



### Manikoot Mountain Home of Sanjivani Booti

Recently, Swami Jnananand *reminisced* about some of what he has learned over the years about the early life of Yogi Gupta, and especially during his visits to the Kailashananda Mission in the Valley of Saints, Rishikesh, surrounded by the Manikoot Mountain.

This mountain, which ranges up to about five and a half thousand feet in elevation, has a special spiritual significance as the source of a life-giving herb, Sanjivani Booti. If you were to climb it from the Ganges River to its peak, the climate would change around you, and the semi-tropical plants that grow down below at the riverside, the mangoes and avocados, give way up higher to plants suited to a more temperate climate. It could even snow, rarely, up on the top of that hill. It is a climate where certain Ayurvedic herbs, particularly the Sanjivani Booti grows between three thousand and five thousand feet in elevation in that temperate climate. According to one version of the Ramayana, Manikoot Mountain is where Hanuman, the Monkey God and Son of Vayu, the God of the Wind, flew in his search of the Sanjivani Booti, the only herb powerful enough to save the life of Laxman, the brother of Lord Rama. Hanuman was fetched, and told, on the advice of the great Ayurvedic physician, Susena, to go get the life-saving Sanjivani Booti at

the higher elevation of the Manikoot Mountain.

He flew there, across the river, with his supernatural power and looked around but realized that he didn't really know what the herb looked like. So, to make a long story short, he simply wrapped his arms around the top of the mountain and pulled it off. Manikoot Mountain looks like somebody has chopped the top off the mountain with some kind of saw.



It looks like a chunk is missing, you look around at the rest of the Himalayan peaks, that are right there, that's sort of the beginning of the north-east chain, so they are not real high mountains yet, surrounding the Valley of the Saints, but within twenty five kilometers from there are peaks of eight to ten

thousand feet. If you look around at the tops of the hills they are either rounded or pointed like a typical mountain. Well, Manikoot Mountain on one side looks a little bit normal, but on the other side looks like somebody sawed off the top of it like a crew cut. Hanuman took the whole top of the mountain back to the mainland side of the Ganges, where Rama and Laxman were. There Laxman lay dying of a mortal wound from Indrajit the demon. Susena knew which one of the herbs was the Sanjivani Booti and used it to save Laxman's life when all other hope had gone.



Dried Sanjivani Booti

So that's Guruji's home in the mountain. It's a pretty special place. Guruji brought a couple of these Sanjivani plants to his center in New York City. They were very small, and they were dried plants that looked dead. He said that to revive them you put them in water, and you would take one of these plants to eliminate an ailment that could not be eliminated by any other means, to save your life. The lore is that Sanjivani will even bring the dead back to life. It's probably the most powerful and prolific herb that there is. It is very difficult to get unless you know somebody in the Himalayas now. Actually, the Mission is probably one of the only sources of it because it actually grows on the property, and the locals know how to wildcraft it.

Guruji brought a couple of Sanjivani plants and laid one of them on his desk, and it sat there for a number of years. When he got into teaching a course on Nature Cure, in about 2003 or 2004, he only taught about five or six years of it, before his last sojourn to America in 2009. When he started the course in Nature Cure, during the classes this dried Sanjivani Booti root was on his desk. People were, like, "Wow, that's an example of that root." It looked like a dead, withered up straw thatch-

looking plant. Finally, in one of his returns to the United States, when he picked up where he left off in the Nature Cure course, he said, "Well, I know this plant has remained here for several years, but I will prove a point about how powerful this herb is." So he put it in a glass of water that night, after the course. Right while we were watching he got a glass of water and put it in there, upright. He said, "You will see what I am trying to explain to you, next class."



Resurrected Sanjivani Booti

So next class he had a full and growing, green and prolific plant. It looked like brand new. That was only a few days later. That root had just laid there in the open air, he hadn't done anything with it, not refrigerated it, not done anything special with it, it had just laid there, like a dead plant, and a few days later it was completely green with leaves and growing roots. So that was the proof of the pudding, of what he had been talking about in the class. In India, they grind it up, they tend to use it dried. Of course, like anything, it's probably best fresh, but it's used for many different things.

Until recently, I had not found a suitable source of Sanjivani Booti with any of the Ayurvedic vendors in this country, of the real thing. I did find one oil extract of it, an oil-based remedy, but it's strictly out of India, it's not available here in the U.S. Finally, in our searching, to see if there's a source or if anybody is cultivating it, we found one vendor, [Vadik Herbs](#), in California. It does not appear in their catalog, but if you call them, you can order it, if it is currently in stock. Their number is (800)261-7662.

— *Swami Jnananand*



Tribeni Devi (front, in Lotus Posture)  
and Yogi Gupta, (seated in rear)

### **Tribeni Devi**

Born March 16, 1912, and attained Maha Samadhi on Sivaratri, February 26, 2010 at 4:00AM, Carrie Theola Balkcom was initiated as Yogi Gupta's disciple in 1961. This lady, perhaps one of Guruji's most devoted Shakti (female) disciples, served Guruji's work non-stop in many capacities from 1961 to 1997. Her devotion is one of the larger reasons that Guruji's work continued despite many obstacles. Born in Miami, Florida, to a humble, African-American family, her father was a brass and foundry work who was also handy at farming. Her mother was a housewife with four other children. To supplement their income, both parents also cooked and cleaned for well-to-do white families. They moved to Georgia and farmed there early in Tribeni's life, as metalwork was scarce in Miami, but the Klu Klux Klan and racial discrimination caused them to look elsewhere, and they moved to Woodbury, Connecticut when Tribeni was about eleven years old.

Brass work was good in those days around Woodbury and her father found a good job, and racism was much less. Her father left the body in his mid-forties due to blood poisoning from the brass work. Therefore, Tribeni, her mother and siblings all worked to keep things afloat. But Tribeni realized early that education was a key to being better off in America and she took every opportunity to

study and take classes, finally resulting in a Ph.D. in Education. This was very rare for a black female American in those times, when blacks were not allowed into certain restaurants and had to sit in the backs of buses, etc. Yet she worked forty years as a full-time school teacher in New York City, and then worked as a substitute teacher, mostly when Guruji was in India, for nearly 20 years after retiring. She always served long hours at Guruji's New York Center or the Ashram both during Guruji's presence and during his absence.

Tribeni Devi was not only an excellent school teacher but also an excellent yoga teacher as well. I took my first psychic development class from her in 1973, later taking the psychic development course from Guruji himself; it was clear that she had his material down pat. She was a mentor, a good secretary, but most of all a friend. She was a compassionate soul.

Three of her family members became disciples, a niece, a nephew and her mother. It was through her mother that the beautiful **Connecticut Retreat site property** was donated to the Ashram to be used someday as an example of an Astro-Divine Healing Sanatorium and school. It was Tribeni in the mid-70s who kept Guruji's work going after the manager of the Ashram at the time stole a vast sum of money from it and left to pursue other interests.

Although at four feet ten inches of height and ninety eight pounds, Tribeni was physically tiny, her spirit and abilities were huge. In later life, she took care of her mother in Bridgeport, Connecticut, commuting to work and to the Ashram, usually returning home late at night by train, then back to work early the next morning, doing her duty and service. I made that trip many times myself during the last decade of her life, Winter, Spring, Summer and Fall. To do that literally every day is a testimony to her dedication and devotion to Guru, God and Service.

Once, when Tribeni was 87, the last year that she made these trips on her own, she took the late night train at Grand Central Station as usual, but unfortunately left her ticket at the Center. When Tribeni couldn't find the ticket and also could not produce enough money to purchase a ticket, the conductor put her off the train at the first stop, 125th St. in Manhattan. It was Winter at past midnight, the temperature was in the 30s. Tribeni spent the night by herself on that station platform with only a light cotton coat, till an early morning worker going to Bridgeport saw her and bought her a ticket home. I asked Tribeni how she sur-

vived that night and she said, “Well, the Man (as she frequently referred to Guruji) told me, if you need to get warmed up, do lots of pranayama. So I did pranayama and my Guru Mantra and the Man never told me anything that wasn’t true, and here I am, still a kickin’.”

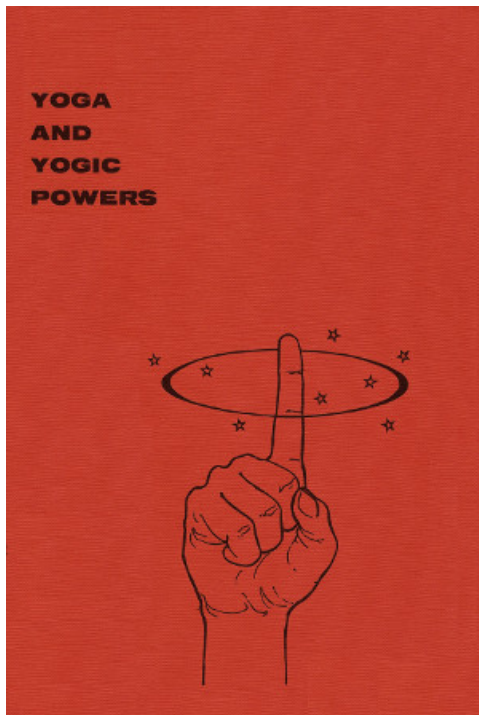
By her 88th year, the ageing of the prakriti anamaya kosa (physical body) had stopped her service at Guruji’s Center, but for some time thereafter, she would accompany me to Saturday night Sat-sang and Meditation when I was in New York City, until that too subsided. But I was blessed to be one of her caretakers until her mortal Samadhi in 2010. I was honored to deliver her ashes to the priest at the Kailashananda Mission, with Guruji officiating, to offer her ashes into the Mother Ganges. As Guruji has said, “Those interred in the Mother Ganges have no more sorrow now or in any lives to come.”

One could write an entire book on Tribeni’s life and service to Guruji and Yoga, but the essence of her life reflected the greatest values of Dedication and Devotion, despite great challenges and obstacles, to the Fulfilment of Duty, what Guruji called “Yajna Sacrifice.” May we all find purpose in Duty to the great path of Self-Realization.

Aum Shanti Aum

—Swami Jnananand

### Yoga and Yogic Powers Is Now In Paperback



Yogi Gupta’s timeless book on releasing mental powers, *Yoga and Yogic Powers*, is now available on Amazon.com not only as a Kindle e-book, but also as a newly indexed paperback from the Yogi Gupta Society. Publication of this edition represents one more step toward our goal of making Yogi Gupta’s teachings more widely available. *Yoga and Yogic Powers*, and its predecessor volume by Yogi Gupta, *Yoga and Long Life*, are both available as e-books and yoga students everywhere now can take advantage of their timeless wisdom and practical instruction, advice and information. Yoga teachers are able to include these works as textbooks in their yoga classes, in particular, *Yoga and Yogic Powers* is perfectly suited as a textbook for instruction in the principles of psychic projection and psychic treatments.

The Society is now turning its attention to republishing Yogi Gupta’s first book, *Yoga and Long Life*, as a paperback. If you have experience in book design, editing, or simply have a desire to help in this effort, please let us know, volunteers are needed!



### 2014 Shradha and Navaratra Requests Performed by KMT

Patron requests have been performed by the Brahmin Priests under the auspices of the Kailashanand Mission Trust at the Ghat of the Multi-storied Sri Trayambkeshawar Temple at the bank of the Holy Ganges and at the Multi-storied Sri Swarg Niwas Temple. Photos of the 2014 Shradha ceremony and 2014 Navaratra Path can be seen in the [photo gallery](#) of KMT’s new [website](#).



### **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.



### **Yoga and Nutrition**

#### **The Almond - A King of Kaya Kalpa**

The almond tree (*Amygdalus communis*) belongs to the rose family (rosaceae), which Guruji called one of the most holy flowers. The almond, also a relative off the peach tree, has the most beautiful, pinkish-white blossoms in the Spring. Almonds are divided into sweet and bitter types. The sweet type being what we mostly know for food consumption while the bitter type is known for its powerful medicinal oil.

The fruit of the sweet almond is packed with Astro-Divine power, both nutritional and spiritually healing. The oil of the sweet almond also is used for body massage or skin conditioning. Nutritionally, the almond is probably the greatest of the edible seeds and nuts, although it is almost unfair to call the almond a mere nut; it is a seed of a flowering medicinal tree. Almonds are full of trace minerals: zinc, manganese, magnesium, calcium and

iron, they have all the essential amino acids and B-vitamins as well. Almonds are very good for building teeth and bone when Mother Nature's raw milk is unavailable.

Inside the hard shell, the entire seed is edible, including the kernel, which contains the cancer-fighting agent laetrile. The only part that becomes inedible is the skin – if the almond seeds are sprouted, the skin becomes toxic throughout the germination process, but sprouting greatly magnifies the live nutritional and enzymatic quality of the sprouted seed. Even unsprouted, raw almonds are very nutritious. Roasting diminishes not only nutrition but also rancidifies the oil in the seed which then nutritionally robs the body. Thus almonds, as well as all seeds and nuts, should be eaten only raw.

#### **The Raw Almond Dilemma And A Solution**

However, sprouting raw almonds has become a dilemma in the United States. Nearly five years ago, the United States Department of Agriculture (USDA) demanded that all almonds grown in the USA be pasteurized due to what they say is a threat of salmonella. After thousands of years of consumption of raw almonds with basically no proof of this, and over one hundred fifty years of growing almonds here in this country as well, one can only surmise that this was a political decision to put an end to extraction of laetrile used by alternative medicine practitioners to treat cancer. Laetrile can only be effectively extracted from raw almonds. So pasteurization has put an end to competition with the FDA-approved established medical treatments of cancer.

But the good news is that raw almonds are still available from other sources. For example, **Jaffe Bros. Natural Foods** (OrganicFruitsAndNuts.com, tel.: 877-975-2333, fax: 760-749-1282) is a high quality organic health food distributor in the business for over fifty years that has found a loophole (so far) by importing organically grown almonds from Italy. These Italian almonds are not the hybridized almonds grown in the USA, they are smaller and darker and not as sweet, but they are alive and they sprout. Prices for almond seeds have sky-rocketed in the past two years, but if we buy cooperatively from Jaffe Bros. through the Yogi Gupta Society, Inc., we can get up to a forty percent discount on most of the products that they offer (which are many). They currently have raw, organic, imported Italian almonds in stock.

There are also imported almonds from the Middle East, not necessarily organic, but probably cheaper. These can be found in Middle Eastern food stores. There are also almond seeds grown in parts of India that are available in Indian food outlets, again not necessarily organic, but often wild or natural and unsprayed, just as Mother Nature takes care of things. I have found that our local Indian store occasionally has them.

At one time, there were some private USA growers selling raw almonds directly through mail order. Technically, any almonds grown in the USA are illegal to sell if not pasteurized, I don't know if the mail order farmers here are still in business, they were some four years ago, but I am sure that the USDA has given them trouble.

Guru and God will provide if we earnestly seek the healthy and yogic way of nutrition. I ask any reader who knows other source of *raw* almonds, shelled or unshelled, to please **submit these contacts** to the Yogi Gupta Society, Inc., so we can let readers know.

A word of warning: It is not illegal and not uncommon for stores to advertise unroasted, pasteurized almonds produced in California or anywhere in the USA under USDA rules as raw or natural. One guilty party is the MaraNatha Company, a subsidiary of The Hain Celestial Group, Inc., who makes "Raw Almond Butter." These almonds are California grown and pasteurized, so check your store to be safe.

### Almond Shake

On a more upbeat note, we will end this with a recipe from Guruji:

- 1/4 – 3/8 cups Peeled Almond Sprouts
- 3 Dates
- 1 Ripe Banana
- 1 cup Fresh pineapple or orange juice



Whiz in blender until smooth. If pineapple juice is used, throw in 1/4 – 1/2 tsp. cardamom.

Enjoy. Hari Aum

—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 [yogiguptasociety.org/?p=1203](http://yogiguptasociety.org/?p=1203).



### 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](mailto:info@yogiguptasociety.org). Past newsletters are archived [here](#).