

# Nithya Dhyana Spurana: A Global Initiative for Mental Health and Well-being

By the authority vested in me as The Supreme Pontiff of Hinduism and the Head of State of KAILASA, The Living Representative of Paramashiva, by the Constitution and the laws of Sanatana Hindu Dharma as ordained by Paramashiva in Vedas and Agamas, it is hereby ordered as follows:

**Section 1. Establishment and Membership.** Kailasa is establishing the Nithya Dhyana Spurana Commission. The group members are composed of not more than ten members, appointed by the Supreme Pontiff, including members of the Sovereign Order of Kailasa, representatives from the Sri Kailasa Uniting Nations for Mental Health and Development and Department of Health. The Supreme Pontiff shall designate a Chair from among the ten members of the Commission appointed by the Supreme Pontiff.

**Sec. 2. Mission.** The mission of the Commission shall be to avail the highest attainable standard of mental and emotional well-being in all Hindus by liberating them from the clutches of the mind and emotions.

In carrying out its mission, the Commission shall:

- a) Develop empowering sessions to educate Hindus on the science of Nithya Dhyana Purana.
- b) Outline a plan to offer meditation techniques for a wide range of people to enable the flowering of meditation within each individual.
- c) Increase the availability of educational measures on the importance of Nithya Dhyana Spurana in promoting mental health as described in the Kirana Agama Yoga Pada (Verse 2-3),
- d) A spiritual plan will be designed and curtailed to meet individual needs.

आसनञ्च समाधिश्च योगाङ्गानि षडेव तू  
āsanañca samādhiśca yogāṅgāni ṣaḍeva tū

The Lord said:

Through yoga, one can attain beneficent accomplishments; he can achieve release (moksa); he can ascend to the state of ineffable bliss. It is to be known that there are six means or limbs of yoga. Now listen to those various subservient

parts of yogic practice. Pratyāhāra, dhyāna, prānāyāma, dhāraṇa, āsana, and samādhi are the six constituents of the yoga system.

- e) Identify innovative digital services and technologies to spread the Science of Nithya Dhyana Spurana.
- f) In strict compliance with the - all knowledge is free - clause of - Paramashiva economic policy - laid down in the Veda Agamas, all Nithya Dhyana Spurana services will be free of charge. The citizens and beneficiaries can offer any donation amount based on their free will.

**Sec. 3. Principles.** In conducting its mission, the Commission shall adhere to the principles below:

- a) The Commission shall focus on breaking the mythical mental setup of pain and pleasure.
- b) The Commission shall focus on clearing the unconsciousness in every individual and putting them on the path of Nithya Ananda (Eternal Bliss).
- c) The Commission shall recognize the uniqueness of the science to provide extraordinary access to powerfully deal with the unconscious patterns and emotions by purifying the Chakras (energy centers) so that human beings can always stay radiant and in high energy levels.

**Sec. 4. Commission Decision-making.** The Commission shall endeavor to decide on an action or determination under the direction of the Veda-Agama principle, specifically Kirana Agama, Yoga Pada with integrity, which shall exist where no Commission member objects to the proposed action or determination. The Commission shall work directly under the supervision of The Supreme Pontiff of Kailasa.

**Sec. 5. General Provisions.** a. Nothing in this order shall be construed to impair or otherwise affect:

- i. the authority granted by law to an executive department or agency, or the head thereof; or
  - ii. The Director of the Office of Management and Budget functions relating to budgetary, administrative, or legislative proposals.
- b. This order shall be implemented consistent with applicable law and subject to the availability of appropriations.
- c. This order is not intended to, and does not, create any right or benefit, substantive or procedural, enforceable at law or in equity by any party against KAILASA, its departments, agencies, or entities, its officers, volunteers, or any other person, or against any nation's integrity or laws.

