



Throngs of Pilgrims to 2010 Maha Kumbha Mela on Laxmanjhula Bridge and Bank of the Ganges with Onkeshwar Temple of Kailashanand Mission Trust in background

The Body of Sound

You cannot separate yourself from God. You get into trouble when you start to believe in something false. This course is intended to make you realize the unity in diversity. All are connected with the nine planets, which are connected to God. The Word of God is the causal world. It is the world of vibration, of sound, of the body of light, of the soul, which has its source in the light. The body is run by light, spirit, and sound. When the the world comes to an end, then all these sounds of the 28 nakshatras, the 12 signs of the Zodiac, the 9 planets, they each merge into the one above.

If you want to have this sound, the conch is here – exactly 100% guaranteed.

Just as in a dream there is a projection and the world is created until you wake up and the world disappears, that is why Creation is called Maya.

Sanscrit is the mother of all languages and consists of 108 sounds. That is why when you are born the astrologer figures out which sounds you are. That is how your whole life is interpreted.

Sounds of the 12 signs of the Zodiac:

- | | |
|---------|--|
| Aries: | Chu, Che, Cho, La,
Li, Lu, Le, Lo, A |
| Taurus: | I, U, E, O, Va/Ba,
Vi/Bi, Vu/Bu, Ve/Be, Vo/Bo |
| Gemini: | Ka, Ke, Ku, Gha, Ang/Na,
Chha, Ke, Ko, Ha |
| Cancer: | Hi, Hu, He, Ho, Da,
Di, Du, De, Do |
| Leo: | Ma, Mi, Mu, Me, Mo,
Ta, Ti, Tu, Te |
| Virgo: | To, Pa, Pi, Pu, Sha,
Na, Tha, Pe, Po |

Libra:	Ra, Ri, Ru, Re, Ro, Ta, Ti, Tu, Te
Scorpio:	To, Na, Ni, Nu, Ne, No, Ya, Yi, Yu
Sagittarius:	Ye, Yo, Bha, Bhi, Bhu, Dha, Bha/Pha, Daa, Bhe
Capricorn:	Bho, Ja, Ji, Ju/Khi, Je/Khu, Jo/Khe, Gha/Kho, Ga, Gi
Aquarius:	Gu, Ge, Go, Sa, Si, Su, Se, So, Da
Pisces:	Di, Du, Tha, Jha, Da/Tra, De, Do, Cha, Chi

You all belong to one of these letters. Each sign has 9 letters and each sign has $2\frac{1}{4}$ nakchatras. In the Bible, these are called mansions. Each of these sounds is a perfect sound.

— *Disciple notes from a 10-lesson course in Self Realization given by Yogi Gupta. These notes are from Lesson 6, April 26, 2000.*

	1st Pada	2nd Pada	3rd Pada	4th Pada		1st Pada	2nd Pada	3rd Pada	4th Pada
अश्विनी	वु	चे	चो	ल	स्वाती	रु	रे	रो	त
भरणी	सि	लु	ले	लो	विशाखा	ति	तु	ते	तो
कृत्तिका	अ	इ	उ	ण	अनुराधा	न	नि	नु	ने
रोहिणी	ओ	व	वि	वु	ज्येष्ठा	नो	य	पि	यु
मृगशीर्ष	वे	वो	क	कि	मूला	य	यो	ब	बि
आर्द्रा	कु	ष	इ	छ	पूर्वाषाढा	वु	ष	भ	ड
पुनर्वसु	के	को	हो	हि	उत्तराषाढा	वे	बो	ज	जि
पुष्य	हे	हु	हो	इ	श्रवण	शि	शु	शे	शो
आश्लेषा	ठि	डु	डे	डो	घनिष्ठा	ग	गि	गु	गे
मघा	म	मि	मु	मे	शतभिषा	गो	स	सि	सु
पूर्वफाल्गुनी	मो	ट	टि	टु	पूर्वभाद्रा	से	सो	द	दि
उ० फाल्गुनी	टे	टो	प	पि	उ० भाद्रा	दु	ख	झ	ध
हस्त	पु	ष	ण	ट	रेवती	दे	वो	च	चि
चित्रा	वे	वो	र	रि					

The 108 sounds of Sanscrit. There are four sounds belonging to each of the 27 Nakchatras (from *Phaladeepika*)



Yoga and Long Life, 2nd Edition

A new print edition of Yogi Gupta's classic book, *Yoga and Long Life*, is now available on Amazon.com. Published by the Yogi Gupta Society, and completely re-typeset and re-indexed, this is the 21st Century version of the first edition first published over 50 years ago. It remains the best all-around textbook on hatha yoga for average students. To find it (or its Kindle e-book version) on Amazon,

go to [amazon.com](https://www.amazon.com) and search for “*Yoga and Long Life*,” or click on this [link](#). Yogi Gupta's definitive book on psychic powers, *Yoga and Yogic Powers*, is also published by the Society and available as either a Kindle ebook or a printed book on Amazon.com.



Svadyaya – Study of the Self

Svadyaya is often translated as scriptural study, the actual reading of and reflecting upon the sacred books, as in the Vedas, Upanishads, Yoga Sutras, the Bible and other holy texts. This is preliminary Svadyaya.

When done with concentration and faith, this form of Svadyaya helps the student to maintain a psychic connection with the Masters who have authored these holy texts as well as the living link of the Gurus. These writings continually show the yogi the goal of yoga, and the practical steps that will lead them from the borrowed world of mortals and into the exalted spiritual state of God communion.

Practical application and implementation into daily life is what is required for success. When we study something we hold it in our attention and come to know something of it. Likewise, to immerse ourselves in scripture is to hold the attention to Divine ideas, thoughts and words.

Svadyaya is the key that unlocks the treasure chest of Self-knowledge and reveals the secret to success in all Sadhana. Every thought makes an impression, leaving its indelible mark on the mind. These marks become dormant seeds, and very soon those seeds become watered with fresh actions. Svadyaya plants new seeds in the mind of the Sadhaka (the ideas espoused in the scriptures) and these seeds habitually bear Divine fruit.

The highest svadyaya is the study of the Self. As you inquire into your true nature through constant reflection on the nature of reality, the nature of the true Self is revealed. Gradually, through meditation, you realize the presence of the Eternal consciousness within.

In the Bhagavad Gita, Lord Krishna explains the study of the Self. As we study the five Koshas, and through meditation upon them, the continual negation and lack of identification with them reveals the illusory nature behind them. We soon see that all activities belong to the mind. Through meditation, the Yogi becomes very calm, and begins to realize this. That is the study of the Self.



The five Kosas – Subtle Bodies of the Soul (Spiritual Heart) within the physical body

The Self is formless. Actionless. Always the same. Bliss absolute. Like the space everywhere. All beings traveling in the Infinite ether keep coming, going, passing through space, but the space remains wholly unaffected by them. They are all in God, but God is not in them. The invisible presence of God, the sole Absolute, is beyond time, space and cause.

Svadyaya reveals the truth of time and space, change, and all separation. That is the purpose of meditation. Even if you experience the lower states of samadhi you may feel nice and charged with bliss, but may still not fully know who you are. In the earliest state of samadhi (Savikalpa), the mind is still there. Even the bliss experienced in this state is the mind. Svadyaya reveals the ultimate truth – You are the cause of the bliss.

— *Chandra Om*



The Guru's Word – 'It Be True'

I wish to share a recent experience I had which I feel exemplifies the Guru's truth in his words and teachings. Guruji taught us that the Maha Mritun

Jaya Japa Mantram can pull one from "the jaws of death," both from physical death and from the second 'death' of the spiritual body, if our karma so ordains, with our departure from the Earth plane.

Going back to work after an appointment during rush-hour traffic, I was travelling on a busy four-lane road which moves through the central part of town. I was driving past a large high school and a shopping mall where many of the students park to avoid the traffic after school. After being let out, the students quickly leave, and those parked at the mall walk across the four-lane road from the school. As I approached the school I saw emergency vehicles, police cars, etc. About midway to the school parking lot, traffic was being diverted around the scene of an accident and through the school parking lot.

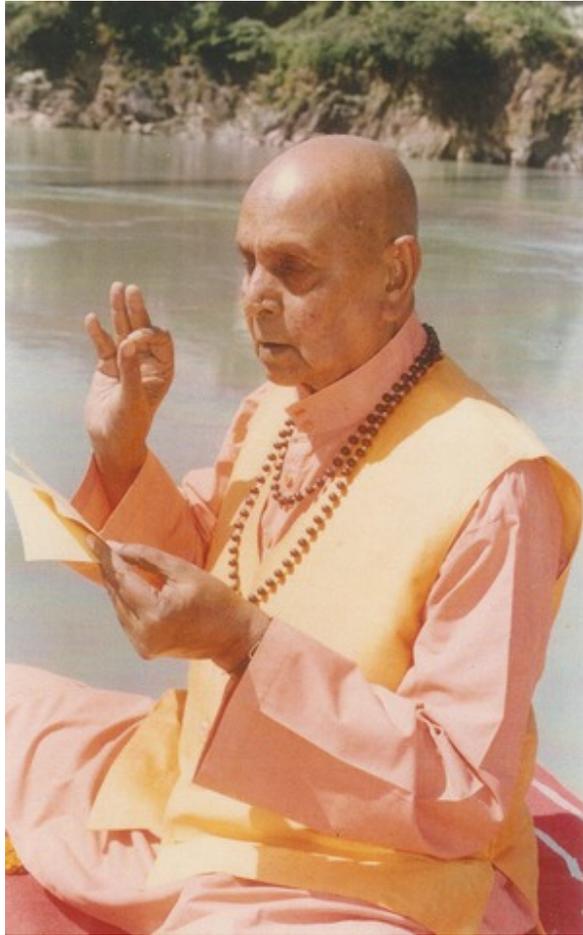
As I drove parallel to the scene I saw a young lad lying in the road in the lane closest to the school parking lot and I saw paramedics tending to him. I was prompted inwardly to go to the scene. I parked in a space left by a student in the lot. The boy was surrounded by two emotionally distraught girls and the paramedics and police and firemen. I stood my distance but had a perfect view of the sad ordeal. The boy had obvious upper body trauma and had been struck while trying to cross the road at an inappropriate time.

The paramedics were giving him oxygen and telemetry was reading his vital signs. They were trying to place him on a stretcher to put him into the ambulance. I heard a paramedic call out, "We are losing him, get the heart paddles!" I fixed my eyes on him and visualized Guruji pouring Ganga Water (a picture I have of him) on the boy and asked Guruji to intervene according to God's will for him and I began chanting the Maha Mritun Jaya Japa Mantram. After only one or two rounds of the mantra, just as they came with the heart paddles to try and revive the boy, the boy opened his eyes and spoke. The paramedic shouted, "He's coming back!" and they successfully loaded him and transported him to a nearby hospital. I left, and later learned that he was in stable condition.

I suppose some might question whether employing and applying Guruji's teachings really had an effect on this young lad, but in my forty three years with Guruji I have seen dozens, multitudes, of such results. For Guruji's teachings are part and parcel and in a direct line with the Love and Mercy of God. The beauty of these teachings as well, besides being sure and true, is that anyone who has learned them can be blessed to use and experience them –

you do not have to be a swami or sannayas or even a direct disciple – only devoted to God’s path with compassion and awareness.

Guruji once said that, “Awareness is half of success on the spiritual path. If you are awake and aware, everything else will follow.” This is why illumined saints’ teachings are so important, they not only help you walk with God but aid, heal and help all associated with you. As the great prophet Isaiah said, “The prayers of one good man offset the sins of many.”



The Guru addresses the Pitries to take their places during Shradha ceremony

Both the Vedas and the Hebrew scriptures state that the member of a family who “walks with God” or is on the spiritual path is karmically responsible for the sins of the other family members going back generations. Hence the reason for Shradha, Paths and the knowledge of astrology and Astro-Divine Remedies. The cycle of birth and death goes on for many lifetimes for most incarnated souls. Guruji quoted the Vedas in his Guru Yoga class, “It

takes one thousand human births for most souls to ever meet a holy man” to acquire the knowledge to even seek out the sole purpose for birth – Self-Realization.

Do not underestimate your power as a child of God. Take the Master’s teachings and use them within the confines of the Yamas and Niyamas. You and all around you will be blessed.

Hari Aum Tat Sat

— Swami Jnananand



Initiation - A necessity from time immemorial

Spiritual knowledge has been transmitted from Master to disciple through initiation – the transfer of the Guru’s knowledge to the disciple by a set practice framed in the Vedic Hymns of Yama and Niyama. Initiation commits a disciple to a consistent and responsible practice which, like a generating flywheel, builds up spiritual energy toward the glorious end of Self-Realization, Atma Krishna and Christ Consciousness.

Recently re-reading Guruji’s transliteration of the requirements for sanayasin, I came across his statement that every sanayasin has the responsibility to initiate at least one student into the ancient knowledge. This responsibility presents a dilemma if a sannayasin is not himself a Christ-realized (self-realized) Master. The ancient path of Self-Realization includes practices above and beyond the basic practices of Hatha Yoga and Psychic Development; without full third eye awareness, knowledge and wisdom, the sannayasin should not be giving out Guru Mantras, etc. However, upon deep study, meditation and introspection, I realized that all the Great Masters leave behind techniques from their legacies which are direct transmissions of themselves. What they leave behind, is what Christ called the “the Comforter”, the Holy Ghost. This legacy is the same as Lord Siva Himself, the third leg of the Vedic Trinity. It is the Kinetic Movement, the Holy Spirit manifesting on Earth, the ignition of Purusha’s Divine Truths “on Earth as it is in Heaven.”

Guruji left behind the initiation into Sandhya Vandan as his transmission of the Holy Ghost – Lord Shiva – The Comforter. His words were, “This practice will give one the mind of the Guru.” The practice of Sandhya Vandan not only has the power of bringing the practitioner into direct contact with

Guruji, but into direct contact with God Almighty — Purusha!

Depending on one's innate karma, one can contact one's chosen Guardian Angel or Master in the body or even disembodied, but this takes consistent dedication and devotion to the practice. As Christ said, "The Kingdom of God is within you." The Yogi Gupta Society has at least two sannayasins and one minister of yoga (senior disciple) capable of initiating serious sadhakas into Sandhya Vandan. This would be a great Easter Tide boon for a serious seeker to arrange (also it is the first part of the Vedic new year).



Swami Jnananand wading in the Ganges River near the Mission at Laxmanjhula

I have initiated forty students into this blessed practice and all have gained great benefits in life from it. You need an anchor to God to find peace and bliss in your life. Sandhya Vandan is a tried and true practice for your Sadhana. Guruji said that there were two things that he did every day and never missed, Sandhya Vandan and the Headstand posture. The Society is offering you this opportunity to be blessed.

Hari Aum Tat Sat Hari Aum

— Swami Jnananand



Turkish blog on Yogi Gupta

Professor Mehmet Artemel, doctor of law and devoted yoga student of Yogi Gupta's disciple Shiva Dularee, has begun a blog on Guru Jee in the Turkish language. So far, Prof. Artemel has posted an introductory note on Guru Jee, here is the link: <http://yoganefes.blogspot.com.tr>. We appreciate the work that Shiva Dularee's student is doing in Turkey to increase interest in the Master's teachings to benefit people's lives. It is encouraging news to disciples and yoga students that these teachings are spreading and will continue to spread across the world through the individual efforts of dedicated disciples and students of Yogi Gupta.



Rainbow over the Mission Temples

Neutralizing Negative Influences KMT Religious Services

Yogi Gupta taught that there are several ways to neutralize the negative influences of past karmas, including: yoga, herbs, yantras, mantras and religious services. Religious services (paths, pujas and other religious services) are performed at the Kailashanand Mission on the banks of the Ganges River by the Mission's Brahmin priests, as trained by Yogi Gupta. These services are prescribed by the Vedic Scriptures as remedies for suffering both here in the Mortal World and Hereafter and the tapas (asceticism) done by the priests to perform these services are credited to the person requesting

them. These services are the best way for the sincere devotees of the Lord to permanently remove the negative planetary influences (karmas of past actions) before they strike. The performance by the Brahmin priests of the Shradha rites for the pitries (souls of the departed ancestors) fulfils the spiritual obligation to one's ancestors and the consequent blessings of the pitries creates good fortune for the sponsor. The performance by the Brahmin priests of the Nav-Durga Path brings the Divine blessings of Durga Ma to fulfill the heartfelt wishes of the requestor.

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 Nav-Durga Path and their prices. Patrons may send their requests either directly to KMT or via YGS, as described [here](#). There have been some recent changes to this request procedure, so please review the instructions carefully before sending your requests.

The procedure for making payments to KMT via YGS is as follows: Send to YGS a cashier's check or USPS money orders made out to "Yogi Gupta Society, Inc." as payment for KMT donations or request. Patrons should include with payment instructions for requests, which we will forward to KMT along with the payment. YGS charges a 10% mailing and handling fee over and above the total amount to be sent to KMT, so please include this additional amount in your payment to YGS. Please allow for sufficient time for any checks to clear, as YGS cannot send a payment to KMT until checks have cleared and payment has been credited to the YGS bank account. The address for payments and correspondence is: Yogi Gupta Society, Inc., 629 W. 170th St., Apt. 2B, New York, NY 10032.

Yoga and Nutrition

The Walnut and its Relatives

The Walnut family of nut trees, Juglandaceae, includes English Walnut (*Juglans regia*), Black Walnut (*Juglans nigra*), close relative Butternut (*Juglans cinerea*) and the Hickory genus (*Carya*), which includes pecans. Unlike so many seeds, these nuts cannot be sprouted by the meat (the eatable part) alone. The inner shell and meat are covered with massive husks and the eatable part is rather laborious to harvest if you have to do it yourself. But due to modern mechanical husking they are readily accessible, although somewhat costly at times. How-

ever, the price is worth the nutritional and psychic return.

As a raw foods vegetarian I had noticed these nuts gave me a lot of physical strength and energy when I was doing hard physical construction work. They are satvic and very powerfully concentrated. But Guruji once said to me, "If you eat too many nuts, you might become nutty," and he laughed. On the other hand, he asked me, "What does a walnut resemble?" after I asked him about walnuts and pecans. I couldn't really answer him, and he asked again, "What do they look like?" I was perplexed, then he smiled, pointed toward my head and gently said, "They look like the brain!" He said that they fuel the brain and psyche, they are very healthy, just don't overeat them or they will give you a tummy-ache.

The Walnut family of nuts are full of essential fatty acids, omega oils, particularly the English and Black walnuts, but also pecans and butternuts. Full of rich cholesterol-free oils and fats, they are builders, not purifiers in the sense of fasting, but also full of quality proteins and minor trace elements such as iron, zinc, boron, magnesium, manganese, calcium, molybdenum, selenium, silicon, etc. Builders of brain cells, overeating them is usually a detriment to the digestion because of the concentrated oils and fats. The roots of the trees of the Walnut family reach deep into the earth to digest and assimilate into their fruit these vital elements – the trees can have tap roots thirty to fifty feet deep and the trees can reach heights of seventy to eighty feet. They are beautiful esthetically and exaggerate the appearance of Mother Prakriti.

Walnuts are native to the United States, including wild species of Walnuts, Pecans, Hickorys and Butternuts. The trees are also very good lumber for furniture and house building.

The most common walnut is the English Walnut, a light amber brown nut that is relatively mild, but more nutritional is the Black Walnut, which is stronger in flavor but having more prana.

All nuts should be eaten raw! Roasting, baking, etc., only turns their oils rancid, which causes a tamasic result in your body. Try a salad of apple and Romaine lettuce, raisins, parsley and fresh mint sprinkled with walnuts or pecan or both. Some fresh lemon juice for dressing. If you want a more gourmet dressing, blend lemon juice, avocado and almond sprouts till creamy – very scrumptious.

Butternuts are more a thing of the past. Once prevalent in New England and the Northeastern U.S., butternut canker (*Sirococcus clavigenti-jug-*

landacearum) has destroyed many of them in the 1960's. These trees now exist only in isolated pockets. In addition, they have lost popularity due to the extreme labor needed to harvest their nuts. As a child at my grandfather's farm in Vermont where several of these trees grew, I remember husking and sorting the meats after my grandfather whacked the extremely hard shell with a small sledge hammer. However, they were well worth it. Yellowish, oily and sweetish in flavor (hence the name butternut) they were put in maple sugar fudge as it cooled so that they would not be cooked – a food samadhi! Hickory nuts are good too, but more seasonal than walnuts and pecans, as they are not grown in as large quantities.

Improve the prana in your psychic reservoir by adding handfuls of raw walnuts and its relatives to your diet! Aum Shanti.

— *Swami Jnananand*



Pineapple-Cardamom Smoothie Recipe

In the previous issue, I talked about the anti-cancer benefits of pineapple and cardamom. As a follow up, here is a delicious smoothie recipe using these two ingredients that you may want to add to your diet.

Ingredients:

- 1 fresh sweet pineapple or pineapple juice
- 1 fresh coconut or coconut juice
- 1 tsp. cardamom
- 1 section of vanilla bean
- 1 banana (if desired)

Blend in blender all ingredients. Enjoy!

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

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](#).