



SHRIKAILASA

OFFICE OF THE SUPREME PONTIFF OF HINDUISM
JAGATGURU MAHASANNIDHANAM, HIS DIVINE HOLINESS
BHAGAVAN SRI NITHYANANDA PARAMASHIVAM

ADMINISTRATIVE DIRECTIVE 10119 OF OCTOBER 06, 2021

Manifest Moksha Pathavi and Shivajnana Pathavi of Paramasiva through the Navratri Vratha

By the authority vested in me as The Supreme Pontiff of Hinduism and the Head of the Ancient Enlightened Hindu Civilizational Nation, the Kailasa, by the Constitution and the laws of Sanatana Hindu Dharma as ordained by Paramasiva in Vedas and Agamas, it is hereby ordered as follows:

Section 1. Background:

Navaratri, one of the most celebrated festivals of Vedic tradition, is an occasion to connect with the feminine form of the Divine. 'Nava' means nine and 'ratri' means night. Mahalaya Ammavasya to Vijaya Dashami (October 5, 2021 to October 15, 2021) when Devi fought nine nights and destroyed all the demons, the tenth day, had a coronation and relaxed in freedom. These ten days make one intense in all ways. If you are negative, you become intensely negative; if you are positive you become intensely positive. When one retains the intensity for these nine days, perfection in action and in in-action; freedom in in-action, responsibility of action happens. Decide, these nine nights and ten days - everything, you will do it with intense awareness. During this Navaratri, you will experience a breakthrough where you feel the timeless or boundary-less time, which gives you freedom, which makes you experience freedom.

Devi Paramashakti in the Devi-mahatmyam portion of the Markandeya Purana gives the boon to all beings:

ॐ इत्थं यदा-यदा बाधा दानवोत्था भविष्यति। तदा तदावतीर्या करिष्याम्यरिसंक्षयम् ॐ ॥

ittham yadā yadā bādhā dānavotthā bhaviṣyati || tadā tadāvatīryāhaṃ kariṣyāmyariṣaṅkṣayam

“ Whenever trouble arises due to the advent of the demons , I shall incarnate and destroy the foes.”

Chapter -11 verse - 55

Navaratri is the time to reawaken one’s own forgotten powers through intense vrathas. The first three days of Navaratri are meant for completion with the destroyer energy, or Durga energy. The next three days are spent in completion with Lakshmi energy, the energy responsible for creativity, wealth and well being. The last three days of Navaratri are meant for completion with Sarasvati, the energy responsible for knowledge and wisdom. The rituals, dances and festivity connected with Navaratri helps in healing relationships. The tenth day of the festival is celebrated as Dushehra or Vijaya Dashami, symbolizing the victory of consciousness over negative influences or Moksha Pathavi (state of liberation), Shivajnana Pathavi (state of establishing oneself in the ultimate knowledge).

KAILASA commits to spiritually enrich and en-reach Hindus around the world to empower them to manifest Moksha Pathavi (state of liberation), Shivajnana Pathavi (state of establishing oneself in the ultimate enlightenment) during this auspicious and intense period of Navaratri to combat the direct and indirect effects the paralaya, that has taken the form of the deadly COVID-19 pandemic, has on the consciousness of human beings.

Manifesting as Iraiyanar Sundaresan, I have filled all of you with awakened consciousness, and bestowed the Truth by showing the way to conscious acts, showing greatness, showing KAILASA. As Iraiyanar Sundaresan, I have manifested, grown and blossomed here and graced humanity with auspiciousness and goodness. With the great grace of Ganapati, I order the Federal government of KAILASA to commence the Navaratri Utsav auspiciously with the auspicious Mandagapadi (offering the traditional and ceremonial obeisance) from KAILASA’s Nithyanandeshwara Hindu temples worldwide, that blesses the whole world with auspiciousness.

On this occasion of Navaratri, to receive the Grace of Iraiyanar Sundaresan, to receive the Ultimate Grace of Parameshwari, for Parandhama to give all auspiciousness, I, Paramashiva Paramporul, shower My Grace.

Section 2. Policy:

It is the policy of KAILASA to recognise the need of humanity to manifest awakened consciousness through the tapas (penance) for Moksha Pathavi (state of liberation), Shivajnana Pathavi (state of establishing oneself in the ultimate knowledge) revealed by Iraiyanar Sundaresan.

Herewith, I bless and order the initiation of the following course of action from this Navaratri day (October 5, 2021) to Dashami (October 15, 2021) with the assistance of all de facto spiritual embassies, legations, consular offices, Hindu Temples, Monasteries, Satsang Temples, Pādukā Mandirs, Satsang Centres, Micronations, Paramaśiva Senā Śākhās, healing centres, franchisee campuses, Hindu Universities and schools worldwide:

I. I direct the citizens of KAILASA and the Hindu diaspora to commence the Kedara Gowri Vrata (fasting);

Kedara Gowri Vrata was observed by Devi Parashakthi Herself when she wanted to become part of Bhagavan Paramaśiva's body. Pleased by Devi's austerities Bhagavan Paramaśiva gives the left part of His body to Devi and becomes Bhagavan Ardhanaareeshwara. The Vrata is then called Kedhara Gauri vrata since Devi Gowri observed it.

This Kedara Gowri Vrata is observed by installing Lord Kedhaareeshvaraswami in a filled pot (kalasham) and making a roof (mantapa) above the kalasham. Vrata threads - 21 fibers having 21 knots are made and 16 courtesy worship (danadava pranam) is performed. On the culmination day, in a clean decorated area with the kalasham over the grains spread in a banana leaf and various food and fruits are devotionally offered to Bhagavan Paramaśiva and then donated to others.

III. During, this Navaratri, I order the Sovereign Order of KAILASA and the Hindus worldwide to make the food that is already inside the body as the havis (an offering as oblation in fire) for the body by making the sound vibration of 'Paramaśiva Paramaśiva Paramaśiva' with great devotion as vedic mantras, and by consuming only hot water as ghee (clarified butter);

लङ्घनेन क्षयं नीते दोषे सन्धुक्षितेऽनले॥१४०॥

laṅghanēna kṣayaṁ nīte dōṣē sandhukṣitē'nalē॥140॥

Langhana reduces the aggravated dosha and stimulates the agni

Caraka Samhita, chikitsa sthana 3.141

The Jataragni in your Manipuraka Chakra (third chakra located at the navel) digests life and food. The Jataragni in the stomach digests not only the food one eats, but it has the power to digest even one's body parts. That is why, the liver, lungs, heart, get continuously rejuvenated. All the organs in the body get renewed by the Jataragni. When the Jataragni is overloaded, when it is not able to complete its responsibility, that is when one feels depression. Depression is induced when the Jataragni is overloaded. The muscle memory and bio memory, both get digested by your Jataragni. When the Jataragni is awakened, not only what one eats is digested, but even the fat which one collects gets digested. If the Jataragni is clean and pure fire, like the pure lamp of a garbha mandir of a temple, the whole fire will reach the Sahasrara Chakra (seventh chakra located at the crown of the head) and the practitioner will reach turiya and turiyatita states of highest conscious existence. More Jataragni develops deep trust on life. Through Jataragni the body will be completely fresh, alive, active, and all internal organs will be healed.

Talking to Paramaśiva within oneself intensely kindles the Jataragni and it becomes Paramaśiva Agni.

The 'hot water as ghee' fast should be observed with the consultation of a medical expert. The purpose of fasting is to avoid intake of food or drink for as long as possible. Hence, even drinking hot water is a licensed activity in water fasting, one should drink water only when they are completely thirsty.

The following are the guidelines which will help one follow the hot water fast optimally:

1. Luke warm water is best consumed in the morning times;
2. It is ideal to drink cold water from 11am onward because in the afternoon, Pitta is more dominant;
3. Practice enema to cleanse the toxins from the intestines to stimulate the liver and the stomach;
4. Very hot water is best avoided as it increases appetite;
5. As a general rule, any fasting should not be ended with heavy food;

Water fasting, a natural detox method helps to cleanse the stomach to rest the enzyme secretions, the intestines, and the entire digestive tract, in Ayurvedic terms, it helps relieve 'Ama' or undigested food.

By intensely following this Vratha the Yajna (homa-fire ritual) in your Jataragni (fire in the stomach) is thoroughly nurtured and manifests as Shivajnanagni (Paramaśiva's fire of knowledge) melting the body making the inner light of a being glow radiantly on the outside; Be in hunger till the 'fold in your hip dissolves' or the fat on your hip naturally subsides;

III. Be in solitude until the dress in your hip bears no stains

योगी युञ्जीत सततमात्मानं रहसि स्थितः ।
एकाकी यतचित्तात्मा निराशीरपरिग्रहः ॥6.10॥

yogī yuñjīta satatamātmānaṃ rahasi sthitaḥ ।
ekAkI yatacittAtmA nirAzIraparigrahaḥ ॥6.10॥

A Yogī should always try to concentrate his mind on the Supreme Self; situated in a secluded place, he should carefully control his mind without being attracted by anything and should be free from the feeling of possessiveness.

Bhagavad Gita 6.10

We no longer have the courage to face ourselves. We have forgotten the sweetness of solitude. Being with others is just a way of escaping from oneself. Enlightenment is all about going from loneliness to aloneness. Just being comfortable within your own boundary, your body. During this Navaratri, Live in solidarity till the dress in your hip bears no stains and manifest living enlightenment;

IV. Be awake until all answers are cleared in your being;

या निशा सर्वभूतानां तस्यां जागर्ति संयमी |
यस्यां जाग्रति भूतानि सा निशा पश्यतो मुनेः ||2.69||
yā niśā sarvabhūtānāṃ tasyāṃ jāgarti saṃyamī |
yasyāṃ jāgrati bhūtāni sā niśā paśyato mune: ||2.69||

The self-controlled man lies awake in that which is night to all beings. That in which all beings are awake is the night for the sage who sees.

Bhagavad Gita 2.69

By your nature, you are timeless, nameless, formless, but the engrams create the name, form, time - the world. So you, when your nature takes over you, takes over your nervous system, it reminds itself, recoils itself, recalls itself, to its nature; so the tent is packed, the packed tent. See the open tent is the waking state, tent getting dismantled is the dream state, the packed tent is the deep sleep state. Reducing the engram into thought is one of the most powerful processes for sleeping your way to enlightenment. During this Navaratri Vratha, Be awake until all answers are cleared in your Being;

I am therefore issuing a call to action where the following assignments of responsibility shall be exercised in furtherance of the policy described above:

- I. KAILASA's Department of Religion and Worship in collaboration with KAILASA's Department Of Human Services, KAILASA's Department Of Enlightened Civilization, all defacto embassies of KAILASA, sixty-four Sovereign Orders of KAILASA and such representatives of other executive departments, agencies, offices and all other government bodies shall;
 - A. Organize a global initiative to enrich and bring awareness to Navaratri Vratha as ordered by the Sundareshvara Paramporul manifesting through me with the necessary assistance of legations, consular offices, Hindu Temples, Monasteries, Satsang Temples, Pādukā Mandirs, Satsang Centres, Micronations, Paramasiva Senā Śākhās, healing centres, franchisee campuses, Hindu Universities and schools;
 - B. Encourage participants to consult with their physicians before participating in the Navatari Vratha;
 - C. Coordinate with KAILASA's international humanitarian agency of Red Om, in its mission to eradicate world hunger through enabling and practising the Science of Navatari Vratha;

II. KAILASA's Department of Religion and Worship in collaboration with KAILASA's Department Of Education shall;

- A. In strict compliance with the - all knowledge is free - clause of - Paramashiva economic policy - laid down in the Veda Agamas, provide a comfortable, smooth, user-friendly registration process to access the Navaratri Vratha online and offline through KAILASA's Nithyananda University;
- B. Promote awareness campaigns to educate Hindus on the benefits and authenticity of the science of manifesting divine feminine consciousness through time tested authentic Navaratri Vratha through online and offline courses, initiatives, demonstrations and programs;
- C. Outline and highlight the importance of 'detoxification and purification of the body' through Navaratri Vratha as described in the Ved-Āgamas;
- D. Develop interactive and visual educational measures to increase awareness on the need to adopt the Navaratri Vratha and its numerous health benefits in collaboration with ShriKailasa Uniting Nations for Affordable and Holistic Healthcare;
- E. Work with medical scientists to validate the initiative of Navaratri Vrathas scientifically thereby increasing receptivity in the medical, scientific and academic communities;

III. KAILASA's Department of Religion and Worship in collaboration with KAILASA's Department of Information and Broadcasting shall;

- A. Document, record and archive history in the making, to validate, enrich and inspire the future generations to continue to keep the science of Navatari Vratha alive;
- B. Enrich humanity through the spontaneous testimonials of the Hindus who have experienced breakthroughs through the Navatari Vratha;
- C. Increase the accessibility of KAILASA's Department of Religion and Worship and ShriKailasa Uniting Nations for Mystical and Spiritual Sciences digital services;
- D. In collaboration with KAILASA's Department of Education enable resources towards the compilation of the detailed and elaborate science of Navaratri Vrathas and make it available through digital means;
- E. Create a seamless, user friendly interface for the enrollment of all e-citizens of KAILASA in the Nithyananda Hindu University's Navatari Vratha course which is accessible and available digitally in various languages;
- F. Make available the details and guidelines of the Navatari Vratha through online means;
- G. Document the auspiciousness and goodness that the practitioners of the Navatari Vratha experience through the course of 15 days;

I. KAILASA's Department Of Health and KAILASA's Department Of Agriculture in collaboration with ShriKailasa Uniting Nations for Alternative and Holistic Medicine shall;

A. In collaboration with KAILASA's Department of Education shed light on the effect of Navatri Vratha on the human body and its detoxifying effects through the sacred science of Ayurveda (Hindu Medicinal Science).

Section 3. Establishment of a KAILASA's Navratri Vratha Working Group:

KAILASA's Navratri Vratha Working Group will primarily be headed by the Secretary of KAILASA's Department of Religion and Worship in collaborating with KAILASA's Department of Human Services, KAILASA's Department of Information and Broadcasting, KAILASA's Department of Enlightened Civilisation, KAILASA's Department of Education including ShriKailasa Uniting Nations for Ancient Rituals, ShriKailasa Uniting Nations for Ancient Sciences, Shrikailasa Uniting Nations for Consciousness Studies and Practice and ShriKailasa Uniting Nations for Restoring Spiritual Legitimacy, ShriKailasa Uniting Nations for Freedom of Religious Belief, and such representatives of other executive departments, agencies, and offices, from time to time, designate with the concurrence of the head of the department, agency, or office concerned.

KAILASA's Navaratri Vratha Working Group is thereby established to facilitate the tapas for Moksha Pathavi (state of liberation) and Shivajnana Pathavi (state of establishing oneself in the ultimate knowledge) revealed by Iraiyanar Sundaresan for humanity.

The Working Group shall ensure that individuals responsible for all religious vrathas under their jurisdiction are aware of their obligations. The Working Group shall ensure that individuals responsible for such religious vrathas are aware that compliance with these obligations is mandatory, including the obligation to provide an appropriate combination of Vedic practices complimenting modern research endorsing the Truth that every Vedic ritual is scientific to its root, with evidence. The Working Group, as appropriate and consistent with applicable law, prioritize the allocation of proper resources to programs and activities.

Section 4. Responsibilities of a KAILASA's Navratri Vratha Working Group:

Within 24 hours of the date of this order, the Working Group shall develop and submit a report that outlines a plan for service coordination between all relevant stakeholders and executive departments and agencies (agencies) to provide Hindus with the access to the Navratri Vratha initiative and its related courses.

Section 5. General Provisions:

- I. Nothing in this order shall be construed to impair or otherwise affect:
 - A. the authority granted by law to an executive department or agency, or the head thereof;
or
 - B. the functions of the Director of the Office of Management and Budget relating to budgetary, administrative, or legislative proposals.
- II. This order shall be implemented consistent with applicable law and subject to the availability of appropriations.
- III. 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.



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