



Lord Siva

Meditation with the Master

Why should you meditate? It is to find where the truth really lies. Primarily, you are a spiritual body – a spiritual being. You have your obligation to your family and business, but even more so you have a spiritual obligation to foster that which is the Real You, the Image of God, the Eternal Being.

To identify with the Incorporeal Body, the Spirit, you must learn to stay close to God within your spiritual body. You must stay close to the Shepherd which is in the center of your Spiritual Heart. The man-eating lions are looking for you, to devour you. For your own protection, stick close to your Real Self, the Spiritual Heart – the Shepherd. You are the sheep, so stay with the Shepherd.

Lord Siva is the center of the jiva or soul, “I am Thee, oh Lord, Thou art me, oh Lord!” Your spiritual identity is Lord Siva, who is part and parcel of the jiva, the soul. The Pure Soul is Lord Siva!

The corporeal darkness, dust or lampblack of the world is not Lord Siva. That lampblack from past wrong actions must be removed by meditation; until then it makes you blind to the Truth, that Lord Siva is the Pure Jiva.

Identification with the body is from our desires. The senses control us until we control them with meditation. That is when we no longer identify with the senses. Until then the curtain of desire contin-

ues to make us identify with the five senses of the body, not the soul. Bonded to the flesh and not to the soul, we must make effort through meditation to identify with the Truth, the incorporeal body. This is the real purpose of our life; identification with the Pure Soul.

We spend so much time taking care of the corporeal body, which is ungrateful and which finally will be shed. The monkey mind is always hooked by sense pleasure, which constantly hounds us and drags us back to body awareness. We must identify with the Eternal Self for Self-Realization and “The Peace That Passeth All Understanding.”

Purusha, the Spiritual Mind, projects itself into true Nature, Prakriti. It never changes, but the senses and the monkey mind and body awareness crush our awareness of it and draw a curtain of dust and lampblack over it, and then we do not identify with Love and Truth, which is the Real You, Eternity, and the Pure Jiva.

We return from death by reincarnation, but again we get caught by the trappings which we have created through our sins. These trappings become our destiny: our caste, tendencies and habits. We are enslaved and trapped by our habits and samskaras. We suffer diseases, bankruptcy and more. We pay for our karmas and our sins. We stray from our Shepherd and then the man-eaters are ready to de-

your us.

There are two stones; the Grinding Machine works day and night, grinding you, the grain. The only grain that is saved is that which stays by the axle.

Make use of the present. Make use of right now! You can change your karmas – your samskaras. What you plan for tomorrow, do today. What you plan today, do right now! All the trappings fall in the process of evolution. The moment the jiva, your soul, frees itself from its trappings, you are free, or ready to be born again into the Image of God.

Note: These notes from Guruji's meditation class on the evening of June 21, 2007, are not enough to transfer its power. May they simply inspire us to continue to strive for the personal Presence of the Master in our meditations, and in all that we do in our lives. — Swami Jnananand



Yogi Gupta treating a patient at the Mission's free Nature Cure clinic

Two Week Yoga Retreat

Yoga revitalizes the body, calms the mind, teaches true relaxation (virtually unknown to the West), and shows the way to true inner peace. For any age, religion, nationality and background, Yoga has something for you. Yoga methods for achieving physical, mental and spiritual well being are:

1. Physical exercises
2. Breathing exercises
3. Relaxation
4. Concentration
5. Removal of thought pollution
6. Conquest of inner space
7. Positive thinking
8. Proper food
9. Purification
10. Observance of silence
11. Study
12. Sanscrit mantram chanting
13. Meditation

Our system affords maximum progress in the shortest possible time. Each day starts early for spiritual discipline and good health:

6 AM – Morning meditation. When the mind is pure and disturbing vibrations of activity have not yet begun, meditation and strong positive thoughts in the morning give strength to cope with tensions of the day.

Followed by – Sanscrit chanting to tune the mind to higher levels of consciousness – amazing peace and joy results.

Physiology lesson – Short explanation about important items of health: digestive system, benefits of fasting, how to stop smoking, drinking, drugs, etc., cleansing techniques.

Eye exercises – To keep the eyes strong and the vision clear – improvement in two weeks!

Pranayama – breath control, resulting in mind control. The ancient practice of pranayama through which one may achieve greater energy, better concentration, more emotional control, a purer psyche and stronger mind.

Asanas – postures – from basic techniques to highly advanced poses. Progress by many beyond all their expectations. Outdoor classes, if possible.

Brunch – Two meals a day – do not overwork the digestive system.

Free time.

4 PM – Asanas – another class makes for maximum progress during stay.

6 PM – Dinner – the day's outdoor air, water and exercises makes this a most enjoyable meal.

8 PM – Evening meditation and philosophy – the day ends by stilling the mind and searching deep within ourselves for peace, knowledge and joy; reading the Bible, the Gita, the Upanishads, the Vedas, the Sutras. There are lectures on: karma, food, breathing, the nature of the mind, invisible but powerful laws, how to stay young and strong, the secret of colors, sprouting, why we fast, what is sin,

the Third Eye, how to live to be a strong 100 years old, food, and other topics.

10 PM – Lights out; insomnia is no more a problem.

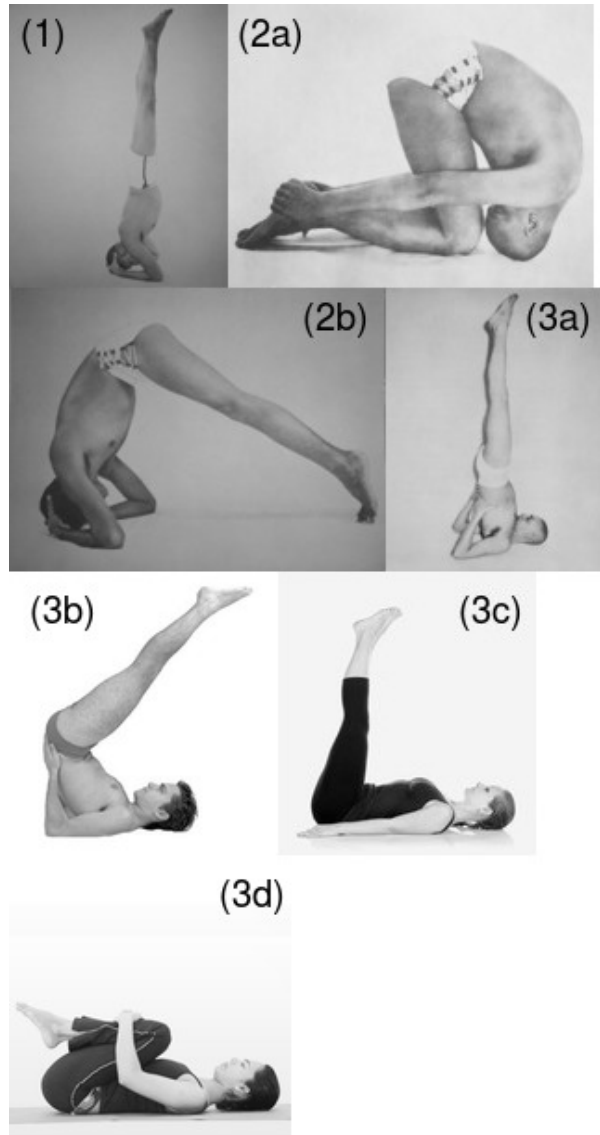
Beginners get a thorough introduction to all aspects of Yoga; advanced students can broaden their knowledge and practice. All ages and abilities are welcome. After two weeks, vacationers/students generally return to their homes with new energy, vigor and enthusiasm, and have learned enough to continue their Yoga practice at home.

In the beginning most students come to see if Yoga can help them with a problem – physical and occasionally mental or emotional. During the past few years each year brought a greater number of people, who were sound in body, but were looking for a new way of life. Many of them had experimented with drugs only to find that every high brought a new low. Through Yoga exercises, breathing and meditation, an ever growing number of these young people found the answer to their spiritual problems and joy in a new life style of selfless service. Christians, jews, buddhists, hindus, moslems and others found a deeper understanding in their religion and church attendance.

Through spiritual practice one discovers an ocean of bliss that lies within. Then one can use the energy and will he develops to help others onto the path.

Yoga changes the ordinary vacation of tiring activity and fun to a beautiful vacation of true pleasure and profit.

— *Excerpts from Videha Kumari's notes from the 1960s. Videha Kumari was the senior-most disciple of Yogi Gupta and conducted many Yoga retreats. She was the founder of the Kumari Yoga Ashram of Melbourne, Florida.*



Upside Down Postures

1. Head Stand
2. Hare
 - a. Basic Hare
 - b. Advanced Hare
3. Shoulder Stand
 - a. Basic Shoulder Stand
 - b. Viparita Karani - 45° inversion
 - c. 90° inversion - back on floor
 - d. Cannonball

Guruji said that the Head Stand is the only asana one needs to practice for perfect health and Self Realization – one who stands on his head for one hour daily will achieve Self-Realization quickly. The Shoulder Stand, or Pan-Physical Posture, He recommended for rejuvenation of the whole body. Gu-

ruji's descriptions of the Head Stand and the basic Shoulder Stand can be found in His book, *Yoga and Long Life*.

Upside down postures open the Third Eye and the Thyroid Chakra, the Chakra of Wisdom – Vairagya. When the body is upside down, the heart and the venous vascular system below the heart do not have to pump against the force of gravity, increased blood goes to the head and brain, the heart rests more than during sleep, and there is total body rejuvenation. Guruji Himself did at least two asanas every day: the Sun Salutation and the Head Stand.

To retard the aging process and to strengthen the heart and the overall circulation, find which of these upside down postures you can do best, for at least 3-5 minutes at a time, once per day at first. Then you can gradually work up to more time.

Get in the habit of doing upside down postures now, then in your senior years, these postures will help to keep your blood pressure normal and prevent heart attack, stroke and senility. I am now 63 years old. Despite many health problems I have from chemical contaminations earlier in my life, one thing that is fine is my blood pressure; it is the same as it was in high school. I have not missed doing the Head Stand for 5-10 minutes each day for 40 years. This is proof of Guruji's words. As Guruji explains in *Yoga and Long Life*, there is no doubt about the benefits!

Aum Shanti Aum

— Swami Jnananand



Cherry Tomatoes

The Tomato

The tomato, *Solanum lycopersicum*, is one of the most popular fruits known to Man. It is part of the Solanaceae family, the family of the deadly nightshade and its relatives: eggplants, potatoes, peppers, etc. These plants in their green or unripe stage are rather repulsive or almost poisonous, but upon ripening become nutritious, prana-giving and healing. The versatile tomato is grown to be eaten fresh, cooked, canned, dehydrated into paste or dried.

Nutritionally, the tomato is super high in vitamins A and C and has large amounts of calcium and iron for a fruit. The tomato also contains lycopene, a phytonutrient and anti-oxidant essential for health. Metaphysically, Guruji said that it is a food which simultaneously purifies and charges the solar plexus (manipura chakra). He recommended it to me years ago to remedy a deficiency in my solar plexus.

On the other hand, the tomato is one of the most genetically modified and contaminated fruits of today. For this reason, the best tomatoes to eat are:

YOGI GUPTA

211 West 56th Street ~ (25-C)
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Feb 20th 1987

Dear Keenover,

In case you decide to extend your two week program please add one glass (large) freshly made vegetable juices to your present diet. Details of vegetable juice are given below for your convenience:

- (i) 75% Cabbage flesh.
- (ii) one whole bunch of parsley.
- (iii) one whole bunch of Watercress.
- (iv) one whole bunch of fresh Peppermint leaves
- (v) fresh Ginger of the size of a cherry.
- (vi) one tomato
- (vii) 10 to 15% fresh spinach.

you may take 1/2 glass at a time at a interval of six to eight glasses.

Yogi Gupta

1. Field grown, soil grown tomatoes that have not been gassed and have not been coated by waxes.
2. Organic hydroponic tomatoes.
3. Most cherry or smaller tomatoes, which are not gassed or waxed, and are closer to the original wild tomatoes or heirloom tomatoes.
4. Home grown tomatoes; they adapt easily to pots.

Tomatoes should be thin-skinned and juicy

What constitutes a good quality of tomato? Good tomatoes are smaller, not uniformly shaped, thin-skinned, very juicy, full of those gelatinous seeds, very flavorful. They are slightly salty, simply because they contain natural and healthy sodium, and therefore they are an excellent source of natural hydration.

I studied a natural form of horticulture where our professor genetically regressed tomato plants back several hundred years until they were close to their wild origins. This process took nearly two years even though he started with heirloom tomatoes from Europe. The results were odd-shaped fruits similar to medium-sized Roma tomatoes, thin-skinned, juicy as a good citrus, and with a flavor I have never tasted since. There are heirloom tomatoes available today, usually larger than these were, but still much better than GMO tomatoes; so keep your eyes open. Tomatoes with thick skins are not good quality or nutritious; they are GMO's for sure. If no heirloom varieties are available, than stick to cherry tomatoes; not grape tomatoes, as they too are GMO's grafted into the cherry type of tomato plant; they are not very juicy and are less nutritious.

Finding tomatoes like those in my school is unlikely, but there are good heirloom varieties and cherry varieties out there. The following is a wonderful nutritional and purifying fresh juice that Guruji once prescribed to senior disciple Videha Kumari as part of a two-week rejuvenation program, made from cabbage and several other vegetables, including the tomato.

Aum Shanti Aum

— *Swami Jnananand*

Yogi Gupta's Fresh Cabbage-Vegetable Juice

One large glass of freshly made vegetable juices, as follows:

1. 75% cabbage fresh
2. one whole bunch of parsley
3. one whole bunch of watercress
4. one whole bunch of fresh mint leaves
5. fresh ginger of the size of a cherry
6. one tomato
7. 10% to 15% fresh spinach

You may take one half glass at a time at an interval of six to eight hours.

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/.



Sustainable Agriculture

Sustainable agriculture is not only a means of producing and feeding ourselves in a wholesome and eco-friendly manner, but is actually a form of yoga in itself.

The great yogis of the past would be proud of a society which fed itself through farming techniques that worshipped the earth and protected all living things. Learning how to grow with sustainable methods is not hard. Information is readily available via the Internet, periodicals and even in your local garden departments. The demand for organic food has risen 20% over the past 5-7 years. The awakening of society to a healthier diet and lifestyle in general is more prevalent than ever, and the resources to achieve this lifestyle is right at our finger tips.

The average apartment dweller can begin small container gardens either on small alcove balconies or

near sun-filled windows. This link will get you started:
bit.ly/1gG7z9w.

Just start growing. Let's all do our part and put a smile on the great master's face.

— *William Shiva Dass Cadle*



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](#).



Pilgrims bathing in the Holy Ganges River near the Kailashanand Mission in Laxman Jhula