



SAMPLE Letter To a Medical Doctor

Yogi Gupta exhorted his disciples to disseminate the ancient teachings that they learned while they sat at his feet in New York City: "Unadulterated truths, passed from God to Guru to disciple, since time immemorial." The Master frequently stated that his mission in America was to "raise the health of the American people." Yet we sometimes do need to avail ourselves of the services of medical practitioners trained in the techniques of Western medicine. The following is a letter that patients might use as a template to modify and then give to their Medical Doctors as a means of possibly raising the physicians' awareness of the benefits of the teachings of the ancient Yogis of India. I myself did give an earlier version of this letter to my Orthopedic Surgeon, who is intelligent and possibly receptive.

This letter contains information that the disciples in Manhattan heard many times from the lips of Yogi Gupta himself. Some of the quotations, statements, and paraphrases are also from Yogi Gupta's records or tape recordings, published works, or personal correspondence. I have attempted to arrange this information in such a fashion as might appeal to the sensibilities of a Western, allopathic, Medical Doctor. Because all the information is based upon direct quotations from The Master, I made no attempt to cite Westernized "proofs" of His teachings. I rely on Yogi Gupta's statement in *Yoga and Yogic Powers*: "Forces of Nature are far stronger than those of Man. When the forces of Man work against the forces of Nature, it is Man who loses the battle" (Yogi Gupta New York Center, Publishers, 1961, chapter 38, page 205).

I feel that there is an ever-increasing need for this

kind of information, especially considering the powerful economic, social, and cultural forces arrayed against it. As a case in point, an issue of a popular men's health magazine in April, 2018, argued forcibly that raw milk is unhealthy. Considering that humans have thrived on unpasteurized, un-homogenized milk for many millennia, this attitude probably has economic roots. With the aim of providing a sample of this type of letter, I have provided it to you, the readers of the Yogi Gupta Society Newsletter.

Dear Doctor:

Thank you for all your recent help with my surgeries; I much appreciate your surgical expertise. I think that American surgeons such as yourself are the finest surgeons in the world. I hope you continue operating for a long time to come.

Should you find it useful, I am offering the following information:

(1.) The appropriate diet for homo sapiens is mostly uncooked edible plants: roots, stems, leaves, seeds, and flowers. In the process of overheating plants, the nutrients are lost.

(2.) Homo sapiens thrives best on a diet of uncooked plants, not animal flesh.

(3.) The milk of herbivores such as cows, sheep, and goats, are ideal additions to the human diet.

(4.) Prehistoric India had a highly advanced health-care and medical system.

Overheating Destroys Nutrients

The appropriate diet for homo sapiens is mostly un-

cooked edible plants: roots, stems, leaves, seeds, and flowers. In the process of cooking plants, many nutrients are lost. A simple test of this fact is to ask the farmer to plant some popcorn. “He will not do it,” as he knows that there is no life in the dead seed. Analogously, dead material cannot nourish a live body. How many zoos feed cooked food to their animals? Where cooked food is fed to animals, what are the studies on the cancer rates? Even without cooking, we all see how quickly the banana turns black when we cut it, because the vitamin C has been oxidized and lost by the exposure to air. Caveat: Some plants are improved by heating, for example, potatoes.

Plants Are Better Than Animal Flesh

Homo sapiens thrives best on a diet of uncooked plants, not animal flesh. Some of the simplest ways to deduce this truth are:

(1.) Intestines: The length of the small intestine of homo sapiens is about twenty-three feet, whereas that of a dog is about four feet. The meat ingested by the dog is digested rapidly, whereas in the long gut of the hominid, the meat decays before it can be eliminated, resulting in all kinds of diseases.



(2.) GRASS MAKES MUSCLE: The human meat-eater makes an odd assumption, namely, that animal flesh must be consumed in order to produce bodily muscle tissue. On the contrary, the largest animal walking on the planet, the elephant, eats mostly grass, uncooked, of course. From the grass, furthermore, this huge elephant produces a valuable form of calcium, ivory. The largest animal in the jungle, our cousin, the gorilla, thrives on plants, also uncooked, of course. If gorillas cannot find enough plants, 3% of their diet may include insects and caterpillars; however, they would prefer mangos to mosquitos. Many humans consume the flesh of the cow and sheep, which ate mostly grass. Some humans consume the flesh of the chicken, which ate mostly seeds. How do the humans think that the muscle flesh that they consume was produced?

(3.) Dentition: When I open my mouth and look in

the mirror, I don't see the fangs for cutting, slicing, and tearing muscle tissue that the dogs, lions and other carnivores have. My dental tool kit is best suited for grinding and chewing the five parts of plants—roots, stems, leaves, flowers, and seeds, which are in the fruit.

Milk is an Ideal Addition to the Human Diet

The milk of herbivores such as the cow, sheep, and goat are ideal additions to the human plant diet. These animals convert uncooked plants, mostly grass and leaves, into milk. Cows produce so much milk that their usual one calf only takes less than one-fourth of it; three-fourths are for human consumption. Furthermore, human mothers whose diet is mostly uncooked green leafy vegetables also produce copious amounts of milk. In other words, milk is a form of processed raw plants. Some Yogis in India live for long periods of time just on milk, as have countless saints and sages for thousands of years; they maintain that milk is a perfect food. Again, humans consume milk in order to increase their protein and calcium intake. How do they think the cow produces all that milk from grass? Caveat: Of course, the best “milk” to consume is fresh from the cow that is well cared for – un-pasteurized and un-homogenized, organic, free-range, without chemicals in the feed or the cow.

Prehistoric India Had an Advanced Medical System

Prehistoric India had a highly advanced health-care and medical system, including complex surgery on the teeth and eyes. Attempts to date Indian medical and scientific literature frustrate many Westerners; the direction often leads to “revealed scripture.” Of course, we recoil at such suggestions.

In Conclusion: Keep Harmony with Nature

Most of us with advanced Western educations at first recoil when we hear these facts that I describe in this letter. “Crazy!” “Ridiculous!” “Impossible!” “Our mothers, our teachers, our doctors lied?” These facts are so obvious, and so simple that we are stunned into disbelief. I confess that when a man who appeared to be a typical American first told me that “you'll be fine if you stop eating dead food,” I rejected his input immediately. As an adult, this man had studied the facts and changed his eating behavior. I had been quite ill for some time, but although he freely handed me the keys to good health, I rejected his advice as “absurd.” I was a typical American inured to believing my educational and cultural superiority.

To accept these truths is to acknowledge that our culture has been inducing disease in us; our parents and their parents back for centuries have been feeding us dead material; our teachers have been forcing us to learn harmful lifestyles; our doctors have been trained to make us sick. This conversion of one's frame of mind requires a huge effort, an effort in which we risk ostracism, condemnation, and ridicule. The economic, social, and cultural forces arrayed against these truths are formidable. For

many of us, the only way we can “jump ship” is when we become so ill that we might otherwise die.

Having been at death’s door so often, I finally listened to common sense. I did not start this food lifestyle “conversion” until I was 40 years old; hence the arthritis that plagues me now was well established in my body, due to four decades of consuming a diet high in protein, processed, and cooked food.

In summary, this letter is my gift to you as a means to describe paths to avoid the ailments that are often the by-products of the stressful lifestyles of many Western Medical Doctors. These paths follow in harmony with Nature, without bad effects or side effects, only good effects. These paths seem arduous and time-consuming, but they are sure. The keys to a disease-free, long life are a combination of the “nine chief forms of Yoga,” especially Raja Yoga and Hatha Yoga, Yoga Food Concepts, Atharva Veda, and Ayurveda. When humans attempt “to work against the forces of Nature,” the humans will lose the battle against these far stronger forces.

Blessings, Your Grateful Patient

Exercises for the Ears and the Eyes Breathing to Heal the Ears

Stand up or sit straight on a chair with your right foot crossed on the left ankle.

Raise your arms upward palms up.

Head back, open your mouth and take a deep breath, visualizing the breath going to your ears.

Hold your breath to the count of 4.

Breath out slowly from the mouth.

Repeat 3 times.

Eye Relaxing Exercise

Stand up or sit straight on a chair with your right foot crossed on the left ankle.

Close your eyes, rub your palms together to generate heat.

Cover your eyes with the hollow of your palms.

With closed eyes, visualize a large black dot going further and further away from you and getting smaller and smaller.

Now remove your palms from your eyes, open your eyes and gaze at the tip of your nose.

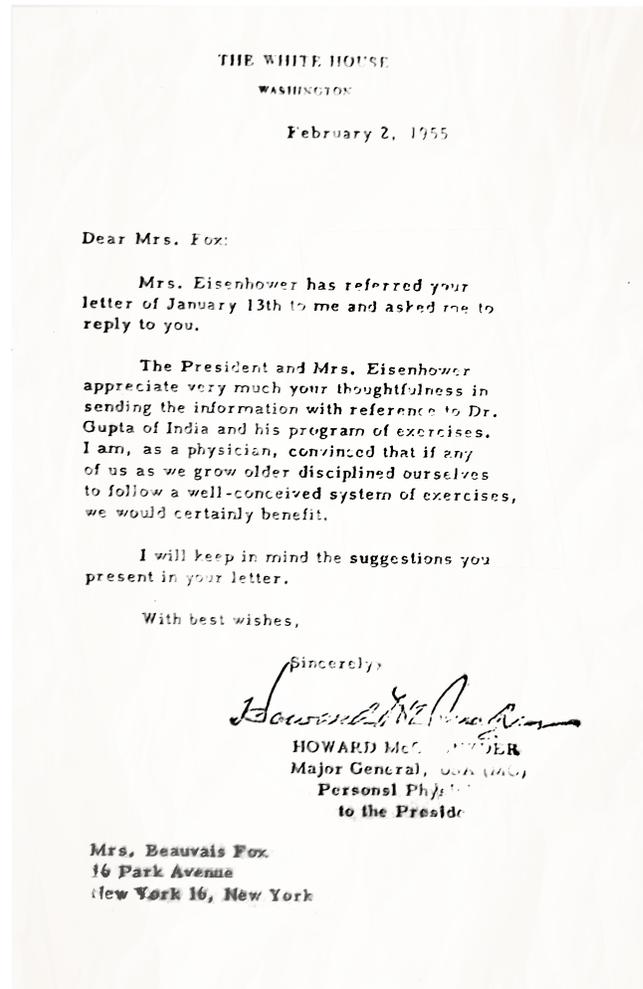
Repeat three times.

Again, close your eyes and cover them with your palms and visualize the large black dot coming closer and closer to you and getting bigger and bigger.

Remove your palms from your eyes, open your eyes and gaze ahead.

Repeat three times.

— From notes taken by Shiva Dularee, senior disciple of Yogi Gupta



1955 Letter from President Eisenhower’s personal physician regarding Yogi Gupta’s program in America

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Yogi Gupta advertisement in the New York Times

Yogi Gupta Original Lessons in Nature Cure

1954 was the eventful year when Yogi Gupta traveled to America to address a gathering of Naturopaths in Chicago, but it was also the year when the following pages from Yogi Gupta's "Lessons in Nature Cure" were published by the Divine Life Society. Written when Yogi Gupta (then known in India as Dr. Kailash Nath Gupta) was the Director of the Sivananda Nature Cure Sanitarium and treating thousands of patients each year, these lessons may be 65 years old but they are just as fresh and true as ever. These pages also include letters of thanks from patients who were cured by following Yogi Gupta's advice. Interestingly, there

is a hint of Yogi Gupta's impending travels to the U.S. in the form of a letter from the President of the American Naturopathic Association thanking Yogi Gupta for two articles for the Association's magazine, "Naturopath". The main message of these lessons is that God gives us the power to attain lasting health through proper lifestyle, diet and simple means to strengthen the body's own healing ability. Yogi Gupta points out here the same thing that He later taught His students in America, that acute diseases are the body's way of removing trash and toxins and that chronic diseases are the long-term results of improper foods, environment or lifestyle gradually overtaking the body's natural tendency to maintain a state of perfect health. — Mohan Dass

Contents	PARTICULARS FOR READERS
(1) SYLLABUS.	1. These series of Lessons will be released periodically at intervals as convenient.
(2) COURSE 1 No. 2.	2. This is a Free Course sent to all desirous of acquiring a good knowledge of Naturopathy. But the students will have to bear the expenses of postage and stationery.
(1) Disease is nature's self-cleansing process.	3. Towards the above no stipulated fee is charged but voluntary contributions may please be remitted by all who wish to enroll themselves for this Course of study.
(2) The real healer is within.	4. The Money Orders are to be addressed to : Sivananda Nature Cure Sanitarium.
(3) NOTES AND NEWS ABOUT SANATORIUM.	5. In all correspondence please give your full name and address in BLOCK LETTERS.
(1) Important features.	6. For reply always enclose a self-addressed envelope or postage.
(2) A specimen case of insanity treated successfully.	7. To have a specimen copy of a Lesson send As. 4/- stamp to cover postage and correspondence.
(3) Obesity & Asthma cure campaign.	8. All correspondence to the above given addressed as for M.O's.
(4) Some specimen remarks from patients and others.	
<p>PATRON H. H. SRI SWAMI SIVANANDA Director : Dr. Kailash Nath Gupta, B.A., L.L.B., F.C.A. (Prakritik Chakita-Acharya.) Consulting Naturopaths : Sri Swami Chidananda; Swami Hariomananda.</p>	
<p>HAVE TREATMENT CAMPS IN YOUR OWN CITIES FOR MIRACULOUS CURES OF INCURABLES</p> <p>Particulars from the : Director Sivananda Nature Cure Sanatorium P.O. SIVANANDA NAGAR, RISHIKESH, Dt. DEHRADUN, HIMALAYAS</p>	

LESSONS IN NATURE CURE 87

PREFACE

I like an inch of practice than much more in theory. Details of ailments and diagnosis of diseases are not so useful as its cure. A beautiful diagnosis can not cure a case of Hiccoughs. If doctor tells a patient just what ails him, but keeps what will cure him a profound and portentous secret it is no good to him, even if patient is given a prescription he must knock some other door of a drug-storehouse to purchase them, and must again and again take refuse of Drugs and doctor whenever there is any trouble.

My idea is to make clear in this lesson that Nature's remedies are the best, cheapest, easiest and surest. Disease is only an expression of life's will to health. Health alone is the reality, not the disease. Diseases appear and disappear, but health is present continuously. I wish that this lesson will help increased number of person in not only curing diseases, but to confirm and enhance health so that there remains no likelihood of becoming diseased in future.

March on this simple and sure way to Health and Cure and become your own doctor.
 —Kailash Nath Gupta.

I. SYLLABUS

(CONTINUED FROM 1ST LESSON)

COURSE No. 3 (FASTING CURE)	21. Regular Fast.
1. Psychological preparation for fast.	22. Dry Fast.
2. Physical preparation.	23. Short Fast.
3. Need for fast.	24. Long Fast.
4. Fasting for physical, mental and spiritual rejuvenation.	25. How to break the fast.
5. Procedure of fasting.	26. What happens in fast.
6. Danger signals in fasting.	27. When to fast and when not to fast.
7. How long should one fast.	28. Fasting experiences including my 30 days fast.
8. Difference between fasting and starvation.	COURSE NO. 4.
9. Healing crisis in fasting.	(EXCLUSIVE DIET CURE)
10. Fruit juices in fasting.	1. Milk Cure.
11. Water's use in fasting.	2. Butter-milk cure.
12. Exercise in fasting.	3. Grape Cure.
13. If fasting wise, benefit only after lies.	4. Mango Cure.
14. Gas formation in fasting.	5. Carrot Cure.
15. Temperature in fasting.	6. Water Melon Cure.
16. Coston mouth in fasting.	7. Bread Cure.
17. Biliou vomiting in fasting.	8. Monodiet Cure.
18. Offensive perspiration in fasting.	9. No Breakfast Cure.
19. Fear of fasting.	COURSE No. 5.
20. Fasting Regimen.	(HYDROTHERAPY OR WATER CURE)
	1. Ordinary baths.

2. Warm Baths.
3. Hot and cold Bath.
4. Steam Bath.
5. Hip Bath.
6. Sitz Bath.
7. Spinal Bath.
8. Shower Bath.
9. Eye Bath.
10. Dry friction and cold sponging.
11. Whole body wet sheet pack.
12. Alternating pack.
13. Body sweat bath.
14. Purpose of packs and number of wrappings.
15. Cold pack and heat radiation.
16. Cold pack and inner congestion.
17. Packs in fever.
18. Packs in Pneumonia.
19. Packs in Influenza, etc.
20. Packs in weakness.
21. Danger in packs.
22. Packs in pain in head.
23. Packs in menstruations.
24. Packs, how made and applied.
25. Use of dry and wet packs.
26. Packs for knee, throat, chest, etc.
27. Packs for ankle, head, legs, etc.
28. Packs for shoulders, etc.

COURSE No. 6.

(CHROMOPATHY OR SUN-CURE)

1. Sun Cure's place in Nature Cure.
2. How to charge water with cosmic radiation.
3. Sun Baths.
4. Sun Bath and Vitamin 'D'.
5. Cosmic forces of light.
6. Vegetable kingdom.
7. Vibrations.

COURSE No. 7. (PSYCHOTHERAPY)

1. Faith healing and mind healing.
2. Deep relaxation therapy.
3. Secret of spiritual healing.
4. How to cure disease with Psychotherapy.

5. How to develop latent faculties with Psychotherapy.
6. Hypnotism.
7. Suggestion Theory, i.e., oral suggestions, manual suggestions, written suggestions, Telepathy.
8. Child Psychology.
9. Sleep Therapy.

COURSE No. 8. (GENERAL BODY BUILDING AND HYGIENIC MEASURES)

1. Remedial Exercises.
2. Deep Breathing.
3. Care of the skin.
4. Walking for health.
5. Vitality and treatment.
6. Action and reaction.
7. Asana.
8. Pranayama.

COURSE No. 9. (NATUROPATHY AND OTHER SCIENCES OF TREATMENT)

1. Homeopathy and Naturopathy.
2. Allopathy and Naturopathy.
3. Osteopathy and Naturopathy.
4. Chromopathy and Naturopathy.
5. Christopathy and Naturopathy.
6. Ayurvedic Medicine and Naturopathy.
7. Herbal Cure and Naturopathy.

COURSE No. 10. (EARTH CURE AND MUD CURE)

1. Internal applications of earth.
2. External applications of earth.
3. Mud packs for abdomen, head, eye, cheek, whole body, and parts of the body.
4. Effect of mud pack.
5. How earth eliminates poison.
6. Bare feet walking and its benefits.
7. How to prepare packs.
8. Packs for fractures of bones.

COURSE No. 11. (AIR CURE)

1. Air Baths.
2. How air eliminates toxins.
3. Use of air in fever.
4. Use of air in acute diseases.

COURSE No. 12. (RECIPES)

1. How to prepare steamed food.
2. Whole wheat bread preparation.
3. Biscuits and cakes preparations.
4. Cheese preparations.
5. Salad from raw vegetables and fruits.
6. Curries and sauces.
7. Malted and predigested food preparations.
8. Uncooked food preparations.
9. Sweet Dalia and simple whole wheat Dalia.
10. Cabbage and apple preparations.
11. Green leafy vegetable and potato preparations.
12. Carrot and potato preparations.
13. Rice and apple preparations.
14. Tomato and pea preparations.
15. Green peas and tomato preparations.
16. Apple and potato sauce, etc.

COURSE No. 13. (DIAGNOSIS OF THE DISEASE)

1. Iris Diagnosis.
2. Diagnosis from skin or 'Jacket Diagnosis'.
3. Diagnosis from the face, or 'Facial expression'.
4. Diagnosis from the head.
5. Urine Diagnosis.
6. Diagnosis from human excretions.

COURSE No. 14. (MASSAGE THERAPY)

1. Friction Massage.
2. Kneading.

3. Vibratory Massage.

4. Stroking Massage.
5. Massage of trunk.
6. Massage of the joints.
7. Massage of the muscles.
8. Massage of the Legs.
9. Massage of the Abdomen.
10. Massage of the neck.
11. Massage of the chest.

COURSE No. 15. (USE OF ENEMA)

1. Flushing Enema.
2. When, how and why to take Enema.
3. Use of warm, tepid and cold water in enema.
4. Tonic Enema.
5. Quantity of Water in Enema.
6. Observances for bowel evacuations.

COURSE No. 16. (HEALTH OF WOMEN AND CHILDREN)

1. Diet Therapy for children.
2. How to nurse children.
3. How to get a child easily.
4. Exercise for women.
5. Women's way of living and diseases.

COURSE No. 17. (MISCELLANEOUS AND GENERAL KNOWLEDGE)

1. Heal h programmes for different seasons.
2. How to overcome old age.
3. How to grow young.
4. Personal experiences and experiments.

(To be Continued.)

(2) COURSE I No. 2

(1) DISEASE IS NATURE'S SELF-CLEANSING PROCESS

Just as day follows night so always radiant health follows disease, because disease is Nature's self healing process, an inner cleansing effort to purify the system. Disease is abnormal vibrations of the five elements constituting body on one or more planes of being in conformity with the destructive principles of Nature applied to individual life.

WHAT IS DISEASE

Due to wrong methods of living and eating there is lowered vitality, abnormal composition of blood and lymph, and accumulation of toxins and poisons in the system and therefore they promote destruction of living healthy tissues and result in disease.

Disease is not inimical to our body, something to be fought against and to be afraid of but it is self-healing crisis brought about by factors, described above, which the system finds a hindrance and impediment to proper functioning.

In short disease is the consequence of one's own mistakes and follies which kind nature is doing her best to rectify for him. One should be forever liberated of the fear of disease as it is nothing than Nature's blind attempt at cure. It is the system's attempt to deal as effectively as it can under given conditions with factor which, through man's ignorance, folly, and self-indulgence are causing impediment of function."

In addition to toxins in the body there are other foreign matters such as uric acid, toxins etc., and especially drugs if ever used. I learned from my personal experience of treating thousands of patients every year that drugs are never eliminated as is the waste from organic foods. They are stored in the body for decades. I know numerous cases where drugs taken forty years back were expelled together with the toxins during nature cure treatment. As these chemical poisons after being dissolved are taken back in to circulation for elimination through the kidneys the nerves and heart are affected causing extreme nervousness, dizziness and excessive heart beats, etc. The family doctor is called who now diagnoses the condition as heart disease and blames the lack of food instead of the drugs he prescribed forty years ago.

An average man called rather considered-robust and healthy has a chronic stored up accumulation of waste food poisons and drugs in his system and this is his latent disease. When these latent diseased matters are occasionally stirred up, for instance by a cold he expels great quantities of toxins in the form of mucus and feels unhappy in place of enjoying Nature's cleansing process. If the quantity of loosened toxins is great enough to shock the

entire system more or less but still not dangerous it may be diagnosed as Influenza. If the eliminating work of Nature digs deeper in to the system into some important organ say lungs so much toxins are loosened at once that the whole circulation has to work under great friction causing fever and it is called Pneumonia which is really a feverish effort on Nature's part to free the most vital organs from its waste. If the kidneys are at work to eliminate this loosened toxins it is called Nephritis etc.

Generally people misunderstand and suppress by drugs and continuing wrong dieting despite the warning danger signals of pain and loss of appetite. Notwithstanding the help of the doctors a help in fact injurious and dangerous to the patient's life his vitality and especially his eliminating abilities are lowered and Nature proceeds slowly. Under this handicap Nature cannot work as efficiently requiring more time and the case is called chronic. The nature goes on still striving for the restoration of health. If proper facilities are given to eliminate toxins the vitality increases and inner force once again makes a vigorous effort to purify the system by creating fever, cold or any other acute disease which was suppressed long ago.

WHAT IS AN ACUTE DISEASE

An acute disease is nature's successful cleansing effort. Due to abnormal accumulation of toxins in the system and abnormal health Nature adopts abnormal methods to get rid of it known as acute disease. When the bowels take the work of elimination it is called diarrhoea and dysentery, when skin takes up the work it is known as skin eruptions itching and various other skin diseases and so on. An acute disease is in itself a drastic treatment by God or Nature and nothing should be done by way of drug or feeding if there is no hunger. In short acute disease is a process of cure. It is nature's way of curing latent disease, namely toxins and consequent ill health.

"All acute diseases start with obstruction of the capillary circulation by accumulation of mucoid matter and white corpuscles. The white corpuscles instead being valiant little germ eaters (Phagocytes) are in reality eaten and decomposed into pus by the bacteria."

"Succeeding bloodcounts of our chronic patients who improve under natural treatment show invariably a very marked decrease in white corpuscles and increase in red corpuscles."—Dr. H. LINDLER M.D.

When persons in a particular locality are used to similar wrong habits of living and eating they develop diseased macrozymas of a particular type spreading epidemic. What we generally say an acute disease is in fact the result of Nature's effort to eliminate from the organism waste matter, foreign matter and poisons and to repair injury to living tissues.

WHAT IS A CHRONIC DISEASE

A chronic disease is Nature's unsuccessful cleansing effort. All diseases are acute in the beginning and tend to become chronic only

when interfered by drugging or continued wrong methods of living and eating.

"Chronic disease is a condition of the organism in that toxins in the system have lowered the vitality to such an extent that Nature's constructive and healing forces are no longer able to react against the diseased conditions by acute efforts."—Dr. H. LINDLER M.D.

Chronic disease is also called as constitutional. That is to say by submission to doctored treatment during such disease, by unrighteousness and other sins against the laws of nature the bodily constitution becomes defective.

During Nature-cure treatment all chronic diseases become acute before the patient gets complete cure. That is why to Asthma patients and others I always advise to come to Sanatorium for atleast a week so that they may not worry in case they get an acute attack or healing crisis during the treatment period. If they are within my approach the severity can be immediately nullified easily by local treatments.

COURSE I. NO. 2 (2)

THE REAL HEALER IS WITHIN

The power that heals is within. It is the part and parcel of the all pervading Divine Power. It is with the help of the inner power that the respiratory system works, heart beats, food is digested and what not. In short God Himself is the Healer within, and to rely on Him is to be truly independent.

The real Healer or Inner Dr. is a mystery to medical schools as well as to the Naturopaths and it is not of much use to deal on this point at length here. Only it will suffice to say that if one relies upon the inner healing forces recovery will be earlier.

Real healing power available within may be defined by the following formulae to

make it clear H-P-O (H is equal to P minus O). H stands for the unknown quantity or Godly strength that drives the human machinery. O means obstructions or foreign matter in the body which obstructs the circulation, the function of internal organs and the entire functioning of the system.

Healing power does not depend primarily and directly upon food but from the facts of how far and how much the function of the human engine is obstructed by toxins. Elimination of O by artificially increasing P by artificial stimulants, at the expense of H is no good. H by P is tremendous. As soon as P works with the help of air, water etc without

O there is immense H and the body is also neat and clean of toxins. Thus we see that lesser are the obstructions in the system more is the Healing Strength in the body and earlier is therefore the cure. A Naturecureist always cares to liberate the Healer within with obstructions and toxins by various natural methods.

Even many doctors now do not give medicines in Typhoid and other serious troubles. Patient is allowed to take complete rest and take only light food like fruit juices and the real healer within purifies the system. I know cases without number where typhoid cases were not treated with drugs, recovered very quickly. Such cases put on flesh too very soon. On the otherhand I have also seen cases of Typhoid treated with drugs and many of them got their vital organs affected. Some loose their power to speak, some fall victim to paralysis, others loose their memory and mind

and so on so forth. The only thing one has to do is to increase the healing strength within and rest will be done by it.

Healing strength as calculated from the above Formula is equal to Power minus obstruction or toxins or in other words Atman present in each individual is equal to omnipotent, omnipresent and omniscient Divine Strength minus obstructions or impurities in the system. As soon as the impurities are removed by Natural ways of living and eating Atman becomes identical with God, the highest teachings of Vedanta and Upanishad, THOU ART THAT, and TAT TWAM ASI.

Nature cure is the system for evolution of man physically, mentally and spiritually as detailed in Lesson No Land as such is helpful in the REALISATION of the ABSOLUTE.

(To be continued)

(3) NOTES AND NEWS ABOUT SANATORIUM

1. IMPORTANT FEATURES

1. METHOD OF NATURE CURE.

At our Institution methods of treatment include scientific dieting, psychotherapy, water-cure, sun-cure, chromopathy, air-cure, earth and mud therapy, milk-cure, bread-cure, grape-cure, apple-cure, judicious fasting, Yoga Asana, Pranayam, homeopathy, herbal cure, massage, ways for bringing one back to nature, i.e., regulation of drinking, breathing, bathing, working, resting, thinking, the moral life, sexual and social activities, on a normal and natural basis, elementary remedies including magnetism, and pranic healing, chemical remedies such as corrective gymnastics, magnetic treatment, osteopathic manipulation and when indicated surgery, mental and

spiritual remedies such as scientific relaxation, normal suggestion, constructive thought, the prayer of faith, etc., besides other general body building and hygienic measures.

2. Situation on the hoary Himalayas.

The Institution is situated in quiet, calm forests on the Himalayan hills pervaded with the purifying air laden with curative power and odour of the herbs from thick forests, among the most alluring mountain peaks, on Ganges bank among the healthy spiritual atmosphere of the Ashram. Its beauty is more enhanced due to its situation amid the most natural environment unlike most modern sanatoriums.

Mostly, treatments are given to patients

on the sandy shores of the holy Ganges.

Nourishing and invigorating food, honey, fruits, milk, etc., of the Himalayan valley abound in Vitamins, mineral salts, etc., and have really proved a boon to the indoor patients.

3. The Institution imparts free treatment to the poor and helpless. It treats indoor, outdoor and also patients through correspondence.

4. It imparts free tuitions and practical training in Nature Cure Practice at the Sanatorium.

5. The Institution also distributes free 'Ambrosia Oil' and other effective preparations for the most obstinate and so-called incurable diseases on remitting packing and postal postage charges.

6. At present the Sanatorium can accommodate six to ten inpatients only. Success of our plan of the installation of a separate, well-furnished block depends upon the munificence of the philanthropic public.

7. Persons donating Rs. 50/- or more will be enrolled in the list of the donors of our Institution. The following are some of the donations given during past months to the Nature Cure Sanatorium:—

(Continued from 5th lesson)

(17) Sri V. M. Poojabe, Bombay	1050/-
(18) Sri Yogiraj Ghatak, Bombay	50/-
(19) Sri B. N. Dutt, Dehra Dun	50/-
(20) Sri Bholanath, S.D.O., P.W.D., Delhi	80/-
(21) Krimati Ratanjee H. Ratanjee & Sons, Hongkong	50/-
(22) Sri Pranlal Deokaran Nanji, Bombay	51/-
(23) Sri K. S. Shankar Iyer, Bombay	51/-
(24) Sri Baboora Patel, Mag. Director, Film India Publication, Ltd.	51/-
(25) Sri Jal, Captain, Bombay 7	51/-
(26) Through Sri M. D. Kulkarni, Ville Parle East, Bombay	215/-
(27) Sri K. R. Seshadri Iyer, Ville Parle, Bombay	250/-
(28) Through Sri K. V. Raman, Ville Parle, Bombay	67/-

(To be continued)

(2) Insanity (Hallucinations) as successfully treated at Bombay

During my short stay at Gurunivas, Ram Mandir Road, Ville Parle, Bombay, in February 1954, one Mrs. 'I' was brought before me for diagnosis and treatment by Natural methods as they had already tried all other schools of treatment without any good, for years together although they spent about ten thousand rupees over her treatment. She was also given electro-shock treatments but to no use. Her trouble was diagnosed by medical school as mental breakdown and Insanity. Although she lived hardly at the distance

of a few hundred yards from my place of stay her Husband confessed his total inability in bringing her to me for her examination and so I drove to her house in a car. This was my first visit to Bombay. I found it a city of distances. I hardly knew here anybody except my host's daughter whom I treated for Asthma at the Sanatorium at Rishikesh and in whose house I was staying. News of arrival spread like electricity all round and I had hardly time to breathe. I had to use one of the host's rooms for disposing patients and giving

prescriptions and detailed instructions and another room for my personal use. I could never retire before 11 p.m. from the visitors' room and daily had to start attending to the patients and visitors never later than 8 a.m. as the room was full by that time. At times I had to fore-go some of my usual routine work too including Asana and Pranayam when call was from urgent cases.

One of my patients who was cured of his heart palpitation, obesity and gas trouble within few days by following the prescription proved of great help to me in carrying Sri Swamiji's mission. He placed his car at my disposal and I could visit even cases which could not come to me, in no time. During my stay of three weeks I treated therefore a large number of patients. As it is not time to take the readers in detail and I must come to my subject.

I examined first of all eyes of Mrs. 'I' suffering from Insanity. Examination of her eye and iris diagnosis disclosed to me that her blood, bilious system, nervous system and digestive organs were thoroughly poisoned and the sweetness of life destroyed due to systematic auto-intoxication. No doubt it was case of a shock as was obvious from her hand-drawing and psychic phases, but to me the primary cause of shock was the background and conditions of ill health i.e., systematic poisons in her present due to long long licentious habits of her living and eating. She was bound to reach that catastrophe if not by the incident in question then by some other minor accident or incident as the background was fully matured in her long before.

On inquiring about her feeling and desires, want of self control, mental unfitness, physical unfitness, sleep and rest, conditions of stomach, liver, lungs, and perusal of her greasy skin, nails with white spots, hair, bones, general appearance and reactions I was of opinion that it was a case of Insanity known as Hallucinations, its direct cause being inflamed condition

of the brain and also psychological influence. At times I know in some patients these impressions will be so strongly marked on the sensorium that only strongly magnetic person can remove them by magnetic healing or spiritual healing.

Her's was an advanced case, developing towards paralysis. Mind has already lost nervous control over certain muscles and organs, which even a lay man could see from the involuntary motions of her lips and movements of fingers of hand and feet. She was dumb-founded and would not utter a single word unless and until she was compelled to do so. She never ate unless she was fed with spoons forcefully which she at times resisted.

To begin with my treatment consisted of hip and sitz baths, followed by a brisk walk. Mud pack followed by enema on the first two days. She was allowed to take three meals every day besides water with lemon juice and honey. Main portion of her diet consisted of purifying alkaline fruits. Frank healing was a part of her treatment. Between 5 A.M. and 6 A.M. she was advised to be in receptive and relaxed mood thinking that disease vibrations were going on with every exhalations and healthy vibrations coming in the system with every inhalation. 5 A.M. to 6 A.M. was the time that I fed for my meditation and prayer for her good health as well as of other patients.

She also administered violet and blue cosmic radiated water one to three times daily one to two tolas at a time. She was to be brought to me daily for examination and I gave her also regularly magnetic massage, and vibratory treatment by putting my fingers dipped in indigo colour cosmic radiated water just on the upper part of her spine just below the nape of her neck.

The treatment no doubt worked wonders and miraculous change was found in twenty four hours, and it went on with increased

speed till she was completely cured. On the second day her husband ran to me gladly telling that there is wonderful change in her ways, motions etc. He said she is walking very briskly. From her examination on the fourth day I found that she was practically normal. Her eyes were calm and serene. She was mixing and talking with all. She never spoke to me unless she was questioned many times but now she was always the first to break the silence. First of all she would daily discuss with me about her diet. She would say that her hunger is now very very strong and she wants more food. It was because her hunger improved together with the improvement of her general condition. By the change of her condition in last four days her husband and neighbours were so much impressed that they got discharged her daughter too from Mental Hospital Bombay although she has not yet completed her treatment course there, as they wanted me to treat her too before I could leave Bombay. As I had already too many cases in hand more over my time to leave was fast approaching I advised them to write in advance to Sanatorium for admission there. Below is the telegram they sent immediately, when Mr. K. Iyer's insane wife miraculously improved in four days time.

"My wife suffering from insanity practically cured treated at your Doctor's hand. Now allow admission of my insane daughter in Sanatorium as the Doctor is now leaving."

— Mr. K. Iyer, Bombay.

In twenty days time she got rid of the insanity which could not be relieved at all by medicines in the mental hospital etc. Fluids of her brain were purified and all impurities from blood and other parts of body eliminated with the help of kidneys, bowels, lungs and skin during this short treatment. She daily walked swiftly no less than eight miles and always insisted upon her husband far better her take still longer walks. Her skin became fine and velvety, her dull idiot like face became rosy and began to shine. She also lost about twelve pounds of her excess weight.

While leaving Bombay I advised her to use for some days plenty of ripe bananas and tender coconuts and also Neera is fresh juice of toddy palm before coming back to her usual diet.

(3) Obesity and Asthma Cure Campaign

By the grace of Almighty the campaign was conducted for two months successfully i.e., from 8th January 1954 to 7th March 1954. All treatments and prescriptions were given free. Of course flowers of love are never refused as the institution runs on public donations so voluntary donations were accepted.

Total no. of persons treated during campaign by post, and also those who took indoor and outdoor treatment went above five hundred. The yagna was not only confined

to persons suffering from Obesity and Asthma, but other chronic cases were also treated. All cases during yagna were handled successfully while some got really miraculous cures.

Numerous letters rushed in from various parts for conducting such yagna in different parts for the benefit of the poor and those who could not get leave, or could not afford to come to Sanatorium for indoor treatment and consequently my conscience took me to Bombay. There I stayed for about three

weeks and treated above three hundred patients. Most of the patients treated at Bombay suffered from Diabetes, Asthma, Obesity, Blood pressure, Piles, Deafness and Dumbness, Fistulas, Epileptic fits, Atrophy of eye, Dysentery, Insanity, Eczema, Nervousness, Sportsman heart (Enlarged heart), Chronic cold, Paralysis, Elephantiasis (Phalaris), Palpitation of heart, Insomnia, constipation, Coria (Involuntary movement of Nerves and muscles), Leucorrhoea, Scanty and painful menstruations, General debility, Aemia, Stammering and stuttering, Polype of nose, Defective vision, Bronchitis, Enlarged and Septic tonsils, Shock, Eye colour vision, Rheumatism, Hydrocele, Hernia, Impotency, Night emissions, Masturbation, Tumour, Spongy gums, Pyroches, Thrombosis of heart, Skin eruptions, Leucoderma, etc.

I stayed at the house of Sri K. R. Sreedri Iyer, Guru Nivas, Ram Mandir Road, Vile Parle, East Bombay whose daughter Miss Kamakshi was treated successfully at the Sanatorium at Rishikesh for her inherited Asthma.

Although the host was so kind to me that he placed his drawing room at my disposal still as I was alone to deal with a large no. of patients, I under those circumstances confined my activities and treatment to examining individual patients and giving them prescriptions in writing according to their diagnosis. Diet regulations, light pransyan and aanaas, occasional use of sun and air together with the enshanting of mahras were main ingredients of my prescriptions there.

I shall be much glad to conduct many camps in other places if persons interested prepare a list of persons of locality who want to take benefits from the Drugless healing methods of Nature Cure and send the so prepared list to our Sanatorium with complete address and names of diseases from which they suffer. Below are given—

SOME SPECIMEN REMARKS FROM PATIENTS TREATED AT BOMBAY DURING ASTHMA CURE CAMPAIGN AND OTHERS

"My wife was suffering from an acute type of Asthma. There is no system of treatment which I have not tried on her to get rid of this trouble. I had practically lost all hopes of her getting relieved of this cure. Fortunately for us and as God willed it, we came in contact with the authorities of the Sivananda Nature Cure Sanatorium who prescribed a course of Nature Cure treatment which we tried as the last resort and with implicit faith.

This course worked wonders and I may not be going too far if I say that it showed miraculous improvement even on the every day my wife took to it.

She got completely cured of her attack within a week's treatment. This is the only system of cure which even the poor can resort to and in the course of a few day's treatment any kind of disease can be cured.

I sincerely pray to the Almighty that the Sivananda Nature Cure Sanatorium which is at the Himalayas may prosper to the Himalayan Height.

May God help the humanity.

K.S. Sd, Shankar Iyer,
Vile Parle, East Bombay 24.

"I was suffering from chronic Asthma since 1944. The main source being formation of cough which was not removed easily there by causing congestion. I have gone through various treatments taking Epedrine and Asmae tablets, Serkeres Anti-asthmatic tablets and mixtures and also Aresenic injections. I had also taken Adran-Celine oil injections till the time of treatment. I was an inherited asthmatic. My father and mother both had asthma.

"I also tried Ayurvedic medicines like Kanaka Sunderrakhs, Abhrak Bhasma,

Chandra Prabha, Swarna Vasant Malhi, Pravala etc.

"Luckily for me I came in contact of the Director, Sivananda Nature Cure Sanatorium Sri Kailash Nath Gupta here in Bombay and by following Nature Cure treatment as directed by him I felt much more better after eight or nine days treatment and now after twenty days of beginning treatment I am now completely alright.

"I pray God to help the Sivananda Nature Cure Sanatorium success in the humanitarian mission taken in hand by them."

—Sd, Gulabrai Patel,
Jugsewar, Bombay.

"I was suffering from cold, heart pain, headache and constipation. All these troubles were very constant ones. Although I had tried many drugs but they were of no use. At last I contacted the authorities of Sivananda Nature Cure Sanatorium by whose advice I got all the above troubles cured miraculously."

—Sd, K.V. Raman,
Sonari Road,
Vile Parle, Bombay-24.

"It was with God's grace that I met Sri Kailash Nathji who was kind enough to suggest me Nature Cure system for healing acidity trouble, palpitation, congestion in breathing and indigestion. I was suffering from these troubles since years and underwent several allopathic treatments which gave only very temporary relief but by undertaking Nature Cure course and correcting one's diet and habits it has given a miraculous relief. After taking hip bath which Dr. suggested me I felt as if new warm blood has come in my system and I felt more energetic. I have been gradually reducing my excessive fat and greatly relieved of congestion and acidity trouble. I have achieved these results in only one week's time."

—Sd, Durgadas P. Panjabi,
Bandra Road, Bombay.

"I came to know through my father-in-law's daughter that Dr. Kailash Nath director Sivananda nature cure sanatorium has been

treating the persons for Asthma. I have been getting asthma attacks ever since 1945. During this period I have tried many doctors who were usually treating me on my blood reports. They were giving me various types of injections and also various types of tablets but all this while I was getting only temporary relief only.

This Asthma usually came to me always with a strong attack of cold and then the attack used to start. Sometimes it remained for a short period and sometimes it remained for weeks together.

By Nature cure treatment I was completely cured from my long standing asthma within a period of one week. I started getting general improvement in my health. My bowel started moving very freely and my general health started showing improvement day by day."

—Phillipine Anthony D'Souza,
Post Vile, Parle Bombay 24.

"My friend Mr. K. R. Seshadri Iyer introduced to Dr. Kailash Nath of Sivananda Nature Cure Sanatorium. My son who was suffering from epileptic fits was brought to him and he was kind to give him the nature cure treatment. I continued the treatment since 15th Feb. 1954 and with in a short time my son is feeling quite better. I am very much thankful to him."

—V.D. Dabholkar, Bombay 24,
26th Feb. 1954.

My daughter Kumari Kanaka who is aged 44 years was suffering from Bronchitis trouble. I came to know of Dr. Kailash Nath Gupta and I took his advice for my daughter's case. The Doctor after having examined the child, instructed me to observe some restrictions in the diet. I called on the Dr. first on 10.2.1954. I strictly followed his instructions and after two days, I found that my daughter had very good improvement and I am quite sure that by following the Dr.'s instructions for some time more my daughter will be completely cured.

—Sd, S. Kailashnathan,
Vile Parle (East) Bombay 24,
12-2-54.

"I am a lover of Nature by birth and during my life time always selected to stay on sea shore in Germany the seat of Nature cure origin.

I took warm baths and thermolium baths at Sivananda Nature cure Sanatorium and to my privilege saw other methods of treatment under the direction of Dr. Kailash Nath, the Director incharge of the Sanatorium. The methods of treatment including scientific and invigorating thermolium baths are really unique.

Dr. incharge has agreed to my request of holding one of his treatment camps in Germany. On going back home I shall make necessary arrangements for the camp.

It is scarce to find out such institutions working endlessly with the motive of selfless service for the humanity at large. We have many things to learn for the evolution of our beings on various planes from such Institution in India.

I wish the Institution should prosper to carry out the mission of Swami—Sivananda Paramahansa of the Sanatorium."

—Sd. Charlotte Wallack Heller,
Nuernberg, Germany.
Wedlstrasse 127.
February 17, 1954.

TO,
DR. KAILASH NATH GUPTA,
SIVANANDA NATURE CURE SANATORIUM,
ANANDA KUTIR P.O.,
RISHIKESH HIMALAYAS.

Dear Dr. Gupta,
"Your articles are very commendable and we will be glad to receive more of them as I am sure they will make good material for the Naturopath magazine which is the official organ of the American Naturopathic Association."

"Thanks again for the two

articles, and we look forward to receiving more from you. We greet you with every kind thought and God bless you."

Sincerely
Dr. T.M. Schippell,
President, The American Naturopathic Association,
Washington (America.)

"In 1914 (in my 40th year) I had an attack of "ACUTE NEPHRITIS" as diagnosed by Dr. Kohler, M.D. of Bombay, due to absorption of septic poison through a wound on a patch of eczema. Unfortunately, the disease was allowed to run its course unchecked for over a month, for, the earlier diagnosis by less qualified doctors was Gonorrhoea. When the disease was brought under check, it was noticed that the heart had gone weak, low pulse beating, asthma in the lungs, ulcer in the stomach, defective hearing and defective vision in addition to ALBUMINARIA. For four years I was continuously under the care of M.D.'s in Bombay culminating with a consultation with Doctor (then Brigadier) Cameron, a Harley Street Expert.

In 1948, it was decided that ultra-violet ray treatment would tone up my constitution. During the middle of this treatment, I had an attack of Dysentery which three M.D.'s were unable to check for twelve days continuously. Having thereafter lost all faith in allopathy, I went over to Homoeopathy and was under their treatment for over three years, even then, general health did not improve, for although I had been on restricted diet throughout.

.....I was continuously suffering from back-ache due to weak kidney and occasional attacks of Asthma. I therefore decided that if there is any salvation for me, it should be through Nature Cure, having previously tried CHYAVANPRASH and AYURVEDIC treatment for a year. I contacted Sivananda

Nature Cure Sanatorium at Rishikesh who readily agreed to treat me at their Ashram. The treatment was done by Kailash Nath Gupta and consisted of mono-dieting on curd for 7 days, 2 days on orange juice, 2 days on Moombi juice, 2 days on cooked vegetables and fruits and now on one meal a day consisting of whole wheat Dalia and cooked vegetables plus fruits in afternoon, morning and night.

The back-ache from which I was suffering for years continuously has now vanished without informing me, eyes have become clear and the skin, which was brittle, has now become soft and velvety, bowels which never used to function without aid of laxatives or ENO's fruit salt, are now working on their own accord and now I have not the least hesitation in saying that I have warded off all the diseases I inherited from Acute Nephritis and will continue to remain happy throughout, provided I 'stay cured' obeying laws of nature.

What I have not been able to achieve during the last TEN years spending my life's savings of over eight thousand rupees plus my salary of Rs. 250/- a month, has now been achieved by me through the generosity of Sivananda Nature Cure Sanatorium Namaste to MOTHER NATURE, SRI SWAMIJI and Dr. Kailash Nath Gupta."

—(Sd.) N. N. Krishna Rao,
G.E.'s Office, M.E.S.,
Deviall Cantt.

Ananda Kuti,
6-11-1953.

I have been a chronic Asthmatic for the last eight years. I tried Ayurvedic, Allopathic and various other medicines and finding no relief I wrote to Swamiji. He directed me to the Naturopathic Institution and thus I came here as my last resort. I had very good faith in Naturopathy and I am well rewarded for this.

I was not only suffering from Asthma but also irritation of throat, pain in the nose headache constipation and such other complaints which troubled me constantly. I was also troubled by a skin disease. Within a week I was free from all these troubles. My skin itching also stopped and in about 20 days the skin trouble completely disappeared. I am particularly glad about this because all the doctors had told me that I would never be cured of this skin trouble. Before treatment and also during treatment Ambrosia powder and Ambrosia oil has done me much good. I owe all this to Dr. Kailash Nath Gupta who has been very kind to me throughout and to Swamiji who has been the main cause of my being cured. I look forward to many people being cured by this institution. May it flourish and live long to bring health, peace and prosperity to ailing humanity.

—Miss Kamakshi S. Iyer,
D.O.K.R. Seshadri Iyer,
Guru Nivas, Ram Mandir Road,
Vile Parle, Bombay.

LET SIVANANDA NATURE CURE SANATORIUM HELP YOU

It has helped thousands towards a newer and better life. It will gladly give you

FREE ADVICE

Please write your average daily regime of all foods, drinks etc. and any troubles. A self addressed stamped envelope essential for reply. May mark your envelope 'Private and Personal' addressed to The Director,

Sivananda Nature Cure Sanatorium,
Post Sivanandanagar, Rishikesh,
Dist. Dehradun (HIMALAYAS).

A Donor Architect of Obesity Cure Campaign



SRI M. D. KILLAWALA, a very great devotee for our poor country, I have been a student by postal tuition given by Sri Dr. Kailash Nath Gupta, Director in-charge of Swamiji's Nature Cure Sanatorium of Rishikesh and was greatly pleased to meet Dr. Sahab in person at my home in Vile Parle. During his short stay here he has treated good many cases of Asthma, Lamecy, and epileptic fits, palpitation of heart, acidity and what not, all very successfully of his selfless endeavours and God's grace. The Nature Cure treatment was very dear to Gandhiji and this

work is being carried on at Poons, Lonava and Bombay, but in my opinion this is merely a drop in the ocean. We need atleast hundred Nature Cure Sanitoriums for Bombay State where Nature Curists would give treatment to poor, needy people at a small cost. I think this good work should be done by rich people who unfortunately spend lacs for Hospitals but are hardly interested in Nature Cure treatment perhaps due to the trouble to be taken or hard food regime etc. Many hands will have to be specially trained and prepared for this work as medicines are being turned out in hundreds from medical colleges. Government will also then come to help this treatment and the patient world will be happier than it is by other methods.

This is Dr. Kailash Nath Gupta's first visit and I hope he will be giving us the benefits of his erudition now and again when he finds time to serve Bombay.

— M. D. Killawala,
Member of Divine Life Society,
24th Feb. 1954.

"I often get stomach troubles. Sometimes my troubles become so tedious I use all kinds of medicines at a time. Sometimes I get constipation for 3 or 4 days continuously. I took the advice of Sri Kailash Nathji of Sivanasanda Nature Cure Sanatorium. I could not believe him first when he advised me to take only Ambrosia twice a day. But after two days I found wonderful change in my system. I got clear motion 2 times a day. Appetite increased. I found myself very active. I have made up my mind to practise nature cure for myself and also to advise others to follow this simple, royal, golden way of preserving good health."

(Ed.) Sri Rampremi,
Sri Ram Niketan Sewashram, Godadulia Post,
Balasore (Orissa).

A DONOR
ARCHITECT OF ASTHMA CURE YAGNA



K.R. SESHADRI IYER

Kamakshi was having there at the Sivanasanda Nature Cure Sanatorium under the able direction of Dr. Kailash Nath Gupta and blessings of Swamiji. I am glad to say that at present Kamakshi has no Asthma complaint.

We all had been fortunate to meet the Doctor here in person and as he is staying with us, we have the opportunity of watching the beneficial results of his treatment of various complaints such as Asthma, Insanity, heart and gas troubles, Epilepsy, etc., and am glad to say that looking to the speedy results obtained, people here are beginning to have more faith in Nature Cure Treatment. Many people here had taken advantage of the Doctor's visit here and all of them are free from their ailments with Swamiji's grace.

We all wish the Sivanasanda Nature Cure Sanatorium all success in their humanitarian mission.

With our respects and Namaskarams to Swamiji,

I am your humble devotee,
K. R. Seshadri Iyer.

"Duru Nivaa",
Ram Mandir Road,
Vile Parle (East),
BOMBAY, 24,
25th February, 1954.

Revered Swamiji,

Though I have a great desire to go over to Rishikesh to pay my respects in person, I have not been able to do so, so far, but I trust with the Grace of God, I hope to have that opportunity as early as possible.

Though I am far away, my daughter Kamakshi and other members of my family who were there last October have given me all necessary details about the place and also about the Nature Cure Treatment that

Have Faith in Lord Ganesh

Five days after the destruction of the World Trade Center, Yogi Gupta included the following remarks during his discourse at Apt. 25-C in New York City, on September 16, 2001:



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Contacting Us

"Science and technology have developed faster than the human mental ability to adjust. High technology, software and hardware, is hollow. All this has created mental problems for the people. So observe the Vrata of Lord Ganesh. Just have faith in Lord Ganesh. He is the most powerful."

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