



The Significance of Guru Purnima

The following is from disciples' notes from Yogi Gupta's Guru Purnima Satsang on July 24, 1983 — Eds.

Guruji discusses his plans on this day. He will have an Ayurvedic Temple in India. It will be a 30-story structure with a guest house, with a bridge connecting the two. The Ayurvedic Temples will offer treatments using pulverized precious stones. There is a Free-of-charge Mission with an orchard. The orchard has mangos, guavas, lychees, oranges, pineapples and avocados. The Mission is situated in the Valley of Parrots, 500 yards from the Temple and 100 yards from the Ganges.

The Guru and the Ashram are thousands of years old. Guru Purnima is also known as Vyasa Purnima after an ancient guru who subdivided the Vedas. Vyasa categorized mantras into four parts and the Puranas into 18.

The following is the procedure for disciples to follow on Guru Purnima:

Early in the morning remember the name of the Guru. Then take a bath in the Ganges. Bring the Guru clothes, fruits and flowers. Then Puja starts

(During the Satsang, Guruji gave out a mantra for Guru Purnima). The mantra must be heard from the Guru.

Knowledge will be transmitted from the Guru's mouth to the disciple's ear. Without the Grace of the Guru, it is difficult to withdraw the mind from material things.

For more on the significance of the Guru and Guru Purnima, please refer to [last year's Guru Purnima issue](#) of the Newsletter.



The Ganges near Laxman Jhula

The Laws of the Kingdom of God

The following is from disciples' notes from a lecture given by Yogi Gupta on June 13, 1986 — Eds.

Similar to the laws of the land, there are laws for the incorporeal body and the Kingdom of God. The work of the Guru is to bring the Truth to the people, to make life more wholesome and happy. Your life doesn't belong to you or anybody else, it belongs to God; it is a gift from God. As you are a citizen of a particular country, also you are a part of the Kingdom of God. Therefore you must obey the Divine Laws. The Divine Laws are there whether you know them or not. When you trespass a law, you make yourself liable to punishment. Since all actions are done in the intellect and not in the body, the body is just the instrument. The reactions to the actions are also in your life. Life is eternal, so the reaction is carried as a seed; it is recorded in the life. You carry this seed from life to life. The problem is in the body of consciousness, not the physical body. No matter what the problem is in the life, you have earned it. No one escapes the volitional transgression. The solution must also be Divine. All the problems wait for the right opportunity to come out. The actions of the previous life are one's destiny in this life.



How I Found My Guru

*"A Preceptor helps his disciple in this life and sometimes also in the life beyond. If a student is a worthy and sincere disciple, the teacher may decide to follow him from life to life and from country to country to help him by his physical presence or by his invisible thoughts, towards the achievement of his spiritual goal." — *Yoga and Yogic Powers*, by Yogi Gupta*

My experience as a disciple of Yogi Gupta has taught me that it is never too late and it is never too early to look for Divine Guidance. The Guru is always there, and will appear at the right time, whenever we make the effort and are ready.

There was a point early during my childhood when I realized that everyday life is not all that there is. I remember an early dream in which I was walking home from school and the way home magically was transformed into a garden. In the center of the garden was a gazebo, and standing in the center of the gazebo was a wizard, complete with regulation gown, wizard's cap and magic wand;

straight out of Disney central casting. I looked at the wizard, and he rolled his eyes, as if to say, "Look at all this ridiculous get up!" and waved his magic wand. Instantly I was flying high in the sky looking down at the earth far below. I traveled over many lands of different colors in that dream. You can say it was just a dream, but I was affected by it, by its vividness that seemed the equal of everyday life.

As children, my siblings and I enjoyed the excellent California weather outdoors quite a bit. We would do cartwheels and compete in contorting our bodies. I remember doing many such contortions and challenging my younger brothers to do the same. Some of them I later found out were hatha yoga asanas, such as the Wheel, the Plough, the Shoulder Stand, the Fish, and the Lotus Posture. While sitting in Lotus Posture, I would tell my brothers, "I'm a yogi", as a childish joke. I don't know how I had heard of yogis as a child.



Mohan Dass (r), before he found his Guru

As a grammar school child, I suffered from warts on my fingers and hands. I showed them to my father, who was a physician. He said casually, "Oh, don't worry about them, you can just think them away." I was surprised by his advice but took it seriously; for the next two weeks, as I walked to and from school, I mentally repeated "Warts go away!" over and over again. At the end of the two weeks I noticed that the warts were definitely getting smaller. Soon after that they had disappeared. Now it was my father's turn to be surprised. One of my brothers also had warts and he tried to think them away too, rather half-heartedly, I thought, and nothing happened.

Contortions were not the only outdoor activity we engaged in, there also were many trees to climb. One tree in particular I loved to climb as high up as possible because it was a deodar pine tree, the tallest tree in our yard. At its top, I

could see for miles in every direction. However one time when descending I stretched my lower spine too much when swinging down monkey-like to the lowest branch and felt a sudden sharp pain in the lumbar region. I dropped to the ground and found I could not walk and slowly crawled into the house. My father took me to one of his colleagues who was a bone doctor. The doctor took x-rays and found that although I had not broken anything I had some minor spinal abnormalities that were likely causing pinched nerves. He prescribed physical therapy. The physical therapist was a woman from Germany who gave me several exercises which helped me eliminate the pain in my lower spine and legs. Later I realized that the exercises that she had given me were hatha yoga exercises, such as Exercising the Waist, Exercising the Abdomen and Balancing Pose on the Tail Bone. She was a yoga instructor under cover as a physical therapist!

As a freshman in high school, I loved to go to the Los Angeles main library. On the lower floor, in the Etymology Room, as I walked along a stack of books one day, a small volume bound in a garish purple paisley pattern was laying on the floor. I picked it up and saw the title, "The Bhagavad Gita." I checked it out because I thought it was cool-looking. I even attempted to read it but only remember getting as far as the second chapter, where Arjuna throws down his bow in despair. I also despaired of understanding that book and returned it to the library.

When I was about 15 years old, I bought a book called Yoga, Youth and Reincarnation, by Jess Stearn. In it were several yoga postures which I recognized as ones that I had been doing. I avidly tried to do all the additional postures, including the Head Stand, which became one of my favorites, which I continued to practice while at college in Utah.

During one Christmas break, I shared a ride back to California with a graduate student who was also a disciple of another Guru. When he found out that I was practicing yoga, he made a pitch for me to meet his guru. I declined to do so, since I had a definite feeling that that person was not my guru. Later, after getting married, my wife and I decided I should transfer to another college some place where the weather was warmer. We went to the university library's catalog room. We purused many school catalogs and found one school that we decided to try for in Mexico, but I had a slight doubt about the school, so I looked around and saw one catalog that had fallen out of the shelf onto the floor. I

picked it up and saw that it was a school in Florida. I called to my wife, "What about this? Florida is warm, too." and also applied to this school as a back up. When we arrived at the school in Mexico I was shocked to find out that my major program had been cancelled. Luckily, I had been accepted to go to the school in Florida.

We went from Mexico to Florida. When we arrived I became quite ill. For several days I had a high fever and could not eat anything. I was always stubborn about seeing doctors, but finally I told my wife that if I passed out for her to take me to the hospital. At the same time, I prayed to God that if He would make me well, I would quit delaying and look for Him, maybe join the Quakers or something. Instantly, my fever was over and I started to recover. God, it seemed me, took my promise quite seriously.



When I started studies in Florida, my wife worked at an office, where she met a co-worker who said she was a yoga teacher who lived in an Ashram. She invited my wife to take a yoga class. My wife invited me to go along with her. I stubbornly declined, but asked her many questions about the class when she returned. She also brought back with her a book, "Autobiography of a Yogi", by Swami Yogananda, that her co-worker had loaned to her. Thinking of my recent promise, I read the book. In it, Yogananda writes that if you sincerely pray to God to

find your Guru, that your Guru will appear to you. I got down on my knees and asked God to help me find my Guru. This was actually anti-climactic; I didn't know that the yoga instructor was already a disciple of Yogi Gupta, my soon-to-be found Guru. God was already helping me find my Guru!

Inspired by Yogananda's book, the next time I asked to go along to yoga class with my wife, who had been going for several classes. At the Ashram, there was an older woman carrying some laundry, I thought she might be a cleaning lady, but no, she was the leader of the Ashram, her name was **Videha Kumari**. I saw there was no furniture in the Ashram and the walls were almost completely bare, except there was a photo of an Indian monk. I asked them who that was and they said, "That is Yogi Gupta, our Guru."

A short time later, I dreamed that my wife and I were on a train traveling to meet Yogi Gupta. Then in the dream I was sitting in front of Yogi Gupta and asked him if I could be his disciple. He laughed and said that he would think about it, but first I had to bring my better half with me. I looked around and realized that I must have left my wife behind on the train. When I awoke I understood that I should go to New York to become a disciple and I should bring my wife too.

We made arrangements for the trip to New York and a consultation with Yogi Gupta. We traveled with several of the Florida disciples. When we were in consultation with Yogi Gupta I asked to become his disciple. He asked me why I wanted to become a disciple. I hesitated, feeling the question was too important for an ill-considered reply. Yogi Gupta asked me again, "What is on your mind?" Suddenly flashing in my mind was an expanding center of light and I burst out, "God is on my mind!" Yogi Gupta replied, "Oh, I will be very happy to have you as my disciple!" I had found my Guru.

By the way, after a later consultation, when I had asked Guruji if there was anything I should read besides his books, he said, "Yes, you should read the Bhagavad Gita, four times, then you will understand it very well and it will help you in your life." This time I found I was able to read the book. Indeed, I read it four times and it has helped me many times in my life.

What are your stories about the Guru, or your search? We would like to hear about it. May the Divine Guru bless you on this Guru Purnima.

— Mohan Dass

Yoga and Nutrition Yogi Gupta's Fruit Drink

Tribeni Devi was one of Yogi Gupta's senior disciples and a long-time Vice President of Yogi Gupta Ashram, Inc. She was a tireless Humanitarian who inspired many junior disciples to perform Selfless Service. For several years she was also Guruji's personal assistant at Yogi Gupta New York Center and had the great honor of preparing his meals. Tribeni was witness to Guruji's constant experimenting with the fresh ingredients that were available in New York City grocery markets, including the following fruit drink:

One half glass of fresh-squeezed apple juice
One tablespoon pistachio sprouts
One tablespoon pumpkin sprouts
One half of a mango
One peach
One half of a banana

Liquefy in a blender.



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](#).



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.

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](#).