



### In the Divine Presence of the Master

Guruji gave a prayer first in Sanscrit; I did not catch it and He only said it once, but He translated it:

“Where the Lord of Truth lives, that place is sanctified.”

He who has realized the truth of the Divine does not live in a closed system. Quite the contrary, He radiates from every pore of His Being the high consciousness of His aura and high positive colors, and all in His environment absorb His vibration.

You may feel and experience the vibrations here at Apt. 25C, and everything in this room, in the walls, in the chairs, in the pencils, etc., are permeated with the Divine vibrations.

Thoughts and consciousness change the color body. A change of colors is Life. Life is color. Color is impregnated with consciousness and colors change the chemicals of your being.

After a session at Apt. 25C, your blood chemistry will be different. Some progress faster than others. This is because of your past karmas. Your essential desires and character traits do not change until placed under the constant influence of the Master’s vibrations and positive colors which are the result of His spiritual practices.

We are like logs in the fireplace. The dried logs which contain fire have to be ignited first. The green logs have to dry out first before they can even ignite. One day they will be ready to ignite too.

A word from the Guru is enough to ignite us and start the fire. By contact with the Guru and by attending Satsang, the embers begin to smolder and burn. What we forgot from before gets ignited again. Those who are ripe ignite. Those who are not ripe get warmed up and are being prepared for later.

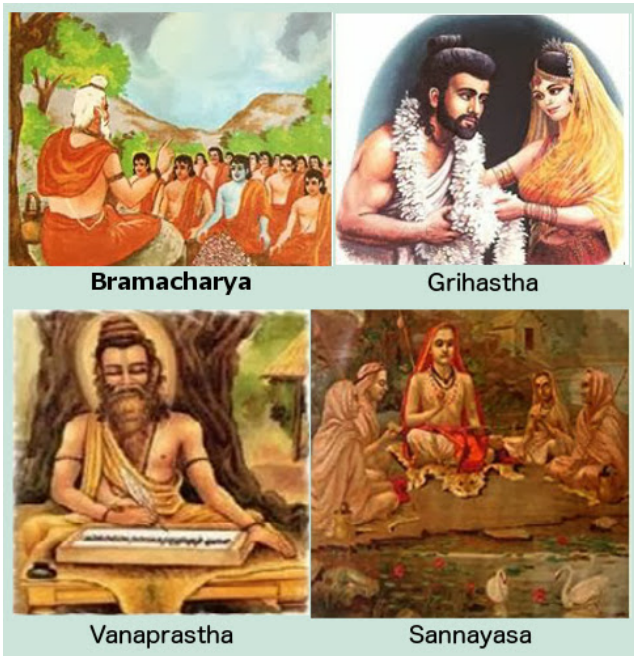
You cannot be in the Presence of the Guru and not progress, because you are changed, your colors are changed, your chemistry is changed, and those who are not ready are warmed up and made ready whether they are aware or unaware. Ready or unready, all in His Presence are progressing.

The stamp of Self-Realization is impressed by the Guru’s Presence whether known or unknown. It’s happening.

— *Satsang with Yogi Gupta, June 30, 1999, from notes of Swami Jnananand*



Flag of Lord Surya – A Tantra



The Four Ashrams

## Kriya Yoga (Part 2)

Continuing from Kriya Yoga (Part 1), in the [2016 Fall Issue of the Newsletter](#), the discourse between the devotee Uddhava and Lord Krishna:

“You initiated Lord Brahma into Kriya Yoga and Lord Shiva initiated His consort. Oh Lord, Kriya Yoga is the best for everyone, for each caste. Also, it is best for all ashrams.”

There are four ashrams: first, the brahmachari goes to study with the Guru. Then he may decide to enter the Grihastha Ashram, the state of being a householder. After he completes his term as a householder (you don’t stay in the householder stage all your life), he goes to the third group, the Vanaprastha Ashram, the mendicant stage. Finally he goes for renunciation, the Sannyasa Ashram. No matter in which ashram you are, you are always under the government of the Divine Constitution. Therefore, you cannot afford to commit volitional transgressions. You must follow Divine Law and follow your duty. You can claim protection for your life, but you cannot take a life. No matter which ashram you are in, you are under Divine Law. If you disobey, the law takes effect. All these ashrams must be means to an end, not ends in themselves. If you are a householder, you have to follow the laws laid down for householders. Same goes for the other three ashrams. Always you are under Divine Law.

Everything you do is okay, so long as it is not done as an end in itself. For example, earning money is not an end in itself. It should be a means toward an end, then it is helping you move toward reaching a goal of higher Divinity. You act nice, get married, and have children,

so that they will perform your shradha. Then it makes sense. Everything should be a means; your mind should be always turned toward the goal. You climb the ladder to get to the top. No matter what you are doing, you do it in the right spirit. For example, when you invite a friend for a party and then expect to be invited in return, then you may be disappointed. So, you don’t do something for a selfish motive to get something in return.

Uddhava continues,

“Kriya Yoga is best for all the four ashrams. Oh Lord, I understand this yoga is also best for the serving class and for women (there is no discrimination, it is best for all). Oh Lord, Who has eyes like a lotus flower (If you use lotus honey, your eyes open up like the lotus flower too), You are the Lord of Shiva, and I am at Your Lotus Feet. Have mercy on me and help me get freed from this endless cycle of birth and death. (New karmas you create here mean you have to be born again. This is called karma bandha. When a person gets self-realization he still acts but creates no new karma, because he is above karma. For example, the judge sends the criminal to the electric chair but creates no karma. He is just following the law.)”

Lord Krishna says,

“The Yoga of action is so huge (puja, paths, sadhana, etc.) that it is unlimited in scope, but I am telling you in brief that there are three methods of worshiping me: Vedic, Tantric (You get the same results by having these articles. You get the virtues contained in the herbs and stones. You have the saligram stone. It is your personal saligram. It knows it has to take care of you. The conch is impregnated with the Eternal Sound, the Word of God. You listen and the mind starts to hear the Ahahata sound – AUM. The breath is the carrier of life, which brings the breath from outside and pushes it inside and inflates and then deflates the lungs. The Word of God is in the ether.) and the third is the combination of the two. (For example, you go to Surya Puja and also have the herbs and stones.) Out of these three methods, my devotees are free to accept any one which is most agreeable to them.”

Guruji will initiate us in Payo Vrata, which enables the gods to defeat the demons (See articles in previous issues of the newsletter, *Yoga and Nutrition: Milk – The Blessing of Nandi the Sacred Cow*, Vol. 1, Issue 7 and especially *Payo Vrata*, in Vol 2, Issue 1 for more information about Payo Vrata, which is done at the end of Winter. –Eds.). The method which is most powerful, which you like the most, you have to hit the jackpot to get a really powerful tantra, like the one-facet rudraksha in three parts (which Guruji was wearing around His neck). Could any scientist explain how one tree has the Gauri Siddhi Peet rudraksha and also thousands of other kinds of rudrakshas?

“I leave it to my devotee to choose any of these three methods.”

Tantra examples: You wear ankar banda and you become rich and famous. To have a good living and a good job, you wear tabi (a peepul pendant). For fulfillment of all desires of the heart, wear a pendant of Herb “A” polarized during a certain nakchatra. There is a bird,

shivatee, which drinks water only during Svati nakshatra. These are all occult virtues. The whole Kingdom of God is ruled by the planets. Tantras were designed to supplement medicine and various therapies, and also religion, so that the people could heal themselves. Tantra is all about solving problems the easy way, because man is a lazy creature.

What is the easy way? By looking at the tantra you have Darshan, and also by touching them and wearing them. You have the dwaja (flag) and chowri (cow's tail), that is easy, is it not? So Guruji has specific orders to make them according to the specifications for the New York City disciples. They have miraculous effects on the user. For example the leaf on one plant, placed in your shoe makes you hungry as a wolf, but you don't get indigestion. Embracing the tak tree cures malaria. There is a special tilak to see underground treasure. There is a type of collyrium (eye wash, there are many types of collyrium) to captivate the heart of another. You apply the collyrium and then just look at the person that you want to befriend. There is a tantric flute which has to be animated with the juice of a specific herb to cure diseases and poisons of the blood. Orpheus stopped the course of rivers by playing his lyre. Such musical instruments should be in the Poison Control Office.

By just smelling the herbs, or by fumigation, or by bathing in the water sanctified by dipping the herbs in the water, diverse diseases can be cured. By wearing herbs, one can win in racing and gambling. One can lose weight by wearing a tantric ring on the middle finger.

— Yogi Gupta (*Self-Realization class given on April 29, 1998*)

### **Interview with Swami Dwarkanand Half a Century of Discipleship**

In a podcast interview ([kyaam.org/podcasts.shtml](http://kyaam.org/podcasts.shtml)), Swami Dwarkanand talks about his over 50 years of discipleship, how he found his Guru, Yogi Gupta, in the late 1950s, how his life gradually changed for the better under Guruji's seen and unseen guidance and how he became a Yoga teacher and swami.

### **Yoga and Nutrition – The Sunflower**

The beautiful bloom of the sunflower, *helianthus annuus*, is gorgeous to look at, and as a by product produces the nutritious sunflower seeds. Psychically uplifting and physically healing, the tiny seeds inside the flower cluster are power-packed with essential amino acids and proteins, fatty acids (including the omegas), vitamin B complex, trace minerals, high levels of iron in the dark husk and grey flesh, and Divine taste!

Sunflower seeds are good with both vegetables and fruits. They are nutritional and delicious with raisins. As with all seeds and nuts, the seeds should be eaten raw.

The fresh seed exhibits a light grey color in the inner seed. If the color is dark or brownish, the seed is probably old and rancid and should be avoided.



Sunflowers before the seeds have ripened

Organic sunflower seeds are nice, but since they are in a protective husk, they are not greatly affected by sprays. It is easiest to buy hulled seeds. They sprout very nicely within 24 to 36 hours. Just soak them for 8 hours, drain and rinse them every 4-6 hours. Keep them in the dark until sprouted. The sprouted seeds have all the same vitamins of the unsprouted seeds plus vitamin K, vitamin C and they are more easily assimilated because of live enzymes.

Sunflower seeds are abundant and more affordable than other seeds and nuts. Try them, you'll like them.

Aum Hari Aum

— Swami Jnananand



Ripe seeds still on the sunflower

### **Herbal Tooth Powder**

This tooth powder recipe results in something similar to Gurujee's VD tooth powder. It's great for gums and teeth. It's made with 1/2 part cinnamon powder (use good strong cinnamon, like Saigon cinnamon), 1/4 part clove powder, 1/8 part neem powder, and 1/8 part cayenne pepper.

—Swami Jnananand

Recent Services at Kailashanand Mission





Ganga Arati is held at KMT each evening.

# Goshala

गौशाला  
कैलाशानन्द मिशन ट्रस्ट (पंजीकृत)

KMT welcomes You.

The Goshala (Cow Sanctuary) at KMT

## Recent Visitors at Kailashanand Mission



Swami Karunanand, Swami Krishanand, Swami Chidanand and Shiva Dasse meet KMT brahmin priest and management.



KMT brahmin priests and management meet  
with Swami Chidanand and Shiva Dassee.





Swami Krishanand and Swami Karunanand during Ganga Aarati

### **Contacting Us**

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