

# Hindu Solutions to Improve Health and Well-being of All Age Group with Special Focus on Women and Children

By the authority vested in me as The Supreme Pontiff of Hinduism and the Head of State of Kailasa and 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. Purpose.** During these challenging times that we are in, where almost 1 billion people are affected by several mental- and behavioural-health conditions such as anxiety, depression, eating disorders, PTSD, ADHD etc, as reported by the United Nations, the Federal Government of Kailasa is committed to improving health and wellbeing by enriching and enreaching anyone and everyone without discriminating between caste, creed and age with the science of completion. My administration and Kailasa recognises the need to make the science of completion freely accessible by all Hindus. The Federal Government of Kailasa has dedicated its sovereign order to teach and spread the science of completion.

**Sec. 2. Policy** The science of completion revealed by Paramashiva Himself in the ShivaJnana Upanishad, Vijnana Bhairava Tantra – 94th verse, 22nd technique.

*cittadyanta kitir nasti mamantar-bhavayediti |  
vikalpanam abhavana vikalpairujjhito bhavet || 94 ||*

*By contemplating this way in your inner-space, dis-identify from the past impressions and the memories of incompleteness. Put your active attention at the space of the past happening, relive these imagined impressions and memories of incompleteness. Then the mind-stuff, having fully ceased from its present characteristics of forming thought-patterns and cognitions, is complete. Thus, you become complete and achieve the original space of complete completion.*

Our consolidated efforts in teaching the science of completion have resulted in healing thousands of living and practising Hindus every year. The next

challenge we are facing is ensuring that this science is practised by Hindus to realise that their potential is vast.

I am therefore issuing a global call to action for all Hindus to:

- a. Engage the resources of Federal Government of Kailasa to facilitate the science of completion to all Hindus of all age groups with special focus on women and children those who are affected by mental and behavioural conditions by;
  - (i) 1500 defacto embassies and 64 Sovereign Orders of Kailasa to facilitate completion classes in-person to educate various techniques, methods of the process of completion that are originally revealed by Paramashiva and revived, offered in a user-friendly version by The Supreme Pontiff of Hinduism, His Divine Holiness Bhagwan Nithyananda Paramashivam not limited to Sva-poornatva Kriya; Catharsis Meditation; Perception Vs Reality, Living Advaita process; Samskara Dhahana Kriya
- b. I mandate the Hindus around the world to practice the technique of completion every night for 21 minutes before sleep to overcome mental and emotional issues including fear, lust, food & hunger, health, wealth, relationship, self, physical health, psychological & neurological pains, career, life and beliefs;
- c. The Sovereign Order of Kailasa to permit, encourage, facilitate E-services such as
  - (i) Digital Completion Sessions;
  - (ii) Online Programs such as Paramashivoham Level 2;
- d. Empowering people to enhance their well-being and consciousness by practising the science of completion;

- e. Providing access to Nithyananda Hindu University to all citizens of e-Kailasa for all to complete courses on the science of completion
- f. The Social Media ambassadors from Kailasa's Department of information broadcasting to share the benefits of the science of completion

**Sec. 3. Establishment of a Kailasa's Manifesting Reality Working Group.** The Kailasa's Manifesting Reality Working Group is hereby established to facilitate an "all-of-government" effort to avail the science of completion 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, the Department of Information Broadcasting, the Department of Education, 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 Manifesting Reality 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 the science of completion

**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.

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.

