

Science of Physical, Mental, Psychological Well-being and Radiating Enlightenment through Nithyananda Yoga

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:

Sec. 1. Purpose. My Administration recognizes the benefits of Nithyananda Yoga in helping create habits that support a healthy lifestyle and improve the overall health of Hindus around the world. Yoga is not limited to the science of keeping an individual healthy but also the science of radiating Enlightenment. Practicing Nithyananda Yoga makes the individual manifest the state, space, powers, being, superconsciousness and Kailasa of Paramashiva

Unfortunately, during the past decade participation particularly among the youth has declined. As of 2016, only 37 percent of children participated in physical activities. Particularly troubling is that sports participation disproportionately lags among young girls and children who are from economically distressed areas. My Administration therefore aims to expand and encourage the participation of anyone and everyone free of cost, without discriminating between caste, creed and age in Nithyananda Yoga, and to promote the overall physical fitness, health, of all practicing Hindus.

The Federal Government of Kailasa has been offering to the world, the knowledge of Enlightenment and services of Sanatana Hindu Dharma through the original yogic, agamic form of yoga - the Pure Yoga which flourished millenniums ago in the enlightened Hindu Yogic civilization between the Saraswati, Ganga and Kaveri Rivers on the land of Bharat (India), revealed by Lord Paramashiva, the AdiYogi Himself, which came forth in the Veda-Agamas, the Source Books of Hinduism. This Original yoga is being revived as Nithyananda Yoga and spread worldwide. Power, energy, flexibility, and health are the four qualities that are worked upon and developed through the authentic practice of Nithyananda YogaSM, including traditional asanas, pranayamas, yogic cleansing techniques, mudras, bandhas, and the traditional Rope

and Pole Yoga. The powerful science of Yoga is independently intelligent, designed to awaken the intelligence of a practitioner and to guide the individual step by step.

Throughout the Hindu history, many of the great Aghoris, sadhus, sannyasis have always exemplified the yogic powers and demonstrated incredible feats by acquiring the best physique and physiology to manifest the space, powers, being, superconsciousness and Kailasa of Paramashiva through the practice of yoga.

Sec. 2. Policy. It is the policy of the Kailasa Nation to avail this sacred science revealed by Adiyogi Paramashiva in Shivagamas to the whole universe with the aim to awaken each individual's inner potential energy. Unfortunately, the modern day yoga has been diluted limiting the science to physical postures only. The Federal Government of Kailasa aims to enrich and enreach the Hindus with the authentic form of yoga as revealed in the Karana Agama, Yoga Pada (2.3)

भगवान्- योगादसिद्धिश्च मोक्षश्च तदभ्यासाच्छुभम् खग | षडङ्गस्सच बोद्धव्यस्तस्याङ्गाम् सृणुष्व तत् ||

Bhagavān- Yogādsiddhiśca mokṣaśca tadabhyāsacchubham khaga | ṣaḍaṅgassaca
boddhavyastasyāṅgām sṛṇuṣva tat ||

Through the practice of Yoga one can attain beneficent accomplishments. He can attain liberation. He can ascend to the state of ineffable bliss. Yoga is not just postures and breathing techniques, but the very science of achieving the space, radiating the state and manifesting the powers – the Shaktis - of the Original Yogi in the universe – Paramashiva Himself. Authentic Yoga makes people manifest spiritual powers from 'Advaita', the space of Oneness or Enlightenment.

I am therefore issuing a national call to action to:

- (a) All 1500 defacto embassies of Kailasa and sixty four Sovereign Orders of Kailasa to;
 - (i) Work with all Hindu Temples of Paramashiva, organizing daily Nithyananda Yoga workshops;
- (b) immediately develop a training module to equip the acharyas (Teachers and moderators) by providing the right tools to cater to all 2 billions Hindus worldwide.
- (c) increase awareness of the benefits of participation in Nithyananda Yoga,

- (d) establish a national and local strategy to inspire volunteers who will encourage and support participation in Nithyananda Yoga through coaching, mentoring and teaching the sacred science;
- (e) Immediately expand the digital services of KAILASA, such as but not limited to :
 - (i) Facilitating Nithyananda Yoga sessions digitally;
 - (ii) Organizing and enrollment for all e-citizens of Kailasa into Nithyananda Hindu University's Nithyananda Yoga courses,
- (f) Assist all Hindu Yoga centres in establishing sound Nithyananda Yoga programs for all ages;
- (g) Seek to advance the physical fitness of children, youth, adults, and senior citizens by systematically encouraging the development of community recreation, physical fitness, through Nithyananda Yoga programs.
- (h) The Secretary of Health and the secretary of Human Services, in carrying out the Secretary's responsibilities for public health and human services, shall develop a national strategy to expand participation in Nithyananda Yoga of all Hindus

Sec. 3. Establishment of a Kailasa's Nithyananda Yoga Working Group. The Kailasa's Nithyananda Yoga Working Group is hereby established to facilitate an "all-of-government" effort to avail Nithyananda Yoga to all Hindus. The Working Group will be co-chaired by the Secretary of Department of Religion and Worship, or his designee, and the Secretary of Department of Human Services, or his designee. The Working Group shall be composed of representatives from the Department of Ministry of Sovereign, the Department of Enlightened Civilization, Department of Health, the Department of Information Broadcasting, the Department of Global Communications, the Office of Management and Budget (OMB), and such representatives of other executive departments, agencies, and offices as the Co-Chairs may, from time to time, designate with the concurrence of the head of the department, agency, or office concerned. All members of the Working Group shall be full-time, or permanent part-time, officers or subjects of the Federal Government of Kailasa.

Sec. 4. Responsibilities of the Kailasa's Nithyananda Yoga Working Group.

Within 24 hours of the date of this order, the Working Group shall develop and submit to the Supreme Pontiff a report that outlines a plan for service coordination between all relevant stakeholders and executive departments and agencies (agencies) to

provide Hindus the access to Nithyananda Yoga. The working group also shall propose a schedule of the daily workshops to be published in the government website and social media platforms.

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.