



Kailashanand Mission Trust Announces 2014 Shradha and Navaratra Dates

KMT has informed us that performance of Shradha and Navaratra ceremonies will be performed for the year 2014 at the Swarg Niwas Temple, Laxmanjhula, on the banks of the Holy Ganges. Shradha will be performed from the 10th of September, 2014, to the 24th of September, 2014, and Navaratra Paths will be performed from the 25th of September, 2014, to the 3rd of October, 2014.

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 USD.

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. *This year, Yogi Gupta Society, Inc. is pleased to offer assistance in sending Shradha requests to KMT. See the below section on KMT Religious Services for details.*



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 satvic 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.
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 USD. *This*

year, Yogi Gupta Society, Inc. is pleased to offer assistance in sending Navaratra Path requests to KMT. See the section on KMT Religious Services for details.

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**.

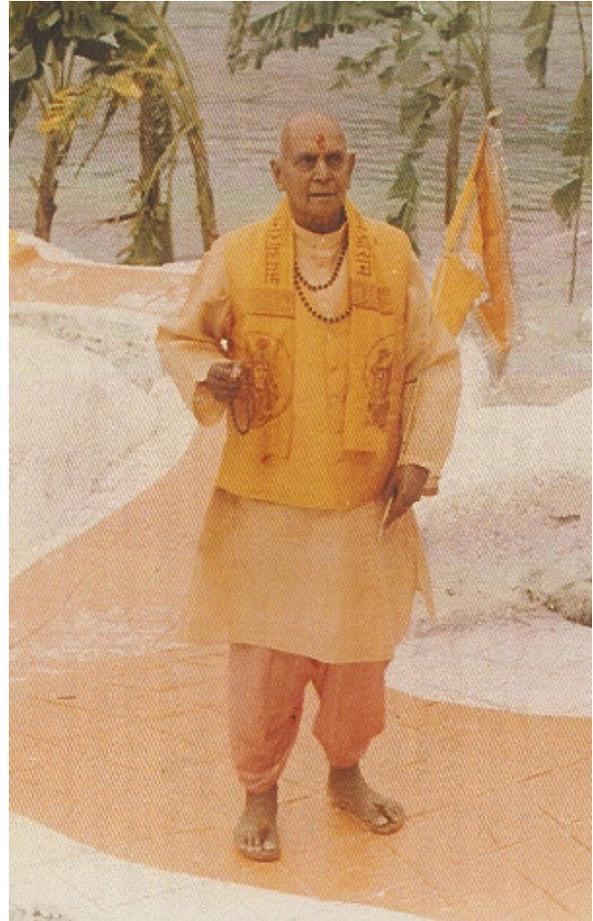
Alternatively, patrons may send their requests to Yogi Gupta Society, Inc., which will forward the request in time for the 2014 Shradha and Nav-Durga ceremonies. Patrons wishing to do so, should send a cashier's check payable to "Kailashananda Mission Trust", with the following memo: Accreditation A/C 5643 / 10355202884 State Bank of India Laxmanjhula Road Branch, Rishikesh with their requests and signed **remittance form** (available at <http://yogiguptasociety.org/?p=1144>) to:

Yogi Gupta Society, Inc.
c/o Roy Crissinger, President
3775 E. Riverside Dr.
Melbourne, FL 32935

This service is free for YGS members. Non-members should include a check payable to "Yogi Gupta Society, Inc." for \$10.00 USD as a mailing and handling fee to YGS. Requests should be sent as soon as possible to allow all payments and requests to reach KMT before ceremonies begin. The deadline for receiving these requests is August 15, 2014 for requests sent via YGS.

Yogi Gupta's Home and Residence

An avatar of Christ and Krishna such as Yogi Gupta ultimately resides atomically in every living cell and heart of the Universe. He lives astrally in color or materialized matter manifested in multiple locations. Yet Masters, Guruji included, have been given geographic domains in which to reside for a predominating duty, a "Yagna sacrifice" as Guruji called it. Therefore Manikoot Mountain, Laxman Jhula, Rishikesh was given to Guruji, to his governorship, guidance and maintenance of God's "Holy Science" – Yoga.



The Valley of Saints, is the home of Hanuman, who saved Rama's brother Laxman with the Sanjivani Booti herb. It is the home of Maha Avatar Babaji and the home of Lord Siva and Parvati's wedding party. It is the home of Neel Kanta Mountain. It is mostly the home of the Vedic hymns and is home of yoga itself. It is the residing location of many disembodied saints. This was verified to me by Guruji in 2010 when I led a pilgrimage for those interested to the Maha Khumba Mela of that year, to which this location is also home. I wrote the above description of this valley for Guruji's approval before advertising the pilgrimage as: "Mahat Kumbha Mela Yagna Tapasya Tour." Guruji was elated that this proposal would be made and assured me that no matter how many pilgrims came to Omkeshwar Ashram Temples and Guest House, provision would be made to house them. As it was, only two souls came with me to Khumba Mela, but they had life transforming experiences.

Guruji was and still is custodian of real yoga.

His bodily absence only makes him more powerful through the spirit – the “Holy Ghost” – for those whose faith and practices have continued unbroken and devoted to him since his Maha Samadhi. Guruji is still guiding the pujarees, priests and pundits at the Mission and his presence continues daily there – still effulgent and omnipresent. One should not think Guruji has gone anywhere. He is still here and, for a disciple, available by Guru Japa any time and anywhere – always.

For those who were not disciples or never met him, he can be accessed by Sandya Vandan or simply by studying his books and teachings, as we are publishing in this newsletter. Devotion to these words (teachings) brings to any needful soul recognition and guidance by Guruji, just as multitudes have benefited from the teachings of Christ, Krishna, Buddha, etc.

During Shradha and Navaratra Guruji will be present as always to guide the deceased manes (souls of ancestors) successfully on their journey in the Afterworld and to fulfill all the heart’s desires as requested to Durga Ma during Navaratra.

What was in “The Beginning shall be in the End.”

Guruji is always present at the Mission, that is his job. The Mission channels Heaven’s energy on Earth, as Laxman Jhula, Rishikesh is the location of the most powerful spiritual energy on Mother Durga’s Earth. In 2009-2010, when I made a pilgrimage to his main temples on both sides of the Ganga River, Guruji told me to make sure that I climbed to the top spire of each one. I realized that if you draw a line out from each peak spire the lines made a perfect union and vortex over the most powerful rapids on the Mother Ganga River, before She straightens and calms toward Rishikesh and Haridwar. When I related this to him he smiled and said, “This is what helps keep Heaven and Earth just as when Shanti Path Vigil began.” When Guruji inaugurated the Shanti Path is the time when the imminent nuclear war between India and Pakistan shrank away and ceased.

Guruji through his teachings is alive, active and present, just use a little discipline and take the time to enact what he has given through his teachings. This will always bear fruit of success. Great Masters are always here to help solve the dilemmas of their spiritual children and to guide them through

their individual karmas. As Jesus Christ told us, there are just two prerequisites, “Ask and ye shall receive,” and “Seek and ye shall find.”

Aum Shanti Aum

— Swami Jnananand



Var-Sot-Sarg and Gaya Shradhas

The following are disciple notes from Yogi Gupta’s Yoga Bible course, given July 8-25, 1999. Var-Sot-Sarg Shradha and Gaya Shradha are more elaborate forms of shradha than the yearly shradha described above, which are also available from the Mission.

Guruji said,

Oh Lord, please explain to me the manner of performance of Var-Sot-Sarg Shradha.

The Lord said,

On the 11th day, go to the bank of the river and request the shradha to be performed on the bank of the river. He should salute the brahmin priest who is well learned in scriptures and invite the Brahmin priest to liberate the preta.

This is performed to free the souls and deceased ancestors from their miserable plight. Ghosts and goblins suffer from their unfulfilled desires. A person can have shradha done in the future for themselves. The best thing is to do for yourself (and not depend on their children to do it). Many children are not interested in the hereafter, only the money in the bank.

With the appropriate mantras from the scriptures, the brahmin priest performs the shradha with the pinda. Statues have to be made. A statue of Vishnu has to be made of gold, a statue of Brahma made of silver, a statue of Siva made of copper, and a statue of Yama made of steel. The statues can be small or large according to your means.

Where this altar is prepared:

On the west side, place four pots filled with water, mango leaves and those things prescribed in scriptures. On the west side should be a pot filled with Ganges water and the statue of Vishnu wrapped in yellow silk should be placed on top. On the east side, a pot filled with milk and water and the stature of Brahma wrapped in white silk should be placed on top. On the north side, a pot should be filled with ghee mixed with honey and the statue of Rudra (Siva) wrapped in red silk placed on top. On the south side, a pot full of water and a statue of Yama dressed in black silk should be established on top. In the center is the altar table, 6 inches high with the four colors in the center. The deities are established there. The priest should sit facing south and offer tarpana (offering into the fire), and invoke the four deities with havan. Then the shradha has to be performed.

In order to liberate the soul of the deceased person, a milch cow has to be donated to the priest, because the fruits go to the preta. The priest is the mouthpiece. Whatever you give to the priest or the Guru he uses for God's work. The priest says, "The cow is given to me just for your benefit, for the spiritual credits and happiness of the preta." Whatever articles that you give have to be given to that priest. He should be given a pot made of white metal filled with ghee, and he should be given those things that the preta liked the most.

This only has to be done once in the life, but don't wait for the last minute. Things which you want to do tomorrow, do today. Things which you want to do today you should do right now.

The benefits of Var-Sot-Sarg Shradha go back more than twelve generations and helps those even in Heaven. The soul gets so many spiritual credits which entitles him to self-realization, provided you have the services of an experienced priest. It is expensive and takes weeks and weeks, but you have to perform your spiritual obligations to your ancestors.

The priest performing shradha for the benefit of the soul of the deceased ancestor invites the presence of Vishnu, Siva, and Brahma. Then the priest performs shradha in order to liberate the soul of the deceased ancestors. A person requests shradha on your behalf and he will give a cow on your behalf to the priest. At the same time, the person should give to the priest those ornaments and vehicles which the deceased person was using, the things which he loved most. The essence is that the soul of the deceased ancestor be satisfied. So charity is given and put on the bed. By giving in charity to

the priest all the things in the immediate possession of the person, then the preta is invoked to occupy that bed. A pot with ghee and seven types of grains and whatever the person loved, vegetables, sesame seed.

Any other rituals which could not be performed can be included at time of shradha, so any mistake is made good at time of shradha.

All those articles should be placed on the bed where the pinda is prepared. Then the priest's feet should be worshiped with clothes, sandalwood, food, and milk, because the priest is the vehicle through which the soul receives. At that time, whoever is performing the shradha, i.e., the son, places the pinda on the bed. In this way a person's bed is given to the Brahmin priest. The son says, "Oh Brahmin priest, I am offering to you the bed of the soul of the deceased ancestors and all the things on it that go with the bed." Now the brahmin priest should be given that bed. Then the son should go around the bed. Thus the shradha comes to an end.

By this method prescribed by scriptures the preta attains liberation (freed from Preta Loka) and moves to Pitrie Loka. Pitrie Loka occupies a position near the gods.



During this Var-Sot-Sarg Shradha, the presence of all the pitries is invoked with the help of the mantras by the priest and they are offered a seat. Then puja is done with havan and the bull

takes part and the cow. Then colorful thread is tied around the bull and the cow, like bridegroom and bride, and you have to wash them. Then you should do puja of the bull and cow with incense. Then go around bull and cow. Then on the right side of the bull put a trident, on its left side a sudarsan chakra and then it is set free. Then the son should recite, "Oh bull, you are the manifestation of Dharma, the constitution of the divine world and creation. Brahma created you first." (Before creating the world you have to have a government.) "So you have been liberated. Help us."

So chant the mantra and then the bull and the cow are set free. Persons without a son should have the priest perform Var-Sot-Sarg Shradha for themselves. It is not easy to find a person who can perform it. It is a very technical ceremony.

The bull should have red eyes, yellowish color hooves, a reddish stomach and a white back. A cow and a bull has to be presented to the Brahmin priest, three years old, healthy, red color, and warrior class if the preta belongs to the warrior class. For a preta of the business class, the bull should be yellow color. If soul is of the serving class, the bull should be dark. A bull which is yellowish with white tail and hooves (ping varsh) is most loved by pitries. Remember, the bull means Dharma, which means what a person should do and what a person should not do. If the feet, tail and mouth of the bull is white and other part is light, it is known as neel varsh. A red bull, with pale mouth and bluish feet is known as vatni. A ni pinga bull is all yellowish color. So one has to find the type of bull to give in shradha. A bull whose color is ... and has white tilak on the forehead is babhrunee. The bull whose whole body is bluish is known as mahanee. These are subdivided into five groups. Such types of bulls are best which are set free. It is brought to the priest who sets it free. Certain marks are put on it [to show] that it is very religious and nobody should hurt it. The cow stays with the brahmin.

A person, a householder should desire many sons as many as possible, because all of them may not turn out to be good. At least one of them may perform the Gaya Shradha. Ashes are collected and taken to Gaya on the Ganges and shradha is performed at Gaya too. Person in all of India, their children perform Gaya Shradha. They keep the ashes in a jar and then take it to Gaya. If a person does not have a son he should do it himself. The son who performs Gaya Shradha is considered very religious and respected because he discharges his spiritual obligation to the ancestors.

Now if the Var-Sot-Sarg Shradha is performed, the souls of the deceased ancestors for 21 generations, and souls of deceased ancestors which have been suffering in the hells, very painful, like Raurau, are liberated. It is a spiritual credit to the soul, no matter where they are.

It does not matter that the soul is not cremated, when the shradha is done, the soul is invoked and also Brahma, Vishnu and Siva. If the souls have been in heaven, they always like Var-Sot-Sarg Shradha. They always aspire that someone will perform it. This shradha takes about a year, because millions and millions of japas have to be done.

America is a materialistic country, while India is a spiritual country, but the Divine Constitution is for everybody. No matter who you are we are descendants of the same ancestors, not monkeys. From science we think we have come up from brutes, but the Vedas say we have come down from gods. Before, there were children born without cohabitation.

The souls of the ancestors in Heaven also like this shradha. For sure, this shradha gives liberation to the souls from the wheel of birth and death. To get self-realization you need certain spiritual credits. What they could not do in their life, you can do for them. [This is what scriptures say,] I am just translating the scriptures.



Yoga and Nutrition **Yogi Gupta's Original Green Drink**

Celery is a member of the Umbelliferae family, botanical name *Apium graveolens*. Guruji, when he first introduced juicing fruits and vegetables to America had very simple solo juices he recommended to his students as they would transition into more satvic and vegetarian diets. The first was probably grape juice, as inspired by his three-day grape cure program, followed by orange juice, grapefruit juice, apple juice and pineapple juice.

But then came celery juice. He recommended celery juice as a tonic for overhaul and maintenance of the blood and bile systems. He recommended drinking one quart per week, with the juice of a large or two medium-sized lemons or limes added immediately after juicing. Celery juice, if made properly, will last one week in the refrigerator if lemon or lime juice has been added.

This was simple maintenance and not hard to do as celery juices quite easily. Later, with spe-

cific nature cure programs and the 30-day, 20-day and 6-day rejuvenation programs, Guruji, through his Third Eye, developed much more concentrated combinations of green juices for specific conditions and results. Oddly, celery was not included in those green juice combinations.

But nutritionally, celery is a super-food, the best supplier of natural sodium and hydration in Summer heat. It is a relative of parsley, parsnips and carrots. It also has a large root, which, if allowed to mature, is used widely in soups and stews or grated for slaw or relish. Celery is high in vitamin A and trace minerals, and, oddly for a vegetable, B vitamins. Also, if eaten raw, it is high in fiber and great for cleaning the colon.

Celery is a great snack food and if it is a little bit too bitter, swabbing some peanut butter or other nut butter on it or cream cheese with some olives or pimentos, etc., is considered gourmet food.

But if time or dollars are short for other green juices, know that the bile–blood system can be greatly aided by just celery juice alone, Guruji’s original choice of green juice. Also, the best, most tasty type of celery of today is pascal celery, usually available at this time of year (Summertime).

Hari Aum Tat Sat

— Swami Jnananand



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
- No additional fee for yearly Shradha and Navaratra Path requests.
- 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.

Color Meditation

When you are depleted, depressed, anxious and dismayed, visualize:

The color red for strength and courage

The color green for hope and faith

The color scarlet for victory

The color yellow for wisdom and guidance

The color bright blue for happiness

The color emerald for joy

The color amethyst for spiritual awareness

From Yogi Gupta’s Color Meditation Class, given on October 19, 1983



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](#).