

Kailashanand Mission Trust Announces 2013 Shradha and Navaratra Dates

KMT has informed us that performance of Shradha and Navaratra ceremonies will be performed for the year 2013 at the Swarg Niwas Temple, Laxmanjhula, on the banks of the Holy Ganges. Shradha will be performed from the 19th of September, 2013, to the 4th of October, 2013, and Navaratra Paths will be performed from the 5th of October, 2013, to the 14th of October, 2013.



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 one's 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.

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 satwic 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.

No. Benefit

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.

May Durga Ma grant you the blessing you seek.



KMT Religious Services

KMT has provided us with **two lists of religious services** provided by their priests. The first is a list of general religious services and their prices. The second is a list of Shradha services and Navaratra Path and their prices. All patrons should send their requests to KMT via fax or express courier as described [here](#).



The Importance of Dharana and Dhyana

We must drive out feelings of boredom and of not improving. Perseverance is important. We must have an earnest mind. A practitioner of yoga meditation should have full faith in the practice, and reverence for yoga, Guru and the fruits of the

practice. He must apply himself and regard practice as his primary duty in life, for self-realization.

It is the nature of the senses to run after objects of the senses. If the mind is weak, the senses drag the mind. When it is one-pointed through Dharana and Dhyana, the senses are crippled. We must follow the scriptures for meditation and withdraw the senses from outside objects. Do not allow them to go out, but inward, to the inner light. Do not run after objects of enjoyment.

Concentrate on third eye during meditation. This will activate two balls which move in opposite directions. This activation will ultimately open the third eye. When you see the light, the eye has opened and you can direct it inwardly or outwardly.

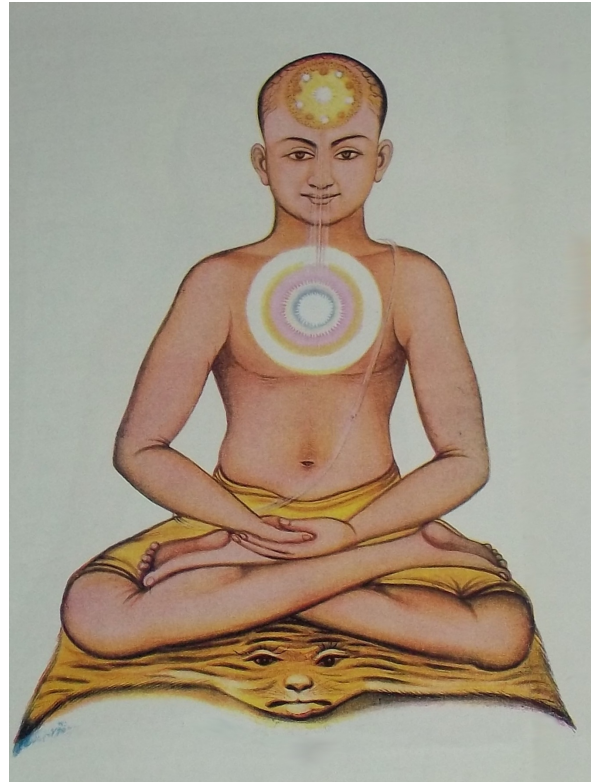
Meditation is more important than food and water. It brings control of mind, thought and senses. It prevents the externalizing of the mind through the senses, which makes the world overwhelming so you cannot discharge your duties. It lets you live with peace in the world. It's like swimming lessons that let you enjoy the ocean rather than the ocean getting into you.

We can enjoy living in the world but not letting it take you over. Bring the mind to where God is.

The body is made up of the food you eat. The body is nourished by food that gets stale soon. How much can you depend on a body nourished by such food? In America, you take good care of the body (appearances), but how much time do we devote to the owner of the body? People don't even care to know who they are.

Meditation brings you awareness of your true identity. The body is subservient to you. It is like a robot that executes the decisions made by your mind. When the spiritual identity leaves the body (death), it starts to rot in a matter of hours. That's why you must pay spiritual attention to the **real** you.

You must know how to use the body to be successful in your mission. Everything related to the body must be used as a means to know your true self. The corporeal body is self-destructive. The body of consciousness, thoughts, emotions, desires and samskaras (imprints of actions performed here and in prior lives) reside in the intellectual frame which is indestructible. It survives the fall of the body and goes on to complete unfulfilled desires in a new body. It contains character traits, likes, hates, etc.



As long as you believe you are flesh, you are far from the truth (discussed the train metaphor). What you perceive is totally false. The scenery is not moving, the train is. You must get out of the train to learn the truth. In order to know the truth about the intellectual frame, you must meditate regularly to detach and pave the way to attach awareness to the intellectual frame. You must first detach from the corporeal body. The mind, body, ego and senses love to remain attached to the body. It is the only tool they have to connect to sense pleasures. The habit of this contact must gradually be eliminated.

The mind is prone to externalizing. The intellect radiates thought all the time. During meditation, the mind slowly reduces intellection and the world begins to change. This brings peace of mind and calm. Outgoing thoughts leak energy. They make you tired and fatigued.

In meditation, hypertension goes down. You feel peace of mind through meditation. There is no intellectual activity in deep sleep (until you wake up), or in deep meditation (Samadhi).

In the dream state, you have yet another world. Memories project images on the screen of your mind in the form of dreams that are not real. These films could be from many lives ago. They are not real. The first thing is to slow down the intellect. You must listen to the discourse of the Guru which pre-

pares you for meditation. Listening to the truth slows down your mind and relaxes it, as well as the body.

In the beginning, the imagination loses sight of the divinity of God. Meditation generates an all-pervading unity and tranquility. Whatever shines about you is a reflection of the Almighty.

When the sun rises, darkness disappears. You don't know where it goes. You get unobstructed liberation and pure understanding. As long as you don't reason on this subject, you will not wander in error. Withdraw your mind from thoughts and this world. Fix your mind and meditate solely on God and sit in unalterable sensibility, forgetting yourself.

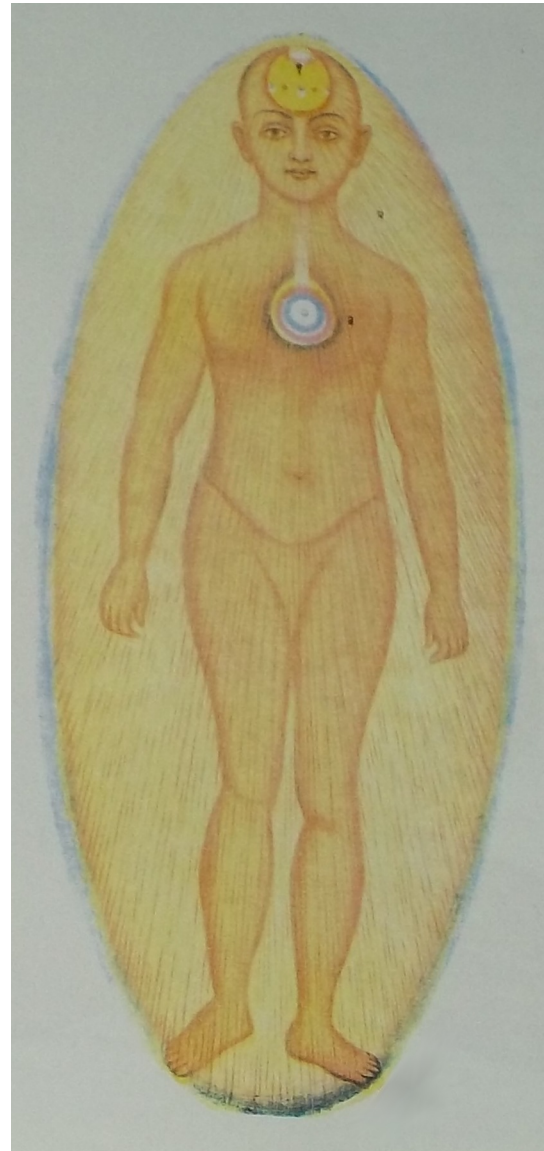
If inappetency (indifference) has taken hold of your soul, it brings apathy. Remain constant in meditation and the world will dissipate. With time and regular meditation, you will have a soul that is illuminated and freed from the connotations of karma. You will be liberated while living in the body.

The practitioner, through the gradual practice of meditation, should attain tranquility. It slows down thoughts and cuts the world to size. It becomes smaller and you achieve tranquility and peace of mind. Through gradual practice you will slow thoughts down. Like the waves in the ocean which are like thoughts. When the waves slow down, there is only ocean.

Thoughts are things. Waves exist in the ocean. When thoughts are gone, the world is gone. God is like the ocean. Thoughts are like waves. You see waves rather than God. Truth is there and obstacles have to be removed. **When you achieve thoughtlessness, you are self-realized.**

You must fix your mind on God through reason controlled by a steadfast mind. The mind must not be allowed to roam anywhere. Fixing the mind on God, you should not think of anything else. Any other thought is interfering, like the waves. You must withdraw from the senses through meditation — objects of senses start to fade away. If you indulge in thoughts, you cannot concentrate fully on God or withdraw the senses from the world. The habit of the mind is to indulge the senses so it is difficult to change. Habituated to wrongdoing from many lives, we are addicted. Change requires gradual effort. It is not easy to make the mind steadfast. The keyword is GRADUAL practice. It cannot be rushed. The mind cannot concentrate on God or withdraw from objects of sense pleasures while we continue to indulge in thoughts. The mind must be weaned.

God is light. The nature of mind is to assume the form of thoughts. Objects of sense pleasure become real to us in our mind. Meditation allows you to live in the world rather than let the world live in you. The mind assumes the shape of thoughts and imagination. You must weed out negative thoughts first and replace them with positive ones.



Meditation keeps thoughts from taking form.

Steadfastness is key to tranquility and peace. The mind assumes and clings to thoughts it has been dwelling on. The only way to wean it is to start a new, stronger habit, opposed to the former. Make the mind change its habits.

A goat likes to eat green grass and can be trained to do differently by its owner. (Discussion

of how every time the goat would go for the grass, the owner would hit it with a stick) If you can teach an animal, you can teach the mind to go from wrong doing to right doing. The body is subservient to the mind. By knowing present actions, you can know what past actions were and visa-versa. What you do today is related to past lives. What you think today will create the future.

Do everything in the present. There is no such thing as tomorrow. Only today.

Compel the mind to adopt new habits with a resolute, steadfast will. Impatience will not work. Remember the goat story. The mind will adopt new habits.

Taste can be so refined that you can taste sweetness in grapefruit and lemon. Too much sugar makes the mind congested, drowsy. The mind will become as attached to the new habit of seeing God, as it was to the old habit. Nothing is without God. Everything exists in God. The intellect must be discriminatory to differentiate the transient from the eternal.

Desire is always followed by pain and suffering. Higher bliss makes you not care about old things. The mind must be trained to enjoy eternal bliss which will make sense pleasures repugnant. The enjoyment of senses is always transient and momentary.

Hell will follow if we continue to indulge in sense pleasures. The Lord says to achieve tranquility and peace of mind, which will only come when objects of sense pleasure are not there.

If you cannot concentrate on the light, something else is going on. You must empty the mind of worldly thoughts. Live into the world. Do not let the world get into your head. Attempt to fix your mind on God through meditation, doing it steadfastly. The intellect is tempted with doubts and sense pleasures. If you allow doubts you will never attain the goal. The monkey mind does not want to be quiet and concentrate on God. The mind seems to be able to do countless things at once. It can only do one but so fast that it seems like several.

Participate in Holy Satsang, association with wise men (that come from the east where the light comes from). If we were not here, we would not know these truths, to help us do the right thing. **Our vibrations help others.** When the intellect becomes one-pointed through this association, it ceases to indulge in objects of the senses. Association with wise men will bring good things and calm the mind. Try to associate with the wise man as often as you can while he is at 25-C.

Nothing exists apart from God. Light, bliss, love that never leaves you, at a difference from worldly things. Once you achieve Unity, there is no breaking up with God.

Withdraw the mind from the worldly to identify and unite with God. Once you realize God, the mind becomes steady. The alertness of steadfast concentration on God brings peace of mind and tranquility. Intensity grows. You must keep the mind fixed on God for a longer period of time. The procedure is to sit in a secluded spot to isolate the mind. Free the mind of all thoughts of the world through pranayam first. Attempt to fix it exclusively on God. Eliminate every thought about the body and senses. It's like the waves and the ocean. You cannot see the ocean for the waves. When the waves calm down, the ocean is there. What remains is the truth which is already there but invisible to us.

We must get rid even of innocent thoughts, which will disappear with time. We are drowning in the waves. Yet Truth is so overwhelming that it negates the senses and their objects if due to old habits the mind runs after worldly objects.

— *Notes from class given by Yogi Gupta on Feb. 20, 2005, transcribed by his disciple Rambha on Guru Purnima, July 22, 2013.*



Announcement of Dedication of Shanti Niketan Ashram

Om Namah Shivaya!

Salutations to the Supreme Being who is the in-dweller in all hearts. It is with great joy that we announce the dedication of the Shanti Niketan Ashram, a center for spiritual retreat and place of preservation for the time honored heritage of classical yoga. Founded by Chandra Om and dedicated to her Master, HH Dharma Mittra, Shanti Niketan (a sister organization of the North Carolina School of Yoga) is a non-sectarian spiritual center dedicated to all world religions, where followers of diverse faiths may come together to worship the One who is called by many names.

Since its inception 12 years ago, the school and its alumni have fostered the growth of thousands of sincere seekers. As the school's work and service evolved, the need became apparent for a spiritual home for study, research and service where students may study and live the principles of yoga in a peaceful atmosphere charged with devotional vibrations.

Inspired by the ideals of renunciation and service, the monastic and lay devotees of the Shanti Niketan Ashram work to serve humanity through educational work, health services, food and clothing relief, counseling and publications. The ashram is a true sanctuary of peace and natural beauty. The setting is so alluring and captivating that all physical and mental ailments are forgotten for a moment, and there appears to be a standing invitation by the natural surroundings for periodical visits by people from all walks of life for recoupment and conditioning of both body and mind. Added to this is the healing balm of a place for retreat from daily life to study and practice yoga and meditation in its many aspects. The secluded landscape consists of tranquil gardens, woodland paths, 2 streams and a rich variety of birds and animals. The natural beauty makes the perfect setting for yoga studies, inviting us to pause for a moment and turn inward.

The ashram, a 501(c)(3) non-profit organization, is dedicated to working for harmony and fellowship among all religions, faiths and traditions, upholding unflinching ideals of truth and non-violence, and providing and promoting authentic yoga training. A haven of peace for students seeking a temporary retreat from the world, we also offer extensive training for women who are called to the monastic path. Shanti Niketan Ashram offers spiritual instruction through correspondence, and provides humanitarian services through numerous community outreach programs.

The mission of Shanti Niketan is to preserve and promote the classical teachings of yoga, without alteration or dilution. As a spiritual home for uninterrupted sadhana, sincere students are trained in classical yoga to carry forth the message of peace, unity, goodwill, spiritual sisterhood and the realization of the oneness of Spirit. The basis of this institution is adherence to the triple ideal of truth, non-violence and purity. The services and activities of the ashram form a vehicle for the expression of the spiritual aspirations of seekers and become a venue for manifesting in practical life the broad based inclusive ideal of the Oneness of God, the sisterhood of creation and the immortality of the soul. Shanti is the Sanskrit word for peace. Niketan means abode or dwelling. An Ashram is a spiritual home. Shanti Niketan Ashram therefore, is a home dedicated to peace.

We disseminate spiritual knowledge through yoga courses and training programs designed for attaining Self-realization. These universal teachings embody a complete philosophy and way of life for

achieving health and well being. The natural beauty and devotional vibrations of the ashram create the perfect setting for yoga, encouraging students to work for the attainment of spiritual evolution through service and Sadhana and enthusiastically use one's life for attaining worthier ends – public service with a selfless spirit.

With this next step in the work of the school, the banner of divinity is raised higher and those who gather under it are spiritual heroes. May the ashram flourish as a dynamic center of Divinity and its members bring peace, solace and joy to all spiritual aspirants. May God bless you all with health, peace, self-discipline and illumination. The ways of God are mysterious and all things take place by the Lord's will for the betterment of all. Be in tune with God always. May you all progress rapidly on the spiritual path.

Please feel free to call or email with any questions and you may also view the ashram webpage at <http://ncschoolofyoga.com/shanti-niketan-ashram>.

Thank you for your love and support. God bless you. Om Shanti.

— Chandra Om, Founder, North Carolina School of Yoga



Classics of the Guru: Early Psychic

Healing Course Notes - Part III

Continuing the series, we are publishing Part III of Videha Kumari's notes from Yogi Gupta's 1959 course in Psychic Healing, which may have been the first course on this topic ever given by the Master in America. Among her many talents, Kumari was also an artist, and her handwriting is exceptionally legible, so her notes are copied directly here. The following sixteen illustrations are from lesson six of the course.

subconscious mind.

Cheese is dead cells, not so good to eat.

Fever - burns excessive accumulations of dirt.

No 6

May 27. 1959.

Things are polarized (influenced) by our mind.

Negative thinking hinders the cells from doing their work. Negative thinking does it as well as wrong food, wrong living.

Harmful thoughts are infinitely more harmful than wrong food, because food abuses only certain cells directly, whereas harmful thoughts harm every cell in the body.

Cell mind can be approached directly, not just via brain. Turtles hatch eggs

psychically - by looking at them. Take away the looking fish, and the eggs are not hatched.

Turtles hatch their eggs by thinking about them.

A wall of steel can stop physical things, but is no barrier to psychic ones.

Yoga-breathing draws the thought-force, the psychic powers, prana into our system & stores it.

Highest spiritual development via Yoga is the main thing; all other benefits (e.g. health, beauty, peace of mind, long life, power of self, other "supernatural" powers etc.) are only byproducts. (and hindrances to progress, if attended to.)

Prana is the mind & physical, the summital force of the universe.

Through breath (living, strong prana) we control the finer forces of nature.

Ho! not just read!

The more trained is our breath, the more power is accumulated, stored, until very much power is possessed.

There is no difference in quality, but in quantity only. Compare light bulbs of 5 watt & 500 watt - the latter draws more electricity, is infinitely brighter, lighter!

Then we are unable to do something, it is because we cannot draw enough power from prana.

Power must be in the back of us to draw upon it & then do what has to be done, just as electric power is drawn by the light bulb.

- (a) The power is in the back of the bulb
- (b) The bulb is connected to power
- (c) The bulb is X-watt to give X-watt of light.

Continued No 6

June 3. 1959.

The psychic forces move \leftarrow Prana, and Prana moves \leftarrow Breath.

Yogi exercises are to control prana, hence breathing done for spiritual development. Hence breathing is part of Esoteric teachings. Summital Energy is PRANA, & PRANA manifests itself through Breath.

Control of Breath opens doors to all subtle powers, unless it is creative & constructive. With control of PRANA comes control of thought-force. How?

The CNS-system & the ^{through} Autonomic (Nervous) (central or central Symp. Parasympath) as they are called in the West, or called the SHUSHUMNA by the Yogis.

Through them the psychic forces work. This is unknown to the West (Goopy!)

On either side of Shushumna

Reading delights, later - no satisfaction any more:
doing has to commence!

are two channels for prana.

Rt channel carries positive current = sun-element.

Lt. channel carries negative current = moon element.

When these currents combine, life continues.

(To light the bulb 2 wires must join for electric current.)

C & breath fresh currents come in through the nose;

they flow together to the olfactory organ, where they separate:

air goes to the lungs
currents go down the spinal cord;

the two currents cross at each of the subtle plexus (lotus, chakra, padma) Shukra, vata, mistra, sthira, chakra, mistra, pashyati.
See illustration on inside of life.

NADIS (channels) are astral tubes which carry psychic currents

Ida = ~~Rt~~ (-) comes from rt. testis & ovaries

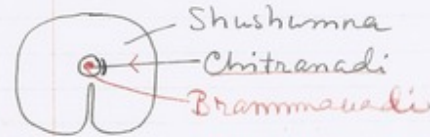
Piyala = ~~Lt~~ (+) comes from lt. testis & ovaries

70 million nadis are known to Yogis in the body, & they know how to use them.

In the center of the spinal column is the cord - Shushumna.

In its Cc is the psych. channel CHITRANADI

In the Cc of Chitranadi is BRAMMANADI, i.e. the SUPRACONSCIOUSNESS.



The central canal is an astral tube of white & gray matter (?), through which pass the PSYCHIC FORCE and

X Sahas

X Vajra

X Vihara

X Ananda

X Mantra

X Jnana

X Mala

X Karma

LATENT FACULTIES, when (a) & (b) they are aroused.

The Central canal as a psychic channel is closed in ordinary persons.

In spiritually developed persons the central canal is open & the

current, which is inhaled c air (prana current) passes directly

through it & crossings described & drawn on the page before before.

Forcefully & consciously direction is changed.

But this is so only in adepts. These people materialise everything easily.

(The successful student at this point can materialise his wishes to some extent only)

People do not like things that

Red Earthly Consciousness?

cannot be proved & reasoned out, because they cannot believe and understand these things.

Yet they can be perceived by those \bar{c} psychic powers, which are stirred up by VIBRATIONS of BREATHING.

SUPPLY POWER BY BREATHING!

Rhythmic breathing stirs up psychic forces, i.e. radi purifying breathing: (see before).

With breathing all molecules in the body move.

Will is involved into nerve currents.

All is perceived by nr. fibres.

Perceived not by senses is ESP (there are institutes in U.S.A. which study the extra-sensory-perception).

The one \bar{c} unimpaired rhythm knows what & when to eat, sleep, how to live; in him the body-system i.e. any normal body system craves for that thing it needs - If it is kept sensitive, if it is not spoiled, poisoned, killed.

We are spoiled - pills, injections, massages - those come only from outside, no positive results.

Rhythm is necessary in all motion - planets, speech etc.

This law of nature can be understood.

Continued lesson No 6 June 10. 1959.

Illness - the cause is loss of rhythm. This loss is the main cause of emotional disturbances.

Yoga-breathings tune into rhythm immediately, by contact with subtle vibrations.

Rhythm:

All life is rhythm - night & day, seasons, history, inhalation & exhalation, ebbs & flows, evolution & involution.

All life is constant motion.

Wherever there is motion, there is rhythm.

When this rhythm is lost in a human being, comes disease.

Disease is loss of rhythm.

When a human-being fully possesses rhythm, he does not blunder, e.g. he goes to the train schedule & gets there when train comes - otherwise he does not go. He does not go when train has left. If he does go when train has left, his rhythm is not quite in order.

The unlucky person, always having bad luck has no rhythm (et vice versa).

The rate of ^{electronic (even more subtle than)} vibrations determines the plane of consciousness; certain rate of vibrations are in a certain plane of consciousness.

To those of high spiritual development, whose consciousness has reached a certain plane, future becomes as clear as the past.

The processes of materialization are hastened.

Rhythm is necessary in all motion, even in relation to antagonistic forces, e.g. evolution follows involution.

One takes from one end & gives through the other end (like in tube), there is no cessation of energy, of ability.

If there is cessation, one is out of rhythm. **Purnamadam**

To have this incessant flow of

energy one has to open the clogged up psychic inlets - the NADYS. They have been choked.

To have, one must receive.

The roads, the inlets are clogged, and they must be opened, which is done by:

- 1 - Breathing techniques
- 2 - Yoga exercises
- 3 - Mantras

then one falls in the established rhythm of nature.

Otherwise the powers are not at ones disposal.

The beat of the heart differs from the beat of the brain - heart 60-80-200 ppm
Brain 12-14 ppm

A Yogi can control the beat of the brain which in turn controls the beat of heart.

Breathing changes the rate of brain beat, it changes one mentally, physically, spiritually. There is no hit or miss in it - it is logical, mathematical, precise!

It is as if a man has a check of 1,000,000 dollars on his pocket. Only because he is not aware of it he can starve and have nothing. Still, he has the check - all that is needed is to become aware of it.

We have it all, but if we are not aware of it, it is no good to us.

Therefore clean the choked inlets.

Impuls of cosmic ocean is not with us. We are not boss of nature, but should be in tune with it. Stewart

The sound of violin will change the sand-pattern. Breathing changes patterns in mind.

and the respiration, and the whole body; but the beat of the brain is controlled by breathing.

We often create things we do not want, e.g. the lonely lady who had to pay lots of money for a dance course; or like the lady who ate a match box. Also she, who was divorced, because her husband was a drunk & in broke down; and she married an other man who drank more & was worse than the first. Like attracts like. When she finally got her 3rd husband, after much suffering, loneliness & soulful chooping - he was the worst of them all.

Do not blame somebody else in your fate. Birds of feather flock together.
Do not blame your husband or anybody else!

One thinks of suicide - 10 breathings will change his mind immediately.

Sound destroys bridge - respirants must brace rhythm on bridge, or it braces. Halls of Jerico broke from bugles.

Lesson No 7 June 17, 1959.

Rhythm of breathing determines the awareness of the plane of consciousness. The rhythm of breathing is not a hit or miss, but is a truth worked out by the ancient sages mathematically & logically & absolute precision.

The ordinary person is not in tune & consciousness, but for those who are in tune the future is as clear as the past.

Most people do not receive the impulse, they have to read papers to find out,



Yoga and Nutrition

Yogi Gupta endorsed sprouted wheat (not wheat grass) as one of the three best sprouted seeds. He said that Man can live on sprouted wheat, alfalfa and almond seeds alone. Although the quality of wheat seeds has been altered in recent times, non-GMO wheat seeds are still available. The main idea is to be selective in purchasing wheat seeds for sprouting. Yogi Gupta also recommended **black sesame seeds** for nutrition. Black sesame seeds also have value in making a sacred oil, as well as for Shradha (see *Shradha and Heavenly Fathers*, by Yogi Gupta). Some reputable sources of organic seeds for sprouting include: (in no particular order): **Jaffe Bros.**, **Frontier Natural Products**, **Richter's Herb Specialists**. Do you have a source of high-quality, organic seeds for sprouting? Please **let us know**, and we will add it to the YGS sprouting directory.



Pranayama and Meditation Training in Key West

Swami Dwarkanand and Swami Chidanand will be in Key West on October 5 & 6 to give 10-hours of Pranayama & Meditation training. The training is an introduction into both disciplines for students that are taking a 200-hour yoga teacher training course which focuses on asanas.

Date: Saturday October 5, 2013
& Sunday, October 6, 2013

Time: Saturday 1:00-6:30 pm
Sunday 11:30 am-5:00 pm

Where: Key West Sanctuary, 1130 Duval Street
Key West, FL 33040

To register: Call 305-587-9199 or go to:
keywestyogasanctuary.com



Melbourne Florida Yoga Classes And Religious Services

Swami Jnananand has offered the use of his residence to get YGS activities going in Melbourne, Florida. Persons interested in participating in higher classes in Yoga and Satsangs may contact YGS at info@yogiguptasociety.org for more details. Swamiji was personally initiated into the Puja for World Peace by Yogi Gupta and would like to include this service in the weekly schedule as well. We would also like to hear from anyone who knows of a larger space in Melbourne that could be used for these activities. When we have finalized a schedule of activities we will publish it on our **website** and in upcoming issues of the newsletter.



Yoga Services

Several of Yogi Gupta's disciples and their students are providing various types of Yoga services. If you are interested in contacting them please **let us know** what type of yoga service that you are looking for and we will contact you with further information.



Contacting Us

YGS is a society of volunteers – your contributions, comments, questions, feedback, or requests are welcome! To get our emailing list, you can send us email at info@yogiguptasociety.org.

