

# કૌલકર્મ'ક નહુ

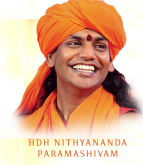
*we enlighten & empower*



## HDH NITHYANANDA PARAMASHIVAM

- 20+ લાલિતન ઘનટીલલનકેક
- 195 ટઠનનનનકેક
- 7800+ ટઠનનકેક

awakening humankind to its highest potential. ડકનનકેક ઓ લનનનનનન 473+  
powers. revival of the વઠોલ'ક ઠનુ કનઠલેલલલલ લનનનનનન ડુલલલ



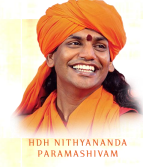
## about

today kailasa's nhu is the largest hindu university in the world. it remains committed to bringing the best of the oldest living spiritual tradition, sanatana hindu dharma to the world. more than 20 million people have greatly benefited and drawn inspiration from the knowledge of the ancient hindu scriptures under current and empowered by supreme pontiff of hinduisal jagatguru mahasannidhanal his divine holiness bhagavan nithyananda paramashivam.

kailasa's nhu remains dedicated to its goal of providing a transformation and breakthrough in all aspects of life to humanity through the knowledge of the hindu sciences. kailasa's nhu is revival of the lost ancient knowledge transmission system. it is the oldest university as per known records - that was first started in kailasa by paramashiva himself and then established in various sacred places such as nainasharanya, varanasi, kanchi, mathura, avadhika, etc - the lokshapuris. due to multiple invasions and illegitimization of vedic education system in the whole countries, this knowledge transmission system was almost lost. an important understanding is that this was not an education system but a direct download process of the cosmic truths from the source - and is hence a knowledge transmission system. the last living person to revive this system, supreme pontiff of hinduisal jagatguru mahasannidhanal his divine holiness bhagavan nithyananda paramashivam is fortunately reviving this

in 2007, supreme pontiff of hinduisal jagatguru mahasannidhanal his divine holiness bhagavan nithyananda paramashivam established the kailasa's nhu in los angeles. the university space of over 25,000 square feet has 80 suites embodying the diversity of hindu sacred elements. to date, it houses the largest shiva linga and vajrajeshwari devi in north america.

kailasa's nhu draws inspiration from the millennia-old vedic tradition of ancient india, the oldest living stream of transformational science in the world today. the pragmatic vedic civilization is credited with many significant 'firsts' in the fields of yoga, medicine, astronomy, mathematics and navigation, among others. reinterpreting vedic wisdom in the light of modern life and needs, kailasa's nhu creates the space for the powerful transformation of the individual and the community.



## mission

Kailasa's nhu is committed to delivering the wisdom of the vedas and teaching the science of enlightenment, enriching the masses in all dimensions of their lives. we create a space to inspire, educate and empower people to live the vedic truths through our courses offerings, workshops, training programs, study abroad and scientific research.

vidyā nāla narasya rūpaladhikāla pratihannaguptāla dhānāla vidyā  
bhogakarīyāsāsukhakarī vidyā gurūnāla gurūh |

vidyā bandhujāna vidēsāgalāne vidyāla parāla daivātal |

secret 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 śātakāla, verse 20

thaslaathśhaasthrāla pralaanāla they kāryākaaryavyavasthithau |

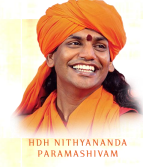
jñāathvaaslaathraavidhānāla kārāla kārthulihārāsi||

'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.'

- 16th chapter of the bhagavad gita, 24th shloka

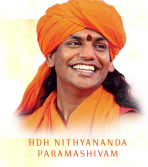
## vision

- establish and occupy hindu seats in global universities and academies
- give the masses an experiential understanding of the science of enlightenment
- eradicate ignorance by teaching the concept of advaitic oneness
- establish yoga science laboratories and research institutes
- train priests and preachers (acharyas) to spread vedic lifestyle
- revalidating and making available yogic powers for humankind



## objectives

1. the purposes for which the institute is organized are exclusively religious, spiritual, charitable, scientific, literary and educational.
2. specifically the purposes for which the corporation is organized are:
  - 1) to create a yoga and meditation university as a center for learning, research, education and teaching of yoga, meditation, and spiritual sciences as practiced and preached by his divine holiness bhagwan Sri Nithyananda paramashivam and also teach other hinduistic philosophies and cultures with a mission to improve the quality of human life through teaching, research, and public service and emphasize on life solutions,
  - 2) to meet the need for converging of science and spirituality, the catholicity of the hindu spirit, namely the unity of all humanity, and emphasize the spiritual science as the highest invoking a coherent world view of unity of all cultures and creations.
  - 3) formulate credit-bearing undergraduate and graduate and confer degrees in various branches of science, arts, technology, humanities, etc, with an emphasis a practical vedic base for the students to grow spiritually throughout his/her life;
  - 4) formulate advanced M.A, PhD levels studies in vedic philosophy, and in various branches of science, arts, technology and humanities;
  - 5) develop an institute of research to bridge the gap between modern science and the spiritual/vedic science;
  - 6) serve as a source of information for all authentic literature on vedic/hindu literature, therapeutics, philosophies;
  - 7) to evolve as a showcase of movement which may include:
    - a) constitution of a forum to understand/propagate the correctness of information;
    - b) conduct 'web-based' and 'mobile' courses;
    - c) organize seminars by and for students;
    - d) emphasize the tolerance of all religions and the concept on tolerance
    - e) attract students from other institutions on transfer basis for special courses;



## ટુપ્પાન્ટુપુલ

the university's curriculum is faculty-developed based on the teachings of the supreme pontiff of hinduism jagadgurur mahasannidhanal hrv bhagavan nithyananda paramashivam and themrally lanagud by a teal of instructional designers with objctives and outcomes that are carefully defined. content designers have the responsibility to expand and enhance the basic curriculum by augmenting it with current resources and practices. the curriculum is under continuous content and quality review.

## awardning credit hours

credit hours are awarded in accordance with college content and outcomes. college content and outcomes are delivered in a format informed by adult learning principles. one credit hour is defined as 50 minutes of faculty directed or student directed activities. achievement of outcomes related to the awarding of credit hours is measured using standard national benchmarks.

## કાલેશવર'સ નવ ઠાંત્રે ઠુપ્પાસે ઠેટલલેનલેલોંસ

કુપ્પાસે	લેવેલ (પ્લાન 4-5 કુપ્પા ડલે લેઅરનિંગ લેકે લેવે)
4	હાલે ા લેવે વર્કશોપ
16	વર્કશોપ
3 લેનલેસ	અસોસિએટ લેવેલ
1 લેવેલ	લેવેલ
3 લેવેલ	બેચલેલ
1 કુપ્પા લેવેલ for 11 લેવેલ	લેવે ડલેસાંગલે અવલે

## લેવેલ & લાંત્રાંલુલ લેલેલે લેવેલેલે:

- વર્કશોપ: 1 લેવેલેલે
- અસોસિએટ લેવેલેલે: 30 લેવેલેલે
- લેવેલેલે લેવેલેલે: 90 લેવેલેલે
- બેચલેલેલે લેવેલેલે: 360 લેવેલેલે
- લેવેલે ડલેસાંગલે અવલે: 251 લેવેલેલે

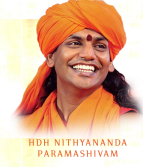




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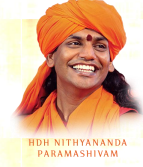
## program format

Kailasa's NHU is a non-term institution and does not operate according to a traditional academic calendar. New student cohorts can begin at any time. When a workshop ends, the next workshop usually begins the following week or fortnightly. This intensive calendar allows students to achieve their educational goals in a more time-efficient manner.



## 2020 ପ୍ରତିଲିଖିତ workshop ତାଲିକା, ମେଗିଷ୍ଟର ସା paramashivoham.org

full day workshop	next occurrence
ଇଣ୍ଟେନଟିଭ୍ ଅଫ୍ ପାୱାର୍ ମାନିଫେଷ୍ଟାସିଅନ୍	28 ଡିସେମ୍ବର 2020, 14 ଡିସେମ୍ବର 2020, 30 ଡିସେମ୍ବର 2020, 15 ନଭେମ୍ବର 2020 1 ଫେବୃଆରୀ 2020
ଗୁଣଗୁଣ ଅଫ୍ ଯୁଗ୍ମ ଚିନ୍ତାଧାରା	29 ଡିସେମ୍ବର 2020, 15 ଡିସେମ୍ବର 2020, 31 ଡିସେମ୍ବର 2020, 16 ନଭେମ୍ବର 2020 2 ଫେବୃଆରୀ 2020
ମାନିଫେଷ୍ଟାସିଅନ୍ ଯୁଗ୍ମ ଫୁଟୁରା	30 ଡିସେମ୍ବର 2020, 16 ଡିସେମ୍ବର 2020, 1 ନଭେମ୍ବର 2020, 17 ନଭେମ୍ବର 2020 3 ଫେବୃଆରୀ 2020
ଇଣ୍ଟେନଟିଭ୍ ଅଫ୍ ଡିପ୍ଲୋମାସିଅନ୍	1 ଡିସେମ୍ବର 2020, 17 ଡିସେମ୍ବର 2020, 2 ନଭେମ୍ବର 2020, 18 ନଭେମ୍ବର 2020 4 ଫେବୃଆରୀ 2020
ଗୁଣ ଗୁଣଗୁଣ ଡିପ୍ଲୋମା ଅଫ୍ ଚିନ୍ତାଧାରା	2 ଡିସେମ୍ବର 2020, 18 ଡିସେମ୍ବର 2020, 3 ନଭେମ୍ବର 2020, 19 ନଭେମ୍ବର 2020 5 ଫେବୃଆରୀ 2020,
ରାମ୍ୟାଣ୍ଡମ୍ସ	5 ଡିସେମ୍ବର 2020, 19 ଡିସେମ୍ବର 2020, 4 ନଭେମ୍ବର 2020, 20 ନଭେମ୍ବର 2020 6 ଫେବୃଆରୀ 2020,
ପ୍ରକାଶନାଳୟ - ଡିରକ୍ଟ ଲାଥ୍ ଟୁ ଇଲୁମିନେସନ୍ସ	6 ଡିସେମ୍ବର 2020, 20 ଡିସେମ୍ବର 2020, 5 ନଭେମ୍ବର 2020, 23 ନଭେମ୍ବର 2020, 7 ଫେବୃଆରୀ 2020
ଡିପ୍ଲୋମାସିଅନ୍ ରାମ୍ୟାଣ୍ଡମ୍ସ	3 ଡିସେମ୍ବର 2020, 24 ଡିସେମ୍ବର 2020, 7 ନଭେମ୍ବର 2020, 21 ନଭେମ୍ବର 2020 12 ଫେବୃଆରୀ 2020 *ନିମ୍ନ ଉଲ୍ଲେଖିତ ଉପାଦାନଗୁଡ଼ିକ ଉପରେ
ଡିପ୍ଲୋମାସିଅନ୍ wealth	4 ଡିସେମ୍ବର 2020, 25 ଡିସେମ୍ବର 2020, 8 ନଭେମ୍ବର 2020, 22 ନଭେମ୍ବର 2020 13 ଫେବୃଆରୀ 2020, *ନିମ୍ନ ଉଲ୍ଲେଖିତ ଉପାଦାନଗୁଡ଼ିକ ଉପରେ
ଫିନାନ୍ସିଆଲ୍ ଯୁଗ୍ମ ଯୁଗ୍ମ	7 ଡିସେମ୍ବର 2020, 21 ଡିସେମ୍ବର 2020, 6 ନଭେମ୍ବର 2020, 24 ନଭେମ୍ବର 2020 8 ଫେବୃଆରୀ 2020
ପ୍ରାକାଶନାଳୟ - ଡିପ୍ଲୋମାସିଅନ୍ ଉପାଦାନଗୁଡ଼ିକ ଇଲୁମିନେସନ୍ସ	8 ଡିସେମ୍ବର 2020, 22 ଡିସେମ୍ବର 2020, 9 ନଭେମ୍ବର 2020, 25 ନଭେମ୍ବର 2020 9 ଫେବୃଆରୀ 2020
ଡିପ୍ଲୋମାସିଅନ୍ ପ୍ରୋବ୍ଲେମ୍ସ ଟୁ ପାୱାର୍ସ	9 ଡିସେମ୍ବର 2020, 23 ଡିସେମ୍ବର 2020, 10 ନଭେମ୍ବର 2020, 26 ନଭେମ୍ବର 2020 10 ଫେବୃଆରୀ 2020
ଲିଭିଂ ଇଲୁମିନେସନ୍ସ	10 ଡିସେମ୍ବର 2020, 26 ଡିସେମ୍ବର 2020, 11 ନଭେମ୍ବର 2020, 27 ନଭେମ୍ବର 2020 11 ଫେବୃଆରୀ 2020
ଇଣ୍ଟେନଟିଭ୍ ଅଫ୍ ଡିପ୍ଲୋମାସିଅନ୍	11 ଡିସେମ୍ବର 2020, 27 ଡିସେମ୍ବର 2020, 12 ନଭେମ୍ବର 2020, 28 ନଭେମ୍ବର 2020 14 ଫେବୃଆରୀ 2020
ରିଭର୍ସ ଡିପ୍ଲୋମାସିଅନ୍ ଇନ୍ ଯୁଗ୍ମ	12 ଡିସେମ୍ବର 2020, 28 ଡିସେମ୍ବର 2020, 13 ନଭେମ୍ବର 2020, 29 ନଭେମ୍ବର 2020 15 ଫେବୃଆରୀ 2020
ଯୁଗ୍ମ ଅଫ୍ ପାରାମାଶିଭା	13 ଡିସେମ୍ବର 2020, 29 ଡିସେମ୍ବର 2020, 14 ନଭେମ୍ବର 2020, 30 ନଭେମ୍ବର 2020 16 ଫେବୃଆରୀ 2020



## Chakra Healing, Ananda Suktam

Duration: 45 hours

Level: 3

Being offered since 2002

Level: Beginner

This healing and meditation course focuses on the seven major chakra (energy zones) of our body, with powerful meditation techniques to cleanse and energize each energy center and align us with pure-consciousness. Ananda Suktam, the whole program is designed for giving life solutions.

Broadly speaking, knowledge is of three types.

The most basic kind of knowledge is intellectual knowledge

The next type of knowledge is knowledge from the heart, and

The third type of knowledge is spiritual knowledge...wisdom. This knowledge can neither be

taught nor picked up. It can only be transferred from being to being. This knowledge will

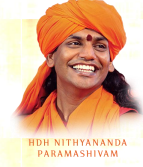
give you a glimpse of Ishta, or spiritual experience – you will get a glimpse of your being.

woven into this course are the talks of Isha and the practical wisdom on vital issues like body intelligence, the power of the subconscious mind and the science behind tradition.

Required textbook:

Supreme pontiff of hinduism jagadguru mahasannidhanam ishha bhagavan nithyananda paramashivam. Six days to total transformation, 2004. nithyananda publishers.





## unravel the secrets of the cycle of life and death, nithyananda s'purana,

duration: 30 hours

credit: 2

continuously being offered since 2004

level: beginner

the physical body is just one of the seven bodies that we have. the remaining six bodies are subtle but powerful energy bodies. they are responsible for the vital elements of life – desires, thoughts, sleep, deep-rooted emotions like guilt, pleasure and pain, and finally, our very core, which is bliss.

the knowledge about these energy bodies and how to control these vital elements of life is closely linked to the clear understanding of the ultimate mystery of death. once we understand the death process, we get an in-depth understanding about life and about who we really are.

‘what is really the meaning of life...and death?’ you may be thinking, ‘why worry about death?’ after all, it is going to happen at the end of life.’ either you are afraid of death or you feel it is not important to know about it. but, did you know that your whole attitude to life can radically change with the understanding of death?

this course will show you we continuously eternal bliss is flowering within us, happening within us, but we keep stopping it! learn how this happens in your life.

this is an advanced-level course. this course is open only to those who have already completed the ananda s'purana. participants work on all their seven bodies (as defined in the vedagamas). the course includes an intensive guided death meditation process apart from worksheets that analyze their inner space. it gives a deep clarity into the repetitive nature of our birth and death helping one to transcend the temporary and realize our true divine nature.

required textbook:

supreme pontiff of hinduism jagadguru mahasannidhanal hoh bhagavan nithyananda paramashivam. door to enlightenment, 2009. nithyananda publishers.



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## introduction to upanishads (science of living advaita)

duration: 15 hours

credit: 1

power: sarvajnatva - all knowing

topic: hindu-dharma-upanishad

Science maintained for a long time that matter and energy are two different things. Today, it has concluded that there is no basic element except the electron and that too exists as both matter and energy at the same time. This concept can be extended to man's existence. Man is both good and bad at the same time. Energy plus intelligence is what we call consciousness. This is referred to 'advaita' in the upanishads. and living 'advaita' means, realizing you are not a broken or separated, divided part. In this certificate program get the right introduction about the techniques of the upanishads.

class	topics covered	duration (hours)	content type	date
1	what is 'advaita'?	1.5	video	jnana-nid-1jan2015
2	who wrote the upanishads?	1.5	video	jnana-nid-2jan2015
3	what is authentic science?	1.5	video	jnana-nid-3jan2015
4	6 styles of liberated thinking trends in vedic tradition: sankhya, yoga, pranah lalalasa, uttara lalalasa, nyaya, vaisheshika.	1.5	video	jnana-nid-4jan2015
5	totalon misunderstandings - upanishad, fads, subjects covered in upanishads	1.5	video	jnana-nid-5jan2015
6	so many interpretations of upanishads - so which one is right?	1.5	video	jnana-nid-6jan2015
7	totalon misunderstandings between faith and sacred understandings. primordial definitions: jnana-sacred knowledge, vijñana - sacred cognition, bhakti - sacred sentiment	1.5	video	jnana-nid-7jan2015
8	how to live science of 'advaita' through jnana, vijñana, and bhakti	1.5	video	jnana-nid-8jan2015
9	first understandings about life and the universe	1.5	video	jnana-nid-9jan2015
10	difference between science and truth, discovery of a scientist and revelation, right preparation to receive upanishads	1.5	video	jnana-nid-10jan2015



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## इतिहास के ग्यारहवां सप्ताह (live fearlessly with truths from इहान्ति लान्ता)

वर्ष: 15 घण्टा

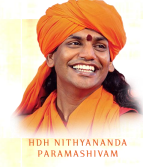
कक्षा: 1

शक्ति: शिवराज्य - शक्ति के विजय के सभी प्रयत्नों में

कक्षा: हिं-इच्छा-प्र-इह-इहान्ति

in life, fear about the failure making us powerless is the real problem. in this course learn the  
इतिहास के ग्यारहवां सप्ताह (live fearlessly with truths from इहान्ति लान्ता). there is only one truth, that victory in  
all endeavors is guaranteed. operate from this cognition and see how fear in your life can  
be challenged. a certificate program introducing you to the power of शिवराज्य - the power  
of victory in all the efforts undertaken

कक्षा	विषय	वर्ष (घण्टा)	विषय प्रकार	कक्षा
1	first शक्ति के ग्यारहवां सप्ताह, विज्ञान. इतिहास के ग्यारहवां सप्ताह in all endeavors	1.5	विषय	विज्ञान-कक्षा-13jan2015
2	what is right operating software: logic or इच्छा?	1.5	विषय	विज्ञान-कक्षा-16jan2015
3	how to make problems redundant	1.5	विषय	विज्ञान-कक्षा-20jan2015
4	how to gather strength till victory?	1.5	विषय	विज्ञान-कक्षा-21jan2015
5	learn about the lost successful organization structure - varanas	1.5	विषय	विज्ञान-कक्षा-22jan2015
6	life has no hypocrisy	1.5	विषय	विज्ञान-कक्षा-23jan2015
7	add context of performing the action for इतिहास के ग्यारहवां सप्ताह	1.5	विषय	विज्ञान-कक्षा-25jan2015



## Revelation on Biology from Taittiriya Upanishad

Duration: 15 hours

Credit: 1

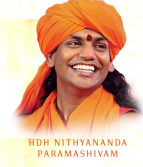
First offered: January 2005

Mode: On-Site-Open-Air

This course explains the five koshas:

1. **Annamalaya Kosha** ('food body') - this outermost body is made up of the food that we eat. This body represents the tangible physical body that we are all familiar with.
2. **Pranamalaya Kosha** ('breath body') - this body is responsible for the breath cycle in us that keeps our whole body alive.
3. **Manomalaya Kosha** ('mental body') - this body represents our mind - our thoughts and emotions.
4. **Vijnanamalaya Kosha** ('intelligence body') - this body represents the subtle or super-subtle intelligence in us which can bring about a deeper sense of consciousness and insight into the inner and outer worlds.
5. **Anandalaya Kosha** ('bliss body') - this innermost body represents unconditional joy that can be felt through communion with existence or God.

Everyone is aware of the 'food body' and most people operate just from this layer. We strive to become aware of the inner body sheaths by practicing various meditation techniques and yoga. This course will assist you in expanding into the other layers and love your awareness through these sheaths to realize the self. The Taittiriya Upanishad forms the basis of this program.



## bhagavad gita, the divine song

duration: 225 hours

series: 15

first revelation: sept 2005

### course description

revival of the supreme secret of the gita from the consciousness of the rare living incarnation, supreme pontiff of hinduism hrv bhagavan nithyananda paramashivam, who embodies the very science and experience of the gita. a pure, absolute revelation of the happening of gita learn about the bhagavad gita in its purest form.

## technique to unleash the innate spiritual power, shakti svara

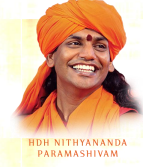
duration: 45 hours

series: 3

offered first time may 2004

### course description

this course introduces participants to the three bodies (physical, subtle and causal), and helps them harness the energies of each for optimal daily living. it helps us understand how the three bodies interact with each other and has an effect on our daily life. setting the three bodies in tune gives one an easy way to fall into a space of deep meditation and oneness, thus reaching their full potential and establishing them in a space of powerfulness - which is an end result spoken of in hindu scriptures.



## nithyananda, the hindu way of rewriting the individual

identity to total oneness

duration: 125 hours

credit: 5

first expounded: year 2005

nithyananda is designed to be an intense opportunity for exploring the truth for the sincere seeker. it is an 'enlightenment intensive' course giving the torch to discover the truths of life and thus to understand clearly who you are. it is not a conventional meditation course; it is a celebration of life. one learns how to play the game of life with spontaneity and joy, while being centered in the inner space and functioning effortlessly at the periphery.

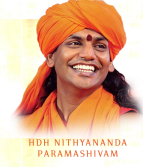
## intimate divine devotion, bhakti sūtra

duration: 15 hours

credit: 1

first offered: may 2007

this course enriches one's emotional well-being. it teaches the language of one's innermost being, and frees us from the base emotions of lust, fear, greed, anger, greed, envy, etc., bringing equanimity to the mind and deep fulfillment within. this fulfillment takes us beyond our wants into the blissful realm of service out of overflowing joy and compassion. the program reveals the path of devotion, steering us from intellect to our innermost being, from mundane worship to the purest intimacy with the divine. it allows one to experience the real depth and joy of any relationship in life.



## nithya dhyana sputana, what you meditate on matters

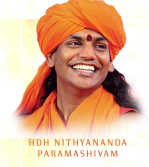
duration: 15 hours

level: 1

first offered: May 2007

### course description

hinduism states it is a human being's inherent nature is to renounce thoughts. every thought is like a bubble that arises and bursts and the next thought comes up. as long as this natural process of renouncing the thoughts is allowed to happen, things are perfectly alright. this is our true nature. this is the meditative state we ought to be in. but the problem starts because we start connecting our thoughts and start making a shaft of either pleasure or pain with it. our consciousness suffers because of this process by which we connect our thoughts. we become a slave to our mind and cling on to it thinking that it is a reality. we get stuck because to our being because of this virtual reality that we create with our mind. when this happens, we fall completely out of sync with our true meditative nature, we love completely away from being pure consciousness. the dhyana sputana program is a course designed to help people center themselves in their being and re-connect with their true meditative nature. it is a program to liberate from the clutches of the mind, from emotions, which are again just a by-product of our mind. it is aimed at breaking our mythical mental setup of pain and pleasure and creating a space in us for meditation to flower. this program offers several meditation techniques suited to all types of people concerned. it is a unique course aimed at the flowering of meditation within each and every individual. it is a program that clears the unconscious in every individual and puts one on the path of eternal bliss or nithya ananda.



## nithya dhyaan, relax...rejuvenate...radiate...!

duration: 45 hours

series: 3

first conducted 22 Dec 2007

breath is the best place from where one can start any spiritual practice. your emotions have an impact on the breathing process. likewise, if we were to bring about some change in our breathing pattern, it will directly have an impact on our emotions and our mind. also, our past memories create a particular type of breathing pattern in our system. these memories attract further similar emotions and memories. nithya dhyaan is a technique to release the tension in our muscles and body parts and in turn all the engraved memories.

## योगa sputraha, experiental yoga as connection with divine

duration: 45 hours

series: 3

first conducted March 2009

in this course, supreme pontiff of hinduism jagadguru mahasannidhanal hsh bhagavan nithyananda paramashivam, reveals brand new insights on the yoga sutras and the experiental of ashtanga yoga. in this course, the learner experiences: a deep connection with their body, vibrant inner silence beyond the clutter of mind. a profound and life-transforming connection with their very being. awaken the bliss energy with the most powerful an-kriya meditation.







## lahabharata

duration: 150 hours

credit: 10

first revived this century: july 2007, angkorwat, cambodia

supreme pontiff of hinduism jagadguru lahazannidhanal hoh nithyananda parala delivered astounding insights into the great hindu epic - lahabharata during the trip to angkorwat, cambodia. exploring the individual consciousness with fundamental truths of life and death, he brought the epic to tremendous relevance to the very purpose of life of every individual on planet earth. the course gives you the same experience wherever you are.

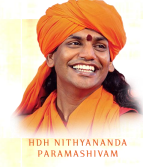
## patanjali yoga sutra, aphorisms for total liberation

duration: 225 hours

credit: 15

first revived this century: january 2008

supreme pontiff of hinduism jagadguru lahazannidhanal hoh bhagavan nithyananda paralashival dove into the patanjali sutra on ashtanga yoga which gives solutions for one of the major problems all seekers face in the life: uncovering your inner light. if you can absorb the highest frequency in your body without thoughts being awakened, that is what patanjali calls pranayama. when you absorb the pranic energy directly from the cosmos all lower swings will disappear.



## Aphorisms of Existence, Brahmashutras

Duration: 225 hours

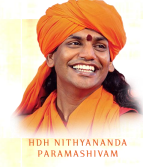
Chapters: 15

First revived this technology: 3 March 2011

There are multiple paths to enlightenment. The Brahma Shrutras are for those who have an intellectual bent of mind. Each Shrutra in Brahma Shrutras is an individual philosophical system of existence and gives a complete understanding of the existence. Meditation on any one Shrutra is enough to help us realize enlightenment. Understand and live the enlightening Brahma Shrutras through the revival of the Brahmashrutras by Supreme pontiff of hinduism Jagadguru Mahasannidhanal H.H. Bhagavan Nithyananda Paramashivam.

Topics covered include:

- What is awakening?
- What is karma yoga?
- Is there one God?
- Is vedanta tradition a guru cult?
- Yoga should be your own happening
- Treat the global relationship
- What is enlightenment?
- Enlightenment - the career for modern youth
- Living without a plan.
- addiction - how to get out of it
- enthusiasm attracts wealth
- one truth, many masters
- Organic is intelligent
- surrender to consciousness
- achieve without effort
- enlightenment is not lawlessness
- four steps to enlightenment
- break logic with logic
- live in higher consciousness
- What is the karma
- How can I stop enlightenment?



## healers' initiation, initiation into niṭhyā spiritual healing

duration: 45 hours

credit: 3

offered first time february 2004

through an intense mystical experience niṭhyānanda was blessed by total consciousness to share this healing energy with the world. he connects people directly to their highest consciousness to awaken the intense healing energy. supreme pontiff of hinduism jagatguru mahasannidhanal hṛdī bhagavan niṭhyānanda paramashivam initiated healers by opening up specific energy centers in their bodies to allow them to access and share this solar healing energy. these healers experience beautiful results healing others, and also within themselves.

## imbibing oneness & becoming eternally in ananda, niṭhyānanda yoga

duration: 3 months

credit: 15

offered first time february 2004

niṭhyānanda yoga. this program was designed by supreme pontiff of hinduism jagatguru mahasannidhanal hṛdī bhagavan niṭhyānanda paramashivam to give the participants a glimpse of the mystical yet divine experience he had with his guru, arunagirī yogeshwara (an incarnation of lord śhiva) at the age of 10-11. the space of deep love and devotion in a casual setting which he shared with arunagirī yogeshwara, supreme pontiff of hinduism jagatguru mahasannidhanal hṛdī bhagavan niṭhyānanda paramashivam in this 3 month course gives the unique guru-disciple relationship to the select students.

## spiritual science of manifestation, kalpataru

duration: 15 hours

credit: 1

conducted first time this century oct, 2008

in this course, learn the science to manifest the reality you want. this experiential course is based on these sacred truths: truth #1 – you are the ultimate divine consciousness. you manifested everything in your life.



HHV NITHYANANDA  
PARAMASHIVAM

truth #2 – whether you're manifesting the "right" things, or the "wrong" things... all along it is you who is manifesting. truth #3 – your ability to manifest both good and bad makes you ultimately powerful. now use this powerfulness to consciously manifest and create what you want.

## inner awakening, pratyakalpa chaitanya jagrat

duration: 315 hours

dates: 21

conducted first time this century set, 2008

inner awakening is a program to awaken your inner potential powers. in vedic tradition, we call that as kundalini shakti. there is a tremendous possibility, tremendous power, extraordinary energy, in every one of us. awakening that power, that possibility, that intelligence, that energy, that consciousness, is inner awakening. this workshop equips one to become master of their own life, and a source of power in the life of others. above all, it empowers one to effortlessly manifest the reality of their choice and cause others reality.

## tradition of the sindha purushas, sindha kalpravaya

duration: 30 hours

dates: 2

first revealed 13 nov 2010

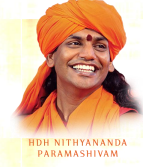
sindha tradition is the hindu spiritual science of alchemy. the great sindhas, from parashiva himself, and sindha, from his the science originated, and was handed down to nandi. all his knowledge, parashiva when he manifested. his experience component he taught, he shared with the world through devi because shakti is experienced. his sindha, alchemy science, he shared it to the world through nandi, because nandi knows all herbs, he is roaming around all the time in kailasa. he knows all the natural products, herbs everything available.

## akashic reading: the hindu technique to know one's past, present and future

duration: 30 hours

dates: 2





first downloaded this century 1 oct 2012

akashic reading is a record created in space. whatever has happened in time, is there as a file. when a being realizes he is beyond time and space he will be able to recover those akashic recordings, spell it out in the language you understand, in the frequency you can receive for your betterment, to improve the life, and reach your ultimate goal and the ultimate goal of humankind - enlightenment. it is not a prediction, it is reading from the records.

## recreate the identity as causeless auspiciousness, Ishivohal

duration: 150 hours

date: 10

first revived this century: 27 february 2014

it is all about how the universe is made up of lines and sounds. supreme pontiff of hinduism jagadguru mahasannidhanal hoh bhagavan nithyananda paramashivam explains that people's bio energetic and subtle energetic are made of visualizations and verbalizations, and chaos in these are the cause for all suffering. using his energy, he surgically removes the chaotic lines and sounds from everyone - leaving the participants in the space of Ishivohal.

## sheaths that conceal the atman, nithya kriya yoga

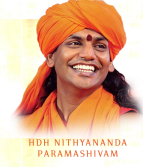
duration: 45 hours

date: 3

first conducted 20 june 2015

in this course, learners focus on intractable questions of life such as... why am i unhappy despite all the material successes? how can i achieve emotional balance? am i more than just flesh and bones? what is beyond life and death? is enlightenment within my reach? sheaths or coverings in sanskrit is called koshas. the five koshas that a human being carries are distinguished, their characteristics clarified and meditation techniques to heal and restore the connection with the causal layer happens during the course. taitreya upanishad second chapter anandavalli beautifully explains this whole science. the five layers are physical layer, breathing layer, mental layer, cognition layer, and bliss layer. removing all the interpretations, dogmas, patterns one carries in these five layers, helping every one to completely integrate self, helping everyone to fulfill self, helping everyone to experience the self and finally the ability to manifest what they want is the goal of this certificate course.





## awaken the causal body, nithyanandoham

duration: 150 hours

credits: 10

first revived 7 oct 2015

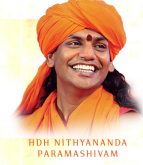
nithyanandoham is about making our soul matured, not just doing some kriya, completion, yoga, expressing a few powers, beyond that making the very bio energy, our soul, matured. Soul getting matured, soul getting evolved, one seeking the state of awakening is the essence of life. that is the essence of life. evolution, reorganizing your beliefs and strategizing your understandings based on cognitions given in hindu scriptures, strategizing your life based on new understandings and reinventing yourself. this science is experienced in nithyanandoham. hinduism reveals the 3 components in every human being – firstly, the subtle layer which is the place where day to day activities are stored, secondly, the bio layer which is the place where all your cognitions about you, life, nature, god are recorded. lastly, the bio energy is the power, the space where pure cosmic energy exists in you, the unit of god in you. every human being has the same quality of bio-energy, although it may vary in quantity individually! the god particle in you is your bio energy. there is no difference between the quality of god and god particle in you which is bio energy. so if the god particle or the bio energy in you is awakened, this energy will also awaken your subtle layer. when that happens, your day to day life becomes miraculous because all your possibilities are awakened in you. all the possibilities of an incarnation are awakened in you. program is to awaken all the three dimensions in us: the subtle layer, the bio layer and the bio energy.

- you will become efficient in every aspect of your life which makes you a great leader
- you will discover your powerful presence such that all the karma patterns will be broken
- you will have such a deep feeling connection with cosmos – the whole that you start radiating love and friendliness
- your life is literally a liberation and blissful celebration

## ashokanala lakha sandehi - 64 great powers, shubhadvaital

duration: 150 hours

credits: 10



first revived march 2016

in this groundbreaking course, supreme pontiff of hinduism jagadguru mahasannidhanal hsh bhagavan nityananda paramashivam reveals three keys that will allow us to manifest all the shaktis, or powers, of shivashiva. they are:

1. you are the ultimate even as you are now. you are ultimate, even if you think you are under bondage as you are now. even if you think you are manifesting all the wrong things, poverty, lack of resources, lack of joy, lack of good relationships, lack of love, health, completion, whatever, even if you think you are manifesting all this how can you be ultimate? all this, you are manifesting! so, you can manifest what you want; you are ultimate. manifested can never be more powerful than manifestor!
2. you need only your will, decision, will persistence to manifest powers and whatever you want.
3. shivashiva comes to you as guru to make these first two statements your reality.

experience the highest possibilities of consciousness,  
shivashivohal

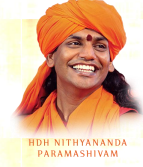
duration: 225 hours

credit: 15

first revived 28 august 2016

in this workshop the student experiences a transformation of their inner identity and gets established in the state of nirvikalpa shivashiva - the highest shivashiva state as per hindu tradition. understanding, experiencing all of the 25 states of consciousness and their possibilities is covered. the purpose of shivashivohal is experiencing those highest possibilities, called the state of turiya and turiyatita, and the expressions of those states and powers. through this workshop, experience all the 25 states, all the 11 dimensions: length, breadth, depth, time, space, and the permutations and combinations thereof, and five major aspects of paramashiva - generation-operation-destruction-delusion-liberation. shivashivohal is all about raising the learner to the next level of consciousness.





## hindu vedagamic lifestyle for health, arogya sparama

duration: 30 hours

series: 2

being offered since sept 2005

good health is not just an absence of disease, it is positive well-being. arogya sparama is an intense course 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. the course helps participants to understand and address the negative impact of the imbalance of the elemental energies in the body as identified by vedic scriptures. it is a health and healing course that takes the learner through meditation and healing practices, besides creating a new mental setup attuned towards living a positive life. techniques include those taken from the hatha yoga pradipika - one of the schools of yoga as per hinduism.

## the hindu methodology for experiencing abundance in everything, an health; an wealth

duration: 60 hours

series: 4

first conducted 9 april 2011

anhealth: in the health aspect, the program allows us to constantly examine all the ideas, thoughts, impressions, beliefs we have about health and transforms our default approach to your health. it instills an irreversible new health consciousness in us resulting in enhanced physical, mental, psychological and emotional health - anhealth. in the wealth aspect, the program rewrites our inner financial blueprint through dynamic meditation techniques, spiritual truths of finances, practical exercises. both in health and wealth the ultimate truth that the practitioner experiences is the true nature of the cosmos, of their true nature as all powerful and divine, and there being no difference between themselves and the cosmos at its core.



## niithya yoga, authentic yoga as per paramashiva

duration: 225 hours

credits: 5

first offered: 2005

this program brings you the very essence of yoga. by taking this program you will experience the true meaning of body-mind science, living with a "vedic mind in a yogic body yoga is the spontaneous disappearance of mind patterns." going beyond the brain patterns and habits that we have created, and awakening the non-mechanical parts of the brain to the fullest potential of the human being, therefore entering into the most exciting way of living, living enlightenment, jeevan mukti.

## transcending time the spiritual way, conquering time

duration: 15 hours

credits: 1

first revealed 25 March 2005

if you feel like you never have enough time to do everything you want or need to do, or does not having enough time, stop you from doing all the things you want to do in life? in this conquering time, the secrets and mysteries of time was revealed by supreme pontiff of hinduism jagadguru mahasannidhanal hoh bhagavan nithyananda paramashivam.

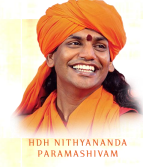
## rewrite the future, hindu methodology for crafting the future, bhavishya punarlekhanam

duration: 15 hours

credits: 1

first revealed in 2002

in the vedic hindu tradition we believe that we can manifest our own destiny and control our future given the right understanding, tools and the presence of an enlightened master. this program explains how the future can be rewritten. what you will learn:



- how to get what you want in life
- how to dissolve the karmas and struggles holding you back
- rewrite your future with detachment, regardless of any past difficulties - how to harness your inner potential "kundalini" energy to create your reality as you wish
- why most efforts at "positive thinking" and "visualization" never get you anywhere

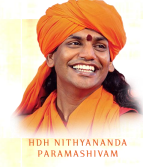
## aligning with the hindu yoni principles of the total, thatva tattva

duration: 45 hours

credit: 3

first expounded jan 2013

these four principles – integrity, authenticity, responsibility and enriching – when you start living these, how the spiritual activities become your lifestyle, whatever may be the problem in your life, whatever may be, it may be powerlessness through the health issues, relationship issues, fear, greed, depression, worry, whatever may be, the solution is becoming spiritual activist. enrich your spiritual qualities and help others to activate their spiritual qualities through this course.



## about kailasa's nhu

kailasa's nhu is a california religious institution founded as the nithyananda yoga & meditation university or the nithyananda meditation university in 2007 to promote and propagate the teachings of the supreme pontiff of hinduism jagadgurur mahasannidhanal hrbh bhagavan nithyananda paramashivam.

the kailasa's nhu is awarded exemption under sec (california education code) 94874(e)(1), by the bureau of private & postsecondary education for the state of california, to award religious degrees autonomously.

enroll at [nithyanandahinduuniversity.org/boards](http://nithyanandahinduuniversity.org/boards)

for questions write to

[support@nithyanandauniversity.org](mailto:support@nithyanandauniversity.org)

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