

# power of will pramanas

decreasing the temperature of solids for yourself

with supreme pontiff of hinduism jagatguru mahasannidhanam hdh bhagavan nithyananda paramashivam





## setting up

1. camera with timestamp



2. jnana anjana



- 3. any solid food (banana, apple, chocolate, etc.)
- 4. digital cooking thermometer

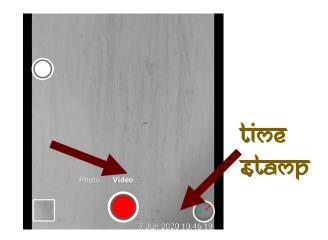


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#### take a few moments to set up your camera



- 1. download timestamp app
- 2. click on "video"
- 3. ensure that time is shown on screen



- 4. make sure the camera is facing you.
  - please take a few minutes to set it up.

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### guidelines

- 1. start: turn on the video recording.
- 2. put jnana anjana between your brows (if you have). if not, it's ok.
- 3. visualize swamiji and bring awareness in between your brows.
- 4. take the temperature of the solid in front of you.
- gaze intensely at the object in front of you without touching.
- 6. through the power of will decrease the temperature of the solid.
- 7. retake temperature of the solid.
- 8. **verify**: share your video with others and listen to others experience of manifestation.







#### verification process

- verify that no video editing is done on sakshi pramana videos.
- 2. make sure video is not stopped and restarted in the process of manifestation.
- 3. make sure all videos are verified with timestamp.
- 4. all videos should have a wide angle view.
- 5. make sure to not touch the object during power manifestation.
- 6. make sure you do not tamper with the liquid or solid in front of you by boiling it, microwaving it, or putting ice cubes in it to make it hotter or colder.