



Yogi Gupta and Brahmin Priests at his Kailashnanda Mission in Rishikesh, India performing a special Path for one of his disciples to neutralize the unfavorable planetary influences.

Neutralizing Unfavorable Influences

In the fourth lesson I was explaining the twelve aspects of life represented by the twelve houses.

In order to neutralize those unfavorable influences, a person can use Astro/Divine Remedies and Paths, especially precious stones. By these methods a person can neutralize problems created by sins in the previous life. All the problems are caused by the sins in the previous life. Whatever the problem, there is a solution. One has not to just sit but make an effort. Destiny is the master today, but yesterday you were the master...The herbs and stones are represented by the planets.

To realize God, one has to realize oneself. To internalize the universe, that is Self-Realization, and since the whole solar system is like a family, it is very important to understand this to pinpoint the problems in your life.

The Sun is considered the eye of the universe, the Grand Man. The Moon also takes its light from the Sun and is considered to be the left eye. The Sun is the right eye and the Moon is the left eye.

If the Sun stands in an unfavorable position it creates family friction. Family members don't see eye to eye and there are always problems in the family. Especially when the Sun is unfavorable and also Saturn and Dragon Head are unfavorable. For example, if the Sun is unfavorably influencing the

seventh house there will be very serious friction between husband and wife.

By understanding this you take care of the cause. By understanding this when there is serious friction and the whole family suffers, you can take care of the problem.

The Sun and Mars represent fire, and also Dragon Tail. The first, fifth and ninth houses represent fire. When the Sun, Mars or Dragon Tail affect them unfavorably, Mrtya Yoga, chance of death, is increased; if a person catches fire he is finished, or he can be electrocuted. When I am interpreting the stars these are the possibilities, therefore the reading should be done before the unfavorable influence hits.

The Sun also represents the bones: bone problems and fractures. If the Sun is in a sinful position, influencing the birth chart unfavorably, the person is prone to falls and fractures. So by having the reading beforehand you will know you should have an Astro/Divine remedy (i.e. Surya Yantra) or Surya Puja or Path. There are so many ways.

The Sun also represents the stomach. While its influence is unfavorable on the fifth house you can expect stomach problems. Therefore, before that happens you start taking herb HG.

The Sun is a loner. Other loners are Saturn and Dragon Head. Therefore when the Sun influences a person (unfavorably) he wants to be left

alone. He just withdraws himself. You become anti-social. It is not favorable; by nature, man is social. Other species of life are social too, like ants or elephants – the grandpa elephant says “Now we go in the Ganges River” and all the girl elephants give him a bath.



Surya Yantra

The Sun also represents the heart. Its unfavorable influence can cause heart problems. But Dragon Head is also dangerous. It brings the unexpected heart attack. therefore when it is going to influence unfavorably, that (planet's) Path you should perform or (that planet's) Astro/Divine remedy you should purchase. Your benefit depends on how much was the power and force of your sins. Anyway, you benefit – the chances are less and less – but there is no one hundred percent guarantee. At least the pressure will be less.

In brief, I am taking you through the planets to give you an idea what you can do.

Now comes the Moon, representing the left eye. When it unfavorably influences the twelfth house, the left eye is in trouble.

So by knowing it beforehand you neutralize it beforehand. Prevention is better than cure. It is easy to prevent the burglar from breaking and entering, so why let him have a foothold? Prevent him from getting inside your apartment.

The Moon unfavorable creates addiction to drugs and drinking. Before the Moon is unfavorable get treatment so you don't get drug addiction. The crack babies share the mother's problem because

children inherit the assets or karma of their parents, otherwise they would not be born with that mama. A person's karma consists of his karma and his parent's karma.

A person with an eighty year span of lie can stretch it to one hundred years or by wrong habits can shorten it to forty years. By efforts you can multiply your assets of health or span of life or spiritual assets. Bill Gates has a plan every day to double his assets. A person is not just a slave to the planets. You must make right effort. Persons like Bill Gates concentrate. They have been born with some talents and they don't make foolish decisions, like buying stock when the price goes up and selling it when the price is low.

When the planets are favorable, you are making decisions, but they are helping you. But you are held responsible, nobody holds your planets responsible. You suffer – that is how they make you suffer. Not enough to pay for tuition and food, so the wife says the husband is no good and the husband says God is no good.

The Moon causes bad eating habits. If you eat dead food there is no life and energy. if the influence of the Moon is joined with Dragon Head you get sick from wrong food. See how important it is to keep in cooperation with the Divine Family? When a person is your friend he will help you. When he becomes your enemy he hurts you.

The planets only become unfriendly for a short period, because they move from one sign to another. That is how to tell if a planet influences you unfavorably when it moves to a new house.

When the Moon is unfavorable it can make a person crazy – loony. Some people say, “When it is a full Moon, I don't go outside.” The Moon influences emotions, psyche and desires. It especially influences the fourth house. Once, when a person was sleeping, he was dreaming he was flying a kite and started sleepwalking. You take care of the problem before it strikes. You have the power, talent and means to know the problem before it strikes.

We are like puppets on a string. You take G herb when the Sun is unfavorable and G makes good the deficiency. But a Path stops the problem at the source. Certain herbs in the form of yantras have an effect like bullet-proof armor, although they do not stop the person from shooting the bullet...

The main thing is that there are five elements and unfavorable planets create deficiencies of these elements. For example, you represent a particular planet, that presiding deity, therefore you preponderate in that particular element which is the ele-

ment of your presiding deity.



Chandra Yantra

If the problems don't go away after a person does everything then Guru will teach you **Chandraya Vrata**. You are also doing **Surya Puja**, **Durga Puja**, **Ganesh Chaturthi Vrata**, so many things. You don't have all your eggs in one basket. When you are born with the genes which create the diseases connected with phlegm, bile or air you get those diseases. therefore you should have the Astro/Divine remedy which creates the opposite thing. Colors which were dim become powerful, when you turn on the light in the dark room the darkness goes away.

There are friends, enemies and neutrals. Guru will tell you everything. He will not conceal anything, so you all become wise men. This is Self-Realization, you know more about yourself. The Solar System must be in harmony.

Next time when you come you should choose the Astro/Divine remedy that you need. There is a Saligram with two big Sudarsan Chakras that is the only one in the whole world. You have the only Guru for the type of disciple that doesn't go anywhere. That is why Guru makes seventy five trips, at great sacrifice, because the disciples are the Guru's asset, so the work will expand.

— *Disciple notes from a 10-lesson course in Self Realization given by Yogi Gupta. These notes are from Lesson 5, April 19, 2000.*

KMT Religious Services

The Kailashanand Mission Trust 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 express courier as described [here](#). There have been some recent changes to this request procedure, so please review the instructions carefully before sending your requests.

Herbs From KMT

After a recent visit to Kailashanand Mission Trust, some disciples reported that they were able to obtain the necessary herbs for Yogi Gupta's 30-day rejuvenation program from KMT. Apparently, KMT staff know which herbs were in the program and will provide herbs to any disciples who go to KMT. To contact KMT, they have provided a form to fill out on their website at <http://kailashanandmission-trust.com/index.php/contact1>.



Tribute to a senior disciple of Yogi Gupta: Shiva Dularee

In Yoga and Yogic Powers, Guru Jee provides a succinct explanation regarding the conferment of a new name upon a disciple by one's teacher as follows:

"At the time of ordination the disciple receives a new name from his teacher, which signifies that he is born twice. Twice-born means awakened into awareness of Truth, and dead to the awareness of body. This is also known as resurrection." (Yogi Gupta, 1961, p. xv)

My teacher, Shiva Dularee, entered Mahasamadhi on November 10, 2013, at the age of 99, in Istanbul where she had been living following her retirement from academia in the United States. Shiva Dularee was the name that had been granted to her by Guru Jee, as will be seen from an explanatory note in her own handwriting below, which she gave me in 2008:



Dr. A Rifa Sayin has been a student of Yogi Gupta since 1968. She has learned Hata yoga exercises, breathing and relaxation techniques from Yogi Gupta's students. For over 20 years she has meditated with Yogi Gupta and has attended his lectures on Yoga philosophy.

Hind ismi Shiva Dularee

The last line in the above text in Turkish reads "Hind ismi Shiva Dularee", which literally translates into English as "Her Hindu name: Shiva Dularee." Very few people in Turkey, I suspect, if at all, would have known her by the name of Shiva Dularee. It was, however, the acknowledgement and reference below, to my teacher, as well as the text of the 'Affirmation', which she had taught me, in the footnote at page 5 of the Yogi Gupta Society's (YGS) **Summer Newsletter**, dated June 23, 2013, that immediately caught my attention and which prompted me to establish contact with YGS:

"From notes taken by Shiva Dularee, senior disciple of Yogi Gupta, from Yogi Gupta's course in Psychic Treatment" (see under, "Classics of the Guru: Psychic Ring Pass Not")

Spurred by enthusiasm and joy at having been able to locate a source that would re-establish the connection with the teachings and practices of Guru Jee and my teacher I sent an email to YGS. The warm and welcoming message which I received from Mohan Dass of YGS did not only revive the precious memories of the time I had spent as a student of Shiva Dularee but also resurrected an ideal which I had shared with Shiva Dularee: to continue to teach what she had taught me, so as to ensure, as Guru Jee puts it "that the ancient teachings may not die" (see *Yoga and Yogic Powers*, p. xiv).

A decade with Shiva Dularee

I first met Shiva Dularee in 2003, the same year I joined as a lecturer at Bosphorus University (former Robert College, the first US higher educational institution outside the USA, established during the Ottoman Empire in Istanbul), a couple of years after I had returned from the UK, where I was born and incidentally where I had also first begun yoga in the Iyengar tradition.

On the occasion of one of my weekly visits at the time to an elderly relative who lived near the

University, the granddaughter of the last sheikh of the mystical order of the Bektashi dervishes who used to have their tekke or ashram on the hills above Bosphorus University, Shiva Dularee happened to be visiting the same relative who apparently was her classmate at the American College for Girls in Istanbul in the class of 1936 where they had both obtained their BA degrees. At one point, during that first meeting, I had a vague and hazy recollection of having seen Shiva Dularee on some previous occasion. It was not long before a scene scrolled before my eyes where I identified Shiva Dularee accompanied by perhaps a female student in a shopping mall in Washington many years ago when I had flown over for a vacation from the UK while still a student at a French High School in London. I also recall having been told, later on that same occasion, by someone that she was "very advanced in yoga" and that "she communicated psychically with her Guru from afar." Not much else had remained from that short trip to the US but obviously that furtive moment had left an indelible mark somewhere in my mind. Having learned of my interest in yoga during the course of our conversation on that same visit, there and then she immediately extended an offer to take me under her tutorship.

Practice days with Shiva Dularee

I called her up the following week and thus began our weekly classes. I realized that I happened to be one of only 5 or 6 privileged students whom she had committed herself to teach. Since she would see each of her students on a one-to-one basis, we did not actually have the opportunity to personally meet each other. I believe almost each day of the week was devoted to one of her students. Hence, Tuesday afternoons would be the slot when we would meet up for a prolonged practice session for the ensuing ten years. Each time, we would begin by having a chat for about half an hour or so over a cup of Turkish coffee occasionally accompanied by homemade pastries baked by Janet, her dedicated and affectionate helper. "How is life treating you?" was the very first question she would invariably put to me. As a professor with many years of experience in academe in both Turkey at the University of Istanbul and predominantly, until her retirement in the US (where she had obtained both her MA and PhD degrees, at Brown University and Bryn Mawr, respectively), she was concerned that I was not able to make progress on my associate professorship on account of several administrative tasks and projects to which I had been obliged to

commit myself. She took a genuine interest in the careers and well-being of her students and would speak with delight about their success and achievements. She would listen carefully to every detail and offer practical advice as how best to cope. This period of conversation also provided a welcome opportunity to discuss spiritual and mystical subjects.



Shiva Dularee as a business professor
in the United States, about 1958.
Born Afife Sayin, May 10, 1914,
Mahasamadhi November 10, 2013

Our practice session that would run until early evening would begin by her reciting the following words before Guru Jee's picture: "May my Master Yogi Gupta's blessings and healings be upon us and may we benefit from these exercises both spiritually and physically." After a series of breathing exercises for cleansing and purification of the nerves, we would move on to breathing techniques for specific purposes and follow with psychic development including visualization and mental projection. Immersed in deep healing relaxation at the end of each session would be the stage where, de-

spite one's best efforts to remain alert by mentally repeating her instructions so as to commit them to memory, a journey on to another plane of consciousness would prove a natural reflex. In what appeared to be the litmus test the practical benefits conferred by our practice for myself, she would, at the end of each session, tell me to look straightforwardly at my own 'image' in the mirror to see for myself the change in my countenance.

"Practicality is most important to him" is one of the statements made about Guru Jee in the introduction to *Yoga and Long Life* (Yogi Gupta, 1958). In similar fashion to her Master, Shiva Dularee adhered to the same tenet and always maintained the same lucid tone and pragmatic and straightforward approach that one finds in Yogi Gupta's books. For one who might have had any lingering doubts as to the effectiveness of the techniques, the transformation of one's mien was the manifest result and the visible outcome of practice.

Just before I would bid farewell at the door to her flat, I would tender the minimal, symbolic fee which she would receive at the end of each class. She would never accept a higher fee from anyone, including the more well-to-do. Since we were only a handful of students and the sum for each lesson was negligible, she had told me that she would carefully put these aside and every six months when a reasonable, albeit modest, amount had accumulated, she would send this to the Yogi Gupta New York Center and it would be forwarded to Kailashananda Mission in Rishikesh, India. Shiva Dularee had also told me that with each remittance she would send an accompanying letter to Guru Jee, informing Him about each one of her students and reporting on their progress.

The week before Shiva Dularee entered Mahasamadhi, she gave me an envelope with my name on it containing a letter which was apparently written in September 2013. This, I was unable to open until now. Her helper Janet, at the cemetery had approached me and reminded me that in accordance with Shiva Dularee's wishes, I should focus on completing the law book which is one of the requirements for the eligibility procedure for associate professorship. It would seem as though the time for the letter to see the light of day was destined to coincide with the realisation of her wish for me to complete the law book which has just been published.

Afife Sayın

September 1, 2013

To whom it may concern

Mehmet Nafi Artemel has been
my yoga student for the last ten years.
He is well qualified to teach techniques
of breathing, relaxation (also known as
regeneration) and meditation.
I highly recommend him.

Afife Sayın

P.S. I have studied Hatha Yoga at the
Yogi Gupta New York Center under a
high Yogi from the Himalayas - Swami
Kailashananda Jee Maharaj - known as
Yogi Gupta in New York, N.Y.

Letter from Shiva Dularee to her student, Mehmet Arthemel,
one week before her Mahasamadhi at age 99

Finally, I must add a few words about her library and copious notes on the philosophy of yoga and the teachings of Yogi Gupta. During the last ten years of her life when I had the privilege to be her student, she continually appeared to be compiling and working on her notes. She had most of these notes typed up and after having had them bound she would hand over copies of these booklets to her students. She also gave me several books, including those by some of the Great Masters, together with some handwritten notes, a number of which appear to have been taken during her practice with Guru Jee, to whom a reference is given by her as 'Yogi Gupta' (annexed to the end of this article).

One of the aspects that I consider most valuable in her notes is her non-discriminatory attitude

towards all the faiths and creeds of the world. Her manuscripts contain the teachings of the spiritual leaders of humanity without distinction of religion or race. This also, seems to me, to be a most timely and precious message at a time when the world appears to be racked by discord and division. Indeed, Yogi Gupta's message to humanity, as conveyed by Shiva Dularee, has special significance particularly for our day when the world is perhaps more than ever in need of peace and harmony.

Om Shanti
—Mehmet Nafi Arthemel



Strong nervous system - practice yoga breathing

Introduction

The atmosphere contains both oxygen and Prana - cosmic energy.

The air we breathe passes into the lungs and is absorbed via lung cells into blood.

The act of breathing propels the blood into the heart.

Oxygen in the breath combines with blood and is propelled through the arteries to capillaries and fed into body tissues.

Prana - the life giving energy in the breath flows through well marked channels into every organ in the body.

The nervous system is the line of communication for distributing the pranic energy.

(2)

Benefits of pranayama - control of prana in the breath

The purpose of yoga breathing is to control, direct and apply the prana - the life giving cosmic energy in our breath - to all parts of our body.

Nadis are the psychic channels (tubes) through which pranic energy by yoga breathing flows smoothly to every organ of our body.

Nadis are composed of fine etheric substance invisible to the eye.

Our bodies contain a complex of 72,000 nadis.

Free smooth circulation of pranic energy requires to have a maximum number of nadis open.

If pranic energy does not flow smoothly various kinds of nervous disturbances are produced.

We have two nadis running through our spine. They are the conductors of pranic energy.

The right nadi carries the positive and the left nadi carries the negative pranic energy. When the positive and negative currents of energy cross each other running through main chakras in our spine energy is created.

(3)

Nature has created two nostrils. The left nostril carries negative pranic energy into the body. It is cool, lunar, and is connected to the right hemisphere of the brain. The right nostril carries the positive pranic energy into the body. It is warm, solar and is connected to the left hemisphere of the brain.

We do not breathe through both nostrils at the same time. One nostril or another is always dominant.

Right nostril dominates at night - heating

Left nostril dominates during the day - cooling

Solar Plexus - store of energy

Solar Plexus situated just at the "pit of the stomach" on either side of the spinal column, is an important part of the nervous system.

It is composed of white gray matter similar to that composing the brain of the human beings. It is called "abdominal brain" and a great central store of prana.

It radiates strength and energy to all parts of the body, even to the upper brains.

Direction of the prana to the solar plexus to make it function more efficiently as an "abdominal brain".

(4)

Yoga rhythmic breathing

Everything moves in rhythm.

In yoga breathing rhythm is important because of the motion created by it.

Yoga rhythmic breathing - inhalation - retention - exhalation, stir up and arouse psychic forces charged by prana.

All molecules in the body move in the same direction and speed. A type of electricity is created. Your system is charged with healing power both psychological and physiological.

Change the rhythm of your breathing change your plane of consciousness and thinking.

Assimilate more and more prana through yoga breathing techniques. Body is charged with energy you are able to do more than you otherwise could.

Breathing immediately brings psychological changes. Psychological change brings change in the brain beat.

The brain beat is controlled by the subconscious.

The brain beat is 12-14 beats.

The heart beat is 80-112 beats.

The beat of the brain controls the heart beat which is pulsation.

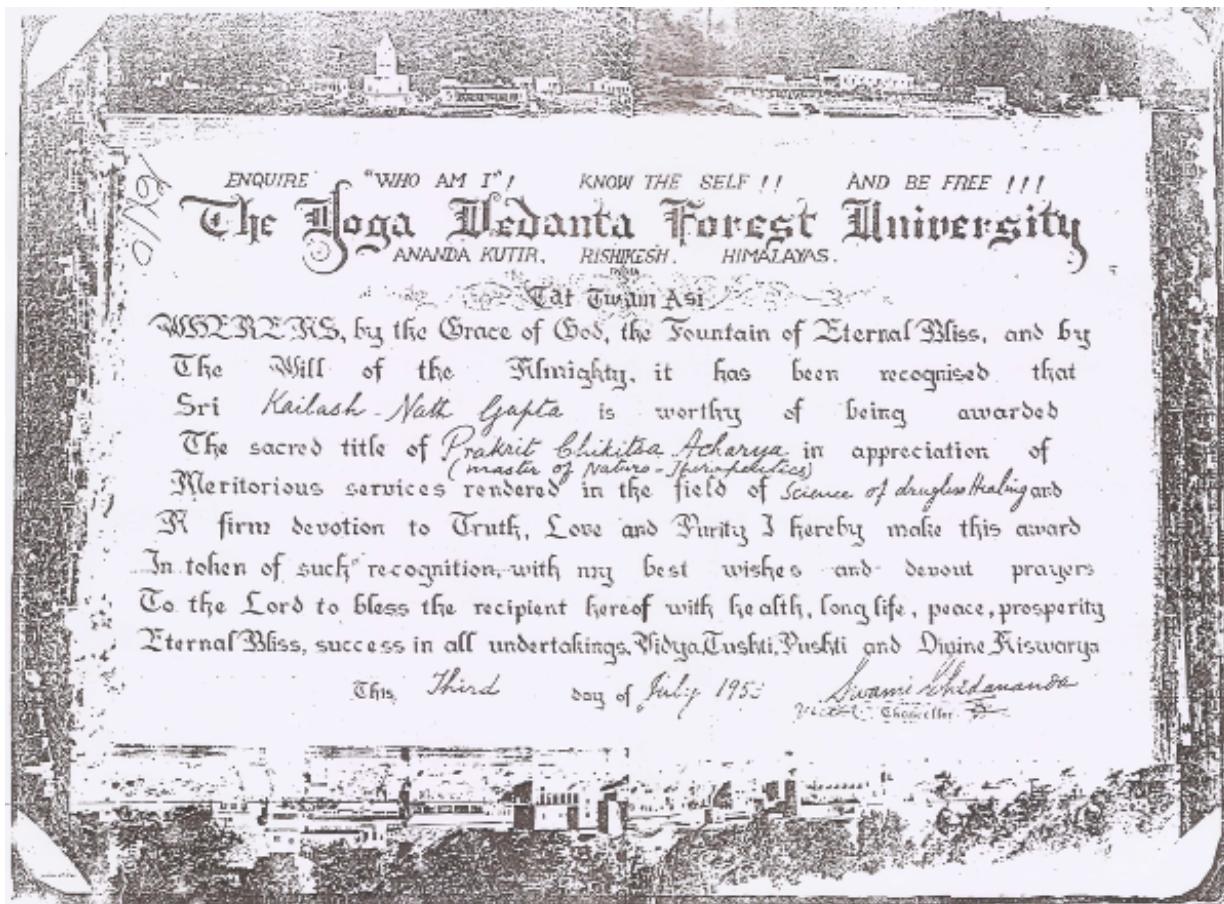
In meditation breathing is slow. In anger or worry breathing is fast.

Asanas and Pranayama prepare one for meditation.

Caution: Wrong doing of pranayama one can lose ones memory.

Yogi Gupta.

Yoga and Nutrition



Yogi Gupta's diploma as Master of Nature Therapeutics
Yoga Vendanta Forest Academy, July 3, 1953

A Cancer Preventative And More

The pineapple, a bromeliad belonging to the family bromeliaceae, whose botanical name is ananas comosus, basically grows in tropical climates, e.g., Costa Rica, Hawaii, Florida, Philipines, parts of India, etc. There are many different types, with different sizes, colors of flesh, acidity and flavors; though flavor pretty much depends on the soil and one ensures divine flavor by allowing the fruit to fully mature on the plant before picking it. Aromatic, the pineapple's healing and nutritional qualities and vitamins – vitamin C, vitamin A, calcium and many unique trace minerals – include bromelain, which keeps joints supple and destroys arthritis.

But much more key is pineapple's anti-cancer property that is preventative of this horrible karma, particularly when combined with cardamon fruit. In *Yoga and Long Life*, Chapter 7. Ayurveda: The Psychosomatic Medical System of the Indians, Gurujee says that the cure for cancer lies in preventing it by abstaining from pork and underdone meat, along with daily intake of pineapple, honey and cardomom. This is not hard to do as the flavor of pineapple and cardomom taken together is delightful!

Pineapple is also a great purifier of the liver and balancer of the bile system. Once, I contracted hepatitis B from exposure to raw sewage and Gurujee gave me a program of herbs (cardamom was one of

them) and the only food intake was sweet pineapple juice for three days. I was completely cured, with the pineapple juice and a green juice added for six weeks as a follow up. The liver showed no damage.

— Swami Jnananand



Cardamom is a member of the ginger family, zingiberaceae, with several important species: In America or England only elettaria cardamomum (official) is commonly available. Growing natively in Malabar, India, elettaria cardamomum, whether cultivated or more wild-crafted, is also known as amomum cardamomum (from Sri Lanka). Bengal cardamom, amomum sublatum, grows in both white or black varieties; the oil has been used in medicine for centuries. Hopefully further research will reveal the climatic conditions needed for cardamom. Possibly it can grow in Florida or California.



So exercise wisdom (jnana) and incorporate pineapple and cardamom in your daily diet and be free from cancer!

Hari Aum Tat Sat

In the Guru's Kitchen

Since Yogi Gupta was known as a raw foods proponent and nature cure expert, how were these values reflected in his own grocery shopping and food preparation? I cannot say too much about what Guruji ate in India, but I can say either from either first or second hand something about his food when he was in the urban environment of Manhattan later in life. I believe there are some lessons for us in this story, because everything that a Yoga Master does is an example for our benefit and what he practised in his diet was also what he counselled everyone to do.

Like any Manhattanite, Guruji had the convenience of many grocery stores nearby, but his favorite store, according to Tribeni Devi, was D'Agostino. There was one on 57th street and about 8th Avenue where Guruji often went. Tribeni said that Guruji liked to go shopping there and select the fruits and vegetables himself, then have the store deliver to his apartment. If you looked inside his refrigerator after a trip to D'Agostino, you would see all types of fresh vegetables and fruits lying on the soft styrofoam packages that they were purchased in, but all other plastic wrapping had been removed. You would see salad greens: romaine lettuce, boston lettuce, oak leaf lettuce, arugula, endive, watercress, scallions, spinach, kale, etc. You would see large beefsteak tomatoes as well as cherry tomatoes, green and red cabbage, cucumbers, red and green bell peppers, radishes, mushrooms, carrots, celery, potatoes, beets and pearl onions. Other vegetables included brocoli, asparagus, and sweet potatoes. The overall theme was freshness and variety.

As far as fruits were concerned, you would see all types of citrus: grapefruit, oranges, limes, etc., grapes, and all types of berries, cherries and other fruits in season, melons – especially watermelon, and pineapple. Also in the refrigerator you might see fresh-squeezed juices: celery juice, carrot juice, orange juice and pineapple juice. On the kitchen counter you probably would see some bananas and avocados ripening. He regularly sprouted nuts and grains; almond sprouts were one of his favorites. I don't think I ever saw anything cooked in his refrigerator, except for one dairy product: some plain,

non-fat yogurt. Otherwise, it was all raw and vegetarian.



Yogi Gupta's refrigerator looked a little bit like this, but with more variety

How did Guruji prepare his food?

Guruji ate mostly raw food, but not all raw. He never fried food, but he did bake potatoes and also had a pressure cooker to steam vegetables. Using a pressure cooker instead of simple cooking pot avoided loss of nutrition due to boiling. That said, according to Tribeni Devi he ate a salad and watermelon every day, and also drank raw juices every day. Guruji also ate large quantities of raw garlic cloves with his food, "like it was candy," according to Krishna Das. I heard from both Krishna Dass and Tribeni Devi, who helped to prepare his food, that they had to be very careful to make sure his food was fresh and washed thoroughly before being prepared.

Guruji's kitchen was an excellent example of adaptation to necessity. A raw foods yogi from the

forests of the Himalayas, he could have stayed there and enjoyed wild-crafted organic fruits and vegetables, but he made the sacrifice of living in the big city so we could learn from his wisdom and follow the example that he set in his life – including in his kitchen.

— Mohan Dass



Upcoming Series On Sustainable Agriculture

It sounds technical, advanced and difficult, but it's not. Sustainable agriculture can range from as simple to as technical as fits your personal needs and space. The phrase "sustainable ag" was coined by Australian agricultural scientist Gordon McClymont. The idea refers to techniques that allow production of more food or animal by-products, with less waste and better health, helping to decrease world poverty and protect the environment. These agricultural principles encompass organisms and the environment with regards to production of plant and animal fibers. In an upcoming series of articles, we'll be exploring organic power and space-saving hydroponics: using no electricity, various types of gardening methods, from city dwellers' use of porch and patio to farmers cultivating acreage, natural pest control, organic fertilizers and much more. Articles are written not only for educational purposes but for fun. See ya next time.

Happy gardening.
—William "Shiva Dass" Cadle



Christmas – Christ Mass

We have now passed through the renewed energy of the season of Advent, the birth of a new opportunity for awareness of truth and the reality of our purpose while incarnated here on Earth. Christ's physical birthday is represented in this Christ Mass, the practice of a ritual of purification and devotion, needed to cultivate the depth and eternity of God-Atman-Christ-Krishna within us. The knowledge of this truth brings the Peace That Passeth All Understanding.

Jesus said, "I am one of many brothers" – a line of enlightened souls brought to Earth to illuminate the path for those seeking God. We disciples of Yogi Gupta had the greatest example of inspiration in our Gurujee, a living Master, or brother of Christ. The example of Christ's life was reflected in his disciples after his physical death, and the preservation of his teachings of Love and Truth were broadly expanded through his disciples, giving opportunity to more of humanity to experience the Peace That Passeth All Understanding, Prosperity, and Bliss of God.

In the same way Swami Kailashnananda tirelessly translated and taught the Vedas to his disciples for 60 years, and, by having become one and inseparable with the Vedas, he directly transmitted Truth and Love of God to us by what the Christians call the Holy Ghost or Spirit, which is the kinetic and active movement of God on Earth. This Holy Ghost is represented in the Vedas by Lord Siva the Transmuter – the third tier of the Trinity – Father, Son and Holy Ghost or Brahma, Vishnu and Siva. So now it is time for his disciples to give more opportunity to humanity to take advantage of the human birth.

Gurujee became more and more emphatic during his last several years that we must take advantage of the human birth. This is the only plane of existence in which one may find Self-Realization. Shraddha can help the soul of the departed evolve more and be inspired to seek out a better, more spiritual human birth, but only in the human birth can one's karmas for Self-Realization be fulfilled.

Therefore, this Christmas and New Year, celebrate your opportunity of human birth and gain knowledge of yoga to fulfill your God-given, Guru-given destiny for Self-Realization – the best remedy to end all suffering and serve all humanity with God's Love.

Aum Shanti Aum
— *Swami Jnananand*



International Day of Yoga

In December of 2014, the United Nations General Assembly **declared** June 21 of each year to be International Yoga Day after a 3-month campaign by Indian Prime Minister Narendra Modi to increase global awareness of Yoga. In his September address before the General Assembly he declared,

"Yoga is an invaluable gift of India's ancient tradition. It embodies unity of mind and body; thought and action; restraint and fulfilment; harmony between man and nature; a holistic approach to health and well-being. It is not about exercise but to discover the sense of oneness with yourself, the world and the nature. By changing our lifestyle and creating consciousness, it can help us deal with climate change. Let us work towards adopting an International Yoga Day."

The UN declaration invites "...all Member and observer States, the organizations of the United Nations system and other international and regional organizations, as well as civil society, including non-governmental organizations and individuals, to observe the International Day, in an appropriate manner and in accordance with national priorities, in order to raise awareness of the benefits of practising yoga."

In India, PM Modi has appointed a "Minister of Yoga" and **taken steps** to incorporate yoga education into India's schools, hospitals, and police academies.

What steps should we take in our own individual countries to increase yoga awareness? How would you like to remember International Yoga Day this June 21st?



YGS Accomplishments Last Year

- In December of 2013, YGS was incorporated as a non-profit, charitable and religious organization. In September, 2014, YGS received IRS approval as a 501(c)(3) tax-exempt organization.
- YGS published seven issues of its **newsletter** in 2014.
- YGS continued to sell on Amazon.com e-book copies of Yogi Gupta's books, *Yoga and Long Life* and *Yoga and Yogic Powers*. In October, 2014, YGS began selling print copies of *Yoga and Yogic Powers* on Amazon.com.
- YGS facilitated Shradha and Navaratra **requests** to Kailashanand Mission Trust (KMT) and updated the YGS website, yogiguptasociety.org, with revised instructions for sending requests for services to KMT in accordance with the information provided by KMT management.

YGS Goals For This Year

- Continue newsletter publication
- Open a publications store on yogiguptasociety.org to increase sales of Yogi Gupta's books.
- Publish a print version of Yogi Gupta's book, *Yoga and Long Life*
- Publish a biography of Yogi Gupta
- Establish a Yoga Retreat Center in NYC

YGS Longer Range Goals

- Expand the publication of works based on the teachings of Yogi Gupta, including books on Nature Cure and Psychic Development
- Expand NYC Yoga Retreat Center activities
- Establish a Nature Cure Retreat Center outside of NYC
- Expand ties with KMT in areas of Yoga and Astro-Divine services
- Expand ties with other organizations with shared values



Contacting Us

Yogi Gupta Society, Inc. is a 501(c)(3) Non-Profit Tax Exempt Religious Organization. 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](#).



Yogi Gupta in the 1950s

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. Further information about becoming a member can be found at yogiguptasociety.org/home/membership-in-the-yogi-gupta-society/.