

Yoga Bible

**SRI KRISHNA GOVINDA HARAY MURARAY
HAY NATH NARAYAN VASUDEVA**

**GOVINDA GARUDA DHWAJ PRAN PYARAY
HAY NATH NARAYAN VASUDEVA**

**SRI KRISHNA CHAITANYA KAILASHANANDA
HAY RAM HAY KRISHNA RADHEY GOVINDA**

1 [Guided Tour of the Hereafter](#)

The primary purpose of this course is to relate yourself to the Kingdom of God. This earthly body is to satisfy our earthy desires. Here in the mortal world we are paying for past karmas and are creating new ones. In this world, everyone must face trials and tribulations, this is Martya Loka (मर्त्यलोक), the Mundane World. Hereafter is Yama Loka (यमलोक). Here the Masters are incarnated, hereafter, they are not incarnated, just spiritual beings.

Thousands of years ago, many great saints went to the Himalayas to listen to Sutaji tell them how to insure a good life hereafter. Sutaji gave a discourse on this subject by Vishnu to one of His disciples. So Yogi Gupta is doing here, with translation:

‘The world is like a big tree. The root of it is Righteousness. The Vedas are the trunk. The Puranas are the branches. The Yagnas (rituals with vratas and havan samagri) are the flowers. The fruit is Moksha. This is the tree whereby people can find fulfillment of their desires.’

The saints and holy men listened as Sutaji gave the details of Yama Loka and how they could avoid the problems there and how this relates to this life. Yama Marg, the Highway to the City of Death, is very

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painful to those who have not earned spiritual credits.

The Devotee says to Lord Vishnu,

‘I want to listen to the details of Yama Marg. The highly sensualized people have to go there. So I want to listen about it.’

People have been provided with the tongue to speak the Name of the Lord, so it is a pity that they do not use it. The means are available.

Vishnu said,

‘People who live a sinful life, without compassion, associating with sinners, materialistic, never listening to the Guru, who don’t go to Satsang, such people can never withdraw their minds from the objects of sense pleasure...these are the people who have to travel the Yama Marg to Purgatory.’

A person according to his deeds earns spiritual credits or debts. According to this balance, in this world he gets the various problems of this life. Although in the Mundane World he has many problems, mental worries and physical diseases he wants to continue to live. But the Kala, Time, comes when Death overcomes him. Although such a person is attached to all his family members, due to old age his body is disfigured and he no longer commands respect and attention from them, he eats less and his bodily functions falter. At the time of death his breathing becomes shallow and stays in the throat, the eyes become tense, the veins and nadis (astral tubes) become completely blocked with phlegm. His throat starts gargling. At such time, all the family members surround him. But already he is in the hands of Kala and he cannot answer. In spite of this, he is worried about his family. As the pain and suffering increase, his intellect ceases to function. Thus his life ends in a sorrowful mood.

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At the moment a person dies he obtains the vision of God. He sees the Divine Vision of his spiritual essence. Then all the senses become very confused and restless because they are used to the body. Unconsciousness prevails and finally life departs, accompanied by the Messenger of Yama. This is a painful moment which seems like many years. The pain is like many stings of the scorpion. The saliva starts to foam. Life departs from one of the openings of the body, which will be left open. The more sensual a person, the more likely a person departs from a lower opening.

The very sight of the Messenger of Yama is unpleasant and terrifies the person. Then the crying and weeping soul quits the body and departs from here on its journey in the Hereafter. The soul is the size of a thumb. It is accompanied by all the mental faculties, senses, memories, etc. While his eyes are still on his house and family members he is escorted by the Messenger of Yama. Just as the government sends a policeman after a person who has done something bad to bring him to justice, the soul is unwilling to leave the body but is escorted by the Messenger of Death and there is no way it can be freed and allowed back into the body.

Then the Messenger of Yama threatens him and says, 'Don't delay. You must go to Purgatory!' On the other side, the soul hears the cries of his family, who don't want to lose him. The person is very torn. He gets very scared. He starts to remember all the bad things he has done. He realizes that he has to face Justice. On his way he has to face the great heat of the sun and walk barefoot through forests, which sometimes are very hot. Sometimes he has to walk barefoot on hot sand. He gets tired but there is no rest. He has to proceed through darkness, because Yama Loka is in the region of Saturn, the region of darkness.