



Evening Ganga Aaratee at Kailashanand Mission Trust

The Divine Grace of the Sat Guru

“Just as the life-giving milk is in every cell of the mother cow but can only be accessed through the udder, similarly, though the Supreme Lord is in every cell of the universe (existence), He can only be accessed through the Sat Guru and the gift of the Guru Mantra. Guru Mantra is the ‘Bread of Life,’ a disciple’s greatest mantra and a direct link to the Sat Guru and the Divine Will. When all else fails, Guru Mantra will never fail.” – Yogi Gupta, Guru Purnima Satsang, 1995

That is all very fine for disciples, but what if you are not the disciple of a Self-Realized Saint such as Yogi Gupta, what hope is left for you? Fortunately, there is hope. Until you meet your Sat Guru, there is a daily spiritual practice that can help you reach the God Consciousness of the Guru. It is called Sandhya Vandan and was the chosen daily practice of Yogi Gupta Himself. He said that there were a minimum two things that he did without fail every day; one was the headstand, the other

was Sandhya Vandan.

“The Vedas say that it can take a 1,000 human incarnations just meet a Holy Man” – Yogi Gupta

The desires of the monkey-like mind can captivate the human being for many incarnations. To fulfill the purpose of human birth one must not only meet a Holy Man but take on Discipleship to a Self-Realized Saint. Once one is determined to seek “On Earth as it is in Heaven,” one must by good karmas attract the Holy Man conducive to guiding one on the spiritual path.

How to find a Real Guru? There are not many available today, but the good news is all Great Masters who have lived on Earth have left behind spiritual practices to access the Sat Guru, one who is by nature a mediator and catalyst to find God. In that sense, Masters do not die as average mortals. Their Missions just transition to larger planes, but they still maintain here their present and future disciples by the techniques and teachings they leave behind.

Christ left the Lords Prayer, Bhakti Yoga, Kar-

ma Yoga, and simple teachings such as the Parables. How many millions of disciples of different levels does He still have here on Earth?

The Buddha, and Avatar Lord Krishna as well, left behind their techniques to stay in touch with them and progress on the spiritual path. Also Yogananda left behind His Kriya Yoga technique, simplified and made easy for the Westerner.

“The One God runs the whole world. God is closer than your own breath. He is represented in the form of your own soul in your Spiritual Heart, and He is activated by the Breath of Life. God is contacted via His Ambassador in your Spiritual Heart. That is what Kriya Yoga is for, to realize God in your own heart. Kriya Yoga is the best way for all four castes and all the four main stages of life (the four Ashrams)...Kriya Yoga exists to liberate you from the vicious cycle of birth and death and to attain that Peace and Contentment that allows you to live in the world but never let the world live in you. Then you know the purpose for which you were born.” – Yogi Gupta (Self-Realization class given on April 22, 1998)

Yogi Gupta is no different than previous Great Masters in leaving behind His spiritual practice. His Sandhya Vandan, a Kriya Yoga technique, is practical for all in Western society. He also left behind priest disciples who can initiate students into Sandhya Vandan to also receive His Grace and become His disciples. Sandhya Vandan was His daily personal practice, which gives the practitioner “the mind of the Guru.” The mind of the Guru is no less than Samadhi itself, the fulfillment of the goal of human birth, the realization of God in Man, the perception of Divine Love and Charity.

“Having more or serving more than one Sat Guru is like riding a Bull in a China Shop” – Yogi Gupta.

It is best to remember that once you find your Sat Guru, then you must stick to Him. This is due to the Law of Karma. Guruji would say one can draw from or make gain from other Gurus’ teachings, but serving them is like one who already has a wife or family but chooses to serve another woman and her children, dividing his time, resulting in disaster, because his chosen dharma is not being fulfilled. It is a very deep subject. Guruji wrote in *Yoga and Yogic Powers* about this, but in His Divine Presence, in His Satsangs and classes, many perceived that they were bathed in the Holy Light of His aura and felt purified and enabled to understand what He said, which is the Word of God. Stick with your Guru, for God has chosen that Bond. The

Only Goal is to obtain the Divine Grace of the Sat Guru.

—Swami Jnananand

(Note: Disciple Mohan Dass will give Sandhya Vandan initiation this Thanksgiving Eve, Wednesday, November 23, 2016, in New York City. For further information, send email to info@yogiguptasociety.org)



The Sat Guru – Spiritual Father, Mother and God

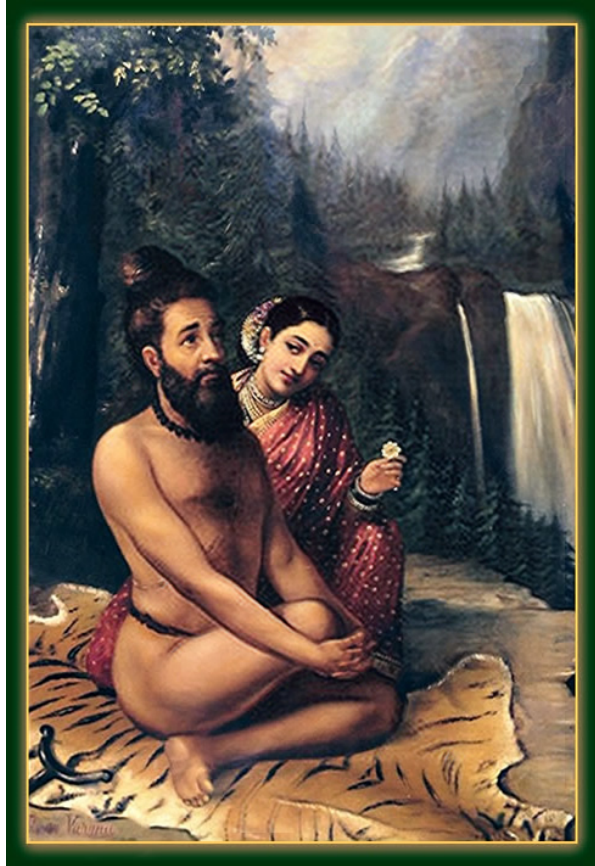
Kriya Yoga (Part 1)

The devotee Uddhava asked the Lord, “Those who worship and do puja to You get their heart’s desires fulfilled. Please initiate me into Kriya Yoga, the course of the saints Vyasa, Brihaspati and other great saints and rishis. They have told again and again that there is no puja, prayer, worship or de-

votion to the Lord that is more beneficial for the human being than Kriya Yoga.”

“Kriya Yoga was first taught by the mouth of the Lord Himself to Lord Brahma, and Brahma initiated His sons Brigu and other saints. Lord Shiva instructed his sweetheart, Parvati, in the practice of Kriya Yoga.”

“Oh Lord of the Universe, this Kriya Yoga is the fittest yoga for worship, devotion and puja of the Lord for all the Varnas (castes).”



Kashyapa and Diti

Castes were created by the Lord to give each person the type of job he has to do. There are four castes, Brahmin (priestly caste), Kshatriya (warrior caste), Vaishya (business caste) and Sudra (servant caste). They are all important; the priests are necessary to perform the ceremonies for birth, death, marriage, etc., the warrior to protect the country, the businessman to give you everything that you need in your life, and the servant caste supports the needs of the other castes. The businessman does not go and fight off the enemy attacks; everyone has their job to do. The brahmin is the mouth of the Lord, the Kshatriya is the arms, the Vaishya is the legs and the Sudra is the feet. Breakups

can happen from mixed caste relationships; then the problems come; our energy, our heart and our emotions are terribly affected because we have ignored the caste system and have ignored the planetary influences. When you pour water on the fire it gets extinguished, then you are deprived for the rest of your life. But if you are fiery and she is airy, then she gives you pep. That is what happens when we follow the planetary will. When we fail to understand why people tick the way they do, we find problems, enemies and friction all over.

The practice of Kriya Yoga is good for all the Ashrams (stages of life). The first Ashram is the Brahmachari Ashram, students. The student observes celibacy. The student studies all the Divine Knowledge so he is perfectly prepared for everything. This is different than specialization. Doctors today are so specialized that they only know about their specialty. Then the more you see different specialists the more confused you become. When you finally get tired of everything, you pray to God and then you find that the Guru has returned from India and you say, “At least somebody understands me.” Also Guruji takes care of your relatives up to four generations. Anything that He does is never done tomorrow, it is just done today. Guruji is like a transformer; He makes a minus become a plus.

Then comes the Grihastha Ashram, the householder. Celibacy is also observed by the householder, he does not think of any woman other than his wife. Many saints and sages are householders such as Kashyapa and Diti. Other saints are unmarried celibates all their life, such as Drua and Prahlad. So it doesn't make a difference what Ashram you belong to, the main thing is the state of mind. The main thing is to have Peace of Mind, Bliss, Joy, Happiness and Contentment. The Ashrams are ways to reach them by attaining that higher state of mind; from body awareness to attain the awareness of the Divine.

Any ashram is as good for the spiritual path, but if you don't discharge your duties then any ashram is as bad as the others. This is the Mortal World. If you are married you will have problems, if you are unmarried you will have problems. This knowledge give guidance to both the married and the unmarried. If you are married you cannot get unmarried. If you are unmarried you still have an option. But if you marry for sense pleasure you are headed for trouble. Every little pleasure is followed by big, big pain. The main purpose of marriage is to create children. If you marry for some other reason, there will be big trouble: broken homes, di-

voice. The first duty of the householder is to raise children. Kashyapa was a householder just to raise children. Still, he was a great saint and his wife Diti was too. You can do anything so long as your primary concern is to follow the rules of that ashram. So long as you realize your moral obligation to your wife, there is no such thing as divorce or separation. You can get married at the age of 80 so long as you follow the rules and regulations of Divine Scripture. Those who don't obey the Divine Law pay a heavy price: cancer, etc.



Mira Bai

After a certain age, the ashram changes. After family life, you switch to the Vanaprastha Ashram. When the time comes to accept Vanaprastha life there is no time to continue to hanker for family life. If you are stuck to just the first two ashrams, then you didn't develop that state of mind necessary for renunciation. Mira Bai was married to God – Krishna. She was made to drink a cup of poison by her relatives.

The one God runs the whole world. God is closer than your own breath. He is represented in the form of your own soul in your spiritual heart and he is connected with the breath of life. God is connected with His Ambassador in your spiritual heart via the breath of life. Kriya Yoga is to realize the God in your heart. It is the best fit for all the four Varnas and all the four Ashrams. As the individual ages, the sense desires continue as strong as ever, but the body's ability to fulfill these desires decreases, sometimes to the point of nil. Persons with gastrointestinal disorders can't eat spaghetti anymore, but still want to. Children cannot enjoy playing when the room is icy cold, so are the senses as time goes by. Who will marry the old man, who cannot even earn a living, who cannot fulfill the

sense desires of his wife? Nature has its own way to rob a person of ability, but those desires continue for all time. This is the vicious cycle of birth and death. Kriya Yoga is to liberate you from the vicious cycle of birth and death and attain Peace and Contentment, because you live in the world but the world never lives in you. The Kriya Yogi knows the purpose for which he was born. So if you go in the wrong direction looking for happiness where it doesn't exist, you will get disappointed.

There is a small musk deer with such a strong odor that the deer runs after the odor until the hunter takes away the musk deer. Know for sure that this world is not true. Anything that is true never changes. It is a different world while you sleep, dream and while you are awake. So which world is the true one? In dream, you see these scenes from the past, but when the dream ends the sky falls, because you don't see those things anymore. The wide awake dream is the same, sooner or later you will realize it was just a magic show.

Unity with God is the only way to find Peace. Man is created in the image of God. There is no Peace of Mind, until the image unites with its source, God Himself, because there is only one Man, Purusha (which means Man). All beings, male or female, all creation, must find their better half – God Himself. Then one attains the Love of God and All, which lasts forever.

A specific yoga best suited for the West for getting married to God is Kundalini Yoga. The Bible says that we've fallen from the Garden of Eden, from God Consciousness. This is the fall from the Seventh Seal to the Muladhara Chakra. So the kundalini has to be awakened by mechanical means to move up through each chakra. That is the God marriage. That is the Bliss of God. All the problems arise from thinking that you are the body. We know it is not so; it is easy to understand, but to live it as a practical matter is not easy. This is Self-Realization, which comes by recognizing that you are the intellectual frame. By practice of Kundalini Yoga, gradually you move the kundalini up through each chakra. Then you don't allow the world to live in you, even though you live in the world. That is why there are all these courses. When I finish with Kriya Yoga, I will start a Kundalini Yoga course. That will be the reaching of the Garden of Eden, the Promised Land. The serpent is the ego, making you aware of sensuality. Therefore, you have to rise above the ego.

The Guru is the father, the mother and God. The Guru secretly keeps the thought for the disciple

in His heart. By keeping the disciples in His heart, He is the spiritual mother and father who fosters the growth of the disciple. The Guru is the Lord who the Lord in the purest form – the Word of God – into the consciousness of the disciple. So you are getting more and more knowledgeable and closer to God every day.

— Yogi Gupta (*Self-Realization class given on April 22, 1998*)



Indian Independence Day

Here are some photos from Kailashanand Mission Trust's celebration of Indian Independence Day on the banks of the Ganges River.



Contacting Us

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