the Impossible

1803—Year of the Impossible

1803 was an unsettling year for conventional science. In that year, a bright English scientist called Thomas Young performed a simple experiment that would, for the first time, destroy the comfortable solidity of the Newtonian universe. In this classic experiment, which came to be known as Young's Double-Slit Experiment, the scientist used basic tabletop equipment to prove something astonishing: that light could exist simultaneously in the form of matter as well as energy, ultimately manifesting as either matter or energy depending on the observer. This extraordinary finding was to have a ripple effect on the most basic postulates of the Newtonian world, including the reality of matter itself. The dual existence of light implied the shocking possibility of a dual universe itself, existing simultaneously as matter and energy.

Interestingly, Isha Vasya Upanishad, one of the primary spiritual texts of the Hindu Vedic tradition, had declared more than 10,000 years ago that all that exists in the universe is energy, including whatever appears as matter:

Isha vasyam idam sarvam
yad kincha jagatyaam jagat
(Isha Vasya Upanishad, v.1)

It would be still another century before quantum physics could prove this theory conclusively. But Young's experiment opened the eyes of humanity to the world of quantum physics—a hitherto inconceivable plane of reality in which everything was possible—including the impossible.

2011—The Impossible in action

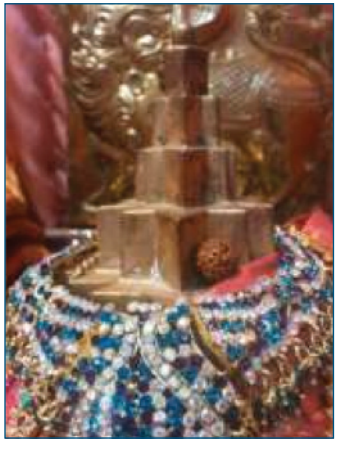
Can something be created out of nothing?

Yes, say the followers of Paramahamsa Nithyananda, who are witnessing the impossible every day at Nithyananda Dhyanapeetam's Vedic Temples worldwide.

Since early 2011, ardent devotees have been witnessing the miraculous appearance of innumerable sacred items, from vibhooti (holy ash) to honey to gems to small idols in the Vedic Temples or in their homes, all by a word of blessing from Paramahamsa Nithyananda. Well-documented and very often videographed, it seems that these extraordinary mystical happenings can neither be brushed aside nor explained!

Of the hundreds of such miracles that devotees are experiencing, just a few have been mentioned below—all of them occurring within minutes or hours of Nithyananda announcing that they would happen.

◄ **7th April 2011:** During a festival dedicated to the goddess Meenakshi (Mother Goddess) held at the International headquarters in Bidadi near Bengaluru, Nithyananda blessed the devotees at the Nithyananda Vedic Temple in San Jose, USA over two-way video conferencing that they would witnesses the appearance of holy vermilion (kumkum) at the feet of the deity of Meenakshi. And the same day, vermilion appeared at the feet of the statue of Goddess Meenakshi!



◄ **31 May 2011:** From Nithyananda Dhyanapeetam international headquarters near Bengaluru, INDIA (viewed online across the world), Nithyananda blessed Kavita of the Nithyananda Vedic Temple in KL, Malaysia that she would have a rudraksha (a sacred bead used in rosaries) materialize on the holy Meru (representation of Cosmic feminine energy).The same day, Kavita was delighted to find that a perfect rudraksh had materialized on the Meru!

▲ **10th June 2011:** As per Nithyananda's announcement during morning satsang from the ashram HQ near Bengaluru in India, Sri Ananda Senapati of Seattle, USA found an auspicious panchamukhi rudraksh (5-faced rudraksh) in his prayer-room.

◄ **11th June 2011:** During the morning satsang at Bidadi ashram in India, Nithyananda blessed the Nithyananda Vedic Temple in Kuala Lampur, Malaysia over two-way video conferencing. The same day, with the blessings of Nithyananda, devotees at the temple witnessed the continuous dripping of pure honey from the right hand of Nithyananda's deity at the temple.

▲ **24th June 2011:** In the Oman Nithyananda Satsang Center, Poornima received a unique object—a diamond set within a pearl—from her throat. She received the energy transfer instantly on instruction from Paramahamsa Nithyananda, who was in the ashram headquarters near Bengaluru, India at the time. This unique object where two precious stones were fixed together, proves that the objects were indeed materialized from a common energy source, and not merely teleported from elsewhere.

▲ **27th January 2011:** Vibhooti (holy ash) materialized on Nithyananda's paadukas (holy sandals) during Sri Vidya homa in a devotee's house in Thiruvottriyur, Chennai. A few days earlier, Nithyananda had announced that He would reveal His presence in devotees' homes through the materialization of vibhooti and kumkum (holy vermilion) on his paadukas during worship.

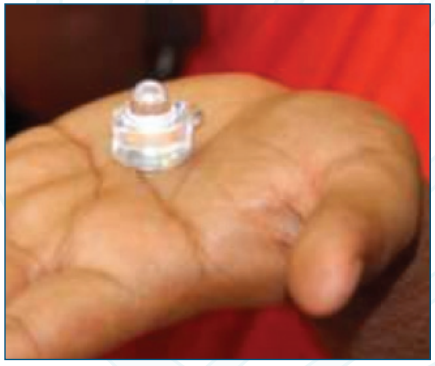
8th June 2011: Ma Nirantara of Nithyananda Vedic Temple in KL, Malaysia received a huge panchamuki rudraksha spotted with vibhooti (sacred ash) in her open palms during the morning satsang. She received the energy transfer instantaneously from Nithyananda, who was in the ashram's international HQ in Bidadi, near Bengaluru in India. ►

▲ **24th June 2011:** Saha Nathan of Seattle, USA received traces of kumkum (holy vermilion) on his palms as a birthday gift from Nithyananda, who blessed him the previous day from the ashram's international HQ near Bengaluru, India. Saha Nathan's joyous email is below:

Nithyanandam,

Yet again one more blessing from Swamiji on my Birthday. Moment he blessed me that Kumkum will appear in your palm, the divine process has been started. It put me in different plane, as our beloved Swamiji mentioned during the morning Satsang.

The blissful moment: When I got up in the morning, I got a strong intuition saying - check your hands. I saw my palms; kumkum has materialized on my both palms! My gratitude to Swamiji for this life changing birthday gift.



6 Sept 2011: In one afternoon session of less than four hours, Paramahamsa Nithyananda manifested a series of more than 108 exquisite hand-held artifacts through his *divyasareera* Poornima. Objects include a wide range of molecular structures from onyx and crystal to rose quartz, ruby and jade, indicating a consummate command of he science of teleportation. Some items are raw stones while others have been polished, and the most beautiful and wondrous of all are perfectly carved miniature *murthis* or religious statuary. All sprang from the internal vision of Paramahamsa Nithyananda.

Materialization & Vedic Science

Is materialization no more than an expression of the faith of the faithful? Is it deception, magic or science? Is it real? Even today, the finest minds in the global scientific community are unable to explain these happenings, which are commonplace in the 90,000-year-old Indian Vedic tradition that Paramahamsa Nithyananda represents. According to Vedic cosmogony, our universe itself was created out of the thought-power of the god Brahma. The holy scripture Yoga Vaashishta describes how highly advanced yogis can create objects out of their mind, through a rare combination of perfect visualization and the yogic power of creation (praakaamya). Praakaamaya is one of the ashta maha siddhis or Eight Mighty Yogic Powers, accomplished only through many lifetimes of yogic disciplines, and the grace of the Divine. Unfortunately, these extraordinary sciences are all but lost to humanity today.

As on date, a few rare individuals are able to materialize items like sacred ash from their own bodies or from objects that carry their energy print. But Nithyananda is arguably *the only known being on our planet* with the ability to manifest matter from energy in a matter of a few minutes, in the bodies of people sitting thousands of miles away, using nothing but his own extraordinary yogic powers! Moving easily between the dimensions of energy and matter, Nithyananda assembles and reassembles molecules in the air, creating, dissolving and re-creating objects in materials as diverse as stone, crystal and organic compounds. On 1st September 2011, through a single *divyashareeri* (energy channel), Nithyananda

> According to Vedic cosmogony, our universe itself was created out of the thought-power of the god Brahma.

materialized as many as 103 precious objects in a space of a few hours. It would have taken Mother Nature thousands of years to create every single one of them. But as Nithyananda Himself clarifies, there is no such thing called a miracle! All so-called miracles are perfectly scientific happenings, based on natural laws that we are yet to fully comprehend.

ALL SO-CALLED MIRACLES ARE PERFECTLY SCIENTIFIC HAPPENINGS, BASED ON NATURAL LAWS THAT WE ARE YET TO FULLY COMPREHEND.

Materialization and Quantum Physics

Scientifically speaking, the process of materialization belongs to the realm of quantum physics. The theory of Quantum Entanglement attempts an explanation of how materialization might be taking place. Entanglement is a term used in quantum theory to describe the way that particles of energy or matter can become correlated to predictably interact with each other regardless of how far apart they are. Which means, that the state and actions of one of these particles can influence the state and actions of other through the process of interference. During the process of materialization, the energy-channel becomes so attuned to Nithyananda that his/her body and mind temporarily assume the characteristics of enlightenment. In other words, the divyashareeri becomes like an extension of Nithyananda's own inner space. Nithyananda calls this the 'physiology of feeling connection'. This means that Nithyananda, purely with the power of his thought-force, can visualize any object and transfer the energy of his visualization into the body of the divyashareeri—where it is instantaneously converted into matter. Mind-bogglingly mystical—but true, nevertheless!

Materialization and superconsciousness

It must be mentioned here that unlike subjects of hypnosis or séance mediums, Nithyananda's *divyashareeris* (energy channels) are in a rare elevated state, characterized by high energy, peace and bliss, both during and after the process of energy transfer. Although the two processes may appear similar to an untrained eye, they actually stand at the two extremes of the consciousness spectrum. While subjects of hypnosis or mediums are operating out of the unconscious state, *divyashareeris* are touching the state of superconsciousness. The tremendous influx of positive energy during these sessions sets up a process of silent transformation in the entire mind-body system of the individual. Divyashareeris regularly report the spontaneous healing of chronic diseases, visible age-reversal and the effortless clearing away of lifelong negative mental patterns. Post-activation assessment of these individuals has proved that the long-term effects of this energy influx extend so far as to influence their problem-solving and decision-making abilities, even harmonizing their interpersonal relationships.

The tremendous influx of positive energy during these sessions sets up a process of silent transformation in the entire mind-body system of the individual.

Scientific validation of materialization

Today, Nithyananda is striving to bridge the gap between traditional Vedic wisdom and modern science by putting himself under the scanner, so to speak. A dedicated team of doctors and researchers have put their expertise, time and resources into the effort to document these events for the future for the benefit of science and humanity. The latest in a series of studies conducted by this team were the tests done on Poornima, a young

entrepreneur and Nithyananda's energy channel from Sultanate of Oman.

On **6th September 2011**, three different studies were conducted during a 4-hour session in which Paramahamsa Nithyananda materialized a variety of objects through this individual, including sacred ash and precious stones.

NITHYANANDA MATERIALIZED A VARIETY OF OBJECTS THROUGH THIS INDIVIDUAL, INCLUDING SACRED ASH AND PRECIOUS STONES.

The studies were:

1. Whole body baseline CT scan of the subject
2. Simultaneous QEEG of Nithyananda and the subject

Whole body baseline CT scan of the subject

Baseline whole body CT scans proved the absence of any hidden objects in the body and vicinity of the subject. After the energy transfer from Nithyananda to the subject, a repeat scan clearly shows the sudden appearance of a radio-opaque foreign body in the oral cavity without any delay or repositioning. The recording of the spiral CT after materialization revealed the presence of materialized objects both in sections and 3D format

Simultaneous QEEG of Nithyananda and the subject

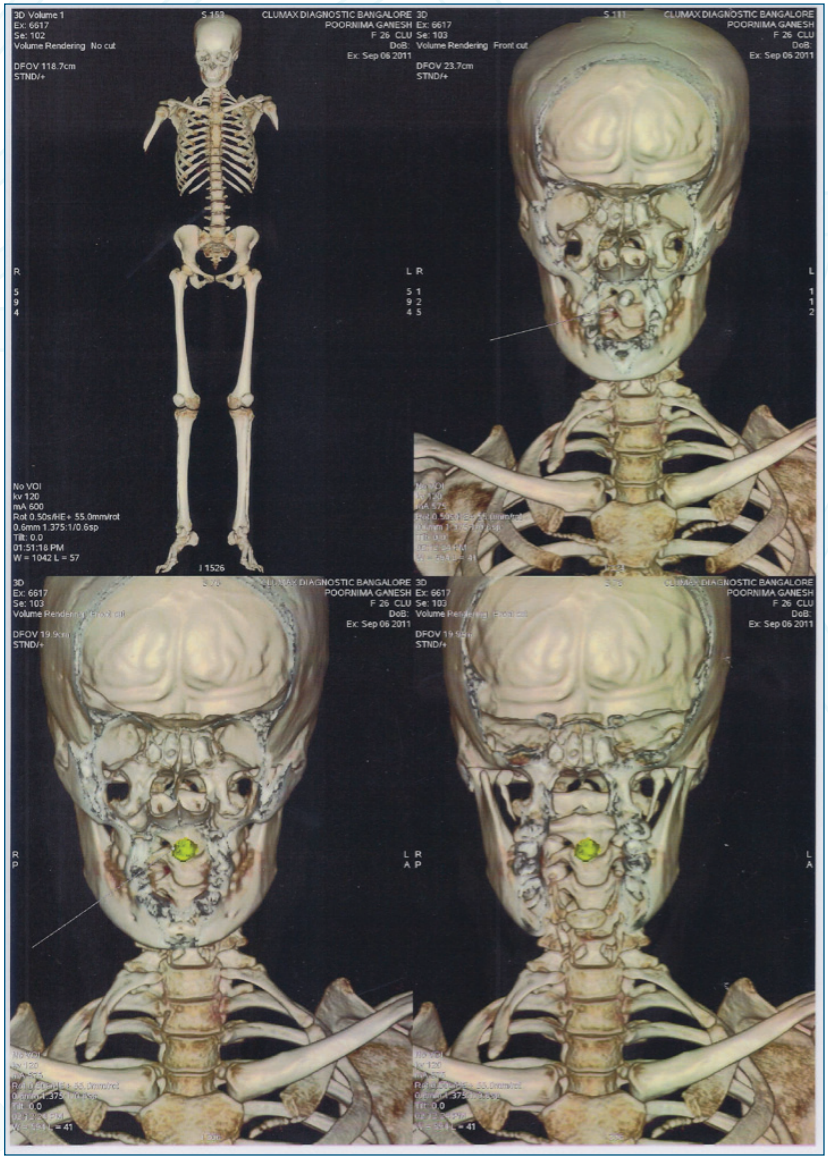
The QEEG recording of both Nithyananda and the subject done during the process of energy transfer clearly showed Entrainment' (Synchronicity) in the brain waves of both individuals during the process of materialization, proving that a process of attunement was indeed taking place at the time.

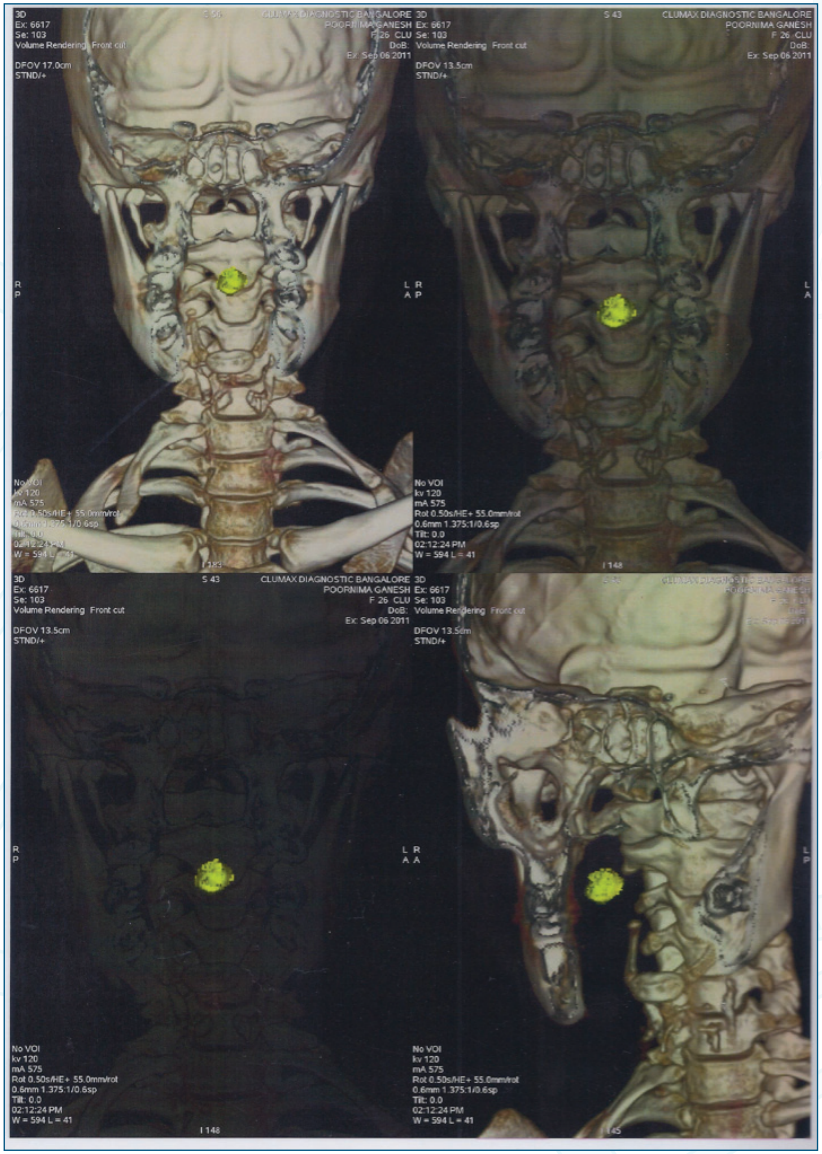
Scans (above) showing the sudden appearance of the foreign body (green colored precious stone) in the oral cavity of the individual. Scan (top right) taken a few minutes earlier clearly shows the absence of any such object in the oral cavity.
Laboratory investigation in progress with CT scan of Paramahamsa Nithyananda's energy channel and simultaneous qEEG (brain-wave) studies of Paramahamsa Nithyananda and the channel to demonstrate **entrainment**.

Lab Diagnostics Report on Materialization

The first scan clearly shows absence of any foreign objects in the subject's body.

The second scan a few minutes later demonstrates the appearance of a greenish stone within the subject's oral cavity.




3D
Ex: 6617
Se: 103
Volume Rendering Front cut
DFOV 17.0cm
STND/+
CLUMAX DIAGNOSTIC BANGALORE
POORNIMA GANESH
F 26 CLU
DoB:
Ex: Sep 06 2011
No VOI
kv 120
mA 575
Rot 0.50s/HE+ 55.0mm/rot
0.6mm 1.375:1/0.6sp
Tilt: 0.0
02:12:24 PM
W = 594 L = 41
I 148
DFOV 13.5cm

CLUMAX
DIAGNOSTICS
A MEDALL COMPANY
(ISO 9001:2008 Certified)

PATIENT NAME	: MS. POORNIMA GANESH
AGE / SEX	: 26 YRS / FEMALE DATE: 6TH SEPT.2011
REFERRED BY	: DR. KRISHNA SHAMARAO

CT WHOLE BODY - 2

OBSERVATIONS:

Whole body CT of test subject done.
No evidence of any radio-opaque foreign body seen.

Repeat whole body CT of test subject done without any delay / repositioning shows radio-opaque foreign body in oral cavity.

DR. H. T. GURURAJ RAO
CONSULTANT RADIOLOGIST

htg/vr

No. 68/150/3, "Sri Lakshmi Towers", 9th Main, 3rd Block, Jayanagar, Bengaluru - 560 011.
Tel : (91-80) 4121 4545, 4008 4545 Fax : (91-80) 4121 4549 E-mail : clumax.jayanagar@medall.in www.medall.in

For Emergency CT & MRI Scan after 8 p.m. Please Contact : 9972816203

Advanced Kundalini Activation Research

Pursuing his conviction that kundalini activation can be physically measured, Paramahamsa Nithyananda undertook the medical surveillance of participants in his breakthrough residential three-week retreat, **Inner Awakening**. Attendees were tested for a variety of parameters upon arrival at the retreat. The same tests were repeated just before their departure. The results of the study were astonishing, demonstrating that kundalini activation erases a host of chronic illnesses, mental and emotional blocks and behavioral problems. It has a measurable effect on cell structure, creating a positive shift in genetic function and raising personal energy levels by an amazing 967%.

The full account follows.

Inner Awakening (IA)—The Program

Inner Awakening (IA) is a unique life-transforming 21-day yoga and meditation retreat centered on awakening the ultimate inner potential energy within each of us: the Kundalini energy.

Each morning, the program begins with uniquely designed *yoga* sessions that prepare the body to hold and express the powerful Kundalini energy. As a master of ancient spiritual sciences and mystical techniques, Nithyananda personally guides the participants through deep meditation processes, all in the rare ambience of a contemporary *Vedic Ashram*.

Each day culminates with an initiation from Nithyananda, when He awakens the Kundalini energy.

Each day culminates with an initiation from Nithyananda, during which He awakens the Kundalini energy. With this transmission He also awakens the various previously dormant dimensions within you that express themselves as constant creativity and joy.

The Kundalini Awakening by Nithyananda miraculously works on all the essential dimensions of life, leaving one with the experience of deep healing at physical, mental and emotional levels. One experiences a state of true peace with tremendous productivity, creativity and constant awareness. With powerful clarity one learns to create and enjoy every moment of the life one loves.

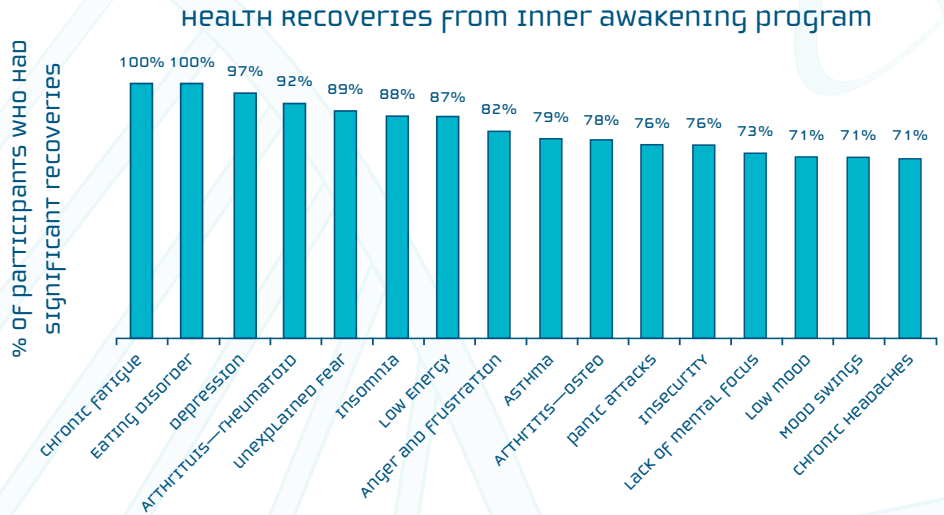
The Need for Medical Research in IA

Since the first IA program happened in 2008, many of the seekers who came from around the world seeking spiritual solace reported amazing health recoveries as one of the main benefits of attending the program. This serendipitous discovery, in terms of many chronic and serious diseases getting cured in addition to increased energy levels,

set the stage for scientific research to validate these observations. The study was structured to quantify the changes and statistically evaluate their benefits.

The intent is to determine the physiology behind these changes through appropriate scientific studies, so that more in-depth examination can be done in future programs by external researchers.

We would like to share the health benefits experienced by the participants in recent days. These results based on pre- and post-program questionnaires answered by the participants.



The Study

1. Physical and physiological parameters
2. MTT assay
3. Genetic studies
4. qEEG studies
5. Materialization studies

Physical and Physiological Parameters

The following physical and physiological parameters were evaluated on Day 0 and Day 18 of the IA program:

a. Height and weight and by inference BMI
b. Chest and waist circumference and by inference C/W ratio
c. Diastolic blood pressure with a mid program review on hypertensives
d. Fasting blood sugar
e. Mid program review on diabetics.

Study Design: An evaluation to study the effectiveness of intervention on Anthropometry Parameters and Clinical Variables

Statistical Methods: Descriptive statistical analysis has been carried out in the present study. Results on continuous measurements are presented on Mean *SD* (Min-Max) and

Table 1 Gender distribution of participants studied

Gender	Number of participants	Percentage [%]
Male	47	47.0%
Female	53	53.0%
Total	**100**	**100.0%**

Table 2 Effects on clinical variables

	Initial	Final	Significance
Heart Rate HR (bpm)	76.88±11.27	71.19±10.29	t=5.130; p<0.001**
Diastolic Blood Pressure DBP (mm Hg)	117.87±18.14	74.54±12.94	t=24.332; p<0.001**
Fasting Blood Sugar FBS (mg/dl)	101.97±17.91	97.87±11.71	t=2.686; p=0.008**

Results are presented in Mean ± SD

Table 3 Incidence of pre-existing complications

Complications	Number of patients (n=100)	Percentage (%)
Known Diabetic	8	8.0%
Known Hypertensive (HTN)	8	8.0%
Eating Disorder	3	3.0%
Thyroid	8	8.0%
High Cholesterol	10	10.0%
Musculoskeletal	8	8.0%
Insomnia	5	5.0%

results on categorical measurements are presented in Number (%). Significance is assessed at 5% level of significance. Student *t* test (two-tailed, dependent) has been used to find the significance of study parameters on continuous scale within each group. 95% Confidence Interval has been computed to find the significant features. Confidence Interval with lower limit greater than 50% is associated with statistical significance.

1. Student *t* test for paired comparisons

Objective: To investigate the significance of the difference between single population means.

No assumption is made about the population variances and *di* is the difference formed for each pair of observations.

2. Significant figures

\+ Suggestive significance (p value: $0.05<p<0.10$)

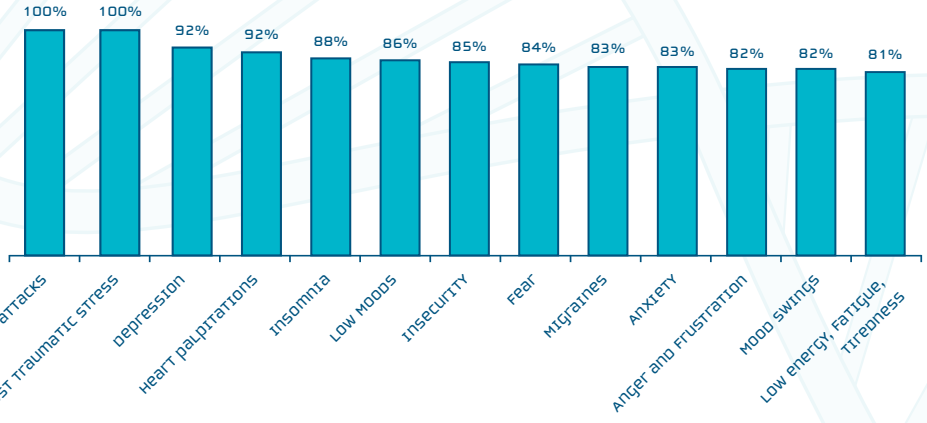
* Moderately significant (p value: $0.01<p< 0.05$)

** Strongly significant (p value: $p <0.01$)

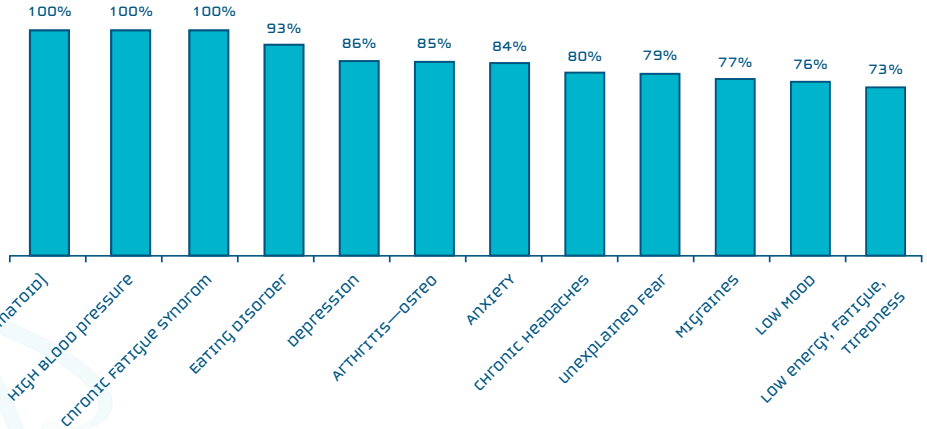
Statistical software: The Statistical software namely SAS 9.2, SPSS 15.0, Stata 10.1, MedCalc 9.0.1, Systat 12.0 and R environment version 2.11.1 were used for the analysis of the data and Microsoft word and Excel have been used to generate graphs, tables, etc.

The results are further validated by on-going research done on subsequent batches of IA participants. A summary of the findings is shown on the next page:

Inner awakening—January 2012
Health Recoveries



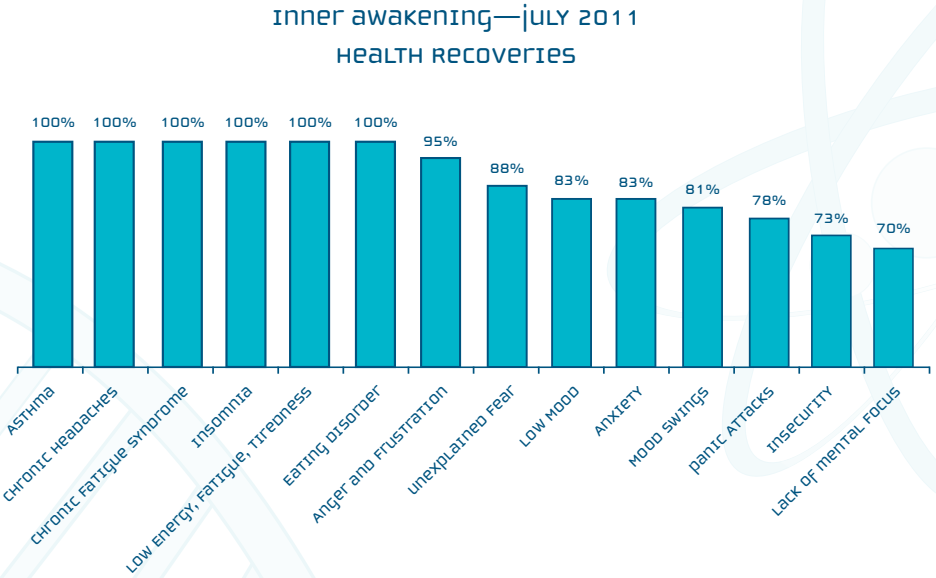
Inner awakening—November 2011
Health Recoveries

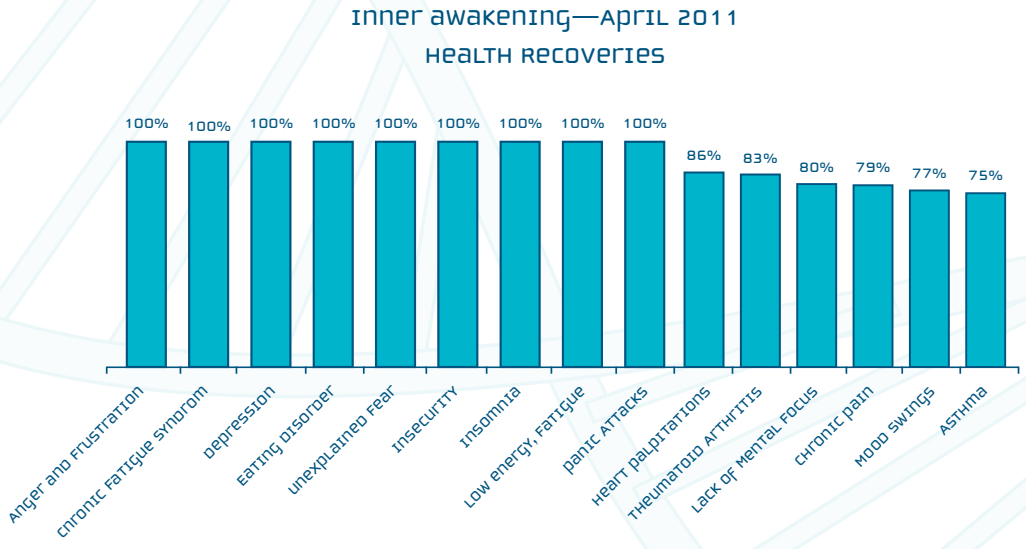


References:

Rosner, B. (2000). *Fundamentals of biostatistics* (5th Edition). Pacific Grove, CA: Duxbury.

Reddy, M. V. (2002). *Statistics for mental health care research*. Bangalor, India: National Institute of Mental Health and Neuro Science.





Sunder Rao, P. S. S., & Richard, J. (2004). *An introduction to biostatistics, A manual for students in health sciences*. New Delhi: Prentice Hall of India.

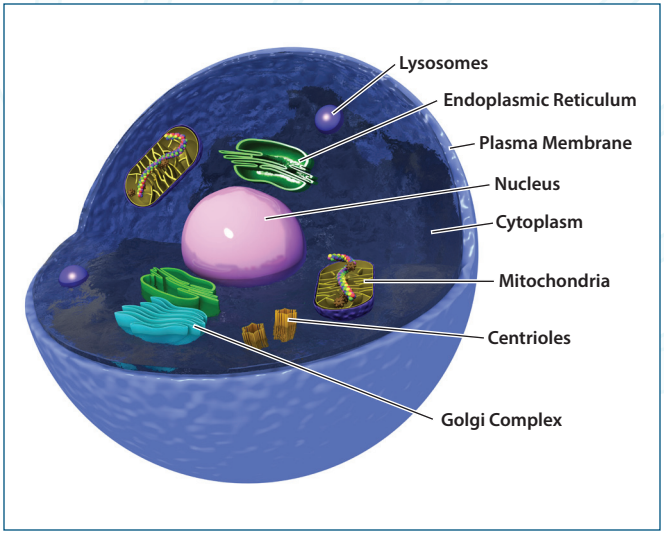
Eng, J. (2003). Sample size estimation: How many individuals should be studied? *Radiology*, *227*, 309-31.

Inner Awakening and Cellular Transformation

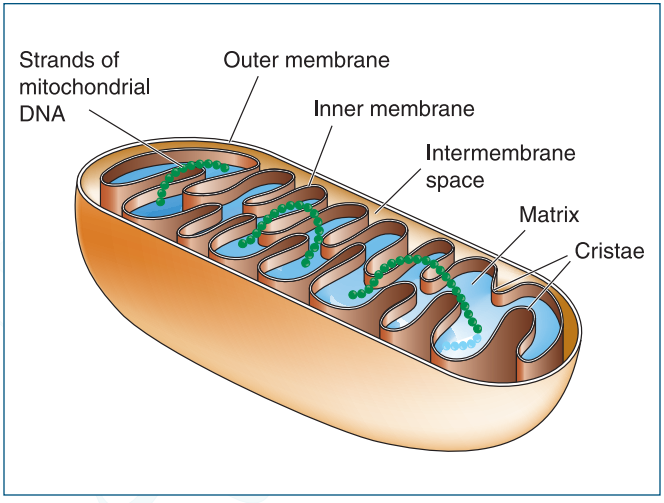
THE SCIENCE OF MITOCHONDRIAL FUNCTION

The human body is essentially an assembly of 50 trillion individual cells living in unison, working towards a common goal. Each cell is by itself a complete living entity with its own processes for sustenance of life, reproduction and so on. Most of the components of the cells are common across the board fulfilling basic common needs, yet each have their own specialized departmental work, be it secreting hormones, enzymes and so on. All these cells are powered by a single battery within the cell called the mitochondrion.

The mitochondrion is an interesting structure, only 1 micron in length, situated outside the nucleus in the cytoplasm of the cell. Mitochondria are the cell's power producers. They convert energy into forms that are usable by the cell. They are the sites of cellular respiration which ultimately generate fuel for the cell's activities. Their function is to optimize the utilization of energy producing substances like glucose, and to produce ATP which is the energy molecule of the cell. Without mitochondria, the cell can produce only 2 ATPs per glucose



molecule. The mitochondrion, on the other hand, can produce 32 ATPs per molecule of glucose, which is a 1700% in efficiency. Mitochondria are also involved in other cell processes such as cell division and growth, as well as cell death.



The mitochondria have their own set of DNA, which allows them to function independently. Unlike the DNA in the nucleus of the cell, which is covered by a protective layer of histones, the mitochondrial DNA is naked and thus exposed to increased possibilities of damage. As it is, the repair mechanism of the mitochondrial DNA is not as efficient as that of the nuclear DNA. As we age, significant errors creep into the mitochondrial DNA which go unrepaired or inappropriately repaired. This leads to malfunction in the electron transfer chain of the mitochondria. Instead of producing pure energy in the form of ATP, a non-productive oxygen species called reactive oxygen species (ROS) is produced. This ROS damages cellular structures including the exposed mitochondrial DNA, leading to a vicious cycle of dysfunction and aging, which in turn leads to cell death.

Mitochondrial Assay— The Study

a. 10 random blood samples from Inner Awakening (IA) participants from above 50 years of age as study group
b. Blood samples were taken on Day 0 and Day 18
c. Labeling was double blinded and sent to the laboratory for MTT assay
d. All participants received energy darshan from Nithyananda in addition to 21 days of yoga, meditation, exercise and other processes.

Laboratory Analysis

The MTT assays were performed at Post Graduate Department of Biotechnology, Mangalore University.

All results including the physical, physiological measurements and the MTT assay were statistically evaluated by professional biostatistician Dr. K. P. Suresh, Scientist (Bio Statistics), National Institute of Animal Nutrition and Physiology, Bangalore.

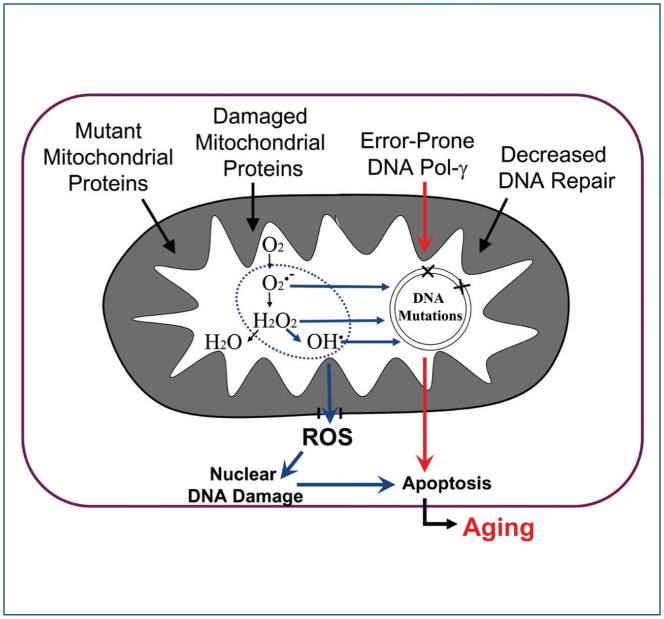


Fig: ROS mediated cell damage

Since the etiology of many diseases is currently being quoted as related to free-radical mediated damage, mitochondria seemed to be the right subject for study and that is where we started. Genetics also plays a major role in the etio-pathogenesis of diseases. Genetic studies were carried out on participants who had significant health recoveries. QEEG studies were also done to study the effect on brain waves.

Material and Methods:

This colorimetric assay is dependent on the ability of viable cells to metabolize a water-soluble tertazolium salt (yellow color) into a water insoluble formazan product (purple color). It measures the activity of cellular respiratory enzymes that reduce MTT. Since only viable cells perform this

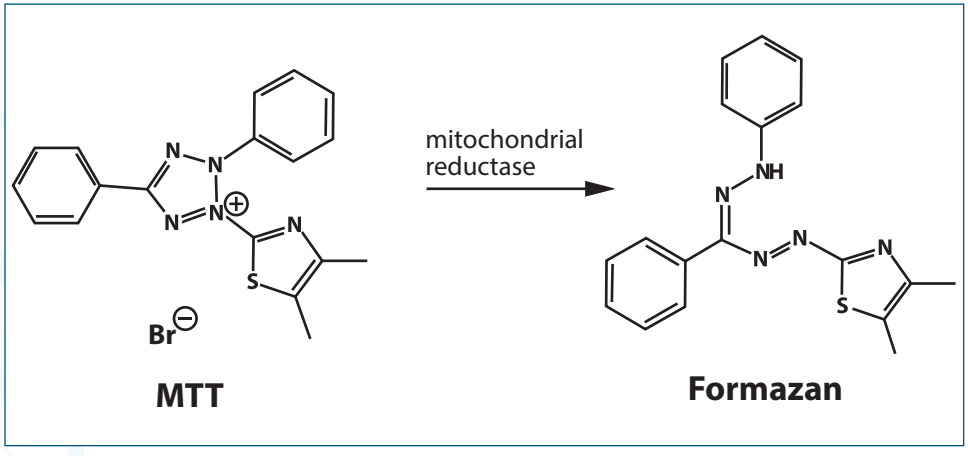
activity, the assay is used to measure the viability and proliferation of cells.

procedure: isolation of mononuclear cells (MNC)

Human Mononuclear cells can be separated from heparinized blood samples or from the buffy coat of centrifuged blood sample with sodium citrate as an anticoagulant after removal of the erythrocytes and the plasma. The residual fraction (25–40 ml) contains more than 90% of the leukocytes, 10% of the erythrocytes, and 5% of the plasma.

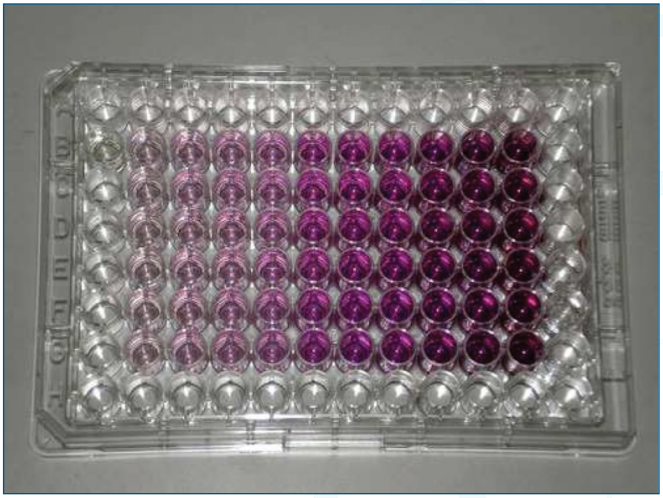
1. Dilute buffy coats 1:4 (v/v) or heparinized blood samples 1:2 (v/v) with Dulbecco's Phosphate buffered saline (PBS) without Ca^{2+} and Mg^{2+}.
2. To a 10 ml centrifuge tube add 2 ml of defibrinated or anticoagulant treated blood and an equal volume of balanced salt solution (final volume 4 ml).
3. Mix the blood and buffer by inverting the tube several times or by drawing the mixture in and out of a pipette.

MTT is (3-(4, 5 Dimethylthiazol-2-yl)-2, 5-di phenyltetrazolium bromide



Procedure for isolation of mononuclear cells

1. Invert the Ficoll-Paque media bottle several times to ensure thorough mixing.
2. Using aseptic techniques, add Ficoll-Paque media (3 ml) to the centrifuge tube.
3. Carefully layer the diluted blood sample (4 ml) onto the Ficoll-Paque media solution.
4. Centrifuge at 400 g for 30 to 40 minutes at 18ºC to 20°C (brake should be turned off).
5. Draw off the upper layer containing plasma and platelets using a sterile pipette, leaving the mononuclear cell layer undisturbed at the interface.
6. Transfer the layer of mononuclear cells to a sterile centrifuge tube using a sterile pipette.



A Micro-titer Plate after MTT Assay
Tetrazolium salts are converted by metabolically active cells to formazan, which can be quantified by measuring absorbance at 570 nm.

Washing the cell isolate

1. Estimate the volume of the transferred mononuclear cells. Add at least 3 volumes (~ 6 ml) of balanced salt solution to the mononuclear cells in the centrifuge tube.
2. Suspend the cells by gently drawing them in and out of a pipette.
3. Centrifuge at 400 to 500 × g for 10 to 15 minutes at 18°C to 20°C.
4. Remove the supernatant.
5. Re-suspend the mononuclear cells in 6 to 8 ml balanced salt solution.

6. Centrifuge at 400 to 500 × g (or 60 to 100 × g for removal of platelets) for 10 min at 18°C to 20°C.
7. Remove the supernatant.
8. For cell counts, dilute first 1:10 in supplemented RPMI -1640, and then 1:2 with 0.1% trypan blue solution, and count the cells with a Hemocytometer.

MTT Assay—Steps:

1. Remove the culture medium from cell monolayers cultured in 96-well plates.
2. Reconstitute each well with 0.2 mL supplemented RPMI-1640 containing 1 mg/mL MTT.
3. Incubate the cultures for 2–4 hours at 37°C.
4. Remove the supernatants from the wells.
5. Add 0.2 mL per well of a lysing reagent containing 0.04 *N* HCl in isopropanol.
6. Mix the content of the wells thoroughly.
7. Read the plates in an automated microplate spectrophotometer at 570 and 630 nm as reference

References:

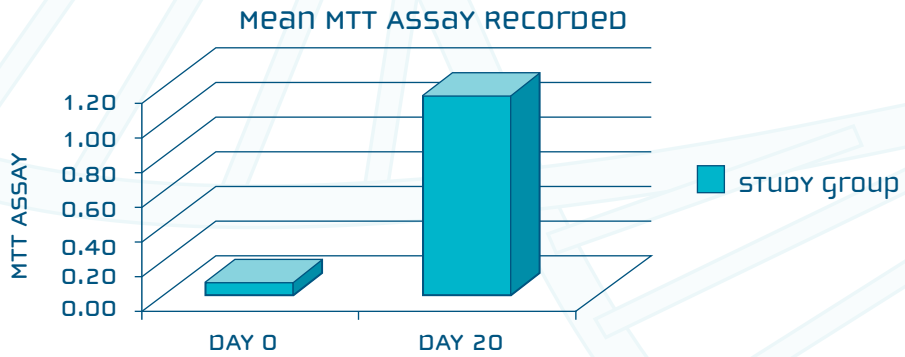
Mossman, T. (1983). Rapid colorimetric assay for cellular growth and survival. *Journal of Immunological Methods, 65*(1-2), 55-63.

Sieuweters, A. M., Klijn, J. G., Peters, H. A., & Foekens, J. A. (1995; Nov. 33). MTT tetrazolium salt assay scrutinized. *Eur J Clin Chem Clin Biochem, 11*, 813-823.

Darzynkiewicz, Z., Li, X., & Gong, J. (1994). Assays of cell viability: discrimination of cells dying by apoptosis, *Methods in Cell Biology*, *41*, 15-38.

Increase in Mitochondrial Activity During Inner Awakening

MTT Assay						
Sample No	Day 0			Day 20		
	Reading 1	Reading 2	Average	Reading 1	Reading 2	Average
1	0.28	0.148	0.214	1.787	1.316	1.5515
2	0.242	0.109	0.1755	1.567	0.747	1.157
3	0.041	0.211	0.126	1.864	0.952	1.408
4	0.121	0.123	0.122	1.942	0.728	1.335
5	0.021	0.157	0.068	1.521	0.796	1.1585
6	0.04	0.156	0.098	1.495	0.722	1.1085
7	0.007	0.308	0.1575	1.533	0.763	1.148
8	0.011	0.363	0.187	1.177	0.468	0.8225
9	0.019	0.019	0.019	1.486	1.064	1.275
10	0.054	0.099	0.0765	0.553	0.658	0.6055
Average		**0.1 2435**			**1.15695**	



STATISTICAL ANALYSIS

Null Hypothesis: There is no significant difference in the mean value between two groups, i.e. $\mu 1 = \mu 2$

Alternate Hypothesis: There is a significant difference in the mean value between two groups, i.e. $\mu 1 \neq \mu 2$

Level of Significance: $\alpha = 0.05$

Statistical test used: *t* test

Decision: The *p* value and the level of significance are compared. If $p < 0.05$, the null hypothesis is rejected and the alternate hypothesis is accepted. If $p \geq 0.05$, the null hypothesis is accepted.

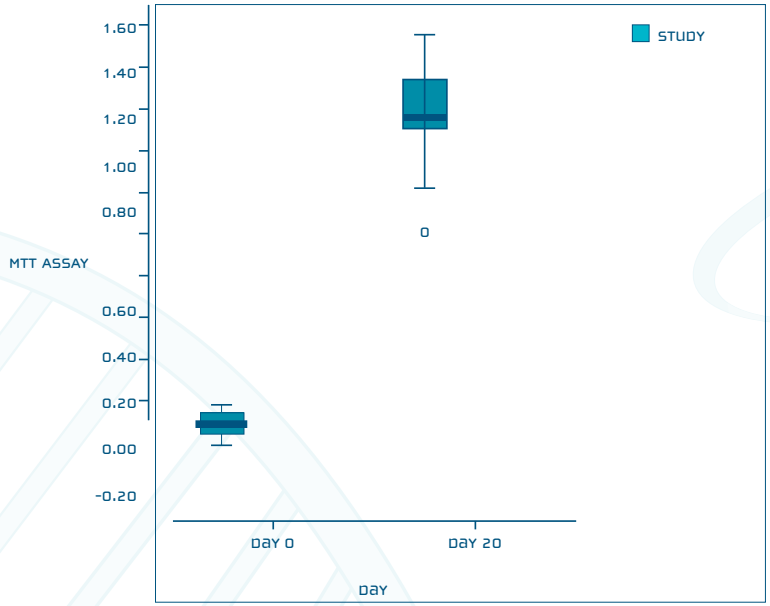
Computations: The tables below give us the various computations and the *p* value.

Comparison of the change in MTT Assay at Day 0 and Day 20 in study group:

Group	Day	Mean	Std Dev	Mean Difference	T	*p*-value
Study Group	Day 0	0.12	0.06	-1.033	-12.084	<0.001*
	Day 20	1.16	0.28			

*Denotes significant difference

In study group, there was an increase in mean MTT Assay from Day 0 to Day 20. The increase in MTT Assay from Day 0 to Day 20 in Study Group was found to be statistically significant ($p < 0.001$).



Summary:

- The MTT assay is a well-established protocol for the study of cell viability and metabolism (Mitochondria).
- There was a dramatic increase in mitochondrial activity in the study group
- Normally, processes like yoga or exercise or meditation increase mitochondrial activity by about 40-50%.
- This study conclusively showed approximately 1000% increase of mitochondrial activity (cell viability) in the IA participants.

Conclusion:

- Energy darshan leads to Kundalini awakening to a statistically significant degree
- The addition of yoga, meditation and exercise along with energy darshan leads to greater increase in cellular energy

Impact of Kundalini Awakening on Gene Function

INTRODUCTION

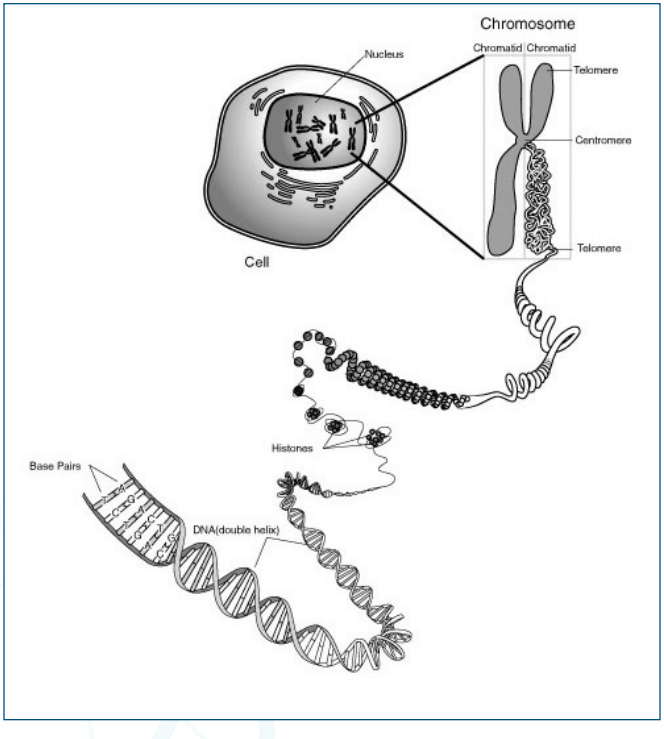
Health: Health is defined as not merely absence of illness, but also a sense of positive feeling in physical, physiological, psychological and emotional states.

It is a core process affecting all individual cells of the body (50 trillion cells) and their relationship with one another to function as a whole (human being). The relationship of this whole, its interaction with physical and environmental factors (society), and the influence of this interdependence on the collective consciousness (spiritual health) are likewise aspects of the domain of health.

There are four different aspects of health:

- Physical
- Physiological
- Psychological
- Spiritual

Life: The ability of any structure, whether molecule, organelle, cell or multi-cellular organism to function in its environment by actively processing signals, responding to stimuli, preserving its systems, repairing damage and reproducing itself to further propagate its species, , is known as Life. Life processes also include undergoing quantum adaptive changes to deal with a dynamic and changing environment



Courtesy, National Human Genome Research Institute

The primordial universe consisted initially of *sub atomic particles* (energy), which combined together to form *atoms*, the smallest organized unit of life, for example, the atom of hydrogen. Hydrogen in turn can be further combined to form molecules through chemical bonds, for example, the molecule of water and so on, which is hydrogen bonded to water.

Molecular Basis of Life

Of all the possible combinations of elements, the formation of a specially designed molecule called DNA (*Deoxy ribo nucleic acid*), became the fundamental mechanism of giving life to otherwise inanimate molecules.

The DNA is a poly-nucleotide chain containing a repetitive back bone of sugar-phosphate units with small organic basies—Adenine, Thymine, Guanine and Cytosine—attached to each sugar.

In human beings, DNA is a long strand measuring almost 2 meters in length, but coiled inside a cell, which is only a few microns in diameter.

Gene

Gene is a functional hereditary unit made up of DNA, which occupies a fixed location on a chromosome.

Chromosome

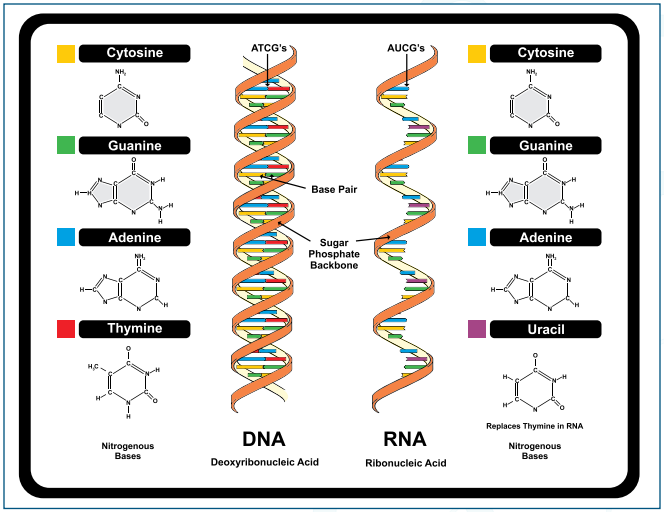
A chromosome is a long strand of DNA, found within the nucleus of a cell.

A human being has 23 pairs of chromosomes in each cell of which 22 are autosomal (not sex-related). The last pair are the sex chromosomes, which determine our gender.

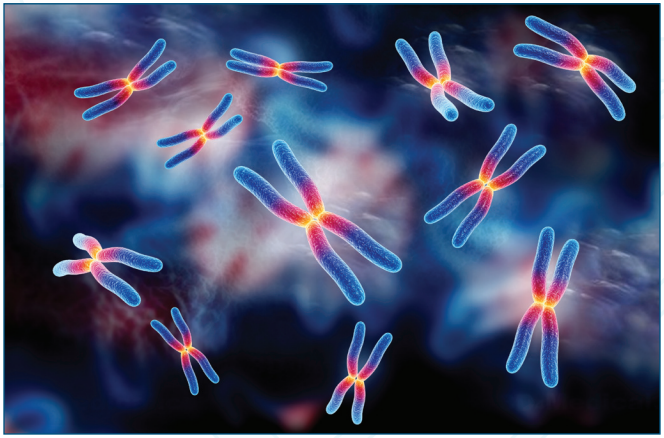
Genome

The complete set of chromosomes with its genes in an organism is called its "Genome".

The Human Genome contains between 25,000 and 30,000 genes similar to that of a mouse and less than a grain of rice, which contains 50-60,000 genes. Hence it is clear that it is not the number of genes, but *what* a gene can do that determines the complexity of a living organism.



Genes not only transmit information from generation to generation, but also act on a minute to minute basis, reacting to external needs, synthesizing amino acids and proteins which carry out the various functions of the body, whether structural, enzymatic or defensive mechanisms.



comparative genomics

The human and chimpanzee genomes are 96% identical. The 4% gap makes a profound difference in the physical and psychological presentation (phenotype) of these two species.

Genes not only transmit information from generation to generation, but actually on a minute to minute basis.

For example, language which is unique to humans, has been tracked down to a double mutation in a gene called "FOX P2". This single factor forms the entire basis for verbal communication in the human species

genes and disease

Some diseases involve single gene mutation such as sickle-cell anemia, which affects only a small subset of humanity.

Other diseases involve multiple genes. Over 100 genes are implicated in susceptibility to asthma and cancer is a disease of genomic instability often involving the *mutation* (change) of genes from their normally programmed behavior.

Gene-related metabolic pathways such as MAP-K, which stands for Mitogen Associated Protein Kinase, are implicated in the processing of long-term potentiation (LTP), the basis for learning and memory.

In human beings, DNA is present:

- In the nucleus of the cell as chromosomes, completely covered (protected) by a histone coat
- In the organelle called the mitochondrion, the powerhouse or energy-producing battery of the cell. Mitochondrial DNA, is naked , unprotected by the histone coat. This makes the mitochondrial DNA more susceptible to damage.

Built-in mechanisms function to constantly repair the DNA when errors occur.

Gene Expression

It is estimated that only 10,000 of the 30,000 human genes are expressed at any given time (redundancy). Since many genes are repeated and many parts of the chromosomes do not contain genetic material, it is estimated that only 5% of the human genome are actively expressed and are functional genes.

There is a parallel to this in the cosmos, where the sum total of all known matter makes up only 5% of the universe, the remaining 95% as yet unknown.

Expression, up regulation and down regulation of gene, or its end product—the receptor

Gene Expression: is the process by which information from a gene is used in the synthesis of a functional gene product. The process is used by all known life to generate the macromolecular machinery for life.

For example:

- Depending on environmental conditions, the common yeast undergoes a quantum shift in metabolic pathway from fermentation to oxidative metabolism, upon exhaustion of glucose as an energy source. This is called *dioxy* or double growth.

Gene Expression: is the process by which information from a gene is used in the synthesis of a functional gene product.

2. **Sleep:** All humans sleep. Other animals sleep. Even worms and fruit flies sleep. Experiments in flies' demonstrated differential expression of genes during waking and sleeping states. During the waking state, genes and encoding proteins involved in detoxification and defense mechanisms are highly expressed. During sleep, nerve-related genes are expressed, which lead to consolidation of memory.

Up Regulation

In times of shortage, certain genes or their end products (specific receptors) are *up regulated* or increased because of an apparent shortage of access to specific materials.

Example: In Type 2 Diabetes Mellitus, there is an up regulation of insulin receptors, in the hope of capturing passing Insulin molecules for glucose metabolism in the cell. This phenomenon is called 'Insulin Resistance'.

During sleep, nerve related genes are expressed, which lead to consolidation of memory.

Down Regulation

Certain hormones can also *down regulate* or decrease the receptors in order to balance the internal environment of the cell, as happens with excess availability of substances

Review of Literature:

Several papers have studied the role of meditation (relaxation response), yoga, tai chi and other eastern techniques and its effects on human physiology.

- Benson and Steiner (1975) studied the role of hypoxia, O_2 consumption and CO_2 elimination during meditation. This was published in the *Journal of Human Stress*, *1*, 37-44.
- Peng and Henry (2004) studied the heart rate dynamics during meditation, which was published in the *International Journal of Cardiology*, *95,* 19-27
- Zheng (2007) studied the modulation of immune functions and oxidative status, induced by noise stress, published in *Journal of Occupational Heath*, *49*, 32-38
- Glaser (1990) studied psychological stress induced modulation of IL2 receptor gene expression, published in the *Archives of General Psychiatry*, *47*, 707-712

The current study during Inner Awakening was based on a similar study done at Harvard Medical School by Dusck, et al. (2008) on genomic counter stress changes, induced by the relaxation response, published in *Public Library Of Science One*, *3* (7).

THE STUDY

Control sample collection date: April 12, 2011 Test Sample collection date: May 2, 2011 Venue: Nithyananda Dhyanapeetam, Bidadi. Contract scientific services were carried out by Leads Clin, Bangalore. Principal Investigator: Dr. Krishna Shama Rao, Yenapoya Medical University.

Forty healthy adult volunteers, male and female enrolled for the 21 day Inner Awakening program, volunteered to give blood samples with informed consent for differential gene expression study before and after IA. The objective of the study was to explore Indian traditional yoga and meditation techniques through new experimental biology and bioinformatics.

- Gene expression changes including up regulation and down regulation were assessed by micro array analysis, using affymetrix HG-U 133+ 2.O gene chips

THE OBJECTIVE OF THE STUDY WAS TO EXPLORE INDIAN TRADITIONAL YOGA AND MEDITATION TECHNIQUES..

- Gene Ontology (GO) categories were identified using expression analysis systematic explorer (EASE Analysis)

STUDY DESIGN & LABELING

In the study, we compared gene expression profiles in whole blood between Test and Control samples. Samples collected from volunteers before program were named as BIAY samples and after the program were named as AIAY samples. BIAY were considered as controls and AIAY were considered as test samples.

Sample numbers 1-10 were pooled in as BIAY1 matched against sample numbers

1-10 of after samples as AIAY1 and studied BIAY1 vs AIAY1

Similarly, samples 10-20, 20-30 and 30-40 were named and matched respectively as BIAY2 vs AIAY2, BIAY3 vs AIAY3 and BIAY4 vs AIAY4.

Human whole genome HG-U133_Plus_2 chips form affymetrix have been used for the study.

In the study, we compare gene expression profiles in whole blood between test and control samples.

Materials and Methods

Blood sample collection and RNA storing:

Five milliliters of blood was collected from volunteers in EDTA vacutainers, mixed with 25ml of Erythrocyte Lysis Buffer, Qiagen, and incubated for 10 minutes on ice then mixed by vortexing briefly 2 times during incubation and kept for 10-20 minutes and centrifuged at 4000 rpm for 10 minutes at 4°C and the supernatant was completely removed and discarded. After 10-20 minutes visible pellets were re-suspended in 10ml of solution.

RNA Precipitation Procedure:

1. Add 1/10 volume 3M NaOH, pH 5.2 and 2.5 volumes ethanol.
2. Mix and incubate at -20°C for at least 1 hour.
3. Centrifuge at ≥ 12,000 x g in a micro-centrifuge for 20 minutes at 4°C.
4. Wash pellet twice with 80% ethanol.
5. Air dry pellet. Check for dryness before proceeding.
6. Re-suspend pellet in DEPC-treated water.

Quantification of RNA Yield by Spectrophotometric Analysis

Absorbance of the sample was checked in 260 and 280 nm. The ratio of A260/A280 was 1.9 which is in an acceptable range.

cDNA and cRNA Synthesis, Hybridization, Scanning, Data Extraction were done.

a) Single cycle labeling process with cDNA using a T4 promoter—dT24 oligonucleotide as primer and second strand cDNA synthesis and incubation with T4 DNA polymerase has been done and the products were purified using affymetrix clean up module. Biotinylated cRNA is made using affy IVT kit.

b) cRNA is purified using Qiagen, quantified and then fragmented by incubation at high temperature with Magnesium. Biotinylated cRNA is added to a total hybridization cocktail of 300 microliters and 200 microliters is hybridized to gene chip after adding control oligo-nucleotides. overnight

c) Hybridization has been done at 45o C, 17 hours overnight with constant rotation. The hybridization mixture is then removed and the Gene Chips are washed, stained with phycoerythrin-labeled straptavidin, washed, incubated with biotinylated anti-streptavidin and then restrained with phycoerythrin-labeled straptavidin to amplify the signals.

d) Arrays are then scanned using dedicated scanner, controlled by GCOS software. Images are examined for defects. The Affy Micro Array Suite 5 (MAS%) algorithm analyzed the hybridization intensity data of gene chip expression probe arrays checked normalized and CEL files were stored for further analysis.

e) Microarray Data Analysis was done using the latest version software Gene Spring 11.5. The CEL files are imported in Affymetrix Expression workflow using Technology for HG-U133_Plus_2.

Summarization: We opted for MAS 5 summarization. It also provides flag information for the probe sets. Baseline to median of all samples was applied for this data.

Analysis: A *t* test unpaired was used to identify the differentially expressing

entities. Fold change analysis at the cut-off of 2 was performed. Hierarchical clustering on the output was performed. Gene Ontology Analysis was done by using fold change output. NCI to find significant pathways was used for pathway analysis.

RESULTS

a) 420 Up regulated and 165 Down regulated entities are obtained

b) Gene Ontology has shown significantly enriched GO terms, and pathway analysis has shown significant gene expression differences in the following 22 pathways: p38 signalling mediated by MAPKAP kinases, P38 MAPK signalling pathway, validate targets of C-MYC transcriptional activation, VEGFR1 specific signals, TNF alpha/ NF-kB, TGFBR, Hypoxic and oxygen homeostasis, regulation of HIF-1-alpha, Endogenous TLR signalling, Direct Interactions, Cellular roles of Anthrax toxin, C-MYC pathway, BMP receptor signalling, Androgen Receptor Androgen-mediated signalling, ATF-2 transcription factor network, signalling mediated by p38-alpha and p38-beta, Regulation of p38-alpha and p38-beta, Regulation of Androgen receptor activity, N0 cadherin signalling events, IL27-mediated signalling events and IL12-mediated signalling events

c) GSEA analysis for the dataset wherein Kaposi Liver cancer Poor Survival was found to be significant.

d) Further analysis was done for cancer, autoimmune & neurotransmission related diseases and results are as below.

MeSH pathway analysis was done for the following terms:

a) Autoimmunity

b) Neurotransmitter: Neurotransmitter Uptake, Inhibitors, Receptors and Synaptic Transmission together.

c) Cancer: Brain, Liver and Neoplastic Stem Cells separately.

We limited the network building to these terms because including all of the cancer MeSH terms leads to large network.

Following are the observations made:

Significant genes from Pathways which are two fold up or down regulated:

- with Autoimmunity: 18
- with Neurotransmitter: 17
- with Brain cancer: 40
- with Liver cancer: 59
- with Neoplastic Stem cells: 18

Interestingly 8 genes were common in all the cancer lists. 3(EIF4E, BMI1, TMEF2) of these were significant in C-MYC pathway as well. 5 out of 59 significant genes from liver cancer network are also found in IL 12 mediated signalling pathways, 7 in BMP receptor signalling, 3 in IL27, 5 in TGFBR, 4 in Androgen receptor and 8 in c-myc pathway.

Discussion & Summary

1. The control group was the participants of IA on day 0, and the study group was the same participants post IA, day 21. Hence, human variations of gene expression between control and study groups have been completely avoided.
2. 420 up regulated and 165 down regulated entities have been demonstrated within a short period of 21 days. The shortest previous study done at Harvard Medical School was of 8 weeks duration.
3. Gene ontology studies and pathway analysis has shown significant gene expression differences in 22 pathways.
4. MeSH pathway analysis, further subdivided the GO pathways under the following:
    - Auto Immunity
    - Neurotransmitter
    - Malignancy
    - Androgen related
    - Mitochondria

There is a 7 fold increase in pathways related to Immune modulation, Inflammation, Hypoxia regulation etc. This matches with the clinical relief of inflammatory symptoms in the IA participants, both in relation to autoimmune disorders like rheumatoid arthritis, fibromyalgia and other chronic pain conditions.

MAP-K signalling pathways are largely implicated in long term potentiation involving in learning and memory. Eight children participated in the eN-genius program in parallel with the IA program, and their memory and ability to recall were tested and recorded before and after 21 days. The significant improvement in memory correlates well with the MAP-K gene up regulation.

Almost 117 gene expression changes with relationship to various known malignancies were noticed following MeSH analysis; however none of the registered participants had any recorded malignant conditions during the IA processes.

There was more than 7 fold increase in Androgen receptor activity and other Androgen mediated signalling events. It is well known in *Vedic/yogic* literature that intense practice of certain Kriyas and meditation can lead to a natural suppression of sex-related desires (Mooladhara Chakra), which, similar to insulin resistance, would lead to up regulation of androgen receptors in peripheral cells. The only other condition where such up regulation of androgen receptors is seen is in prostate cancer. However, none of the participants had any history of cancer of the prostate.

Previous study on the mitochondrial activity of IA participants using the MTT assay techniques revealed a 967% increase of mitochondrial activity. This correlates well with the current finding of a significant increase of MAP-K and other related pathways, which are essential in increasing both the number and size of mitochondria.

Techniques of *pranayama*, which include various forms of bandhas and kumbhakas, would naturally be expected to affect oxygen homeostasis under hypoxic conditions, and the up regulation of the HIF-1-alpha signifies the same.

Further studies in collaboration with Ohio State Medical University, may provide greater information on changes in mitochondrial activity in relation to age, health and disease.

Studies are being structured to do concomitant fMRI and QEEG studies to correlate with neurotransmitter activity in relation to normal brain physiology and psychiatric illnesses.

The study was conducted at Nithyananda Dhyanapeetam, using processes under the guidance of Paramahamsa Nithyananda.

This study was funded by Nithyananda Dhyanapeetam, and the data, results and the copy right are the sole property of Nithyananda Dhyanapeetam.

References

Lesk, A. (2007). *Introduction to genomics*, New York: Oxford University Press, USA.
Xiong, J. (2009). *Essential bioinformatics*, Cambridge, UK: Cambridge University Press.
Krebs, J. E., Goldstein, E.S., & Kilpatric, S. T. (2011). *Lewin's Genes X*, Burlington, Massachusetts: Jones & Bartlett Publishers.
Watson, J. (2007). *Recombinant DNA*, Long Island, New York: Cold Spring Harbor Press.
Goldberg, T. E. & Weinberger, D. R. (2005). *Genetics of cognitive neuroscience*, Cambridge, Massachusetts: MIT press.
Nieschlag, E., Behre, H. M., & Nieschlag, S. (2009). *Andrology*, New York: Springer.
Freberg, L., (2010). *Discovering biological psychology*, Independence, Kentucky: Cengage Learning.

Quantitative EEG (qEEG) studies

The brain is essentially a bioelectric organ. The EEG or electroencephalogram has long been used to record and study the electrical activity of the outermost layer of the brain – the cerebral cortex.

A more advanced form of EEG has been developed, called quantitative EEG or qEEG, in which the electrical signal is converted to digital form and compared to a database of individuals without any known neurological disorder.

In this form of functional brain imaging, the brain's electrical activity, as measured in 19 or 25 sites on the head, are analyzed using complex mathematical and statistical tools in comparison to norms or averages. The results of these analyses can then be presented in graphic form, resulting in topographical displays of brain electrical activity, sometimes called "brain maps".

A fitted electrode cap with leads placed according to the International 10/20 System is applied to achieve a standardized 19 channel EEG recording.

The waveforms recorded reflect the level of arousal of the person: delta activity (2-4 cps) accompanies deep sleep; theta (4-7cps) states of drowsiness; alpha (8-11 cps) relaxed states. Beta range activity reflects an engaged or active brain, and, with very fast beta activity, an excited or urgent/emergency state of mind.

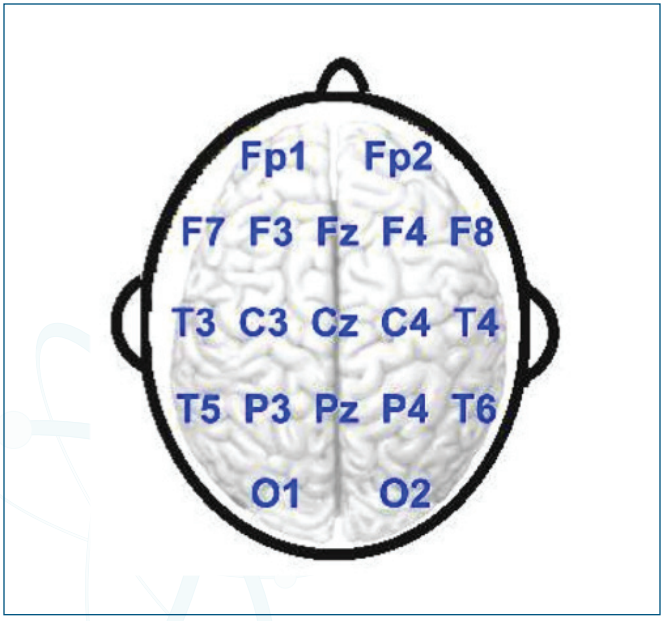


Fig: International 10-20 system for electrode placement on the scalp

QEEG studies were conducted on participants who had Kundalini awakening to study its effect on the brain. The qEEG's were reported by Dr Kanak Pandey, Neurologist.[1] The participants underwent a series of standardized tests, basic recordings were done with open eyes and closed eyes and also when the Kundalini energy was activated by the Masters initiation. Data were analyzed; digitized data were subjected to an automatic artifact detection routine and supplemented by visual review and these were the observations made:

The values are dramatically high in most of the activated people. This may be indicative of very elevated, rapid, parallel

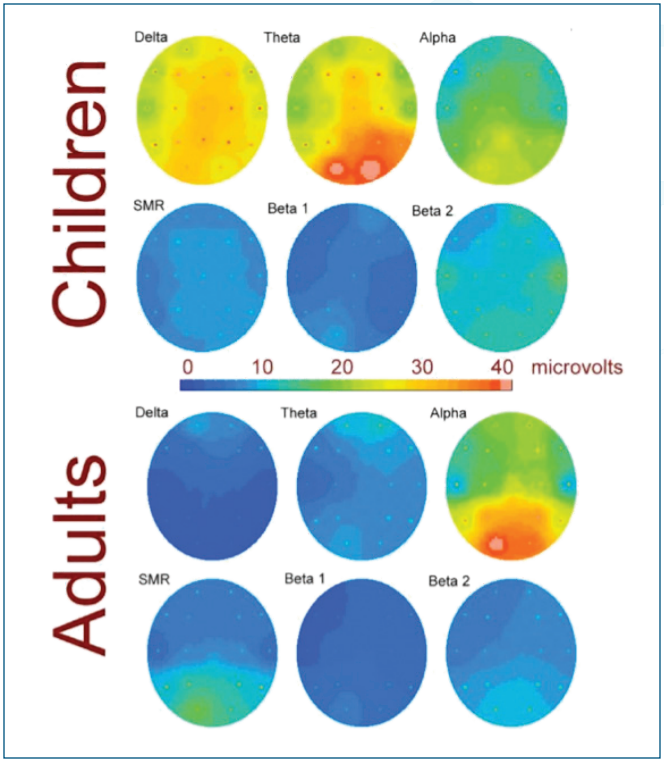


Figure: During eyes closed baseline rest, the theta rhythm (4-8 Hz) dominates the spectral energies of a child's brain whereas the alpha rhythm (8-12 Hz) dominates the adult brain.

1. Dr. Kanak Panday is the founder of Gunjan Human Karigar and Maxcellence—Peak Performance Solutions. She is a trained psychologist having more than 23 years of experience as a behavioral psychological consultant with various reputed industrial and business concerns. She is trained and certified on EMDR (Eye Movement Desensitization and Reprocessing) from the Hong Kong Institute of EMDR. She is trained and certified in Biofeedback, Neuro-feedback, and QEEG (Quantitative EEG) from USA. She is:
- an international affiliate of American Psychological Association (APA)
- member and a certified trainer of LMI international
- member of Indian Psychological Association
- member of Psycho-Linguistic Association of India
- member of International Society for Neuronal Regulation (ISNR)

processing. It may indicate enhanced cognitive and mental functioning; this can be calibrated by post activation assessment on various cognitive functions. These elevated changes may help a person develop better learning and executive abilities.

The probable positive impacts:

1. Better focusing ability
2. Better alertness and attentiveness
3. Better short term memory
4. Faster multi processing
5. Better problem solving and decision making ability
6. Warm and positive personality traits

Physiological Data and Statistics Report—My Clinic

(The QEEG recordings of one of the participants)

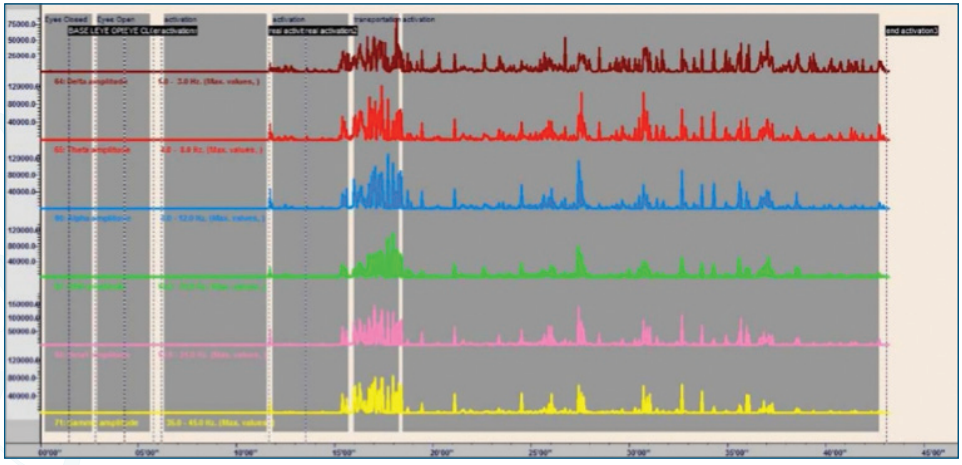
Concise Client and Session information:

Client: Ma Nithya Nirantarananda [ID=00000045]

Session: p4

Date Time: 09:17:43 14-07-2011

Duration: 43 min 17 sec.



Statistics for 9: Eyes Open (1 segments/ Total: 6)

Channel	Min.	Max.	Max.	Var. Std	Dev.	%>Th1.	%>Th2.
Delta amplitude	8.68	351.29	59.90	1915.00	43.76	0.00	0.00
Theta amplitude	7.55	290.88	74.37	2149.71	46.36	0.00	0.00
Alpha amplitude	2.64	337.25	54.46	1345.48	36.68	0.00	0.00
SMR amplitude	3.15	161.59	34.90	461.86	21.49	0.00	0.00
Beta1 amplitude	7.50	199.93	61.89	803.68	28.35	0.00	0.00
Gamma amplitude	5.08	225.91	49.75	810.62	28.47	0.00	0.00

Statistics for 10: Eyes Closed (1 segments/ Total: 6)

Channel	Min.	Max.	Max.	Var. Std	Dev.	%>Th1.	%>Th2.
Delta amplitude	7.35	4446.57	134.22	227551.57	477.02	0.00	0.00
Theta amplitude	9.61	6626.05	108.14	125931.43	354.87	0.00	0.00
Alpha amplitude	4.88	4794.20	80.99	45907.20	214.26	0.00	0.00
SMR amplitude	2.79	2849.78	56.38	19336.69	139.06	0.00	0.00
Beta1 amplitude	8.23	4616.95	74.96	31172.69	176.56	0.00	0.00
Gamma amplitude	1.85	1578.41	86.88	6080.80	77.98	0.00	0.00

Statistics for 19: activation (3 segments/ Total: 6)

Channel	Min.	Max.	Max.	Var. Std	Dev.	%>Th1.	%>Th2.
Delta amplitude	0.28	54160.00	4543.03	60676930.53	7789.54	0.00	0.00
Theta amplitude	0.28	105706.96	3728.19	75247550.27	8674.53	0.00	0.00
Alpha amplitude	0.28	115260.90	2538.26	49613798.63	7043.71	0.00	0.00
SMR amplitude	0.28	81638.19	1917.53	31331640.36	5597.47	0.00	0.00
Beta1 amplitude	0.28	138673.11	2483.76	75422637.19	8684.62	0.00	0.00
Gamma amplitude	0.28	76107.48	1006.80	18483111.32	4299.20	0.00	0.00

Statistics for 20: transportation (1 segments/ Total: 6)

Channel	Min.	Max.	Max.	Var. Std	Dev.	%>Th1.	%>Th2.
Delta amplitude	276.12	85212.39	20889.91	294884317.27	17172.20	0.00	0.00
Theta amplitude	23.42	120867.08	21960.66	471117428.33	21705.24	0.00	0.00
Alpha amplitude	13.12	128822.14	18432.99	479787949.08	21904.06	0.00	0.00
SMR amplitude	8.21	140082.44	15265.83	349482559.32	18694.45	0.00	0.00
Beta1 amplitude	6.12	198443.95	21478.52	915510736.86	30257.41	0.00	0.00
Gamma amplitude	3.93	121867.55	10200.88	301556769.21	7365.39	0.00	0.00

In deep meditation, EEG studies have shown the simultaneous global presence of delta activity with increased beta presence in the pre frontal area. This signifies a state of 'Restful Awareness'.

On the other hand, a direct transmission of energy (Kundalini energy in Vedic literature) clearly demonstrates cessation of superficial cortical activity and the presence of multiple high amplitude spikes, not correlating with the known alpha, beta, delta and theta rhythms, suggesting that the EEG machine is picking up intense activity from sub cortical areas from hypothalamus and limbic systems.

Brainwave Study of a Yogic Master

Neurologist R. Murali Krishna recently reported an exploratory study with an Indian Swami and teacher of Nithya Yoga during a visit to his clinic in Oklahoma in 2005.

PET scans of the Swami's brain during meditation revealed increased metabolic activity in the forward parts of his frontal lobe. As the Swami reported the experience of "opening his Third Eye," the lower central region of his frontal lobe lit up with activity. In addition, EEG monitoring indicated that the Swami was able to voluntarily make a continuous transition between the various types of brain waves during deep meditation, suggesting that his brain was capable of voluntarily shifting between brain waves and their associated mental states.

A Glimpse Into the Meditating Brain, by Bryan Williams, University of New Mexico. Excerpt from an extended version of an invited talk given at the Morning Star Center for Spiritual Living, Norman, OK, June 7, 2009.http://earthvision.info/meditatingbrain.html .

The Indian Swami examined in Dr Krishna's study was Paramahamsa Nithyananda, as can be verified by the reference to Nithya Yoga, which Nithyananda founded and presented to the world. Here we can see a template for the mental and spiritual state we aspire to: fully organized neurological activity, expanded use of the higher brain centers, and the ability to consciously transition at will from one level of amplitude to another.

Continuing Breakthroughs for the New Millenium

With the dawn of 2012 Nithyananda has extended his horizon for human possibility. Working first with a close group of devotees, and then as a public program, he has successfully launched the Nirahara Samyama, a voluntary 21-day meditation in which the body requires no food to function. Participants have been able to carry out normal daily activities and work without weakness, despite no nutritional intake. Those who felt symptoms of hunger were mandated to eat, and some opted to take juice from time to time. Many, however, took nothing, not even water, without experiencing any ill effects. They have even been able to cook for others without wanting to eat.

This landmark event in itself is remarkable. What truly breaks new ground is that Nithyananda has guided the public groups *at a distance*, and in unprecedented numbers. Some yogic masters have succeeded in the past with a few close disciples who live near them. But none has ever been known to sustain more than four hundred devotees over thousands of miles all over the world, solely by Internet connection.

Nithyananda's ability to heal and transmit initiation to those far away provides ever stronger evidence that energy is not limited by space, time or physical form. Furthermore, his capacity to awaken extraordinary powers in others proves the Vedic understanding that these *siddhis* are the birthright of all humans.

The world looks forward to a new evolutionary wave, guided by the wisdom and vision of Paramahamsa Nithyananda.

Conclusion

The work of Paramahamsa Nithyananda continues to expand and proliferate as he delves more deeply into the link between science and mysticism. As we enter the year of 2012, which has been marked on the calendars of many civilizations as an evolutionary milestone, we can expect many social shifts, possibly also meteorological and geological changes. With activated kundalini, functioning at the peak of our potential, we stand prepared to welcome and cooperate with these changes.

Planet Earth is pleading for a new way of life for all its inhabitants, a way of peaceful co-existence and joyous creativity. The solution lies at our fingertips: by opening to our own internal energy, we can resolve the world's energy crisis and begin to savor our life instead of struggling through it. We have also the precious resource of a wise adept who can bring our energy into bloom: Paramahamsa Nithyananda.

Glossary and Index

A

Adams, Bryan: (p. 81) Author of *A Glimpse Into the Meditating Brain*, Abstract from University of New Mexico 2009, citing neurological study performed on Paramahamsa Nithyananda, in Oklahoma, 2005.

Ashta Maha Siddhis: (p. 37) The Eight Mighty Yogic Powers—extraordinary abilities developed by yogis after prolonged discipline and spiritual practice.

ATP: (p. 53-54) Abbreviation for Adenosine Tri Phosphate, a biochemical substance occurring in the human body, responsible for transporting energy within the cells.

B

Bandha: (p. 75) Technique of locking one's physical body during yoga practice.

Benson & Steiner: (p. 68) Team of scientists who studied the effects of meditation on human oxygen intake in 1975.

Bentov, Itzhak: (p. 16) Czechoslovakian scientist who studied the effect of kundalini on the brain during the 1960s.

Bilocation: (p. 9) The science of being present in two locations at the same time.

Bio-memories: (p. 27) Memories stored at the cellular level. They are usually unconscious and untraceable to any specific event.

Brahma: (p. 37) Vedic deity of Creation, worshipped by modern Hindus.

Brain waves: Electrical activity generated by the brain and central nervous system.

- **alpha: (p. 16, 77, 81)** Occurring during relaxed but alert mental states.
- **beta: (p. 77, 81)** Occurring when brain is actively engaged. Very fast activity may indicate excitement or emergency state.
- **delta: (p. 21, 77, 81)** Slowest but highest amplitude brainwaves, characteristic of deep sleep.
- **gamma: (p. 16)** Fast, high-frequency waves that have been seen to spike when higher cognitive processes are engaged.
- **theta: (p. 77, 81)** Occurring when the brain is drowsy but semi-awake.

Brennan, Barbara: (p. 11) Contemporary American NASA physicist who experienced spontaneous visualization of the Human Energy Field during the 1970s-80s. She describes her experiences in the book Hands of Light.

C

Caduceus: (p. 12) Ancient Greek emblem of healing, showing a winged staff entwined by two serpents. Used today as a symbol for modern Western medicine.

Chakras: (p. 10-11, 14) Energy centers of the human body which connect to the emotions and physical hormone glands.

Muladhara Chakra: (p. 74) First chakra, associated with the reproductive organs and the emotion of desire.

Chittakaasha: (p. 31) Space surrounding an individual which comprises his physical and spiritual environment.

Chromosome: (pp. 64-67) Long strand of DNA. Human beings have a total of 46 chromosomes.

Cloning: (p. 10) Science of twinning: creating a genetically identical life form from the cells of a donor life form in a laboratory setting, bypassing the gestational process.

Coherence: (pp. 16-17) A concept of quantum physics defining the relationship between two energy waves. Their coherence is determined by the stability of their relationship; if one wave changes, the other should alter to match or mirror it. The more coherent they are, the greater the match between them or the more exactly they reflect each other.

Cortex (cerebral): (p. 16, 76) The frontal portion of the human brain, which manages the higher functions of intelligence.

Crick, Francis and Watson, James D: (p. 2) Co-discoverers of the structure of DNA in 1953.

CT scan: (p. 40, 41) Abbreviation for Computed Tomography, an imaging method that uses x-rays to create cross-sectional pictures of the body. The resulting image is far clearer and more complete than a standard “flat plate”.

D

Darwinian biology: **(p. 4)** Charles Darwin was a British naturalist who originated the contemporary theory of evolution in 1859.

Deeksha: **(p.12)** Transmission of energy from an enlightened master to a receiving individual.

Divyashareeri: **(p. 36-39)** Sanskrit word meaning "divine mirror". In modern parlance it is an energy channel, an individual who can align vibrationally with an enlightened being and receive transmitted energy.

DNA: **(p. 2, 22, 64-67, 72)** Abbreviation for Deoxyribo Nucleic Acid, the biochemical cornerstone of reproduction and genetic determination. DNA is made of chemical building blocks called nucleotides, grouped into chains that form a strand of DNA.

Dusck, Jeffery & Out, Hasan: **(p. 17, 70)** Scientific team at Harvard Medical School who studied the effect of stress and relaxation on genomes in 2008.

E

Einstein, Albert: **(p. 2, 13)** German-American physicist who originated the Theory of Relativity in 1905, establishing the foundation for physics for the twentieth century.

Endocrine glands: **(p. 11)** Body organs which produce hormones, the biochemical regulators of emotion and environmental response.

Energy Darshan: **(p. 55, 61)** Darshan means "to behold the sacred". When Nithyananda accords darshan, he gives opportunity not only to view, but to receive the energy of his higher frequency, entraining us to his level.

Engram: **(p. 26-28, 30-31)** A memory imprinted with unusual emotional impact, which embeds itself in our neural tissues, affecting our emotional responses.

Enlightenment: **(p. 8, 14, 30)** Permanent attainment of super-conscious state.

Entanglement: **(p. 13-14, 28-31, 38)** Phenomenon observed in quantum physics where two particles acquire a shared energetic state. The one with lower frequency will then be raised to the higher frequency of its partner.

Entrainment: (p.13, 30-31, 40-41) Scientific phenomenon in which if objects are exposed to a rhythm they will eventually all synchronize their motion to it.

G

Galileo Galilei: (p. 3) Italian astronomer often called the "father of modern physics". He scandalized the Catholic Church in 1615 in by theorizing that the Earth revolved around the sun rather than the opposite, which was believed at that time.

Gene: (p. 22, 64-73, 74) The basic unit of heredity, composed of nucleotides (bio-chemicals)

Gene Expression: (p. 22, 68-69) Activation of potential genes. Only approximately 5% of our potential genes are actually expressed. For example, we may have genes for blue, brown, gray and green eyes, but we will express only one eye color.

Gene Ontology: (p. 71-74) Project to streamline and make uniform the terms applied to genes and their attributes, so that a consistent language can be developed in which genes can be described and discussed.

Genome: (pp. 66-69) A complete set of chromosomes for an organism is a genome. For example, the human genome contains 46 chromosomes.

Ghataakaasha: (p. 31) The space within an individual—both physically and spiritually – as opposed to the space outside him and surrounding him.

Glaser, Kennedy S: (p. 70) Published study of effect of psychological stress on gene expression in 1990.

Guru: (p. 9, 12) An enlightened spiritual master who guides others to enlightenment; literally the "bringer from darkness into light".

Gutenberg, Johannes: (p. 3) printer and goldsmith of the 15th century who created the first printing press to employ moveable type, launching a European revolution in book production.

H

Hands of Light: (p. 11) A Guide to Healing Through the Human Energy Field. Bantam, 1988. By Barbara Brennan.

Hologram: (p. 1) a three-dimensional image. When the image is divided, each of the divided parts shows the complete image.

Holographic: (p. 8, 10) Having the attributes of a hologram.

nature: (p. 8)

model: (p. 10)

Hypothalamus: (p. 81) The portion of the human brain responsible for many metabolic processes and autonomic nervous system functions, including hunger, thirst and body temperature.

I

Ida & Pingala: (p. 11) The left- and right-sided energy conduits of the human body, respectively, which entwine around Sushumna and run from the tailbone to the nostrils.

Initiation: (p. 12, 16-17, 19, 21-22, 25, 27-28, 30, 46, 78)

Inner Awakening: (p. 17-18, 20 22, 30, 45-46, 60, 69, 73-75)

Intuition: (p. 2) means of acquiring information without logical or linear learning.

Invisibility: (p. 9) The science of being unseen by normal physical sight.

In vitro fertilization: (p. 10) Conception of life outside the body. Vitro means "glass" – so conception inside a glass laboratory container.

Isha Vasya Upanishad: (p. 32-33) One of the most ancient Vedic spiritual texts.

K

Krishna, Dr. Ravu Murali: (p. 81) Neurologist and practicing psychiatrist in Oklahoma City. Conducted neurological study of meditative states in Paramahamsa Nithyananda in 2005.

Kriya: (p. 74) Set of yoga poses and pranayama (regulated breathing) techniques, intended to achieve a specific result.

Kumbhaka: (p. 75) Specific style of pranayama (regulated breathing).

Kumkum: (pp. 23, 34-36) powder used for religious purpose in Hinduism. Made from turmeric or saffron, it is dried with lime which turns it from gold to a rich vermilion color.

Kundalini: (pp. 10, 12, 14-16, 25, 28,30-31, 81) A source of human energy dormant in the body from birth, which activates when an individual attains the necessary spiritual frequency.

- **activation: (p. 10, 12, 14-16, 45)** Moving of the kundalini from its dormant state at the base of the spine to flood the brain with blissful energy.
- **adept: (p. 14)** One who has mastered the movement of kundalini in himself and can assist to move it in others
- **awakening: (p. 16-17, 21,25, 28-29, 45-46, 61, 64,77)** Arousing the kundalini from dormancy so that it rises upward.
- **energy: (p. 12, 14,16, 46, 77, 8)** English term adding the word "energy". Kundalini is energy; the word "energy" is added for those unfamiliar with Sanskrit.
- **shakti: (p. 15)** Sanskrit word for "energy."

L

Leonardo da Vinci: (p. 3) Italian artist, philosopher and scientist of the 15th century who generated the most famous European paintings of all time, and more than 13,000 pages of scientific experiments and designs.

Levitation: (p. 6, 9, 17, 25, 29, 30-31) The science of becoming weightless or of becoming immune to gravity.

Limbic system: (p. 81) Portion of the brain which induces pleasure, either through sensory experience or through meditative bliss states such as samadhi.

Lister, Joseph: **(p. 4)** British surgeon known as the Father of Modern Surgery. He broke new ground in the prevention of infection in surgical wounds in 1860.

M

Madurai Adheenam: **(p. 14)** World's oldest monastic establishment, dedicated to the Hindu deity Shiva, God of Enlightened Consciousness, and founded on the Vedic tradition.

Mantras: **(p. 8, 16)** Sequences of sounds designed to direct one's energy to a higher frequency. Usually they are chanted.

Materialization: **(p. 9, 17, 23, 29, 31-32, 36-44)** Science of producing objects from "nothing" (invisible energy); of creating an object where previously there was no material object.

Meditation: **(p. 17, 30, 46, 55, 61, 67-68, 73, 80)** Induced state of relaxed alertness which generates alpha waves in the brain and raises consciousness to a higher frequency.

Mendelian genetics: **(p. 4)** Gregor Mendel was an Austrian monk of the 19th century who experimented with the breeding of garden plants. His work provided the foundation for modern genetic theory.

Microcosm: **(p. 1)** Miniature model of the universe (from micro—tiny, and cosmos—universe).

Mitochondria (plural; one mitochondrion, singular): **(p. 18-19, 53 -61, 75)** Microscopic sources of human energy at the cellular level.

MTT Assay: **(pp. 18-19, 55- 58)** Laboratory procedure to ascertain the level of cellular energy being generated in an individual.

MRI: **(p. 75)** Abbreviation for Magnetic Resonance Imaging, test using a magnetic field and pulses of radio wave energy to make pictures of organs and structures inside the body. In many cases MRI gives different information about structures in the body than can be seen with an X-Ray, ultrasound or CT.

Muscle memories: **(p. 26, 28)** memories so strong they recreate the physical response we experienced during an event. They are stored in our muscles.

N

Nadi: (p. 16) Sanskrit word for conduit, or channel, of human energy. (Ida and Pingala are nadis.)

Newtonian physics: (p. 4, 32) Sir Isaac Newton, a British mathematician and philosopher, evolved the theory of gravity.

Nithya Yoga: (p. 81) School of yoga founded by Paramahamsa Nithyananda and rooted in the original teachings of Patanjali. Patanjali, an ancient sage of South India and author of Patanjali Yoga Sutras,is widely considered the Father of Yoga practice.

Nithyananda Dhyanapeetam: (p. 14, 17, 30, 33, 69, 75-76) Socio-spiritual research and charitable foundation, pioneering the renaissance of the Vedic tradition.

No Boundary: (p. 5) Eastern and Western Approaches to Personal Growth, Shambhala 2001. By Ken Wilber.

O

Oppenheimer, J. Robert: (p. 2) American physicist who pioneered nuclear power by creating the atomic bomb in 1945.

P

Pandey, Dr Kanak: (p. 76) Prominent Behavioral Psychologist, Certified in QEEG, Biofeedback and Neurofeedback specialties. Conducted QEEG studies on Inner Awakening participants to determine effect of Kundalini Awakening on the human brain in 2011.

Paraakaasha: (p. 31) Ultimate, cosmic space, both physically and spiritually.

Paracelsus (Philippus von Hohenheim): (p. 3) Swiss physician, botanist and occultist of the 16th century who pioneered great discoveries in medicine and correlated medical healing with astrology.

Paramahamsa Nithyananda: (p. 14-15, 17, 21, 23, 25, 31, 33, 36-41, 45, 75, 81) Young Enlightened Master from South India, whose experiments in quantifying the science of Vedic spirituality continue to break unprecedented ground.

Pasteur, Louis: (p. 4) French microbiologist who invented pasteurization (sterilization by heating) in the late 19th century, which reduced diseases borne by milk.

PET scan: (p. 81) Abbreviation for Positron Emission Tomography scan. A form of radiography allowing observers to see organs functioning. Involves administration of small amount of radioactive chemical which can be tracked by the scan as it circulates through the body.

Praakaamya: (p. 37) Power to create matter from "nothing" (transmute matter from energy). One of the Eight Mighty Yogic Powers.

Pranayama: (p. 16-17, 75) Specialized forms of breathing which regulate human energy.

Peng, C.K. & Henry, I.C.: (p. 68-69) Cardiology team who conducted study of the human heart rate during meditation in 2004.

Q

QEEG Studies: (p. 21, 40-44, 76-81) EEG is an abbreviation for Electro Encephalo Graph, meaning a graphic reading of the brain's electrical activity. The added Q indicates Quantitative EEG, which is a digitally-converted map of the EEG, yielding more comprehensive information.

Quantum physics: (p. 4, 10, 33, 38) New development of physics, extending the understanding of space and time beyond Einstein's Theory of Relativity.

R

Rao, Dr. Krishna Shama: (p. 44, 69) Professor at Rajiv Gandhi University of Health Sciences and prominent craniofacial surgical specialist and philanthropist. He has helmed several research projects conducted by Paramahamsa Nithyananda, and presented the conclusions in a number of television interviews.

RNA: (p. 70-71) Abbreviation for Ribo Nucleic Acid. RNA, like DNA, is a strand of nucleotides (biochemicals found within the nucleus, or center, of a cell). DNA contains the genetic code for all living beings. RNA's task is to synthesize proteins. Both are crucial to the cell's proper function.

ROS: (p. 54) Abbreviation for Reactive Oxygen Species, the product of errors in cellular energy production, often caused by the aging process. ROS damages the cells, causing further breakdown and further aging.

Rudraksh: (pp. 34-36) Seed of the rudraksha tree, sacred to the God Shiva in Hinduism. Rudra is one of the titles of Shiva. The seeds are said to be His tears, and are worn by the His followers.

S

Sadhu: (p. 6, 9) A holy man or woman who has left material and emotional attachments and lives a wandering life of meditation. Term used in Hindu, Buddhist and Jain traditions.

Samadhi: (p. 22) The state of non-dualistic consciousness where one experiences Oneness; state of awareness characterized by supreme bliss.

Sanskrit: (p. 10) Ancient phonetic language evolved by the Vedic civilization, and based on the understanding that sounds have the ability to heal. Hearing and speaking Sanskrit balances the brain and central nervous system, and supports optimal well-being.

Siddha yogi: (p. 14) One whose spiritual practice has led to the mastery of siddhis, extraordinary powers beyond ordinary human ability.

Siddhis: (p. 10) Extraordinary abilities beyond common human experience, attained through spiritual practice.

Slokas: (p. 8) Couplet verses from sacred texts in the Sanskrit language.

South African shamans: (p. 5-6) http://www.youtube.com/watch?v=tW6pVFOpE6Q

Spectrophotometric Analysis: (p. 71) Laboratory examination of a liquid by determining the amount of light it absorbs.

Super-consciousness: (p. 10, 39) State of elevated awareness and deep bliss, often characterized by spontaneous healing of illness and clearing of lifelong problematic mental patterns.

Suresh, Dr. K.P.: (p. 55) Biostatistical scientist at the National Institute of Animal Nutrition and Physiology, Bangalor. He evaluated results of MTT Assay conducted on Inner Awakening participants in 2011, under direction of Paramahamsa Nithyananda.

Sushumna: **(p. 11, 16)** The central conduit of human energy which ascends the spine and links the chakras.

Sutras: **(p. 8)** Aphorisms of sacred wisdom, delivered briefly and concisely so that students could memorize them.

T

Tai Chi: **(p. 68)** Ancient Chinese school of movement meditation designed to improve and sustain health.

Telepathy: **(p. 13)** Science of sending thoughts to another without verbal or written communication.

Teleportation: **(p. 9, 13, 17, 29)** Science of moving an object from one location to another without physically transporting it.

Thalamus: **(p. 16)** Portion of the human brain which regulates sleep, consciousness and alertness.

V

Vedas: **(p. 8)** Most ancient known sacred scientific/mystical texts, whose vast knowledge founded a 90,000 year old civilization, the parent for all other cultures on Earth.

Vedic: **(pp. 7-10, 12, 15, 21, 25, 31-35, 37, 39, 46)** Pertaining to, derived from and manifesting the understandings of the Vedas.

- **ashram:** **(p. 46)** Retreat center designed in accordance with Vedic principles.
- **astronomy:** **(p. 8)** Ancient science of studying the universe and how it connects to humanity.
- **civilization:** **(p. 7-8, 12)** Vast entity of human experience birthed by the Vedas.
- **cosmogony:** **(p. 37)** Vedic map of the spiritual realms.
- **culture:** **(p. 9)** Arts and literature of the Vedic civilization.
- **engineering:** **(p. 9)** Ancient science of design in which mystical symbols produced desired energetic effects
- **flight:** **(p. 9)** Lost science of air-navigation powered by sound.
- **lifestyle:** **(p. 9)** Way of life set forth by Vedic teachings.
- **mathematics:** **(p.. 8)** Ancient method of calculation which produced the abacus.

medicine: (p. 8) Lost science of healing, traces of which remain in the practice of Siddha Medicine in South India

navigation: (p. 9) Lost art of boat-craft according to Vedic science.

philosophy: (p. 31) Spiritual foundation of Vedic culture.

temples: (p. 33) Houses of worship built according to Vedic principles.

tradition: (pp. 7, 10, 12, 15, 32, 34, 37) Contemporary practices founded on Vedic principles.

science: (p. 21) Body of Vedic scientific knowledge and practice.

wisdom: (p. 9, 25, 39) Collected insights, revelations and understandings which guided Vedic culture.

Vibhooti: (p. 23, 35-36) Sacred ash used to mark the body in Hindu religious custom.

Y

Yoga: (p. 9, 16-18, 46, 55, 61, 68-69) Vedic science uniting body, mind and spirit through physical poses, breathing and meditation, creating the field for expanded consciousness.

Yoga Vaashishta: (p. 37) Ancient Vedic sacred text describing the ability to materialize objects as characteristic of siddha yogis.

Yogi: (p. 6) Ascetic practitioner in several South Asian spiritual traditions including Jainism, Hinduism, Buddhism and Sikhism

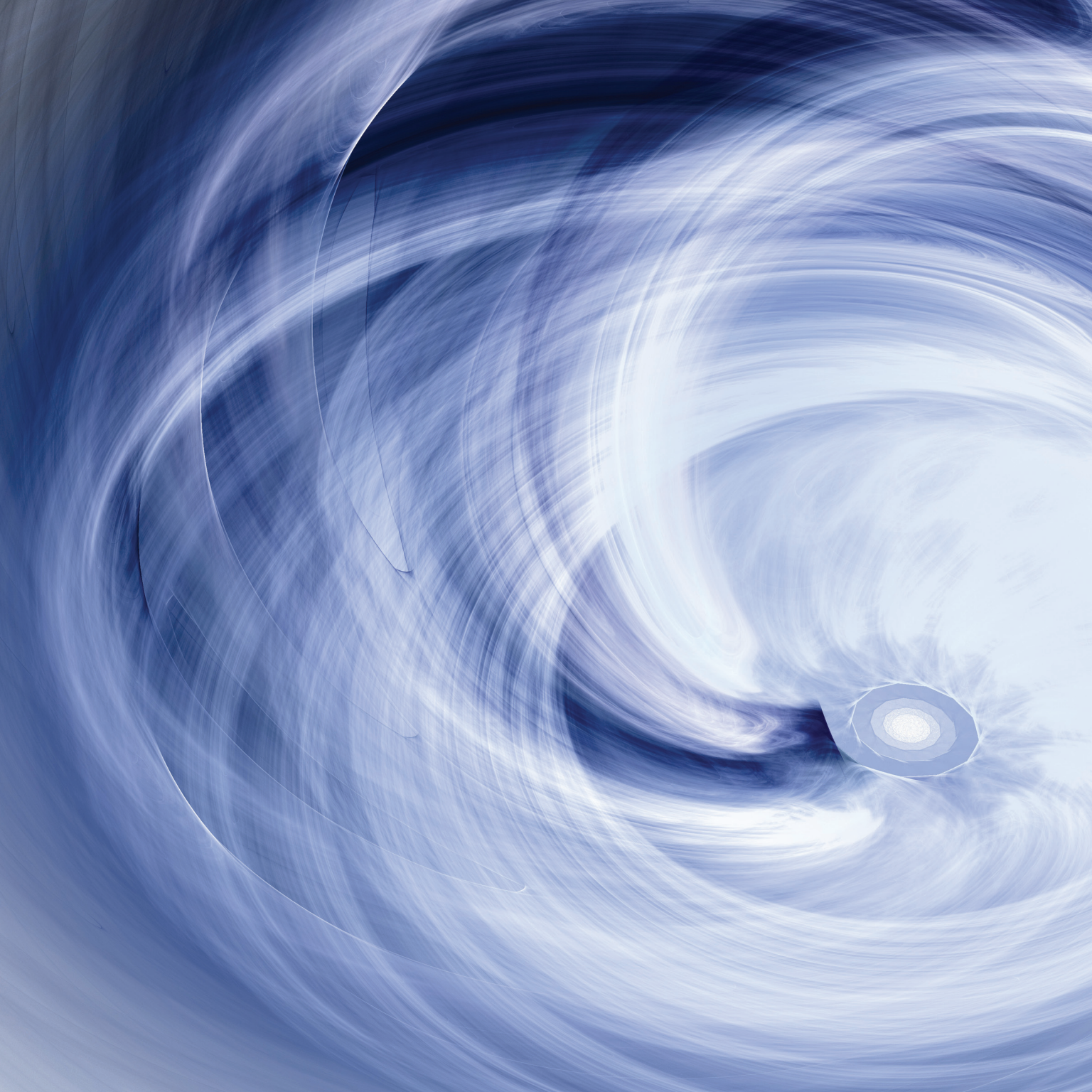
Young, Thomas: (pp 32-33) British scientist who proved in 1803 that light could exist simultaneously as both matter and energy.

W

Wilber, Ken: (p. 5) Contemporary American philosopher whose works blend Eastern and Western thought to explore new realms of consciousness.

Z

Zheng, K.C.: (p. 69) Conducted study of effect of noise stress on immune function and human oxidation in 2007.



© 2021 SHRIKAILASA. ALL RIGHTS RESERVED