

Rhamba

We are very sorry to report that Yogi Gupta's disciple Rhamba, who was one of the directors of the Yogi Gupta Society, passed away on Good Friday after a long illness.



Rhamba was an extraordinary person, an accomplished professional who established her own company in Miami and gave employment to many people. Through her work contacts she was able to spread the Guru's teachings, promoting many yoga activities including asanas, pranayama, meditation, as well as attendance to the Satsangs organized by Guruji's senior disciples. Very generous with her material prosperity, she quietly provided financial assistance to needy persons, lodging in her house, etc. In spite of her illness she gave private meditation classes in her last months. An avid traveler, she was able to go to India and visit Guruji's mission. Her personal influence, both material and spiritual, reached beyond her immediate family (she is survived by a son and daughter) and touched the lives of her brothers and friends, many of whom were led to learn the teachings of the Guru from the senior disciples of the Master residing in Florida. I was very fortunate to have shared part of her life.

— Swami Dwarkanand

For all a life is given
from He who made this earth
each moment should be cherished
each breath a brand new birth

it's He who giveth to us
it's He who taketh away
it's He who loves us more each second
a love that never strays

we fail to recognize this
when ego takes its charge
we move ahead in careless wander
feeling high and large

forgetting where we came from
and where we're meant to go
we'll never reach our final place
until we want to know

the mind must start to wonder
and eyes to open wide
for seeking is the only way
that way is right inside

the truth that lies within us
a brilliant light of hope
that always burns
and even yearns
for us to open up

for those who want to follow
what in their heart feels right
it's they who seek
and try to reach
the everlasting light.

Rhamba was a special soul; a loyal mother, friend, and disciple who never wavered in her devotion to the Guru; a true seeker who followed her heart and always wanted to do what was right. Her illness only made her stronger and more devoted. She was a dear friend, and will never be forgotten.

— *Swami Chidanand*

Note: We plan to provide more details about the life of our dear departed friend and fellow director in the next issue — Editors.

The Two Highways

Why should there be so many vrattas, asanas, etc.? Why should there be so many problems?

Lord Shiva, the Lord of Destruction, to have his grace you observe the vratta taking place on Monday. You go to the prime minister's office when he is there. That is easier than using your brain to overcome problems. Once there was a sinner who sinned all his life except once in his life he offered flowers to Lord Shiva at the temple. Always the two watchers, Chitra and Gopitra, are recording the actions of each person, the sins cannot be hidden. But the sinner said, "Oh Lord, in spite of all the punishment I am due, I had your Darshan, how can I go to Hell?" Lord Shiva said, "Yes, you are right, you don't have to go to Hell."

Persons are born at a certain time according to their karmas. God has created Man in his own image, which is the physical universe. Whatever happens in the universe happens in Man. All the planets and rashis are called the Solar Family. If Jupiter is not in your favor, you get in trouble with your son. If the Moon is unfavorable, you get in trouble with your mother, etc. That is what the vrattas are for. What is outside is, in minute form, within. If you have something wrong with your foot, you go to see a podiatrist, you don't go to a psychiatrist.

The stars rule the ignorant, the wise rule their stars. The same world that is a problem for one person is the happiest place for another, who knows where to get what he needs.

Chandraya Vratta helps you attain all the Siddhies. As Vishnu is the best of all the gods, as Brahma is the best of all men, as money is the best of all property, as the Brahmin cow is the best of all animals, as gold is the best of all metals, similarly Chandraya Vratta is the best of all vrattas. If Payo Vratta is best vratta (See articles on Payo Vratta in Newsletter Vol. 2 Issue 1), how is the Chandraya Vratta also the best? Chandraya Vratta is best for

getting rid of sins, while Payo Vratta is best for fulfilling your desires. People who observe this Chandraya Vratta, following the details of scriptures, will never have financial problems. Women who observe it are also fortunate, their husbands will never leave them, and they enjoy company of good children and grandchildren, so they have a happy family life. This gets to the root of the problem of so many divorces in America. Children are raised under guardianship of two persons opposed to each other. So children are adversely affected, emotionally and psychically. Chandraya Vratta is easy and affordable. It is a type of remedy which you can really do. It is good to have all the different remedies, i.e., vrattas, at your disposal. You can choose any remedy which is agreeable to you. It is always better to have two cars instead of one, for example. This vratta attacks the problems at the root, the sins are the cause, and this vratta destroys the sins.

The diseases are reactions to the sins. All the diseases are beings who live as a family in Yama Loka (The City of the Lord of Death), under beck and call of Lord Yama, who works under Lord Shiva. So when the time comes, the negative planet takes the driver's seat in you and leads you to do the wrong thing. The reaction of Lord Yama, "Hello, Mr. Cancer? Come and get him."

That is why there is no cure for cancer. Cancer is not in the body, in the blood or bones, it is in the subconscious. The cancer blocking gets blocked and cancer cells go free. In the operation, cancer is removed from one part of the body and you are made to believe it is cured, but cancer is like a spider's web, the longer the root is there, the more serious it is. For example, when it manifests in the windpipe it is serious, but first it manifests in blood. You have to deal with the cause, the samskaras, the reactions to the actions.

So it is not so important which family you are born in. Really each person is born with their own samskaras. The blind give birth to the sighted. The handicapped give birth to a healthy baby. The baby knows where to get milk from the mother. The duck knows how to swim. The chick knows how to fly. So people have those talents and facilities from birth and as the body can handle them, they start to manifest. So also people are born with cancer and when people get to their 60's Lord Yama says, "Go, Mr. Cancer, his time has come!"

Yet there is Grace. If you have a friend, no matter what your problem, he will help you. There is an etherial power embedded in the Yantra, which helps you as a friend. By coming to this course, you

are already in better shape, everybody who comes here has to be in better shape. Man is the creation of his own imagination. It is like a psychic treatment. That is why you come here and meditate, you are awakening to Him who is that thought of Nirvana rooted in your soul.

For all those beings that have been created, 84 million species of life, there is a reason. So you will learn all these vrattas so soon you will be problem-free.

Patanjali's scripture says, the meaning of tapa, i.e., asceticism, is Chandraya Vrata. It may not be as easy as Payo Vrata, because it is part of asceticism. For you it is impossible to sleep on a bed of nails but there are those who sleep on it everyday and are happier than you or I. This Chandraya Vrata is considered the best and highest asceticism.

We continue according to the Vedas, the actions that we perform are of 2 types. Remember, you are the maker of your karma and while you are alive, you can change your actions. Human life is the only life which can change its karmas. These methods of the scriptures are the methods to change the karmas.

One type, Pravritti Marga, is for the fulfillment of desires. This type of action directs the thought waves, which always shoot out, except when you start to meditate, toward the senses. Pravritti Marga is the action of involvement, such as charity, puja, and spiritual ceremonies, because you get the results of the actions, the fruits. Everything here is to pamper the senses. All the sense enjoyments you continue. After a fiesta, after a few days you look for a better Spanish restaurant. Like putting oil on the fire, the senses never get satisfied. If you have one house, you must have two. If you are a millionaire, you want to become billionaire. You get worn out. Many billionaires when once the stocks go down, you read in newspaper that they jumped from the 13th floor.

The other type of action, which prevents the mind from going toward the senses (from getting caught in the spider's web because you are attached to the objects of sense pleasure) is Nirvritti Marga. Renunciation is not to wear a yellow robe, but to remove fruits of action. So long as you are attached to the fruits, you are caught in the vicious cycle. Like Krishna was married and had a girlfriend, but he was a yogi. The thief knows where you have your wallet because you are putting your hand on it all the time. A person's mind is always where the attachment is. Guruji makes you realize it. If you know why that is, then you can invest in As-

tro/Divine Remedies and register for courses which have nothing to do with physical life, but which knowledge you carry from life to life. If you keep detached, you can do your business better. Your customer is not dealing with a nervous guy.

You cannot get more than what you have earned in the etherial. Always for anything you have to make the effort to change. If you don't water the roots, you don't get the fruit. The samskaras mature, but take time, but they manifest when the time comes. So it is clear there are two types of actions, Pravritti Marga and Navritti Marga. So you have a choice on which highway you want to drive.

— *From disciple notes from Yogi Gupta's Self Realization course on April 10, 2000.*



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 Four Seasons

"Whatever efforts in sadhana that you make during this Easter season will help you overcome all the obstacles during the rest of the year!" — Yogi Gupta, *Eastertide Satsang, 1996.*

This comes from the teachings of the Master about the importance of the new year and its auspicious and magnetic currents. The highest spiritual energy is on the Earth during this time of year. The real new year starts according to Vedic time with Shivaratri, and also with the time for Payo Vrata (see the articles on Payo Vrata in the Winter, 2014 issue of the newsletter), which also corresponds to the beginning of the Christian Lenten Season. This auspicious time continues until the Feast of the Ascension of Mary, or sometimes longer according to the Vedic calendar.

Guruji taught that the four climatic seasons are covered by four varying magnetic fields, the field during the Vedic new year being the most auspicious. Spring is equated with rebirth and resurrection of new life. Summer follows as the season of the further growth of life, fulfillments, resolving of karmas and making of new karmas, etc.

After August 15th, the shift of Mother Nature (Prakriti) brings a new magnetic charge with the

Fall Season, the Season of Death. Fall brings the densest, lowest energy to Earth, when the pretas (the disembodied souls, or manes) are drawn into the Earth's field due to the weight of unfulfilled desires from previous lives. These are souls who did not have spiritual or self-realization goals in their past lives. Hence the reason for the Shradha and Navaratra Rites during that time of year, to repel and neutralize the malefic influences and also to spiritually educate these unfortunate souls. This time continues after Halloween and into November.

During the season of Winter, recycling takes place of souls in the afterlife between incarnations. According to each soul's karmic merits, processing by the Divine Will take place to prepare that soul for physical rebirth. In Christianity this time is known as Advent, according to the Vedic tradition, this time starts after Deepwali, and other Vedic ceremonies take place during this time of year which lasts until the next Shivaratri. Other notable Vedic services of the Winter include Tulsi Vrata, Gita Jayanti and Datta Jayanti. Of course, Christianity goes through the Holy Season of Christmas, etc.

The Winter prepares us for the birth of new opportunity in this human incarnation. The human incarnation is what Yogi Gupta called the greatest gift to man, which allows us to seek the supreme and only real goal in life – self-realization.

May we each spiritualize all the four seasons in order to reap the Glory of God's and Guruji's purpose for us on Earth.

Hari Aum Tat Sat

— Swami Jnananand



**Yoga Whole Life Center
in Sedona, Arizona**



Dear Disciples, Patrons and Devotees,

I am pleased to announce the creation of the Yoga Whole Life Center in Sedona, Arizona.

In September of 2013 I was guided to come to Sedona to see if it might be a suitable place for a spiritual retreat. One thing led to another and before I knew it I had purchased a property with the objective of opening a Yoga Center. The idea was to create a place where fellow disciples and devotees of Yogi Gupta could come and stay for an extended period of yoga practice otherwise hard for them to do in their everyday lives. We also wanted a place to conduct classes that would bring Guruji's teachings to this part of the country.

Why Sedona? For those of you ignorant (as I was) of the unique energies here, let me suggest you go to this link: <http://www.visitsedona.com/article/213>. From my personal experience I have to say the energies are real, incredibly powerful, and incredibly helpful.



There have been several disciples who have visited while we were setting up the Center and they can attest to the unique opportunity Sedona gives for spiritual progress. A common theme seems to be the settling of one's mind. Disciples who never sat more than 50 minutes in 30+ years of practice have been able to practice for 90 minutes or more every day...and more than once a day. At least two disciples who had ailments at the beginning of their stay saw great improvement before going back home.

In addition to the ease of sadhana, Sedona makes keeping a healthy diet simple. There are two huge all-organic markets near the Center. We have a modern, fully equipped kitchen and any visitor is welcome to use it. So far people who have come seem to like to prepare, and share their recipes with others here. There are also several good vegetarian restaurant options close by.



For those who are spiritually inclined, but have a partner who may not be, Sedona is a world-class tourist attraction with scenery that certainly is some of the world's most striking. The hiking and mountain biking is of the best. And because it is a tourist destination there are many other things a person uninterested in the Sedona spiritual energy can do.

We have a morning sadhana routine here at the Center. It is usually practiced outdoors at a Sedona energy point when the weather is good, and the weather is good most of the time. There are many power points out here. Several of our visitors have found a post-lunch hike to explore and experience them just the thing for the afternoons. The evenings are open, though visitors are obviously welcome to take classes held in the the late afternoon and evening if they wish.

Our goal here at the Center is to help you achieve whatever goals you set for yourself and for your Sedona visit.

If you think you might want to come for a visit, or just want to know more, please email us at yogaholelifecenter@gmail.com.

There is literally a money shot photo everywhere you turn out here. If you want to see more they are all over the internet...or you can come see for yourself.

Om Shanti,

— Swami Vishnudevand



Yoga and Nutrition — Spinach —

Spinach, *spinacia oleracea*, is the sister and brother to green cabbage in Yogi Gupta's miraculous green juice drinks. It is an annual plant of the *Chenopodiaceae* (Goosefoot) family, that is also related to beets, swiss chard and common pigweeds. This family is known to be among the greatest blood purifiers and rebuilders, which is obviously why Guruji employed spinach in his Nature Cure arsenal. Guruji used divinely chosen herbs which could actually change your karma towards more satvic and towards Brahma Loka!

Yes, there is a reason why Popeye ate spinach. Strong blood makes a healthy and strong body and mind. Spinach in the nutritional world is an incredible source of iron, vitamin C, vitamin K and many trace elements such as minerals and B vitamins. There is a myth that the iron in spinach is not assimilated because of oxalic acid. However, this is not true if it is juiced and mixed with lemon or lime juice or juices of other plants that have enzymes that break down this acid and make the nutrients in spinach quite digestible.

Metaphysically, the nearly deep emerald color of the original curly rough-leaved spinach corresponds to the color of the Heart Chakra. This is the superior spinach, while the pre-washed, hybrid, flat-leaved spinach that is common in today's grocery stores is not nearly so potent. But one must make do with what is available.

Guruji's juice recipes make spinach come alive in its maximum prana and nutritional capacity. Spinach is also excellent steamed in soups, or with fresh

cottage cheese as in the East Indian dish, Saag Paneer. If eaten raw, spinach should be eaten with other vegetables or with citrus or other fruits such as tomatoes, pineapples, etc.

Spinach opens and fills the Heart Chakra, the chakra of Mercy and Compassion. Treat yourself regularly to one of our Supreme Lord's super herbs – spinach.

Hari Aum Tat Sat

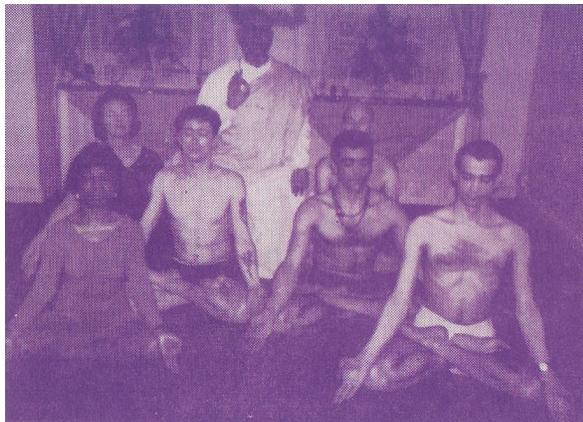
— *Swami Jnananand*

Sugar and Health

Swami Jnananand has a new podcast talking about sugar and health. You can find it and all his previous podcasts on important health topics at kyaam.org/podcasts.shtml.



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 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.

Categories and cost of membership:

- Regular Membership: \$45/year per person
- Lifetime Membership: One-time payment of \$500
- Family Membership: \$55/year per family (this consists of 1-2 adults and their children under the age of 25)

Benefits of membership:

- The right to participate in all YGS activities, for example, volunteering, attending religious services, etc.
- The right to vote on any resolution or issue concerning YGS affairs that are put forth for such voting, including election of trustees
- The right to be voted as a trustee
- A subscription to the YGS electronic newsletter
- A 10% discount from the regular price of YGS-sponsored yoga classes, activities or publications
- A subscription to the forthcoming YGS electronic journal

Note: Benefits of family membership are the same as individual membership with the exception that only the adult designated as the head of the family can vote.

Non-members are eligible to receive the YGS electronic newsletter at no charge.

According to the YGS bylaws, each year the Board of Trustees shall convene at least one annual General Meeting of the members, where an annual report and account statement will be presented to the members.

Requests for membership may be sent via email to info@yogiguptasociety.org.

Contacting Us

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](#).