Paramahamsa Nithyananda is an enlightened spiritual teacher who has committed his life to protect, preserve and revive the ancient Shaiva religious and spiritual traditions, and reach them out to the world. Having trained in the Shaiva traditions of yoga, scripture, philosophy and rituals during his childhood, Paramahamsa Nithyananda also spent many years as a wandering sadhu in India. He is the founder of an international socio-spiritual organization Nithyananda Dhyanapeetam. Recently coronated as a Mahamandaleshwar (spiritual head) of the renowned Maha Nirvani Peeth, Paramahamsa Nithyananda continues to enrich the Shaivite community as well as the whole world with the richness of Shaivite tradition.

**BIRTH & CHILDHOOD AS ARDENT SHIVA BHAKTA**

* Paramahamsa Nithyananda was born in Saiva Vellalar community <community certificate>
* His maternal grandfather was a great humanitarian and as a child, his home was always open to wandering monks and sadhus
* He was born in the ancient temple town of Tiuvannamalai which is a famous Shaivite pilgrimage center. His childhood home was right next to the Arunachaleshwara Shiva temple and he spent long hours in pooja, prayer and meditation over there. Due to his natural love for the Shaiva tradition, he would always be covered with rudraksh & vibhooti < childhood photos> + <pics of shivalingas and had worshipped in childhood>
* At a very young age, he had learnt by heart the great scriptures of Shaivism like Thiruvachakam & , and has given public talks on Periya Puranam (the lives of the 63 nayanmars - Shaivite saints), as well as various subjects from Shiva Puranam & Arunachala Puranam
* At a young age, he studied yoga and Shaiva siddhanta with various teachers

**YOUTH SPENT IN AUSTERE MONASTIC LIFE**

* At 17, he enrolled as a monk in Ramakrishna Mission to train in scriptures, rituals and spiritual philosophies
* During this period , he also wandered around the country on foot as a parivrajaka sannyasi (wandering monk), taking up the life of austerities and spiritual disciplines required to become ripe in spirituality

**NITHYANANDA DHYANAPEETAM – taking SHAIVISM to THE WORLD**

In 2003, after his spritual enlightenment, he set up his spiritual organization Nithyananda Dhayanpeetam at Bidadi near Bangalore in south India. Nithyananda Dhayanpeetam is today an international organization with centers in 150 countries worldwide.

**Reviving Shaivite Temples & Culture**

* Thousands of people worldwide are simultaneously performing pooja & meditation every morning, during the daily morning satsang that is personally conducted by Paramahamsa Nithyananda, and viewed in around 30 countries through video-conferencing.
* At the international headquarters at Bidadi, the presiding temple deities are Shiva & Parvati, which receive worship in the authentic Shaiva Agama tradition everyday. Made of panchaloha and weighing 7.5 tons, these deities are the largest deities of their kind in the world. <show temple>
* Hundreds of devotees also visit the 21-foot-high Shivalinga at the ashram, made from a combination of Siddha healing herbs. Six water fountains are used to perform akhishekam (holy bath) to the shivalinga, and the water that collects in the healing pool below it is known to cure many chronic diseases with a single dip. <show vaidya sarovar>
* Paramahamsa Nithyananda has personally performed prana pratishtha (energizing) for the deities through time-tested & authentic Shaivite rituals
* Nithyananda Vedic temples around the world host & celebrate Shaivite festivals like Shivaratri, Aarudra Darshan and Nataraja Abhishekam etc.
* Nithyananda Vedic temple in Seattle, USA, hosts the tallest Nataraja deity in North America
* Nithyananda Sacred Arts to promote, support and preserve ancient temple arts and sculpture as the largest producer of metal, wood and stone deities in India

**Yatras & Events**

* Paramahamsa Nithyananda personally leads thousands of people on yatras to Shaivite pilgrimage spots like Kailash-Manasarovar, Kedarnath, Varanasi, Tiruvannamalai & Madurai
* Nithyananda Dhyanapeetam regularly hosts and participates in Hindu religious events like Kumbha Mela and Sadhukkal Sangamam
* In 2006, Nithyananda Dhyanapeetam became the first Hindu organization to create and conduct the first-ever Western Kumbha Mela, a very successful event held in the USA, where all the top Hindu spiritual organizations joined together to revive our cultural heritage for the benefit of Indian & western people

**Talks on the Shaivite scriptures**

* Paramahamsa Nithyananda has taken the light of the Shaiva tradition to the eastern and western world through his enlightening talks on scriptures such as Shiva Sutras, Arunachala Puranam and the glory of Saivite tradition. During 2006-2008, he travelled throughout USA explaining about the Shiva Sutras to American audiences.
* During 2008 & 2009, Paramahamsa Nithyananda further spoke in the USA and in India about the Patanjali Yoga sutras , which have helped to bring a wide international audience closer to our traditional yoga and culture.
* In 2010 and 2011, Paramahamsa Nithyananda has also commented on the Brahma Sutras as revealed by Adi Shankaracharya
* Paramahamsa Nithyananda speaks regularly on Shaivite culture to national and international audiences on various TV channels, including ZEE Tamil, Sadhna TV, Janashree channel, etc.
* All these talks have also been uploaded on the organization’s youtube channel www.youtube.com/lifeblissfoundation. These talks have inspired thousands to take to the Shaivite way of life and meditation.

You can view these talks on the following links on Shiva Sutras talks:

**SHIVA SUTRAS VIDEOS**

Devotion, Doubt & Trust

<http://www.youtube.com/watch?v=3Tpzmtoutl0&list=PL0897171031F7C801>

From Sounds to Silence - Technique & Meditation

<http://www.youtube.com/watch?v=rJk-gJ_YIs0&list=PL0897171031F7C801>

Being centered

<http://www.youtube.com/watch?v=DMIu-QD7sYo&list=PL0897171031F7C801>

**PATANJALI YOGA SUTRAS VIDEOS**

Samyama: Patanjali Yoga Sutras 110

<http://www.youtube.com/watch?v=C-23bVQCsW0>

Photographing Minds: Patanjali Yoga Sutra 126

<http://www.youtube.com/watch?v=c6993SZE3Ws>

Uncover Your Inner Light Patanjali Yoga Sutras 103

<http://www.youtube.com/watch?v=UoieD629z2E>

**brahma sutra videos**

Just Drop your Ideas about You

<http://www.youtube.com/watch?v=Ut777r2El8U>

You are Infinite Light

<http://www.youtube.com/watch?v=5Yipdu_jGXg>

Anything you know is not God

<http://www.youtube.com/watch?v=nE4R-jcbp7U>

**Personal honors & recognition**

In recognition of his outstanding contributions to the Shaiva tradition, Paramahamsa Nithyananda was unanimously elected and coronated as the Mahamandaleshwar of the renowned Maha Nirvani Peetha, at the Maha Kumbh Mela held in Allahabad in Jan-Feb 2012. . Maha Nirvani Peetha, which is among the most ancient & largest Shaivite monastic establishment in India, has over 100,000 ashrams and centers, and has a rich tradition of preserving and promoting our cultural heritage.

**MADURAI AADHEENAM – REVIVING THE PUREST SHAIVITE TRADITIONS**

During his brief six-month period as the 293rd Guru Maha Sannidhanam of Madurai Aadheenam (April – Oct 2012), Paramahamsa Nithyananda brought about an unprecedented cultural revival of the authentic Shaivite traditions practiced by the ancient spiritual establishment.. He also worked on preserving the cultural heritage of Shaivite temples, and also offered a number of social service benefiting the whole community – like annadaanam (free meals), free milk, medical care, education and culture-appreciation.

*(pl see attached doc for complete details)*

**OTHER SERVICES**

* **Over 20 different types of meditation programs** at various levels offered in corporates, schools, prisons, etc.
* **Nithya Yoga & Nithya Kriya – authentic yogic solutions** for 108 physical & mental disorders
* Scientific & safe **initiation into mystical yogic sciences known only to the ancient Siddhas,** like kundalini awakening, levitation, hunger-free Sammyama etc.
* **The Nithyananda Sannyas Order** with over 200 initiated members, for spreading and continuing the *sannyas parampara* (tradition)
* **Nithyananda Gurukuls and eN-Vidyalayas** offering holistic traditional and modern education in a healthy environment
* **Inspiring the youth** to be the ambassadors of our tradition by enriching them through scripture study, rituals and kriyas
* A range of **Siddha medicines** for curing diseases and healthy lifestyle