

KAILASA'S NHU INDIA (NDT) PRESENTS

KRISHNA NIRAHARA SAMYAMA

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

द्वितं वर्णबलाशिकृत् |
संयाहि वातपित्तासुक्क्षयाशौंडित्तकासहत् |
तद्वितं बालके वृद्धे विशेषादमृतं शिशोः || १ ||
Sarvajna Nottara Agama, Knowledge
Section - Second Chapter Sutra 21

Cow's butter is beneficial to health, increases lustre,
increases bodily Agni, reduces vata, pitta and blood,
removes piles problems, paralysis of the muscles on one
side of the face and neck. It is very much beneficial in
young children and in the aged ones. It is a nectar for
infants

Bhagavan Sri Krishna was on a dairy diet while meditating on Paramashiva
when He delivered Gita. Having only organic dairy products like milk, curd,
butter, ghee and cheese, doing sincere Shiva Puja and reading Bhagavad Gita for
21 days is KRISHNA NIRAHARA SAMYAMA. You develop subtle brain grooves
to grasp Bhagavad Gita, mirroring the neurons of
Bhagavan Sri Krishna.

19 August 2020 | 7.30 PM IST

Results not Guaranteed. Individual results may vary.
©2020 Sri Nithyananda Paramashivam - All Rights Reserved



KRISHNA NIRAHARA SAMYAMA -GUIDELINES AND PROTOCOLS

KRISHNA NIRAHARA SAMYAMA (KNS) : Participants of KNS will observe the following conditions as part of the guidelines and protocol of Samyama

- 7 major Milk products are accepted for consumption during KNS
- All Milk products should be from organic nonviolent farm sources
- Allergic to Milk and Milk products must avoid KNS

1.Milk :

- Milk must be plain , fresh , it can be full fat , low fat , skim milk
- Milk should not be long life milk nor favored or salted or sweetened
- Recommend non violent farm source , from Gaumatha (Cow milk) only, preferably Desi Cows
- No Milk from non cow origin or vegan source shall be consumed
- Milk can be consumed boiled and cooled

2.Butter:

- Butter must be unsalted ,un processed and as raw as possible
- No vegetable butter and no non cow source acceptable for KNS
- No additives like sugar, jaggery , flavors are acceptable

3.Cream:

- Cream from Cow Milk , fresh unprocessed , unsweetened ,unflavored only acceptable

for KNS 4.Ghee:

- Ghee from Cow Milk only –from nonviolent source is critical .
 - Don't over heat ghee
- An healthy active person can have up to 4 table spoons of melted ghee, more than this is asper your body capacity.

5.Butter Milk:

- Butter milk from fresh cow milk , unsalted, unsweetened, unflavored acceptable for KNS
- Don't add coriander leaves or garnish, no flavorings

6.Plain Yoghurt or Curd :

- Plain Yoghurt or Curd from cow milk without external culture or flavorings and sugar nor Vegan sources
- Must be free from Gelatin

7.Paneer / Cottage Cheese:

- Only unprocessed version of Paneer – Cottage cheese acceptable for KNS
- Paneer/Cottage cheese can be cooked / sautéed dry or grilled with out oil

** All 7 categories must not be mixed and consumed

** After sunset no solid must be consumed

Disclaimer for KNS: Participants with Heart conditions, Diabetes , Hypertension, should avoid KNS, Participants with PCO must have medical advise for KNS.