

Yoga Spurna: A global initiative for establishing peace amongst challenging times.

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. Hereby Kailasa is establishing the Yoga spurna Commission. The Commission's membership shall be composed of not more than ten members, appointed by the Supreme Pontiff, including members of the Sovereign Order of Kailasa, representatives from the ShriKailasa Uniting Nations for Yoga 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. It is the policy of the federal government of kailasa to provide an uninterrupted connection to essential mental health treatment such as yoga, meditation and social support groups through the science of Yoga spurna can be lifesaving, especially for the more than 2 billion Hindu adults who struggle with serious mental illnesses such as bipolar disorder, schizophrenia, or major depressive disorder.

In carrying out its mission, the Commission shall:

- a) Develop empowering sessions to educate Hindus on the science of Yoga Spurana.
- b) Outline a plan to offer meditation techniques suited to a wider range of people to enable the flowering of meditation within each individual
- c) Increase the availability of educational measures on the importance of Yoga Spurana in promoting calmness in the mental health through the practice of practical yoga and meditation. This scripture on which this course is based is taken from the "nithyananda jnaan padhiti"

श्री भगवान् उवाच

अतिकौतुहलाविष्टा प्रृच्छस्येतच्छृणु प्रिये ।
यन्मे नेत्रान्तरे वह्निर्यद्वामृतमनुत्तमम् ॥ १.२१ ॥
तत्सर्वं कथयिष्यामि योगयुक्त्या श्रुणु प्रिये ।
यत्स्वरूपं निजं शुद्धं व्यापकं सर्वतोमुखम् ॥ १.२२ ॥
सर्वभूतान्तरावस्थं सर्वप्राणिषु जीवनम् ।
योगगम्यं दुरासादं दुष्प्रापमकृतातमभिः ॥ १.२३ ॥

atikautuhalāviṣṭā pr̥cchasyetacchṛṇu priye ।
yanme netrāntare vahniryadvāmṛtamanuttamam ॥ 1.21 ॥
tatsarvaṃ kathayiṣyāmi yogayuktyā śruṇu priye ।
yatsvarūpaṃ nijaṃ śuddhaṃ vyāpakaṃ sarvatomukham ॥ 1.22 ॥
sarvabhūtāntarāvasthaṃ sarvaprāṇiṣu jīvanam ।
yogagamyam durāsādam duṣprāpamakṛtātamabhiḥ ॥ 1.23 ॥

Shri Bhagvan Sadashiva says:

You ask these questions with great eagerness and intense yearning.

Listen Dear I will speak all about that Fire (vahni) and the incomparable, ultimate nectar (amṛta) which is within My Eye in between the eyes (netrāntare). I will speak about all That, listen Dear, established in Yoga, the uniting space of Oneness with Me. Its real form and nature is without origin, pure, pervading all and having faces everywhere. It is existing within all living creatures and present in the hearts of all things, attained by yoga, difficult to accomplish, hard to attain for all beings.

- d) Implementing the most innovative technologies in practicing the knowledge of the science of yoga spurna that can be readily accessed by Hindus on various digital platforms.
- e) In strict compliance with the - all knowledge is free - clause of - Paramashiva economic policy - laid down in the Veda Agamas, all Nithya Dhyana Spurna services will be absolutely free of charge. The citizens and beneficiaries would be free to offer any amount in donation or none based on their free will.

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

- a) The course also has Practical Yoga and meditation sessions such as:
 - 1) Sun Salutation, the king of asanas, expanding life energy with pranayamas, breathing techniques.
 - 2) Awaken the bliss energy with the most powerful eN-Kriya meditation.

Sec. 4. Commission Decision-making. The Commission shall endeavour to make any decision on an action or determination under the direction of Veda-Agama principle, specifically Nithyananda Jnana padhiti, with integrity, which shall be deemed to 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 functions of the Director of the Office of Management and Budget 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.