



Yoga Gupta leads disciples and students in Breath For Spiritual Healing

Neutralizing Unfavorable Influences Part IV – The Influence of Mars

(Continued from “Neutralizing Unfavorable Influences, Part III” in Volume 3, Issue 2.)

Now comes Mars, a sinful planet, always violent, killing and hunting. If Mars influences the 6th or 7th house, and if by chance Dragon Head also joins Mars, a person becomes a criminal. He can kill or shoot without any rhyme or reason. Such a person enjoys killing, for example in a school. So by understanding astrology, you can understand why this happens and how to be a better citizen. It is not their fault, they are just an instrument.

Mars has some good things, when favorable, but first I am talking about the hurting, to save the disciples by protecting them. Later on, I will tell about the positive effects of Mars.

If Mars is joined by Dragon Head, one becomes the greatest criminal. This influence affects the mind so that one is always thinking about criminal things. A 10 or 12-year-old kills his mother or father. They may become criminal again in the next life, depending on what karmas are made. Actions are causes of making our samskaras and this thought pattern creates a physical form fit for just criminal activity. Man makes his own image. When there is an embryo, the spirit is there. That is why abortion is murder, the soul did not get its chance to experience life. America needs more faith and trust in

God. It has so much scientific knowledge but nobody comes forward to say the soul is there – the blueprint, the likes and dislikes from before. Everybody who takes part in abortion suffers. The gynecologist helps the soul to be killed... So you can see why there are serious problems in the country when tons and tons of dead babies are being piled up in heaps near hospitals.

The main purpose of human birth is to create children, rather it is the only purpose. As soon as the human being reaches the peak of puberty, then there is decline in fertility. That proves it. When you fight Nature and Divine Law you can't win. You are fighting a losing war with abortion, or by other wrong actions, like dropping atomic bombs on Hiroshima and Nagasaki. The war was fought just for economic reasons, to find more markets, but the result was that all those souls were born as American citizens. They came for revenge. You can harm the Japanese, but when they came as Americans what can you do? The Japanese, by starting the war, got the atomic bomb, but the Americans, by using the bomb, got the Japanese, and now all the buildings belong to the Japanese, so you cannot fight it.

To have healthy children, you must be healthy. For example, if the mother works at night, smokes, drinks, etc., that hurts the children in the womb. There are other ways to solve problems than abortion. To save the life of the mother, there are Paths and prayers before pregnancy and a nine month course to follow

during pregnancy.

Natural Law is to get married and raise a family, but Drua was five years old when he renounced his kingdom and went into the forest and attained Drua Loka. It depends on the spiritual development of a person. Persons who do not marry, there is no reason why they should not become swamis. Sometimes war may be part of the Divine Plan, but this does not excuse the person who takes a life.

Mars and Blood Diseases

Mars is the presiding deity of blood. If the birth sign is in Scorpio and the Moon is low, and Saturn and Rahu are malefic, then the person will have blood diseases. So the blood has to be purified by destroying the influence of the sinful planets. That is why we are here, because the mind is prone to worldliness.

Planets stay in a house for only a specific time. Some are slow, Saturn can stay on you for 7 years, 21/2 years on the head, then 2 1/2 years on the middle part, then 2 1/2 years on the legs. It makes you run from pillar to post.

Any disease of the blood is due to impurities in the blood. Finally, it starts to break the skin. There are thousands of blood diseases, because blood is the main thing in the body. You have to purify the blood. Mars has to be strengthened, by wearing an activated stone like coral or another substitute, and also the negative influence of Saturn and Rahu should be neutralized, by Japa, Puja and Paths.

All the metals put so much load on the immune system that the disease symptoms stop. Therefore before swallowing any pills or receiving any injections you should think twice, because they are hard to get out. The liver cannot easily release them.

Menopause is a big problem in this country. The nature of man is to create children, so the Divine Plan does not fail. So when he reaches a plateau after the age of puberty, he starts to move downward toward old age. The ovaries secrete estrogen, but when they don't create estrogen, the blood thickens and there is a risk of heart attack. But the medicines have a bad effect. There are natural ways to stimulate the thyroid, certain foods. At the age of menopause everybody should get a rudraksha. Fear create problems. People can lose their life from these medications. Instead, you can get a nature cure program to stimulate the thyroid and go to the supermarket to get the food for the program. All the medicines are prepared from these viruses which are supposed to provide a cure. But the im-

mune system has become lame, therefore you get the symptoms of hepatitis, etc.



A coral necklace. Coral is the stone of Mars

How Mars Effects the Lifespan

To fulfill those plans you have, first you need a long span of life. For those whose zodiac sign is Ares, Mars is the presiding deity. For such persons, Mars is also the ruler of how long they are going to live. You would be surprised; by Mangala Path, specific precious stones and 1-facet rudraksha, the lifespan can be stretched immensely. The lifespan is not secret, it is marked on lines on the palm of the hand, the right hand in men and the left hand in women. As the lifespan gets stronger, the line gets stretched. By taking good care of Mars, you can stretch the line.

You can see the line of the palm getting longer after right actions and shrinking when doing wrong actions. Palmistry is a science. It shows what your assets are in your spiritual bank. It doesn't show what is in your bank balance today, that depends how much you put in or take out. Beneficial influences always help longevity.

Mars has special significance because it is the presiding deity of the birth house and the 8th house, the house of age. But if Mars is impacted by malefic influences, by sinful planets, like Saturn, it shows reduction of lifespan.

In order to increase longevity, Mars has to be strengthened. One should wear or carry a duly activated stone of Mars, called coral, and also path should be done for them too, so Saturn and Mars would not be able to affect your life negatively. Coral has to be natural coral, not farmed. It becomes condensed radiation of Mars. Genuine real coral is expensive, an herbal yantra is easiest to afford. Persons who cannot afford an expensive yantra can

buy the herbal yantra impregnated with the power of the planet on its ascendancy, but you cannot take a shower or bath with it, or put it in the washing machine. Everyone can afford something.

For any stone, it takes an experienced eye to know what it is. For example, for diamond there are four qualities: brahmin, kshatriya, vaisya and sudra. Then there are male and female diamonds. Guru has a kshatriya-class diamond – the best. When Guru had it mounted, the jeweler said, “Now what else do you need?” But the expert eye is not the jeweler, it is the Guru, the expert in astrology. If a powerful person is your friend, you are rolling in wealth. If he is your enemy, then he can drive you to poverty. It is the same for anybody. If your son is an enemy, he hurts you. If he does a wrong thing, it hurts you. Therefore, in order to strengthen Mars so it can exert a beneficial effect, coral should be used. If Saturn is malefic, japa, stotra and path should be done. For Mars there are other stones too: manik (ruby), tamila, jumni, taura, praval, ridhoo, radna pasha,... So many stones. One should use all those. It was a lot of effort to collect all of them.

Effort Is the Key

The more the Guru tries to finish [the samskaras of His disciples], the more they pile up. You can't see all these things, but with faith you can end them, because Guruji is your well-wisher. When Guruji wears the stones everybody gets the benefit. All the Gods wear the stones, because that is their power that they exert, the beneficial influence, the Divine Will. When you are in the class, you absorb that influence. The stone never loses its influence.

That is also what the yantra is. Moses used to make love rings so people didn't feel lonely. So Guruji made love rings and love bangles too, so your love choice, what you are looking for, is here; because fortune has to be a samskara – your dream. So don't lose the opportunity.

The body is just the machine or instrument. But if fortune is not as it should be, alright, choose the article. Where there is a will there is a way. Balance desire to buy by the power to buy it. Some samskaras are always there to give you good decisions to make big money, but bad samskaras only thwart. So the customer says you talk too fast and scare the customer, who then goes to someone else who is relaxed. Make psychic treatment, but if you cannot see the exact pattern, how can you materialize something? If you cannot see it inside, how can you see it outside? That is a problem, because you are trying to create something outside, running

from pillar to post. That is no use. You have to have the seed inside.

The world is a good place for some, for others it is bad. Everybody sees the world through their own colored glasses. Rather than just stay where you are, throw away those colored glasses. Don't be a quitter, otherwise there will be nothing that you can do. Take memory root, herb B, and herb S/P, then the brain cells will start to change. But you have to have the funds to start taking them. The result will start as soon as you act. You bid for them, then you have them, they you take them home and put them in your mouth too. God helps those that help themselves. You have to make effort, then the help of God and Guru comes. The main thing is the effort. That is the essence of everything.

Because these are the Divine Laws, you have to press the button. If you don't press the button because you are too lazy, the light does not turn on. Facilities are everywhere, God is everywhere and everything is in God. Flesh is not going to shine. It is the Light within which lights the eyes, but we don't want to listen to “I am only Light,” we want to list to “I am flesh.” That is why we are here, because the mind is prone to worldliness.

When a person is cleaning house and there are too many germs, then the person get tired. The natural way is to ignore the symptoms and root out the cause – the samskaras. People don't want to make effort. They don't want any restriction on their lifestyle. There are more and more problems because life is too fast, so there is not enough time except to contact the dot com. So people in their 20s and 30s all over the world behave like teenagers. This is all the gift of high technology. So you watch the Wall St. stock market, no time for family, to relax.

Since 50 years ago, life in America has changed so much. Materialism, selfishness, greed and corruption mean more unemployment. Benefits are for some and suffering is for many. Now mobile phones cause brain cancer. Nobody cares. Who created this? We created it, when you bring it close to your ears.

You have the Paths done and take the herbs so you can live in this polluted world. Guru takes the same herbs that you take, otherwise He will have the same problem.



King Bali abandons ego and pride and obtains Unity with God in the form of Vamana, the dwarf Brahmin avatar of Lord Vishnu

Unity With God – Nine Sure Ways To Obtain It

Here are good instructions given by the Lord to benefit His faithful disciples. These are nine sure ways to obtain unity with God, there is not the least doubt:

1. Holy Satsang. Be in the presence of the Holy Man. In Satsang you receive the guidance and direction of the Holy Man. You need a captain to guide your ship. Guidance comes from Satsang.
2. The Lord says, “Listen to my discourses. Listen to what I have done here,” says the Lord, living a life as an example, because that leads you to register for the next course. Next week we are starting a new course in Self Realization. When we became deficient in colors we get physical and mental problems. So we must realize ourselves and shine in all the Divine colors and drive away all the problems. In the new course you can realize how to do that.
3. Serve the Lotus Feet of the Guru. Surrender the ego and serve the Guru. You cannot serve God without serving the Guru. One saint, when he was in samadhi, he saw both his Guru and God and

didn't know to whom to pay his respects first. He thought, “My Guru is the one who led me to God, so I must pay respects to Guru first.”

4. With full faith and devotion one should repeat the name of God. “By repeating my name, it is possible you will never see me, but you will become me.”
5. The mantra in which you are initiated by your Guru, with full faith and confidence, you should repeat that mantra. The mantra is pregnant with the result that you need. You start to add to your spiritual assets.
6. As time goes by, spend less and less time for worldliness and more and more time for God. You devote so much time to earning your living, but that is not enough. Gradually you should reduce that time. You must start to give one hour each day in the service of God, for your true Self. That is why we have created the Ashram. Gradually, as time goes by, your detach from worldliness and attach to nivritti. It is also important to help yourself. If you just help others you get lost. How can you help others if you get lost? For example, at age 50, you should give one hour each day to Selfless Service and seven hours to worldliness. At age 65, give two hours to Selfless Service and six hours to worldly pursuits. At age 80, give three hours to Selfless Service and just four hours to worldly activities. It is better when the time comes to retire to do so respectfully, rather than get fired. So why not realize God now?
7. “See me in everything and everybody.” God is in everything and there is nothing in which God is not. So in having that vision, seeing God in everything, naturally the problems get solved, no more anger, jealousy and hatred.
8. Contentment. If you are happy with what you get, you are contented. If not, you are discontent, always you are blaming everybody, even God. Not even in dream should you find fault in someone. We know that everybody has some virtue, so look for the grain of gold in the heap of dust instead of the grain of dust in the heap of gold. So many disciples are here. There is something good in everybody. Why are they coming here? There is something good in them.
9. Live a simple life. No backbiting, no criticizing, no deceiving, no lying, and have faith and confidence in God. Don't blame God, no matter in what position he keeps you. God gives you what you earned. What your samskaras were in the past life you get in this life. Don't worry about the bad things happening, but work now for a better future.

Destiny is the master today, but you were master yesterday. The present is more important than the past or the future.

That is the end of the 9 easy steps for attaining Unity with God.

— From Yogi Gupta's course in Self-Realization, disciple notes from lesson no. 6 on April 26, 2000, and lesson no. 9 on April 25, 2001.



Guru Purnima

Guru Purnima is the best day of the year for making spiritual progress, by making the effort to remember the Guru and to put into practice His Plans and Wishes for His Disciples, Students and all of Humanity. Yogi Gupta was God's Ambassador and greatest Selfless Service Worker during His life. He was and is a perfect Sat Guru. This year Guru Purnima falls on July 19th. The previous **special Guru Purnima issue** (Vol. 1, Issue 4) of the newsletter goes into more detail about the meaning and significance of Guru Purnima, and how it is traditionally observed to honor the Guru and promote His plans. See also the article "The Significance of Guru Purnima" in **Vol 2. Issue 5**.

On this day, and everyday, may you receive the Divine Blessings of our Divine Guru Jee!

Guru Purnima Satsang in NYC Tuesday, July 19, 2016

On the auspicious day of Guru Purnima, the Yogi Gupta Society is hosting Holy Satsang in honor of Yogi Gupta, at the home of one of His senior disciples, in New York City, on Tuesday, July 19, 2016, from 7:00PM to 9:00PM. Arrival time can be as early as 6:30PM for meditation.

All disciples, students and friends of Yogi Gupta are welcome to attend.

Holy Satsang will include: Blowing of Conch and Invocation, Kirtan, Praise and Eulogies to the Guru, Discourse from Scriptures, a brief Meditation, Aarati with Waving of Chowri, followed by a substantial Holy Prasad.

Suggested donation is \$10.00, proceeds over the amount of expenses will be donated to Guru Jee's Kailashand Mission Trust in India.

For directions, RSVP to: info@yogiguptasociety.org



2016 Shradha and Navaratra Dates

KMT is expected to announce soon that performance of Shradha and Navaratra ceremonies will be performed for the year 2016 at the Swarg Niwas Temple, Laxmanjhula, on the banks of the Holy Ganges. We have not yet received from KMT the exact dates, however, according to some published Hindu calendars, the approximate dates that Shradha will be performed this year are from the 16th of September, 2016, to the 30th of September, 2016, and the approximate dates that Nav-Durga Path will be performed this year are from October 1, 2016 to October 11, 2016. When we receive the exact dates and expected donations from KMT we will forward them to all those on the YGS newsletter mailing list.

There are two ways to make the requests, either directly to KMT or via YGS. The details can be found at yogiguptasociety.org/making-requests-to-kailash-ananda-mission-trust/.

If making the request via YGS, and the expected donations for these services are unchanged from last year, then each Shradha beneficiary in the request should be accompanied by \$110.00, and each Nav-Durga beneficiary in the request should be accom-

panied by \$501.00, plus a \$10.00 shipping and handling fee for the entire request together, payable to Yogi Gupta Society, Inc. (This is a reduction in the shipping and handling fee from last year) Our deadline for receiving Shradha requests is August 16, 2016. Our deadline for receiving Nav-Durga requests is September 1, 2016.

Shradha

Shradha – offering food, water, mantras and blessings to the departed relatives and ancestors – is an essential and necessary duty in life. Through Shradha, a new body is provided for the ancestor's spirit, who is thus aided in its progress from lower worlds to higher. The departed ones receive the benefit of Shradha even though they have been born again.

Everyone has this obligation toward deceased relatives and the manes. Deceased spirits expect from their living relatives performance of Shradha rites. The Manes get pleasure and satisfaction from it and in return, they favorably influence the family fortune and happiness of the performer. Through Shradha the performer gets peace, happiness, success, and affluence, and achieves fulfillment of his worldly obligations and responsibilities.

The gifts and feasts made on behalf of the departed souls of your ancestors are received by the said souls as the fruits of their own acts, and the sense which they thus acquire fills them with better hopes and desires for their future state, and hence rises the hope of redemption by means of the redeeming Son of Man. The contribution to KMT for each Shradha beneficiary is \$110.00 USD (subject to confirmation by KMT).

Sponsors are expected to sponsor it yearly, they should provide KMT with the full name and dates of birth and death for the deceased and inform KMT of their wishes as soon as possible before the Shradha dates.

Navaratra Path

This worship of Divine Mother Durga Ma, who rides a lion and wields weapons to destroy the evils of mundane existence is conducted in Laxmanjhula at KMT. The Autumn Navaratra has a high significance and brings great blessings occurring as it does at the end of the rainy season that has washed away all the dirt of the earth and has brought the bright, clear and charming autumn.

The Brahmin priests during nine days of Navaratra live a life of austerity, i.e., sleeping on the floor, eating only satvic food, and praying and chanting the

mantra of the scripture Durga Sapta Satee and perform yagna on the ninth day and beg for the Grace of Mother Durga on your behalf for the fulfillment of your specific desire you have requested. On such an occasion, the following benefits may be obtained by the worship of the Goddess Durga on the dates above.

No. Benefit

1. Victory over enemies.
2. Deliverance from poverty, adversity, fear and pains.
3. Prevent calamity and grief in your life.
4. Protection from all the afflictions and evil influences.
5. Protection from troubles caused by supernatural spirits.
6. Protection and freedom from physical, mental and emotional problems.
7. Protection from fire, weapons and burglaries.
8. Freedom from bad dreams and negative influences of bad stars.
9. Protection from fire accidents.
10. Deliverance from all kinds of sufferings.
11. Bestowing upon one fame, glory, riches, wealth, prosperity, satisfaction of heart-felt desires (whether temporal or spiritual) and wisdom.
12. Attainment of long life.
13. Attainment of the desired goal.
14. Avoidance of accidents and unexpected death.
15. Prevention of physical, material and spiritual agonies.
16. Achievement of happy marriage and satisfying family life.
17. No separation from one's dear ones, whom you love.
18. Achievement of self respect and respect in society.
19. Achievement of good luck and victory over all obstacles.
20. Welfare, success and joy to the family.
21. Attainment of spiritual knowledge here and salvation hereafter.

Those requesting Navaratra Path should inform KMT as soon as possible before the Navaratra dates. The contribution for each item is \$501.00 USD (subject to confirmation by KMT).

May Durga Ma grant you the blessing you seek.





Durga Ma in the Kali Yuga

Durga Ma is the Power of God manifested in Prakriti, or Nature. Today, in the Kali Yuga, the materialistic Iron Age, She is the wielder, housekeeper and protectress of Sattva (Virtue) that Lord Siva knew would be needed – Holy Mother Durga Ma.

True and ultimate God is both Mother and Father. As the world became more and more dense and material entering into the Kali Yuga, the motherly attributes of long-suffering compassion, gentleness, and sensitivity to color and emotions, became more and more necessary to keep the world in Sattvic balance. Therefore, Durga Ma is perhaps the greatest channel to salvation in the Kali Yuga.

The Christian Bible says “Father, Son and Holy Ghost,” and “God is the head of Christ, Christ is the head of Man and Man is the head of Woman,” so Woman is part and parcel of the Divinity of Man. Woman in Divine Consciousness becomes Holy Mother – Durga Ma.

In the Kingdom of Heaven there is no duality, all is absorbed into “Oneness.” “I and my Father are one,” says the Christ. But In the Vedas, the Trinity of God is Brahma, Vishnu and Siva, who all have their consorts: Saraswati, Lakshmi and Shakti/Parvati. This Trinity has to manifest as the Divine Duality – Purusha, the male attribute, and Prakriti,

the female. In all manifestations there has to be a Creator and Creatress, but in full illumination this duality becomes one.

Even Brahman Loka has duality, even in the full effulgence of Sattva, or Divine Creation of celestial existence, there is necessity of Woman. Hence Durga Ma. Durga Ma Herself is both the Ocean of Compassion and the Nurturing Mother Kali.

“Nothing is greater than a woman’s scorn,” when she wants to clean house and purify or eradicate the dusty old ego. God’s omniscience saw that the world would need a balance, a Pingala and an Ida, a Sun and a Moon. As the yugas roll on, all aspects of Divinity are played out and represented. Thus, now in the base Kali Yuga, the finer, more esthetic and sensitive side of nature has never been more important to cultivate or worship.

In the Hebrew Bible, the attributes of a holy woman are aptly described in Proverbs, Chapter 31. In the Yogic and Vedic teachings are many writings about Durga Ma and Her 12 different incarnations and all Her attributes. One beautiful rendition of Her Divinity is the “Durga Chalisa.”

Guruji said that the Vedas say that Self-Realization can only come through human incarnation. In this Kali Yuga, the Duality has to merge to create the vehicle for the soul to have this opportunity. Except for Immaculate Conception of rare souls, such as Avatars like Christ, conventional sattvic Prakriti reincarnates a soul through the institution of marriage between a man and a woman, representing Pingala and Ida, Sun and Moon.

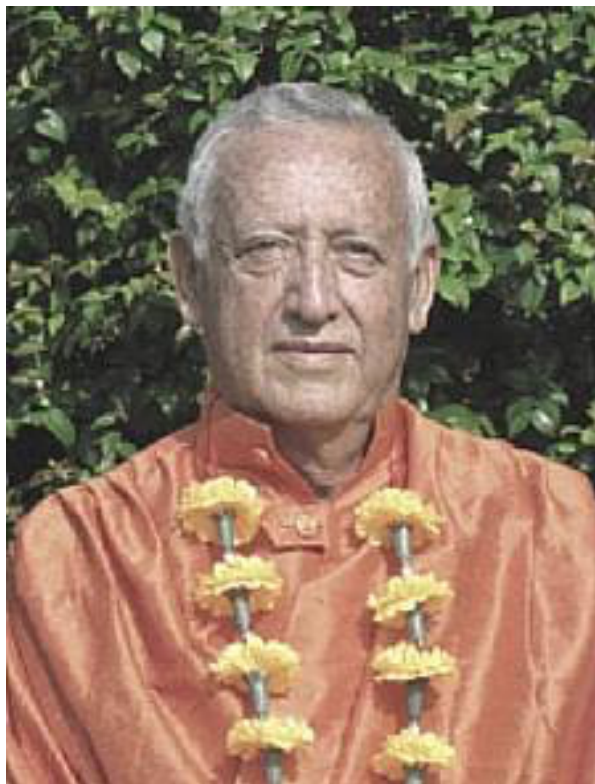
On Earth, it is the woman who bears the primary responsibility of safely incarnating the soul as a child. As Guruji pointed out, it is only a woman who has the fortitude to carry a baby for 9 months in her belly, birth it, feed it, change its diapers, stay up all hours necessary, and be by far the most important parental figure for the child for the first 10 years of its life. Guruji said that the father may be forgotten by the child, but the mother will never be forgotten.

Our very opportunity for Self-Realization is primarily through the Mother! Therefore, you husbands, worship your wife’s Divinity! If not married, worship the Divine Mother in all women and worship Durga Ma for Salvation!

Hari Aum Tat Sat Durga Ma Hari

— Swami Jnananand





Spirituality in the Modern World Satsang and Lecture

On June 24, 2016, Swami Dwarkanand, senior disciple and ordained swami of Yogi Gupta (Swami Kailasnananda) conducted Holy Satsang and lectured on the topic, “Spirituality in the Modern World” at Upstairs Yoga in Miami, Florida. The event was well attended, with 30-40 people, and was sponsored by Lightrail Yoga, of Miami. The event announcement included the following:

“Swami Dwarkananda started his Yoga practices in 1959 under the direct instruction of his Guru, Yogi Gupta, one of the great Yoga Masters of India. He is one of the pioneers in teaching pranayama breathing techniques in the West and also teaches a rare and unique Yoga technique for the development of psychic powers that helps yoga practitioners and non-practitioners alike reach their goals in life through the focused use of their hidden, mental faculties. All of the great yogis and masters of India have practiced these techniques which are based on natural laws of universal attraction and not on dogmatic or religious beliefs.”



Yoga and Nutrition Watercress – The Clean Water Plant

Watercress, the fresh water plant, *Nasturtium officinale*, a member of the nasturtium family, is an aquatic plant growing only in clean, uncontaminated fresh water. In past times it was primarily a wild edible plant growing by clean streams and brooks, and sometimes in ponds. It is a primary ingredient in Guruji’s green juices and rightly so. Eaten by itself, one feels the Third Eye opening. It has been mentioned since the ancient Greeks and I am sure it is mentioned in the Vedas as well, although I haven’t yet figured out the Sanskrit translation. Nutritionally, it is phenomenal, full of vitamins A, C and K complex and, incredibly enough, also full of calcium and other minerals. Watercress cannot be grown in a chemicalized environment, therefore what you purchase has been produced in an organic, non-polluted operation.

It is rather perishable once harvested, so must be eaten within 3-4 days, tops, after picking. Basically, it’s a summer plant and doesn’t produce much in the winter. It is available in Florida in one large grocery store chain, being produced by an aquatic farmer, so undoubtedly in most places herb growers and others have figured out how to produce it. It is available in New York City.



Watercress is tangy in flavor, so add it to salads and juice, but if you do not have time to juice it, just eat a little right out of the bag. I have never cooked it. It doesn’t look like a cooking herb, but you can research that on your own. For sure, it cannot be beaten raw. So check out your local producers and do your aura a favor by adding one of Guruji’s favorite herbs to your regular diet.

Aum Shanti Aum — Swami Jnananand



Surya Namaskar – Sun Salutation

Surya Namaskar, the Sun Worship Exercise, or Sun Salutation, is actually a series of 12 exercises, one flowing into the other. This exercise was one that Yogi Gupta did daily. It loosens the body for the rest of the asanas.

Technique:

1. Exhaling, stand erect, legs together, fold hands in front of chest.
2. Inhaling, raise arms, close to ears, bend back into crescent.
3. Exhaling, bend forward and down, until the hands are in a line with the feet, touch the knees with the forehead, palms on the floor at the sides of the feet.
4. Inhaling, throw the left leg back, knee on the floor, bend back, stretch back, look up.
5. Exhaling, the right leg goes back also, head down between the arms, raising the buttocks, form a triangle, stretch the heels toward the floor, until the feet are flat on the floor.
6. Holding the breath, knees, chest and chin to the floor, buttocks slightly raised. Advanced version: Hold breath and dip: squat on the back of the heels, hands and feet in position, hold breath and slide forward smoothly, close to the floor, no parts of the body touching the floor except hands and feet.
7. Inhaling, with the toes remaining digging into the floor, lower the abdomen to the floor, raise yourself to the cobra position, elbows close to body,

slightly bent, bend head and entire spine back, stretch back, bend back, look up or even back, if possible.

8. Exhaling, raise body back into the triangle position, heels to the floor.

9. Inhaling, bring your left foot forward in line with the fingers, right knee touches the floor, left thigh massages the left side of the chest, bend and stretch back and look up.

10. Exhaling, bring the right foot forward in line with the fingers both feet, forehead as close as possible to the knees, look at your knees, head between the arms.

11. Inhaling, raise yourself up with arms close to the ears, and bend back into a crescent.

12. Exhaling, stand erect, hands folded in front of chest, bring arms down to the sides of the body.

Repeat this exercise 3 times or more.

— From Videha Kumari notes on Hatha Yoga



Magnetic Charging Breath

The Magnetic Charging Breath is designed to heal and charge the Manipura Chakra, the 3rd chakra, located behind the Solar Plexus in the spine. Gururji's *Yoga and Long Life* shows the location of the chakras and their Sanskrit names.

“The Solar Plexus contains all your powers of digestion, assimilation and elimination” — Yogi Gupta. Likewise, ones’ physical health greatly depends upon the 3rd chakra. It is the chakra that martial artists develop for superhuman strength and feats of physical prowess that appear extraordinary, like Kung Fu master, Bruce Lee, jumping 30 feet through the air. Also siddhi yogis use this plexus to perform what appear to be supernatural miracles, like levitating or going for long durations without food, water or even breathe.

Since there are 7 chakras in the body, this chakra governs the 3rd level, with 4 more levels above to be purified and prepared for Self-Realization. The before-mentioned feats, though fascinating and perhaps useful at times, are far below the requirements for God-Realization or Enlightenment. Gururji pointed out that these powers can become great traps in one’s quest for Self-Realization!

However, for physical health, to gain the health of the body needed to seek the Goal of Life, which is Self-Realization, the Magnetic Charging Breath breathing exercise is very useful, because karmas

must be fulfilled and burned through the body. This breathing exercise is a must.

Technique:

1. Stand up straight with feet 2 to 2 1/2 feet apart.
2. Extend the arms in front at shoulder height, with palms open and fingers relaxed and pointing toward Mother Earth.
3. Inhale to the count of 8 the magnetic power of Mother Earth through the finger tips and palms, through the arms, shoulders and chest, down to the Solar Plexus and deposit it there.
4. Hold the breath and deposit that energy in the Solar Plexus for the count of 6.
5. Exhaling to the count of 8, withdraw the breath from the Solar Plexus and back out the way it came, back to the palms and finger tips.
6. Continue the 8-6-8 cycle, drawing the magnetic energy from Mother Earth and depositing it in the Solar Plexus until the arms are tired.
7. Then pranam (hands folded together over the Heart Chakra) and hold the concentration on the Solar Plexus, experiencing the magnetic charge from Divine Mother in the Solar Plexus, revitalizing the entire body.
8. Then, fully charged, go about your daily activities, fresh and renewed!

This breathing exercise will help your work, your asanas, other pranayamas and yoga practice, by creating a healthier and stronger body and a calmer mind. Be blessed by its practice.

Hari Aum Tat Sat Hari Aum
— *Swami Jnananand*



Membership in the Yogi Gupta Society

Yogi Gupta spent his time in America tirelessly bringing better physical, mental and spiritual health to this country. Now the essential mandate of Yogi Gupta Society, Inc., a non-profit religious organization incorporated in the State of Florida, is to further his aims by protecting, preserving and promoting the great yogic legacy of Yogi Gupta. Membership is an opportunity for Seva (Selfless Service or Karma Yoga), to maintain the continuity of Yogi Gupta's teaching, to keep these teachings alive. Membership in the Yogi Gupta Society, Inc., is open to all disciples, former students, devotees, patrons of Yogi Gupta and any other persons who subscribe to its mission and purposes as stated in the Articles of Incorporation. Further information about becoming a member can be found at yogigupta-society.org/home/membership-in-the-yogi-gupta-society/.

Contacting Us

Yogi Gupta Society, Inc. is a 501(c)(3) Non-Profit Tax Exempt Religious Organization. YGS is a society of volunteers – your contributions, comments, questions, feedback, or requests are welcome! To be on our emailing list, you can send us email at info@yogiguptasociety.org. Past newsletters are archived [here](#).



Many great teachers spend most of their lives sitting in caves in the deep Himalayas radiating and broadcasting thoughts of world peace, health, happiness, joy and Divine blessings to all the people of the world. – *Yoga and Yogic Powers*, by Yogi Gupta