



### Neutralizing Unfavorable Influences Part III

*(Continued from "Neutralizing Unfavorable Influences, Part II" in Volume 3, Issue 2.)*

What is in Heaven is exactly the same as on Earth. The Solar family is eternal. There is no divorce, no break up of the family. In the same way, family relatives should never be separated. No matter what happens the psychic and spiritual relationships are unbreakable. For example, the father's eyes are getting bad, that may be the result of the unfavorable influence of the father's son, not the father himself. The essence is that we can learn from the Solar System. You cannot sever family relations. As we all know, we are not just pieces of mud. The psychic and emotional ties cannot be severed. You cannot keep Canadian atmosphere in Canada. If there were no such connection you would not be the father of that son or the son of that father.

What is made is made. If you violate Divine Laws there is a price to be paid. It is your karma. Whatever the desire is in the intellectual frame, you

made the blueprint. The blueprint is invisible and not in material form. What is in the root has to come out in the fruit. What are the bitter fruits? The problems you have living and working with people who hate you. To have a better fruit you have to have a better seed.

The Sun and other planets, how are they connected and what has to be done to neutralize their unfavorable influences and make them favorable? There is a solar caste system. The Sun belongs to the kshatriya caste. If there is a bad influence of the Sun, you have to give dakshina to the kshatriyas. In India you find the Surya Varsha, the Sun Dynasty. All the kings are in Surya Varsha. The caste system is God-made. To neutralize the Sun's unfavorable influence, a feast is given to the kshatriyas. The Sun is the ruler, therefore naturally if the Sun is unfavorable, you have problems with the government. Rather than moving to governments here and there, there are Surya yantras. There is also the Ashram where there is worship of Lord Surya. The Guru has brought everything here to make things easy for you.

If you have the Sun in your favor, the govern-

ment has to be in your favor. It is easy, just get a Surya yantra to make the government favorable to you, or do Surya Puja.



The Navagrahas – The Eternal Solar Family

The Sun is the giver of life and light. Light represents the eyesight. So if your astrological reading shows that the Sun is unfavorable to your eyes, there can be trouble. Therefore, the best thing is to strengthen the Sun so that the vision becomes strong. Being out in the Sun hurts the eyes, but it also has to do with something within.

In the yantras, gold or copper can be used. The Sun also affects the heart. If the Sun and Rahu are unfavorable, then a person is prone to heart attack, especially when Dragon Head is unfavorable in the fifth house of the birth chart.<sup>1</sup>

**If you use a spiritual remedy there is need for fewer and fewer hospitals**

This is the Divine Law, when the planetary influences are unfavorable, you strengthen them. When

the planet is not giving you enough color you use the ruby or other article to strengthen that radiation. There is always a substitute for anything.

You should choose the stone related to the planet that is unfavorable. Stones are nothing but the solidified rays of that planet. Like spatik mani is made from thousands of years of snow. When you wear them they continue to radiate those colors and your aura which was deficient in these colors becomes sufficient. For example, if your Sun is situated in the house which is already occupied by a negative planet, for example, if Mars is unfavorably influencing your fourth house, you do puja, japa, mantra, and vratas for that planet, thus these negative influences become pacified.

The unfavorable influence of the Sun can be neutralized by the ruby stone and that of Mars by coral stone, puja, mantra, japa, yantra, etc. The Sun also influences the fire element in conjunction with Mars and other fiery planets. Pooja should be done to strengthen the positive influence of those planets. For example, the Moon, Neptune and Jupiter all get together in a person's birth house and Mars and Dragon Tail or Dragon Head or the Sun and Dragon Tail are influencing them, then the person has to strengthen Neptune; he should wear the pokraj stone. The pokraj stone is the concentrated energy of Neptune itself.

There are nine main planets. Eastern astrology is based on the Moon. There are seven days in a week and there are seven planets, plus Dragon Head and Dragon Tail which are reflective of other planets.

The Sun is also a loner and creates a problem; friction makes things miserable, he hates everybody else. When the Sun is unfavorable in the seventh house, the husband and wife never get together, He brings separation in the family life. The seventh house is the house of the family life, so He creates separation, divorce, friction and disharmony. So life becomes miserable. That house represents the husband, wife and children all under the same roof, not just a building.

**The Sun can influence the other planets and the other planets can influence the Sun**

The Sun is a sinful planet, so are Mars, Saturn, Dragon Head and Dragon Tail. But if they become favorable, they become good friends. They can influence family life, especially when Dragon Head or Saturn are influencing the seventh house. To make the Sun strong and friendly you should do Surya

<sup>1</sup> Note: Several texts on astrology indicate that the fourth house, not the fifth house, is concerned with the heart and coronary problems. —Ed.



Puja and japa of Surya Mantra. You can do Surya Mantra any day but if you do it on Sunday you get special benefit.



Spatik Mani Mala

When you go to court between 10AM and 4PM on that day of your case, then the file is on the desk and your case will be taken up. For example, Sun is negatively influencing the seventh house and Dragon Head and Saturn have their attention on the same house. Then the person should use spatik mani or a diamond, and also japa and puja.

### **The Sun is the father of the Solar System**

If the Sun is unfavorable in the ninth house and the Sun is influenced by Saturn and Dragon Head, then the father will be in trouble. The departed are not influenced by astrology, but the sins of the ancestors are visited on the children for four generations. If you want to please your father, you don't go to the father's body at the grave, but go to the father. If you want to make somebody a friend you start to love everything that he loves. In this case also, the ruby will help, as well as the mantra, japa and paths, and the ancestors can be pacified. This is how things can become brighter and better in your life. It may be that whenever you tried a program or plan you didn't succeed, because you were swimming against the tide. But when you swim with the tide you don't have to make much effort; the friendly planets help you arrive to the peak of success.

You get the full instructions here, not only what the planets do, but also how to remedy it.

The Sun also influences the bones. The Sun unfavorable in the fourth house makes a person prone to fractures. If you know beforehand, you get the remedy to prevent the fracture. Get the ruby or substitute stones. The substitutes do the job, but the precious stone is very glamorous and they make you feel good. The stone is always worth more than what you paid for it because of inflation, and precious stones don't keep growing with the population. If you want, Guruji can also make an herbal yantra made for the Sun. It is the same price as 20 years ago: \$500.

When the Sun is unfavorable in the fifth house a person is prone to miscarriage. The fifth house influences the unborn baby. For example, the Sun is unfavorable on the fifth house and the person's birth sign is Sagittarius, then the person should have a pokraj stone. The only difference between the ruby and the pokraj is the ruby is red and the pokraj is yellow. It depends how inimical are the influences how much remedy is needed. When you pacify the planets, all the negative influences are removed. If you make the planet friendly, it doesn't hurt. Negative influence means the planet doesn't give the color that you need. By wearing the ruby, for example, you make the colors strong, so too by bringing life to the enemy of the enemy, by bringing a diamond between two magnets, for example.

In the future, when we spread the knowledge we will tell others and make them disciples too. A disciple has not to be always a child. That is how God made things. The child is the father of the man. We can share all these mantras. Then you are doing the Guru's job. So what you have learned you should put into practice.

The sins of the ministers affect the government. There is a community of influences. What you do has effects on others and what others do effects you.

The Moon represents childhood. There is a possibility that a child with a weak Moon in his birth reading could die because the Moon rules childhood. In such a condition, the color of the Moon has to be strengthened. How to do this? The Chandra Path, the Chandra Kati Mani, the Jyotish Mani, and so on. There are yantras and mantras. So you can avail yourself of these remedies.



Chandra – The Moon

### Strengthening the Moon

The Moon also represents wealth. One of the situations when the Moon is weak is when the Moon is within 12 degrees of the Sun. Then you don't get the benefit of the Moon. Therefore the Moon should be strengthened and the Sun should be strengthened, because God has given you the chance to be rich, but at the same time the enemies are there ready to rob you. The Sun is a sinful planet, then the person who is supposed to be raking in the wealth instead ends up in bankruptcy court.

How to strengthen the Moon, and what is the purpose of wealth and riches? The Guru is here to tell you. How much does the negative influence cost? The more you work, the more you get in debt. So this course is to show how the deficit is made good, how the imperfection is made perfect. God is everything, but when there is imperfection it is due to your samskaras.

When you wear pearl or a yantra for the Moon you have a friendly Moon. For example, if you have nice emeralds and pearls both.

So you yourself make the planets line up in a position at your birth, according to your destiny. Dragon Tail in such house and Dragon Head in such house, Mars in such house, etc. We have caused this. We cannot blame the planets. God is the neutral administrator of justice. Your hands are bound

by your own actions. The stars rule the ignorant but the wise rule their stars. By attending these courses you are becoming wiser and wiser. All these yantras, paths and gems can be made available. You are all gradually becoming astrologers.

The Moon in the 8th house of the birth chart influenced by sinful planets causes paucity of funds and indicates a reduced lifespan. This will also benefit the father to remedy this situation, because the more you benefit the 8th house, the more your father is benefited. Because the Moon rules the left eye, it will hurt the eye of your father.

### Questions from disciples

Disciple: The Moon has to be in a negative house?

Guruji: If you have a reading done, Guruji tells you when the Moon will bite. By reading that, you have an advantage; you have the knowledge to prevent it from getting on your back. Even if the Moon has a negative influence, next year it could be making you rich. If you know there is a jackpot, then you could hit it.

Disciple: Pearl has nothing to do with a Path to pacify the Moon?

Guruji: A Path is to neutralize the negative influence at its source and a stone is a shield. We take care of things from every respect.

Disciple: If your family adds by each other's samskaras...

Guruji: Sometimes you wear the pearl to protect your father or daughter because the Solar System is a family. That is why for any problem of your family members you wear the yantra or gems and it protects those related in that aspect of that house. For example, the Moon rules the left eye. If Saturn is in the 12th house indicating a problem of the left eye, and if the Moon is in the 4th house and a sinful planet is in the 8th house and there is also negative influence of Rahu, then there is a possibility of epilepsy.

So you see this system is far superior to the medical system. In the medical system you get epilepsy, then you start taking medicine, but here you remove the cause, rather than the effect. Medicine doesn't do anything. Bacteria are there just to live on the impurities in your body. They are God's scavengers. For example, if food is left on the table, then the bugs and roaches come although you didn't invite them. So medicine kills the germs but doesn't remove the crumbs of bread from the table. So we must go to the cause rather than dealing with the effect.

When there is a case of lunacy you become violent and have to go to the hospital for lunacy. It is terrible to see the sight of the lunatic asylum, but I am sure than none of them get cured.

Disciple: What about people who are sleep walkers?

Guruji: Like sleepwalking or something in that category? We have a remedy for that too, or too much sleep, or dreaming and talking. Whenever the Moon is in the 4th house and under the influence of sinful planets, then it is very essential to strengthen the Moon and the other sinful planets by yantras or mantras or paths. This will also remedy the influence of the mother. When you neutralize the negative influence of the Moon, your mother also gets the benefit. Due to your bad samskaras you get hurt and your mother gets hurt. Why should you hurt your mother? But you have no control, it is just your samskaras. They hurt those who you love best.

Disciple: If the relatives are deceased are they still affected?

Guruji: No, them you take care of by shradha. Do Sa Pinda Shradha for yourself, because you don't know when you are in Brahma Loka who will do shradha for you. So you take care of yourself and also your ancestors in perpetuity. Maybe your relatives are too busy, so do Sa Pinda Shradha and Varsot Sarg Shradha, done under strict supervision on the banks of the Ganges River, by the Nature Cure Sanitarium, in the deep valley where nobody goes. There are 17 stories of rooms from the basement, but the basement rooms are the best because they are right next to the Ganges and the Sun. The 17 stories of rooms are not ready, that is why we are raising funds. It is a public trust. Those who work for the Kailasnanand Mission Trust are doing good. It is a beautiful place, just by the Ganges. A Ganges water pipe goes to the 17th floor and then supplies the rest of the Mission.

Chlorine in water supplies cause cancer. It's scary, so many different diseases. You can't take a shower with bottled spring water. The water filters are a commercial solution, but we are living in the poisoned world. Atmospheric pollution causes aging. The best way to neutralize pollution is to take herbs. I have been here (in New York City) 2-3 years at a stretch and still take herbs. Herb GPP has all the minerals and vitamins to strengthen the immune system and neutralize the poisons. The instruments of God's doctors, the immune system, are the herbs. Next lesson we will discuss Mars.

— From Yogi Gupta's course in Self-Realization, disciple notes from lesson no. 6 on April 26, 2000,

lesson no. 7 on May 3, 2000 and lesson no. 8 on April 18, 2001.



### Gaya Shradha – Last Rite at Gaya

In Vol. 2 Issue 6, *Var-Sot-Sarg and Gaya Shradhas* described these two types of Shradhas, or Last Rites, and the benefits they provide to the Pitries, or Departed Souls, as well as the benefits that they provide to those who perform the shradhhas on the behalf of the Pitries. Since that article was published, Swami Jnananand has very kindly shared a photo album that Guruji gave to him after Gaya Shradha was performed for Swamiji's Late Father.



Photo no. 1: Mission's Brahmin Priest takes a vow (Sankalp) as a representative of the Yajaman (a person who employs a priest) that he invokes Lord Vishwedeva Bhagwan Gadadhar and meditates on Him for the welfare of the Yajaman and his forefathers by performing this Shradha (rite) at holy place Gaya.

Comment: Mission's Brahmin Priest is seen in Photo no. 1 seeking permission of Lord to represent Swami Jnananand in performing Gaya Shradha for his Late Father.





Photo no. 2: Sankalp is made in the name of the departed Yajman and Pind Dan (offering of rice balls as food to the departed soul) is performed for the liberation of the forefathers.



Photo no. 3: The forefathers of the Yajman are invoked. Father, mother, paternal and maternal grandfathers and grandmothers, great-grandfathers and great-grandmothers, great-great grandfathers and great-great grandmothers, and other kin and paternal and maternal souls are invoked and offered Asana (seats of Kusha grass).



Photo no. 4: Sankalp is taken for the tarpan of forefathers (rite of offering holy water to the departed souls).





Photo no. 5: The representative of Yajman (Pandit) honors and adores Tirth Purohit, the priest of the holy place, by applying Tilak (Sandalwood paste), garlanding him and making offerings in cash.



Photo no. 6: The Pandit takes a vow to offer materials - clothes, etc., to Karta Tirth Purohit, the priest who performs the rite at the holy place.





Photo no. 7: Having made offerings to the priest (Tirth Purohit), the Pandit prays to Lord Gadadhar Vishnu Bhagwan to fulfill the Paternal rite and forgive for the shortcomings, and offering is made to Him.



Photo no. 8: Forefathers are offered water with black seeds of Til, for there is scarcity of water in the world of the forefathers – Pitri Loka. The forefathers are offered water in folded hands so that they are pleased and satisfied and grant us physical joys and comforts. Before this, the following is done:

1. Dev Tarpan (offering of water to the Gods) is performed with rice and water.
2. Rishi Tarpan (offering of water to Rishis) is done with rice and water.
3. Divine human souls are offered water with barley seeds.
4. The forefathers are offered water with black Til seeds.



Photo no. 9: Prayer is made to the Sun God for the fulfillment of Tarpan (water offering) to the forefathers. Water in a holy pot (Arghya) is offered to Lord Sun.





Photo no. 10: After invoking the forefathers and meditating on them, the Pinda (rice balls) are offered.



Photo no. 11: Pindas (balls of rice and barley) are offered as food to the departed souls of the forefathers, to please them by performing Shradha (rite) at Gaya.



Photo no. 12: Pindas are offered to maternal forefathers – maternal grandfather, great-grandfathers, great-great-grandfathers, grandmother, great-grandmother, great-great-grandmother, etc.



Photo no. 13: Pindas are offered to deceased persons and other forefathers and kin.





Photo no. 14: After offering Pindas, he prays to Lord Gadadhar for the liberation of the forefathers and prays to Him to forgive him for any errors and omissions in the performance of the rite.



Photo no. 15: After worship of the forefathers and Lord Viswadev, Pinda Aarti (waving of lights) is performed.



Photo no 16: To propitiate the forefathers, offering of 5 cloths, 5 utensils, sandalwood beads, gomukhi and money is donated to the Brahmins.



Photo no. 17: After offering of Pinda on the first day, Brahmin is given Dakshina (offerings) for performing the rite.



Photo no. 18: The Pandit at the Ghat of Falgu river offers 17 Pindas to the forefathers.





Photo no. 19: According to the instructions of the Pandit, Pindas are offered to the forefathers at the bank of the Falgu river.



Photo no. 20: He (the doer of the rite) takes a Sankalp (vow) to offer Dakshina (offering) to the Pandit Ji (Priest) after performing Pindadan (offering of the rice balls) at Falgu River. Dakshina is given to propitiate the forefathers.



Photo no. 21: Sankalp is taken at Vishnu Pada Temple for the fulfillment of the wishes of the Yajmana and his family and prayer is made to Lord Vishnu for the liberation of the deceased person.





Photo no. 22: Seventeen Pindas are offered at Akshya Vat, the eternal banyan tree at Gaya Dhama (a holy place) for the forefathers and dedicated to the eternal tree of Akshya Vat.



Photo no. 23: The representative prays to the eternal tree and performs Parikrama (walks around the tree) and prays to the Lord for the welfare of the Yajaman and then offers Dakshina to the priest of the Akshya Vat Tree, the one who feeds the Pindas to the cows, and also to the one who cleans the place.



Photo no 24: All the Gods and Goddesses dwell in mother cow. The representative Pandit performs worship of the cow and prays for the peace and happiness of the Yajman and his family and the liberation of the Yajman. Then the cow offering ritual is done for the Brahmin. This rite is done after Shradha at Gaya.



Photo no. 25: On behalf of the Yajman and his family, clothes and utensils are offered to the Panditji (Priest) for the peace and happiness of the family, bedding is offered to the Brahmin for the pleasure and peace of the departed soul in the next world, and Sankalp (vow) is taken and Dakshina (offering) is given to the Brahmin.



## Yoga and Nutrition



### Garlic – An Ayurvedic Herb

Over the years in the yoga world it was thought by some that garlic, *Allium Sativum*, a member of the Lily (*Lilaiceae*) family, was not satvic, that it was too stimulating, and therefore was not a part of the sadhu's path, due to the necessity of observing brahmacharya. I was of that opinion until I met Guruji, who ate a clove of garlic daily. Garlic, as he put it, is "satva-rajo" and has immense benefits as long as it is not overused. It has a satvic/rajasic energy which can:

1. Benefit the solar plexus and the digestive system
2. Eradicate internal parasites
3. Normalize blood pressure and make the heart work more efficiently
4. Purify the blood
5. Provide other psychic benefits

As with most foods, garlic is most effective eaten raw and is very powerful, so just one small to medium-size clove from a bulb is enough each day, maybe more if an acute situation exists. It can be taken with lemon juice and a little honey, or just consume with a salad or other raw foods or herbs.

Cooking with it destroys its benefits and makes it tamasic! It is basically a medicinal herb!

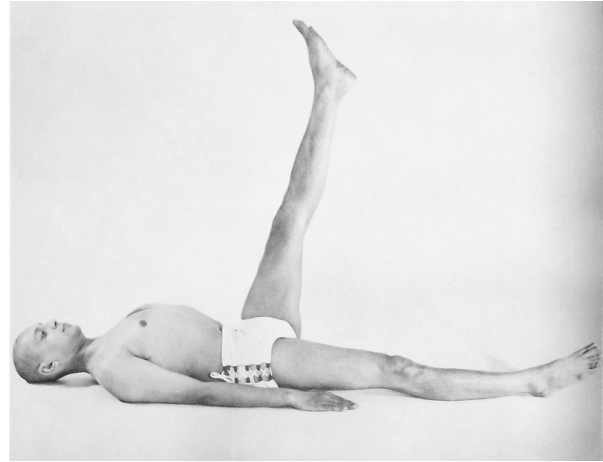
Real garlic is strong. GMO types like elephant garlic do not cut the cake, so stick to normal-sized garlic, which is irregular in size and shape.

Garlic's atomic properties can induce the opening of the Third Eye, so do not underestimate its power; it must be used in moderation!

Garlic can be grown in almost all climatic regions, check your horticultural guidelines.

Aum Shanti Aum

— Swami Jnananand



### Exercising The Waist

If you sometimes find it difficult to get going with yoga asanas, Exercising the Waist is an excellent one to get started. Asana means easy posture, and this one is really easy. By starting with this exercise, you are strengthening muscles that will allow you to do asanas that you thought were too difficult. Here is what Guruji had to say about this asana in His book, *Yoga and Long Life*:

Purpose:

1. To achieve coordination between the mind and breath.
2. To bring "steadiness" to the nerves and mind.
3. To develop mental concentration.
4. To stretch and strengthen the waist muscles.

Technique:

Lie on the back. Keep the spine straight, with arms on either side of body and palms on the floor. Now start inhaling and, without bending the knees, raise the left leg up until it is vertical, or at least as vertical as possible. Breathing in and raising of the leg vertically should begin, and stop when the vertical position is reached and take up eight heartbeats, or to the count of eight. Retain the breath and the leg in the vertical position for the count of six. Now begin to exhale and bring the leg down to the floor to the count of eight, or eight heartbeats.

Now take in a normal deep breath and while breathing out relieve the tension from legs and hands, and turn palms to face the ceiling.

To start, this movement should be done three times, first with the left and then the right leg. While exercising, concentrate on the navel.

Benefits:

This exercise stretches the body, exercises the abdominal muscles, and gives one a quickened exhilarated feeling.

Many of my students in the United States of eighty and over start with this exercise. When they become more nimble and flexible, they practice the other postures, which appear difficult in the beginning.



### Spiritual Healing Breath

“When all else fails, this will bring success!” — Yogi Gupta

The Spiritual Healing Breath is a standing pranayama which fills your heart and soul with God’s Grace. It confers immediate upliftment and victory over obstacles. This pranayama fills the Anahata Chakra, the seat of compassion, mercy and Divine Love, with Divine Grace and vision of God and Guru.

Instructions:

Standing, or sitting in a chair if you cannot stand, facing North or East or toward the Himalayas, or, if you don’t know the directions, toward your altar or holy picture; raise your arms overhead fully extended with palms open and facing up. Raise your head up and look up, gazing toward Heaven, with your feet spread two and a half feet apart. Breathing in through the nose to the count of eight, draw in through the finger tips and palms all the Power and Might of God and Heaven, on down through the hands and arms and into the Spiritual Heart.

“The true nature of the soul can be perceived in your spiritual heart which is situated in your physical heart on its right side. The space of your spiritual heart is equal to that of the space of your thumb. If the heart is operated, you will find a cavity the size of your thumb, which is covered by sensitive membrane. This cavity to an ordinary person is a vacuum full of ether. To a person who has inner vision, this cavity is the spiritual heart, the seat of the soul, which is embodied in the human body.” — Yogi Gupta, *Yoga and Yogic Powers*

Hold the Power in the Heart Chakra to the count of six and then release the breath through the nostrils, sending the Power back up the arms to the finger tips. Repeat this breathing cycle until the arms are tired, then fold the hands together in the pranam position over the Heart Chakra. Close the eyes and go within the Heart Chakra. Use your Third Eye and experience the Divine Glory, victory over the opposing forces, and relief from the mundane obstacles of this world.

You will have sure results from this pranayama and be spiritually healed.

Aum Tat Sat 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 [yogigupta-society.org/home/membership-in-the-yogi-gupta-society/](http://yogigupta-society.org/home/membership-in-the-yogi-gupta-society/).

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