

# VYASA NIRAHARA SAMYAMA

With The Supreme Pontiff of Hinduism,  
Jagatguru Mahasannidhanam

His Divine Holiness Bhagavan Nithyananda Paramashivam

कालोऽग्निः कर्म मृद् वायुर्मनो ज्ञानं तपो जलम् ।  
पश्चत्तापो निराहारः सर्वेऽग्नी शुद्धिहेतवः ॥  
Yajnavalkya smriti  
Prayashchitta Adhyaya 31st sloka-

Time, Fire, Action, Soil, Air, Mind, Knowledge,  
Penance, Water, Re-living and Nirahara - all of these are  
means for purification.

Bhagavan Veda Vyasa was on a diet of basmati rice grown in Himalaya near Badrikashram, meditating on Paramashiva when He delivered Brahmasutra. Having only organic basmati rice grown in Himalayas, doing trikala sandya and agnihotram for 21 days is VYASA NIRAHARA SAMYAMA. You develop subtle brain grooves to grasp Brahmasutra, mirroring the neurons of Bhagavan Veda Vyasa.

19 August 2020 | 7:30 PM IST

Results not Guaranteed. Individual results may vary.

©2020 Sri Nithyananda Paramashivam - All Rights Reserved

## VYASA NIRAHARA SAMYAMA GUIDELINES AND PROTOCOLS

VYASA NIRAHARA SAMYAMA (VNS) will observe the following guidelines and protocols ORGANIC BASMATHI RICE:

- Only Organic Basmathi Rice is acceptable for VNS.
- Rice must be cooked only on open pot
- No nonstick pots or vessels to be used for cooking
- No pressure cookers or microwave oven
- Rice be boiled and water be strained before consumption
- No seasoning , no flavoring or any additional ingredients allowed.
- After sunset same rice can be had as liquid by blending in a blender.
- Basmathi rice must be cooked in plain water
- No salt or Sugar or any condiments can be added
- No plastic or microwave containers for cooking

\*\* During all three Nirahara Samyamas water and coconut water can be consumed