

Yogi Gupta in the Temple to Lord Shiva at Kailashanand Mission. His life was an example of Yagna Sacrifice

Yagna Sacrifice

Yogi Gupta began His Self-Realization course in 1997, and then turned to courses in Guru Yoga and Advanced Guru Yoga. Advanced Guru Yoga was still in progress in 2009 when Guruji stopped coming back to the United States. A great focus of the courses, which deal with aspects of Self-Realization and how to achieve that great status and purpose in life, is what He called Yagna Sacrifice. Yagna Sacrifice means your chosen duty. His focus on that grew, especially toward the last two or three years.

My assessment of the courses, of what Guruji taught, breaks into two parts. The first part is your chosen duty as a human being. The only purpose for human incarnation is Self-Realization. As Guruji pointed out, the gift of human birth is a great gift

if it's used for its purpose, which is yagna – the sacrifice of the lower nature to the higher nature, which culminates in Enlightenment. Our only purpose for human incarnation is Self-Realization. Time and space are given to us to enact our karmic role toward that goal. Anything else beyond that is unfortunately a great error in judgment. Those who are not on the path of Self-Realization are wasting their precious incarnation of human birth, which ends in futility of death and birth again into the finite body – the material body.

Given that our only purpose is Self-Realization, our immediate goal is to embark on a path of sadhana and spiritual practice to achieve that ultimate goal. This is most advantageously achieved at the feet of the Sat Guru. According to the Vedas, the best way



Lord Krishna counsels Arjuna

to materialize the auspicious factor of accelerating one's ability to perceive God, is through direct magnetic influence and polarization by sitting at the feet of the Saint and serving Him. This is illustrated by the life of Arjuna and Lord Krishna in the Bhagavad Gita. Seeking Self-Realization is the ultimate Yagna Sacrifice., but a framework is needed in human life in order to embark upon this path. First you have to find a Yogi, and that's not so easily done. Human beings go off on tangents in most erroneous, self-deluded ways for a long time before they finally suffer enough to convince them to seek their birthright, which is Self-Realization. The Vedas state that a soul incarnates at least one thousand times as a human being before ever meeting a Holy Man. The second part of Yagna Sacrifice comes from this fact. You've made a lot of karma, personal to yourself, which has to be resolved.

Everybody's karmas may have overlapping similarities, but nobody's karma is the same, due to the individual aspect of creation, instilled in the creation by the Creator. God made us all individuals,

despite the fact that we unify with God once again, on a level that incomprehensible to a rational mind, which merges us all into the same Soul or Atman. This is only able to be done by the human incarnation. It is so precious to be born as a human being. Animals cannot achieve Self-Realization. Animals, despite whatever high level of prakriti that animals may achieve, who instinctively know what to do with their lives, are bound by innate instinct, and only act according to their form of incarnation, but it's not conscious action. It's not the conscious process of choice that human beings have.

The Vedas, the Christian Bible and other Scriptures all say that human beings are created in the image of God. That doesn't mean that God is a man in a white beard sitting on a throne in Heaven. It means that we are born to rise up to the level of Christ Consciousness, the awareness of Atman, the same as God. As children of God, we have all the attributes of Consciousness because God is Consciousness. Even though God can take on any form at any time at any place, that's not the highest nature of God or Purusha, which is the immaterial state of universal and infinite energy, imperceptible to the rational mind.

The Search For God

Self-Realization is actually our normal state of being. Every other state of being is delusion or Maya, also known as Satan in Christian terms. Believing in Maya is an unsalutary infraction of God's will and a delusory state. Our individual karma has to be resolved, so how do we begin a conscious search for God? By the Grace of God, a Guardian Angel or Guru appears in physical form and aids us when we are ready. At the feet of the Guru a light bulb turns on in the mind.

I'm not going to rule out the fact that some very saintly people have achieved Self-Realization, having found their Guru in a psychic or astral state, who was not manifested on the physical plane, but for the most part the average person who seeks God needs a living Guru in the flesh. This is very important, because the five senses are so deluded by sense objects and the mind is so dense and so shallow that we need a direct day-to-day contact with something which is concrete. The Guru is needed in front of us for quite a period of time, letting in the Truth of Spirit, until we no longer need the physical prop, but continue on with the vision of Spirit.

In His courses on Raja Yoga, Self-Realization, Guru Yoga and Advanced Guru Yoga, Guruji taught that the Yamas and Niyamas must be learned first; there

is no Yoga without Yama and Niyama. Listed in both of Guruji's books, *Yoga and Long Life* and *Yoga and Yogic Powers*. There are basically eighteen Yamas and Niyamas, or Do's and Don'ts. They are the vices to avoid and the virtues to observe of human life, which have to be learned and enacted in our soul in order to firm ourselves in the path of Self-Realization. The Ten Commandments are part and parcel of Yama and Niyama. It doesn't matter whether you call them the Eightfold Path of the Dhammapada, the Eight-Limbed Path of Raja Yoga and Hatha Yoga, the Yamas and Niyamas, the Ten Commandments, they are all basically one and the same; the first step on the spiritual path. Guruji said one must learn the Yamas and Niyamas or else powers acquired through sadhana will be wrongly used in a selfish or gainful manner. The Sat Guru knows when the disciple is ready to hear and learn these things.

What today is called Yoga in the world is unfortunately just doing a lot of fancy asanas or postures or using some type of siddhi or some kind of meditation or pranayamas and achieving psychic powers, not spiritual powers. Yama and Niyama keeps you within the realm of spiritual power. Psychic power and spiritual power (which is framed within Yama and Niyama) are two very different things. As Guruji pointed out in His courses, when you acquire power, unless you know how to use it, it will be used in a selfish or gainful manner.

We finally have to deal with our individual karmas when embarking upon the spiritual path. The best way to do that is to find the Sat Guru, if you are not absolutely sure that you have a Guardian Angel or psychic Guru to guide you without fail. Yes, the Sat Guru is, as people like to believe, Infinite Wisdom in the Inner Heart, but when you are embarking on the spiritual path it's like toddlers learning to walk need a lot of help and props and parental guidance to keep them safe until they actually learn to walk and are steady on their feet. That's the purpose of the Sat Guru, and the Guru will manifest when a person is serious about spiritual practice, Godly virtues, and a life of Yagna Sacrifice. God's saint sees the person from birth, and manifests in the life of the serious seeker. At that point, the potential disciple has a choice to make: either to accept that guidance or not.

Unfortunately, sometimes people have a karma where they actually manifest a Holy Man in their life but then they reject it at a later date, for various reasons. The real path of Self-Realization is not so easy. The greatest wisdom, knowledge, joy, bliss

and love that one can achieve, the Yagna Sacrifice, comes with a price. Many people decide at a certain point it isn't worth it, and they turn back. They may turn back temporarily, and if they are blessed enough, their alienation from the path will quickly re-engage them to their Guru or their chosen path of Self-Realization; or, it may need another lifetime or even lifetimes before they embark upon it again.



Ancient Yagna Ceremony

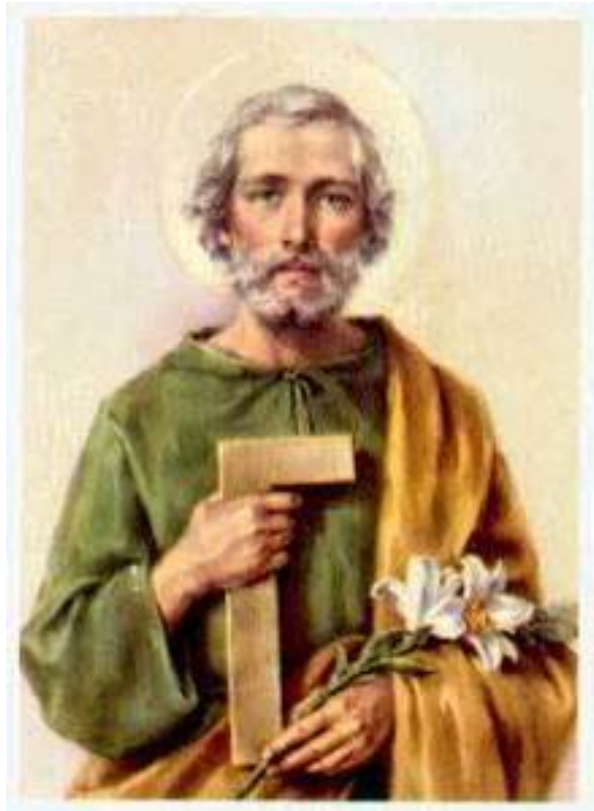
Yagna Sacrifice is Duty, Penance and Purification

Yagna Sacrifice is doing your duty within your karma as it is now, to find the ultimate duty, which is Self-Realization. Self-Realization is the status of life that serves God and Humanity to the greatest degree. It is what we are born here to do; find God and then serve God in Man. All real Gurus, all great Gurus, that's what they do. They come to show the example of penance. As Guruji said, first comes confession, then atonement, and then a life of tapayas (penance). Once one recognizes that, one engages permanently on the path of Truth.

All great teachers, whether Christ, Buddha or the great Gurus, teach the Truth and don't teach religion. None of the Gurus started a religion. The Saints didn't start Christianity, Buddhism or Hinduism. People started those religions according to certain aspects of the teachings that they enjoyed. But the Truth, as Christ pointed out, is what sets you free, and the Truth is Yagna Sacrifice.

If you are a carpenter, a housewife or whatever, when the light bulb comes on, when you are really seeking God, it doesn't necessarily mean you are going to abandon that. You are going to integrate it and merge into the duties of your life an extra aspect of duty to God. In other words, you are going to gradually transfer the energies of what you do on a

daily basis into serving God. Your energy now as a husband or as a wife or child or grandparent, etc., is to serve God in Man. It doesn't mean that you are going to run away and live in the Himalayas and sit cross-legged in a cave. As Guruji pointed out, the caves are all rented now in the Himalayas, there's no more space for people to go. There are sadhus who are chosen for various reasons to live in those caves, but for most of us it's a very impractical thing today to go live the life of tapayas and renunciation far away in the Himalayas or up in the woods and abandon all the material responsibilities in life.



St. Joseph, Carpenter and Householder

No, it's not practical and also not necessary. You simply have to resolve to purify and resolve your personal karmas standing in the way of Godhood. There is no God Realization if you don't burn the karma. The karma has to be transferred from error to victory through Yama and Niyama. This is the great error of so many people, who elect to embark upon what they call their sadhana. They are embarking on their path of Self-Realization, but think they have to run away from the responsibilities that they have created. It's true that certain responsibilities are outside any form of Yama and Niyama, but the hard work and job of taking care of your family

is not that case. The duty of being a householder, you still have to fulfill, even if you are a divorced person and you have children. You are still responsible for them. The husband and wife still have to take care of the children, forge a proper education for them, and so on. However, you change the format. You do what is prudent to God's world. That is the material world at the point of spiritual transformation, the point at which it's very helpful to have a teacher or a Sat Guru as a guide who has already trod the path and become self-realized.

However, being a drug dealer or selling pornography doesn't fit within Yama and Niyama. So it is likely that there may be some definite material things that you have to change. I'll just cite an example in Christian Fundamentalist terms; there's a pornographic magazine on the market called Penthouse, I don't know if it's still on the market, but it was one of the ones that was a competitor of Playboy magazine back in the day, and the editor and publisher of that magazine announced that he had become a born-again Christian. But did the magazine change, or did he renounce the magazine? No. He continued making money on that which does not fit into Yama and Niyama, nor did it follow the Ten Commandments. There may be aspects to your life that have to change and people that you've been hanging around, that you have to stop hanging around. You may have to change some things on the material plane.

Who is a Real Guru?

There are so many gurus out in the world of today, especially in the name of Yoga, who are not real gurus. The real Guru is something beyond the rational mind. We try to put it into material terms, but the real Guru sees you from the day you were created as an amoeba, from the day that you were not even a human incarnation, because all of us have gone through many incarnations as other species prior to human incarnation. That's another topic in itself. The real Guru knows everything about you, psychically, spiritually, physically.

A person with psychic abilities who is short of being a real Guru, who has the power of charm, can persuade people in large numbers. The siddhi of charm is amazing. It's a siddhi that has taken whole nations to their knees, such as Russia and Germany under errant dictators that killed millions of people and sent them into the fire of self destruction. Siddhas (persons with psychic powers) held millions of people under their spell. These things have happened, but if the people had held to the Yamas and

Niyamas and used them to analyze and compare the different philosophies, they would have found that these people were wrong and not to be followed.



A Real Guru

A real Guru acts and teaches within Yama and Niyama and therefore never gives you bad advice. Hence in my own experience, Yogi Gupta, never gave wrong advice in the 42 years that I knew Him face to face. His advice was on all different levels of life, from some of the most basic things to do on a day-to-day basis to deep spiritual matters, but it was always sound and true. The principle of Virtue is what pans out and proves a real Guru. Similarly, if you read the teachings of Jesus of Nazareth or Buddha, you find the same thing. Today, if you don't have a personal Guru at this point, you can embrace the teachings of Great Masters who may no longer be on the Earth plane. They will help you and guide you to keep you going until the day that Sat Guru appears to you. It may very well be that, if the teachings of Christ or the Buddha or Swami Kailashananda appeals to you, it is because they are working from the astral world and that you

are their disciple. It's possible, because in the Kali Yuga, the Iron Age, there are few gurus, few real bonafide teachers in the world at this point. So we have to do the best we can.

Guruji was giving classes in the United States from 1954 until 2009. That's why the Yogi Gupta Society earnestly tries to put out the teachings of the Master as recorded by some senior disciples over the course of 40 plus years. Some senior disciples have very good renditions of classes that He gave way back in the 1950s and early 60s, from before my time. Older disciples preserved this work, just as the Disciples of Christ over 2000 years ago recorded Christ's teachings. Although the Christian works were very obscure for a very long time, now they are known across the world. That's how it works, sometimes the teachings of the great saints lay dormant for some time. The Dead Sea Scrolls were in the caves of Qumran for 2000 years before they were discovered. They are translations of the teachings of Christ and some of the other prophets of the Middle East. The original texts lay dormant until some young man found them in the caves. Then they had to be earnestly sought after and translated. The same thing has gone on in Yoga with the Sutras of Patanjali, which lay dormant for many thousands of years before somebody took them and realized that they were the teachings of a saint. In the materialistic Kali Yuga, which started about 136 years before the incarnation of Christ, receptiveness to the Truth is less than in other yugas. So unfortunately some things got put on the shelf for a while.

The Reality of Time

Guruji said that yogis know from their inner realization of Lord Brahma the Creator that His day is 1000 Maha Yugas and His night is another 1000 Maha Yugas. A Maha Yuga, is one cycle of four yugas: Satya, Treta, Dwapara and Kali Yugas. Guruji said, "All must perish, only Time is different." Night means the demise of Earth, then the cycle starts all over again. Know the reality of Time. With each cycle, everyone begins again right where they left off. If in Yama Loka or Hell, they go back. Wherever they are, they continue. Day continues after Night. All material merges back into the causal. The dreamer's waking state merges back into the Dreamer during deep sleep. One has to develop awareness of True Self. That is why God manifests as the Guru. Ultimately, your karma makes you deserve it. One earthly year is one celestial day. 360 celestial days is one celestial year. The Satya Yuga is 4800 celestial years (1,728,000 years), the

Treta Yuga is 3600 celestial years (1,296,000 years), the Dwapara Yuga is 2400 celestial years (864,000 years), and the Kali Yuga lasts 1200 celestial years (432,000 years). Guruji said that the Kali Yuga began 136 years before the birth of Christ. We are now in the beginning of Kali Yuga.



Lord Brahma, The Creator

The end times, the Armageddon, or the dissolving of the Earth, then, is still a considerable amount of time away. You don't have to worry about the world ending away any time soon. It is true that at the end of the Kali Yuga the Earth will be destroyed and recycled. Guruji taught that all is recycled, everybody is recycled, unless one attains Unity with God, because God never gets recycled. True Knowledge never gets recycled. During the duration of Brahma's life, one sees that even the Celestials are transient.

When such is the case in the Abode of Brahma, is it any wonder that lower beings should also be finite? We make plans thinking that we last forever, due to desire and greed, when even the Earth does not last forever. The bodies of human beings are transient and even all worlds enclosed in Brahma Loka and beyond are transient. If the Universe itself is tran-

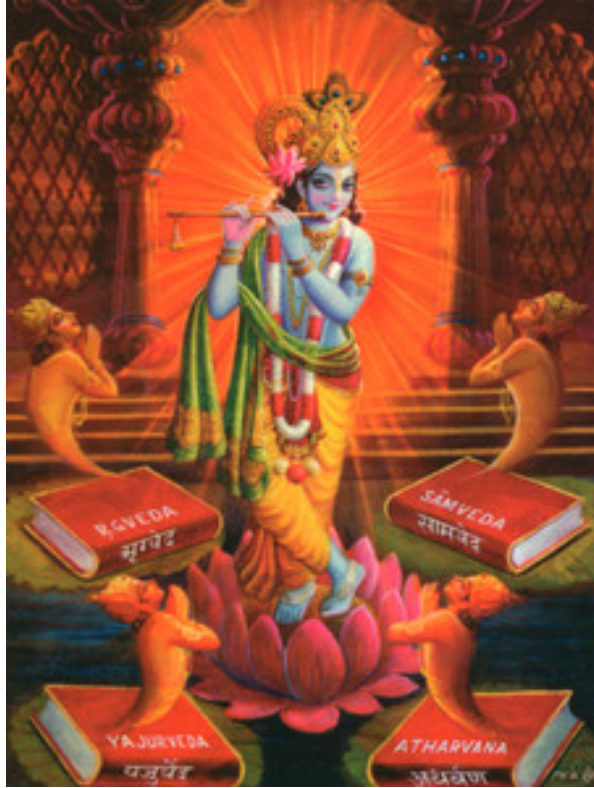
sient, objects of pleasure are even more perishable. Therefore they cannot bring lasting peace. Guruji says objects of pleasure are a bait to trap you. The best food is that which is offered to the Lord in your spiritual heart. It is the height of foolishness to get attached and fritter away time involving in frivolities and material life. Be wise and spend time in remembrance of God and making best use of time.

The Redeeming of Time

Guruji taught that, from the very beginning, the only true goal in life is Self-Realization. Within the framework of human birth we have our own personal karma, which we have to organize and begin funneling through sadhana into the path of Self-Realization, in whatever way is most expedient. Certainly, it's like Guruji said, remembrance of God is the redeeming of Time. Time is actually one of the greatest attributes and blessings of our life, because the whole life is framed in time. Ultimately, in Purusha, time does not exist. Everything in Purusha is now, is present. There is no time and space. But that is only when you have actually achieved full Self-Realization. The instrument that we have been given to reach Self-Realization, to transcend time and space, is time and space itself, and the maximum utilization of it through sadhana. Therefore we have to use our time prudently to facilitate the blooming of the spiritual heart. Unfortunately, people get to the point where they do one hour of sadhana a day. Well, that's better than none at all. But from that you can see from the little baby steps why it takes so many incarnations to become Self-Realized. All the scriptures: Christian, Hebrew, Hindu, Buddhist, or whatever, teach us to pray unceasingly. That's the ultimate goal, never to be disengaged from prayer; real prayer being consciousness of God, the state of meditation, the state of recognition of the spiritual goal and the path of spirituality.

There are many techniques to achieve this. That's why we follow the teachings of the Sat Guru, that's why we have to embark upon sadhana that finally allows us to merge into the continuum of the atomic energy of God. Christians call it the Holy Spirit, which may come as "thunder and lightning", for a long time, or it comes as an awakening. Then we seem to go to sleep again, but finally awareness of God becomes unbroken. Finally, what yogis call samadhi becomes unbroken, not just that in meditation you achieve a high state of consciousness for a short period of time, or separation from the body encumbrance, but, as in the Guru's state of con-

sciousness, you are never out of samadhi. Even if you are talking and teaching and appear to be interacting on a worldly level with people, you are still engaged in God Vision in the highest sense, which is called Nirvikalpa Samadhi.



The Glory of Scripture

Getting Your Questions Answered

The Guru is always aware of God and sees everything. One thing that used to stun me with the classes of the Guru is that I would go into the class and many times I would have questions on my heart, and oftentimes, due to the length of class and other people asking questions, or whatever it might be, I would never be actually able to vocally ask Guruji anything about the question on my heart. However, I found that if I psychically asked, if I would project my question from my third eye towards His, during the class, He would always answer it. I had to make a little effort. If I didn't do that, sometimes I didn't hear an answer, but if I did, it never failed that whatever was on my heart got answered during His dissertation on whatever He was speaking of. Asking several other brother and sister disciples, who also maybe never got the chance to vocalize a question, I found that that they were having the same experience. The Guru's classes often had 25

to 30 people; none of the people who were there had to say anything. They just projected and asked in their heart and the Guru would answer it. He would give His lecture on whatever topic it might be, but at the same time He would answer each questions that was on someone's heart. From God's perspective, God looks out from His abode, Brahma Loka, and sees what's on everybody's heart. That's why, having our minds earnestly pointed toward the Feet of the Lord, the Sat Guru manifests, and answers our questions.

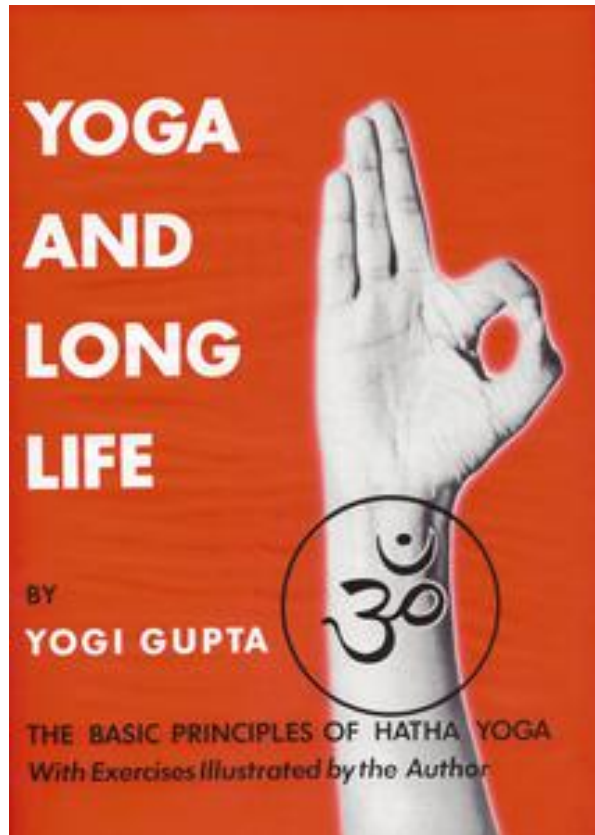
You can get the answer you need even if you don't have the teacher, or he's out of the country, or he's not physically present to ask, or you don't have time to write to him by mail and wait for an answer about something you have to know immediately, because the crisis needs to be resolved quickly. Just take a valid scripture: the Christian Bible or the Upanishads, the Bhagavad Gita, whatever it might be; close your eyes and ask for the answer to that question. Then you simply have to meditate on that book and the answer will jump out at you wherever you open the book. You open the book and the answer will be there. I have done this hundreds of times. It never fails if I take the preliminary step to earnestly, sincerely, and reverently ask for an answer to my question. I open the book of scripture and the answer is right there, and not in an obscure way, but in a very direct way. This is a technique to help you work out your karmas. It will help you find the knowledge needed to continue on the path successfully, because for most of us, the Earth is a material plane, not astral or abstract.

So we see that, "God is always with me." The Truth, Love, Mercy and Peace of the Almighty is always present, but we have to pay attention. We have to inculcate moral precepts, harness our will power, and simply do what Christ did, "Ask and ye shall receive, seek and ye shall find." It will be granted, as will be all the good things in life. If you need a Sat Guru, then you earnestly have to seek that in your heart and the teacher will manifest in your life.

Incorporating Sadhana into Your Life

The scriptures are wonderful, but also the writings of Great Masters, such as Guruji, Yogananda, Sivananda, Aurobindo, those are people writing with direct experience and vision of God as their writing. The writings of all Great Masters, the writings of an actual living Master who was actually Self-Realized, enlivens the scriptures. They bring the scripture alive, because they are actually living it

when they wrote about it or translated it, because they are actually seeing that at the time that they are writing it. They are actually living it. They are already there, not like us, we are trying to get there. You can pick up the books of the Great Masters and achieve the same results as reading the ancient scriptures and more.



Yoga and Yogic Powers
A book by a Great Master

Jesus Christ, the Great Avatar, the super Mahat Guru, in His time walked around in sandals and robes, lived in the woods. We are not in that time now. We are deeper into the Kali Yuga. If you walk around in sandals and robes and hang out in the woods, you are arrested as a vagrant and put in jail. As time evolves, it doesn't mean that God changes, but through the modern writings of the Great Masters the essences of Yama and Niyama can be incorporated into living the life of having a job, an apartment, or every day going to school or whatever. Mode of dress may change, but the truth of scripture doesn't change.

The writings of a Master from modern times, Guruji's are good examples, teaches us how to incorporate day-to-day sadhana into our lives. Guruji

once said that Japa Yoga is the salvation of the Kali Yuga, because you can go to work and you can still do japa, even if you are sitting at a computer; you take a break and do some japa. Especially if you have a manual job, you can incorporate japa into whatever you're doing, driving your car, etc. It doesn't mean you take your eyes off the road, but you can chant to yourself, you can sing the holy mantras in kirtan. There are many techniques. The writings of Masters in the time that they lived give you techniques for the Earth of that time. Way back when in Christ's time it was a common thing for people to spend hours in worship. They had temples, they had a higher aspect of devotion on a day-to-day basis. They had all kinds of rituals which we don't follow today, but we can create our own rituals through the knowledge of Yoga that is left behind by Great Masters like Guruji.

You can start with His books, *Yoga and Long Life* and *Yoga and Yogic Powers* and gain a lot just from those books. You can start reading the scriptures and see how you can apply the Bhagavad Gita and the different scriptures to your day-to-day life. It doesn't mean you are not going to read the ancient scriptures, but you can read them through the eyes of a Master, from their personal experience and their translations. For instance, Yogananda translated the Bhagavad Gita, other Masters have translated scriptures, and Guruji Himself translated scriptures during His classes. Guruji wasn't somebody who wrote a lot of books, although He did translate one of the Puranas for *Shradha and Heavenly Fathers*, His third book. It's a direct translation of how to do Shradha, which inspires people to worship the souls of their deceased relatives, an obligation, not only in Hinduism or Yoga, but actually Orthodox Christianity, Buddhism and other faiths. It's a universal thing.

You can take the teachings of a Master and start seeing how you can use them in your day-to-day practice and then seek out whatever techniques they left behind. Paramahansa Yogananda left behind what He called Kriya Yoga, which is a form of Kriya Yoga that He initiated people into that His organization still does today. Guruji left a practice called Sandhya Vandan, which is actually another form of Kriya Yoga, in a sense, but it was His personal practice. It was Guruji's personal sadhana. If you want to know the mind of the Guru you do what He did. Then you will have His mind. He will directly intercept you on the astral plane. (*Contact the Society at info@yogiguptasociety.org if you are interested in initiation into Sandhya Vandan — Ed.*)



Open the door of inner perception

Yagna Sacrifice is the Highest Destiny of All Human Beings

Life on Planet Earth is very material during the Kali Yuga, but it can become spiritualized. In Gururji's dissertation on the candle flame in the back of Yoga and Long Life, you start by staring at the concrete candle flame. Then with a little practice, you close your eyes and still see that flame with the eyes closed. Finally, you walk around with your eyes closed and you always perceive the material plane just as it is. Then you have opened the door of inner perception, which is inherent to the human birth.

The psychic body and spiritual body of man dwells within your physical body. Finally, the physical body must be given up and traded. The best trade is to spiritualize your life and go to Brahma Loka, where you don't have to reincarnate in human body, but you may decide to come back for various reasons, just to serve God in Man. Then the human incarnation, like the Guru, will not be baggage. You won't have all the foibles and troubles we have when we are not enlightened. You will have one sole purpose; to serve God in Man.

The duty of all human beings, Yagna Sacrifice, is first to know that you are born only to seek God. Secondly, to seek God within the karmas you've made, assimilating and building a structure and path toward God, and fulfilling your karma within the context of Yama and Niyama, within the spiritual context of God's will. That is your goal. That

is eventually the chosen goal for all people, male or female, mother or father or child, grandparents, aunts, uncles, cousins, all people. For the happiest and most joyful life, as Gururji said, "Please be receptive to the Grace of God, bestowing upon you prosperity material and prosperity spiritual, Peace that Passeth All Understanding, Pushti, Tushti and Divine Bliss."

If we want to know lasting happiness and joy, we simply realize a life of one purpose, Yagna Sacrifice. No matter what your station in life may be, you can realize the glory of a life of sanayas. Sanayas is simply renunciation of the mind from attachment to the material. It doesn't matter whether you are a householder, a butcher, a dancer, an athlete or a yogi sitting in a cave. There are yogis sitting in caves that are very attached to their siddhis and other things which keep them from achieving Self-Realization. There are other people that are bound by material encumbrance who become Self-Realized. There was once a disciple of Yogananda, whose name was Dr. James Lynn, who owned a whole corporation, he was probably a millionaire, who had lots of material baggage around him.



Brahma Loka – the Thousand-Petaled Lotus

But, according to Yogananda, he achieved Self-Realization. Through his Guru he learned Kriya Yoga, bestowing charity upon many and following the vows of Yama and Niyama. Yet he went to the office every day and continued to run his corporation.

That's what I loved about Gururji Himself, He was a Guru who walked amongst people in this world. He ran a large charitable complex in India. He interacted with people on all levels. He had his time of seclusion with His Guru in the woods, but when He manifested to serve God in Man He was active amongst Man, but was never taken down by the material problems of the day. He rose above them, and instead polarized them to the Will of God. That's our ultimate goal, to polarize all the material things around us to the Will of God. That's what great souls do, that's what enlightened souls do. So be blessed in your great and glorious path of sadhana. Take it earnestly and seriously.
Hari Om Tat Sat.

— *Swami Jnananand*

Note: Podcasts of Swami Jnananand discussing various other interesting Yoga-related topics can be found at: kyaam.org/podcasts.shtml —Editor.



Yoga and Nutrition Purifying Green Juice

In His discourses, Gururji said that rejuvenation of all the cells in the body is a two-step process. First, all the toxins should be removed from all the organs, tissues and cells of the body. This is best done by a program that avoids cooked foods and sweet foods, and eating of raw vegetables, sprouts and raw green juices, as well as daily raw garlic clove, herbal teas, asanas and pranayama. After the body has been cleansed over the course of one month, the next phase is to build up the cells with fresh fruits and vegetables.

Gururji recommended the following green juice recipe to a disciple as a daily supplement to a rejuvenation program:

- 75% fresh cabbage
- One whole bunch of parsley
- One whole bunch of watercress
- One whole bunch of fresh mint leaves
- Fresh ginger of the size of a cherry
- One tomato
- 10% to 15% fresh spinach

You may take 1/2 glass at a time at an interval of 6 to 8 hours.



A window sill garden

Sustainable Agriculture

The great masters and yogis, of past and present times, all encouraged producing healthy and nutritious foods, whether it be on the banks of the Ganges River or an apartment patio. Sustainable agriculture practices allow for more crops, grown more efficiently. It also empowers small farmers and helps people stay safe by avoiding strong chemical fertilizers and pesticides; protecting the environment and public health. Also, many farmers can now safely produce organic crops used in alternative medicines. Hopefully these articles will help to encourage and empower you to begin growing your own food, and support others who do as well. Now that winter is upon us, consider a window sill garden. Any suitable container will work, seeds are readily available and really, the effort takes little time and reaps huge rewards. Harvesting your own basil or cilantro this winter will make you smile. Besides the obvious benefits of growing food indoors, remember plants release oxygen.

So even if hydroponic gardening isn't something you can do right now, consider grabbing some organic potting soil from your local garden shop and planting some seeds. Be sure to purchase seeds that are from non-GMO plants and will continue to produce germinating seeds. Pure seeds, and your ability to start and grow plants that provide sustenance and life force, for yourself and your family, are very important skills that I encourage you to learn.

— *William Shiva Dass Cadle*



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

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