

### Guru Darshan

The Direct Blessings of the Master, this is what all true, devoted disciples would wish to receive.

Why? To serve the Guru's work more efficiently and *most* effectively. To serve the Guru. To serve God the Supreme Lord likewise. To serve God in Man (Humanity) in the same manner.

While the Master is embodied or physically manifested, it can be somewhat more apparent or tangible when this Darshan (Impulse) is imparted from the Guru to the disciple. However, when the Master enters His final Maha Samadhi (as now is the case), how does the disciple remain most effectively in touch with the Master's effulgent Darshan, Blessings and Impulse of Spirit which radiates directly from His Self-Illumined Heart and Soul?

What is it that keeps a Great Master's Spirit living in disciples and future devotees?

In many cases we can say spiritual life relies on the teachings that Great Masters left behind, the Word of God, Pearls of Wisdom to be meditated upon and enacted in daily life, but even greater in potency and importance are the teachings of prayer and worship they left behind, which are usually made quite evident.

In the case of our Most Revered Master, H.H. 108 Yogiraj Sri Swami Kailashananda, He left two most potent and specific techniques to access Him directly, in the body or out of the body, but definitely an access to His very embodiment as God-Realized Soul and Saint. The first technique is outlined in two chapters of His book, *Yoga and Yogic Powers*, Chapter 9, "The Yogi Preceptor" and Chapter 11, "Guru Mantram".

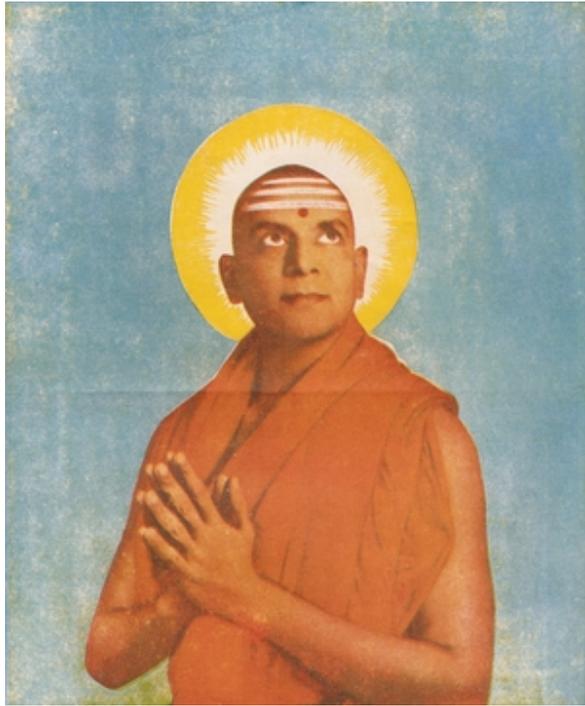
Since Gururji more than adequately describes

the significance and benefits of this first technique in his book, I would only add a personal message that He gave to me during a consultation about Guru Mantram and accessing Him. I told Him that while He was absent from the USA in India it was hard for me to keep Him in my thoughts and presence at times. His eyes got very wide and he looked at me and said, "You have your Guru Mantram. That is like a telephone line, a direct connection to me. You just have to call me up by repeating it and I will be there. I always answer my calls!"

The second technique to access Him is not exclusively for disciples but inclusive of All. It is the practice of Sandhya Vandana, which was Gururji's personal Sadhana, which he never missed except when traveling on an airplane between USA and India. In 1999, Gururji taught within His course on Self-Realization a Kriya Yoga technique or formula of Sadhana called *Sandhya Vandana*. He said *Sandhya Vandana* is His personal practice which He does three times a day at morning, noon and dusk. *Sandhya Vandana* means prayer at the Joints of Time. There are by Vedic time, four Sandhyas every day, however, dawn, high noon, and dusk follow the main three following the course of the sun from East to West.

Swami Kailashananda combined every aspect of Sadhana into a such a technique that after one has performed it you immediately are in a state of Kriya meditation, which one may pursue or continue into Guru Japa. It is automatic placement into the higher consciousness and God's Will. He has proclaimed this Sadhana as the highest ideal in spiritual practices. If practiced daily and with devotion, the practitioner merges with the mind of

the Guru, which is to say, the mind of God, as the Guru is the embodiment of God.



The techniques are so very purifying and uplifting that the health of the practitioner also improves, as does the whole immune system. Optimum practice, of course, would be practicing on every point of the Sandhyas (three times per day), but due to the schedules of the modern society, Yogi Gupta has said, “Do the best you can. You can even do more repetitions of each technique or spend a longer time in practice if you practice just once a day.” He also said, “Even if I am late for breakfast or an appointment I always finish my practice first, then I proceed from there.”

Once you have been initiated and instructed in the technique you will be given written instructions that will be your guideline. Yogi Gupta has also said, “If the mantras are difficult for a while in pronunciation, do not worry. We are not a Carnegie Hall. God is merciful, an Ocean of Compassion, and has a forgiving ear.”

One can achieve Self-Realization with this practice alone.

This is what Saints and Great Masters leave behind, personal teachings and techniques to achieve what they achieved: Self-Illumination, Nirvana and Bliss Divine. Christ left the Lord’s Prayer and many Bhakti Yoga techniques. Yogananda = Kriya Yoga. Vivekananda = The Darshan of the Vedas. St. Francis of Assisi left many teachings and the

Stigmata. All Masters have left a way to access their Guru Darshan and direct communion with God, and if more is needed they are all quite capable of appearing in visionary form to the disciple or devotee. For example, Christ appearing to St. Paul, St. Francis and many others, Babaji to Yogananda, Mother Mary to many, Lord Shiva to Guruji, and on and on.

These visions may be rare occasions; the working and earning method of displacing and resolving karma, the Maha Path of Sadhana directly structured by the teachings and techniques left behind by these Great Souls, is quite effective on its own. But herein lies the reason why many do not readily experience Guru Darshan: Man is enmeshed in seeking after enjoyment of sense pleasure. The five senses seek from the ego center constant comfort, the life of ease, the life of pleasure.

Yoga Sadhana, and even more so, Yoga’s crowning glory — Guru Darshan, brings reformation of this false notion. How precious is the gift of human birth? The human body is the only body through which Self-Realization may be sought. In the course of evolution for each soul, we may realize effort is necessary for progress. Effort brings the Grace of God and enough effort brings manifestation of the Sat Guru on the material level. Guruji said many times that the Vedas say it takes one thousand human incarnations to meet a Holy Man.

Yet lack of effort in the human life often brings on a condition of seeking spiritual gain through mediums of various sorts with quick answers and guidance with little effort. Filling this void of effort are clairvoyants, hypnotists, mediums, fortune tellers, spirit channelers, false prophets, siddhi yogis, quick fix doctors of all sorts, past life regressors, and on and on. Holistic doctrines offer vast amounts of these misleading techniques.

Scripture lets us know that Truth (Satya) is gained only through great sacrifice, usually through great discomfort and through lots of dedication, devotion and “unceasing prayer.” We know that champions, even in worldly accomplishments, go through great sacrifices: Olympic and professional athletes, scholars, inventors, etc. Nowhere in Scripture or history is there evidence of constant dialogues between the living and departed saints except in these rare visionary experiences. On the contrary, calling the dead back to Earth is a practice forbidden by Scriptures: when the prophet Samuel was called back from the dead for advice, he cursed the ones calling him back, casting them into Yama Loka. When God calls us, saint or non-saint, to a new

incarnation it is for the purpose of the next step of our evolution toward God's Will for us.

The Masters leave behind while living enough in their teachings, along with our effort, to gain their direct Darshan in the form of subtle spiritual impulse. Call it the "Holy Spirit" and direct perception of their Will for us, which is individual to each soul's personal karma. That individuality of karma is why each disciple's Guru Mantra is different.

The sacred beauty of yogic teaching or technique left by a Living Master is that through the willful surrender of an individual to its *practice* it automatically purifies that individual's personal karma and brings him face to face with the Eternal Kingdom of God within.

There is no need for any middle man once a disciple has the Master's teachings and techniques, only the need to exercise and practice in a devoted manner these precious gifts! *Sandhya Vandan* was Gururji's daily practice, it is "the highest ideal of spiritual practices."

Hari Om Tat Sat Hari Om

— *Swami Jnananand.*

*Note: You may receive initiation into Sandhya Vandan by either of two of Gururji's disciples who have maintained unbroken practice as recommended by Gururji since their initiation over 13 years ago. Contact Swami Jnananand or Mohan Dass for details.*



### Melbourne Florida Yoga Classes And Religious Services

Swami Jnananand has offered the use of his residence to get YGS activities going in Melbourne, Florida. Activities will include Yoga Satsang Service, Puja for World Peace, private or semi-private classes and other services.

#### Yoga Satsang:

Yoga Satsang represents the devotional side of yoga and its highest practice (sadhana). It combines all yoga techniques into one practice or service to raise one's consciousness to our purpose on Earth – Self Realization.

- 1: Kriya Purification
  - Pavitri Kavan (Mantra For Purification)
- 2: Pranayama
  - Cleansing Breath
  - Calming Breath
  - Positive Breath
  - Alternating Breath
- 3: Invocation
  - Master's Sankirtan tape
- 4: Sravana
  - Verses from Scriptures
  - notes from Master's class
- 5: Sankirtan – Chanting of the Lord's Name
- 6: Silent prayer and Meditation
- 7: Discourse on Scripture or God-chosen topic
- 8: Flowers of Devotion – Speeches by participants
- 9: Spiritual Healing Breath
- 10: Aarati — Waving of Light
- 11: Closing Invocation — Shiva Sruti
- 12: Prasad

#### World Peace Puja

This service will begin with Kriyas (Pavitri Kavan and Pranayama), followed by Invocation or recorded opening chant by the Master. The Puja is done with Fire Ceremony and Havan, and three Mantras that will instill Peace on Earth, in Heaven and in All the Three Worlds. Each Mantra will be chanted for at least one short Mala (27 bead rosary). Following will be silent prayers and meditation for World Peace. The conclusion will be a closing chant — Shiva Sruti, with Aarati — Waving of Light, and Prasad.

#### Classes by Appointment

- 1: Consultations
- 2: Private or Semi- Private Yoga Instruction
  - Hatha Yoga
  - Pranayama
  - Meditation
- 3: Special or Occasional Classes
  - Yoga Food Concepts
  - Sandhya Vandan Initiation
  - Japa instruction
  - Psychic Development Course

#### Other Services

- 1: Last Rites for the Dying
  - "Crossing the bar ministry"
- 2: Shradha Puja for the Deceased
- 3: Counseling
- 4: Social services

Persons interested in participating in Melbourne activities may contact YGS at [info@yogiguptasociety.org](mailto:info@yogiguptasociety.org) for more details. 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.



### KMT Religious Services

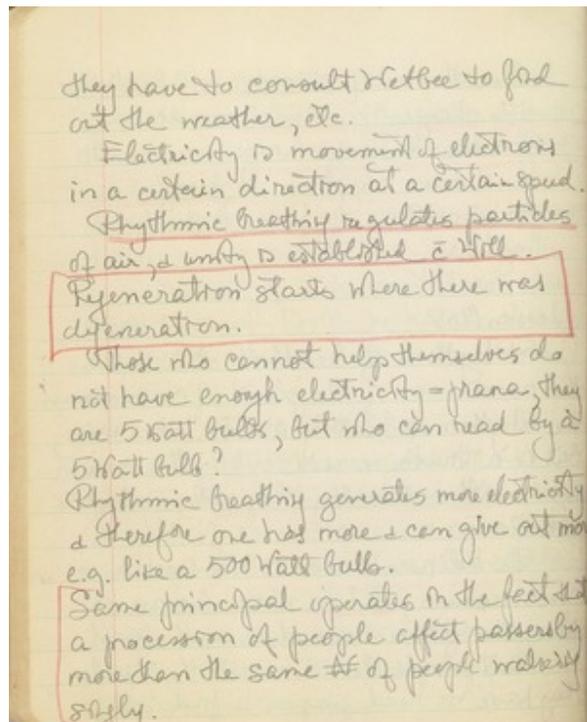
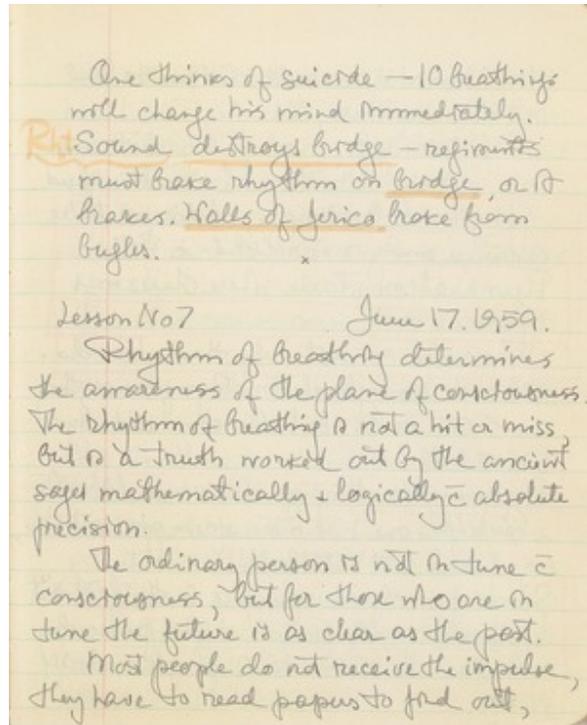
KMT has provided us with **two lists of religious services** provided by their priests. The first is a list of general religious services and their prices. The second is a list of Shradha services and Navaratra Path and their prices. All patrons should send their requests to KMT via fax or express courier as described [here](#). The following address for KMT if sending a request via DHL has been confirmed by DHL and also has been included in the above link:

Mr. Naveen Porwal  
President/Trustee  
KAILASHANANDA MISSION TRUST  
LAXMAN JHULA  
DISTRICT - GARHWAL / UTTARAKHAND  
RISHIKESH, 249201  
INDIA  
Phone: 011.91.135.2430.290



### Classics of the Guru: Early Psychic Healing Course Notes - Part IV

Continuing the series, we are publishing Part IV 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 illustrations are from lesson seven of the course.



Breathing has to be attuned to heart beat, which is controlled by the special beat of brain, but beat of brain is controlled by breathing.

By breathing we establish harmony, i.e. tune in our consciousness & vibrations of nature.

Then also comes connection & cosmic energy.

Breath is the thread which ties both man & cosmos in one.

Cut the thread — and man dies.

But one has to get into smoky by continual practice. Then one feels vibrations throughout the body.

Practice & perseverance is necessary.

Details about Rhythmic Breathing!

As mentioned before, there are two psychic channels:

ourselves psychically, since it is charged automatically.

Then there is no need for treatment: just wish, & it is healed!

Just wishing changes pattern.

Therefore — PRACTICE DILIGENTLY!

Energy  
Harmony  
Poise  
Peace & peace

are brought about by alternate breathing

Mental, physical, & emotional balance is brought about.

Live by nature.

Those who are hopelessly out of rhythm, out of balance, always ask the doctor, the priest (& lawyer) what to do, & therefore always listen to advice against nature, & thus live against nature. Where can this lead?

Rt = Pingala = Sun elem = (+) current of psychic force  
Lt = Ida = Moon = (-) current of psychic force  
Joining the two currents — like burns; constant fusion of (+) & (-) currents.  
A dim lamp gives poor light, lives little, lives short.

Alternate Breathing

The use of one nostril, then other may seem silly.

Only when the 2 currents of psychic force are understood, one can understand this alternate breathing.

One has to know: 1 — the source of the (+) & (-) currents of psychic forces, 2 — the passages of these forces.

After sufficient practice on the floor the subconscious takes over the deep & rhythmic breathing.

Then no more effort is needed to change

Breathing is a great science; it can hardly be studied in a lifetime.

Better practice some breathing every day than 24 hours one day.

Continued lesson 7 June 24. 1959.

We learned about the use & benefit of rhythmic breathing. Scientific results.

Rhythm is the most important thing in physical, mental, emotional & spiritual life.

How does nature keep things going?

By adjusting rhythm of breathing. Nature brings about involuntary shifting of breathing; correlative combined rhythmic movement & activity; action & reaction.

Maintain emotional, physical and mental balance! This is not achieved in one day. After a few months of

## Yoga and Nutrition



### The Blessings of Coconut

Long ago, Yogi Gupta proclaimed, “Coconut is the most purifying food of all!” He said that if the most hardened criminal was sentenced to an island where there were only coconuts for food that by eating the fresh coconut alone he could achieve self-realization before death.

There is a Hindu Yogi story about the metaphysical properties of the coconut. The husk represents the gross material body of Man. The shell represents the ego body of Man formed in the Mind (emotions). When the husk is removed and the shell is broken, the white meat is Man’s true Self, the pristine Atman within. therefore coconut is a primary gift offering in most pujas, vratas and sat-sangs.

I fortunately was once forced to live on wild coconuts in a Central American jungle long ago and found all of what the Master said about them to be quite true regarding spiritual and physical enhancement.

Today’s nutritional research has shown that coconut water is considered one of the best fluids for maintaining electrolyte balance, and the oil is now

getting many acclamations for being the best cooking and eating oil.

Fresh coconut — The Best in Prana and Spiritual Darshan!

— Swami Jnananand

### Yoga, Health and the Dangers of Salt

Swami Jnanandand’s recent podcast interview on Salt can be found on the [KYAAM.org](http://KYAAM.org) podcast page.



### Recommended Reading

I would like to recommend a book I am reading which is also excellent and right on point. It is *Sadhana*, by Swami Sivananda. Yogi Gupta worked with him at the Yoga Vedanta Forest Academy, which Yogi Gupta directed after Swami Sivananda.

— *Rhamba*



### 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](mailto:info@yogiguptasociety.org).