

KAILASA'S NHU INDIA (NDT) PRESENTS

**RAMA NIRAHARA SAMYAMA**

With The Supreme Pontiff of Hinduism,  
Jagatguru Mahasannidhanam  
His Divine Holiness Bhagavan Nithyananda Paramashivam

पुष्पं मूलं फलं सर्वमाश्रमं च महात्मनः ।  
निवेदयित्वा धर्मज्ञास्ते ततः प्राञ्जलयोऽब्रुवन् ॥3.1.17 ॥  
Srimad Valmiki Ramayana  
Aranya kandam 1st Sarga 22nd Sloka

The sages who were knowers of dharma saluted the noble  
Rama, offered fruits, roots and flowers available at the  
hermitage and with folded palms addressed Him .

**Bhagavan Sri Ramchandra Prabhu** was having forest fruits while He was  
meditating on Paramashiva and received the Upanishad. Having only  
forest fruit diet, doing sincere Shiva Puja and reading Upanishads for 21  
days is RAMA NIRAHARA SAMYAMA. You develop subtle brain grooves to  
grasp the Upanishads, mirroring the neurons of  
Bhagavan Sri Ramchandra Prabhu.

**19 August 2020 | 7.30 PM IST**

Results not Guaranteed. Individual results may vary.  
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## 1. RAMA NIRAHARA SAMYAMA – GUIDELINES AND PROTOCOLS

RAMA NIRAHARA SAMYAMA (RNS): Participants of Rama Nirahara Samyama (RNS) will observe the following guidelines and protocols.

FRUITS:

- FRUITS – all raw organic fresh fruits ,seasonal are acceptable for RNS
- Frozen fruits ,preserved fruits , processed fruits ,canned fruits , or in sugar syrup not , no precut fruits acceptable for RNS
- Only fruits , no mixing with other ingredients
- Among Dry fruits – Dates/ Fig/Dry Apricots /Prunes are allowed
- After sunset the same fruits can be blended and consumed as liquid
- Disclaimer for RNS: Participants with Diabetes are requested to take medical advise