



21 Years Since Unfurling of the Flag At Yogi Gupta Building

This upcoming Memorial Day will mark 21 years since disciples of Yogi Gupta gathered at the Yogi Gupta Building in Elmhurst, Queens in New York City to install the US flag and listen to this inspiring message from their Guru:

Dear Patrons and Disciples: The 31st day of May, 1993, you have all gathered in the Yogi Gupta Building, owned by Yogi Gupta Ashram, Inc., a religious Yogi Church incorporated in the States of Connecticut and New York, to celebrate the unfurling of the national flag of the United States of America on Memorial Day.

On behalf of the Ashram, I humbly pay my respect to the national flag which represents the Government of the United States of America and the Constitution of U.S.A, which guarantees basic rights of freedom of movement, freedom of speech, freedom of religion and, above all, dignity of the individual to all who are blessed to live in this wonderful land of peace, plenty and prosperity.

The flag represents the leadership America provides to the world and is next to none. The Eagle on top of the flag is a symbol of power, as the Eagle is the (most) powerful bird of the world, who rules supreme in Heaven.

The flag also signifies the people who come to America from different parts of the universe belong-

ing to different countries, nations and religions and under the leadership of the national flag of U.S.A. made America great, and the only leading nation of the world as we see America today, by their hard work.

Americans are the most religious and hard working people of the world and are the most tolerant to the presence of different faiths and religions which have greatly contributed to the American Society and their Trust in God.

America is Great, America is Heaven on Earth.

America is The Beautiful and is going to stay that way in times to come.

The flag is the symbol of the power and freedom enjoyed by all who inhabit this land of plenty. Rights of American people to freedom, equality and dignity draw their strength from the duties the American people owe to this great country, great nation and land of opportunity. Rights and duties are correlated and inseparable because, without duty, there will be no rights. Hence, all blessed to live in this great land must owe their unquestionable and unflinching faith and allegiance to the National Flag and the Constitution of the United States of America which it represents.

GOD BLESS AMERICA, AMERICA THE BEAUTIFUL

Yours truly, Yogi Gupta, President,
Yogi Gupta Ashram, Inc.

YOGI GUPTA ASHRAM, Inc.

a Non-Profit Organization

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MESSAGE DELIVERED BY THE MASTER ON THE OCCASION OF THE
UNFURLING OF THE NATIONAL FLAG OF UNITED STATES OF AMERICA

May 31, 1993

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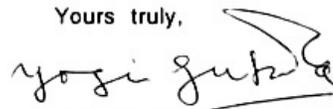
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Yours truly,



Yogi Gupta
President, Yogi Gupta Ashram, Inc.

[Personal Guidance](#) [Classes](#) [Exercises](#) [Breathings](#) [Relaxation](#) [Philosophy](#) [Meditation](#)

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 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.

Categories and cost of membership:

- Regular Membership: \$45/year per person
- Lifetime Membership: One-time payment of \$500

- Family Membership: \$55/year per family (this consists of 1-2 adults and their children under the age of 25)

Benefits of membership:

- The right to participate in all YGS activities, for example, volunteering, attending religious services, etc.
- The right to vote on any resolution or issue concerning YGS affairs that are put forth for such voting, including election of trustees
- The right to be voted as a trustee
- A subscription to the YGS electronic newsletter
- A 10% discount from the regular price of YGS-sponsored yoga classes, activities or publications
- A subscription to the forthcoming YGS electronic journal

Note: Benefits of family membership are the same as individual membership with the exception that only the adult designated as the head of the family can vote.

Non-members are eligible to receive the YGS electronic newsletter at no charge.

According to the YGS bylaws, each year the Board of Trustees shall convene at least one annual General Meeting of the members, where an annual report and account statement will be presented to the members.

Requests for membership may be sent via email to info@yogiguptasociety.org.



Now is the Best Time To Make the Effort

The first part of the year is the best time for sadhana. The Sanscrit names for the first two months of the year are called Tapas and Tapasya, which both mean making effort for spiritual progress. Shivaratri and the beginning of the Christian Lenten Season occur during these two months, which have already passed for 2014, but it is not too late to make the effort. Yogi Gupta's Yoga Bible lecture from March 19, 1995 goes into more detail how making the right effort can transform our lives for the better:

There are two worlds, the world inhabited by incarnated souls and the Atmic Samsara, the World of Soul, of unincarnated souls. All the plans of an individual soul are made before birth and when all the plans have been fulfilled you have no further business here and go back to being unincarnated. But since when the souls come here they act according to the reactions in their karmic bodies, they then make more reactions, so then the souls have to come back again, to act again according to those reactions.

For example, the intense feeling of revenge is not in the physical body, but is in the intellectual frame. The mind is nothing but all the thoughts together, the karmic body. The feelings of love and hate continue from life to life until there is no reaction.

Long ago there was a self-realized saint who had a reaction, so he was born again. According to his karma as a saint, very early in life he renounced the world and sat on the river bank to meditate. He saw a doe being chased by a lion fall into the river and leave behind a baby deer. He cared for the baby deer, got milk for it and tender grass. The baby deer became very attached to the saint, and would rub kusa grass against the saint's mouth. Soon the saint became attached to the deer, and that impression was the last one on the saint's mind when he died. So he had to be born as a deer.

Actions are performed in this world by the soul, they are not performed by the body. Therefore the soul carries the record, so it has to be punished. At the fall of the body, only the five gross elements are left from the body, but the soul continues to live in its causal body. It consists of intellect, decision-making ability, the mind and the ten senses (five senses of action and five senses of perception). They continue to experience and suffer in the beyond, so the Atmic Samsara is much, much bigger than the world of the incarnated souls.

In dreams, you act without the body, you can

fly and visit your girlfriend from many years ago. Therefore death does not make these impressions go away. You must reap the consequences of what you have done.

If you can do something without reacting, then you make no karma. Many saints don't just sit in a cave, they are like Yogi Gupta and live among the people. They remain unaffected under all circumstances.

By knowing all the senses, you can foretell the condition of the mind. How sensual a person is shown by what type of orders the senses are receiving from the mind. You can know a person's mind by watching his senses. Then you know what his previous life was, what type of person he was. Also by thus knowing you can foretell his next life. So by knowing a person's senses and actions you can understand the past and future. Life becomes an open book.

The Bhagavad Gita is all about action without motive. Like a judge sentencing the criminal to death or setting the prisoner free, the judge has no freedom in this, he is just doing his job.

Attachment is the root of all evils. Attachment is mostly to money, which is used to bring all the sense pleasures. The more you are attached, the more there is pain and suffering. Attachment is what draws the soul to the mortal world. Therefore a soul incorporates into various species of life. He pays for the reactions in the karmic body in the form of thought waves. When he matures, they surface up and pass before the screen of the mind. The serpent plays mischief, the serpent is the ego (body awareness). Then the mind orders its subservients, the senses, to procure the objects of sense pleasure, by any means and at any cost, which represent the desires that were there before that did not get fulfilled.

It is through the mind that a person says, "This person is mine, this body is mine," etc. Thus he assumes that all the evil things of the body, diseases, etc., have gone wrong with himself. Thus he has to be reincarnated.

As you can know the senses, you can know the mind which gives the orders and which knows what type of actions he has done before. Karma is always present in unmanifest form. At the right time it awakes and makes you do those things. Sometimes a person changes gradually over time or sometimes a person falls in love all of a sudden, or starts to hate someone.

Many times it is seen that the things you have never experienced in life are experienced in dreams,

because they were experienced in the life before. For example, in a film, the shooting was done in California, but you see the film here. The karmic body is film you prepare every day. You don't remember it, but you experience it. For example, in a dream you have an affair with the opposite sex but never had this experience in life. But you did have this experience in a previous life. The subconscious, the karmic body, knows everything about sex and about all other things, which come into your life when you are in a position to experience it.

Karma is like a fire which doesn't smoke and looks like only ashes. But the ashes cover red hot coals and when the wind blows the coals are exposed and burst into flames. The wind is the association with the persons you need for the sense pleasure. Old, unfulfilled sense desires then get revived, which you want to fulfill at any cost, right or wrong. Then you get the experience 100% like before.

You know for sure that the soul had the same experience in a previous life because if it wasn't there before it would not be in this life. Those desires to eat too much, or whatever, come from the previous life, but by spiritual knowledge and making right effort, you may overcome those desires and create good desires.

Spiritual food gives more satisfaction than all the food in New York City. Concentrate on acquiring virtues, and try to slow down the vices. You do everything, but without desire, not as a slave of the senses. That's what it means to be master. You sleep because it is needed, you eat because it is needed, you watch TV because something important to know is on. Saints and sinners both do everything but one does not have to return while the other does have to return and suffer again. This is very important to understand because it will solve some of the most complicated problems in your life.



Siddhies, Spiritual Foundations and Entities

All human incarnation has at its root the spiritual foundation of **Purusha**, however, the karmic body of **Prakriti** makes the living presence of Purusha difficult to perceive. Hence the purpose of the spiritual path or sadhana is Divine Perception. In the worldly life, we deal with ego – the primary motivator and instigator. On the spiritual path we are supposed to abolish the ego, however, as my guru, Yogi Gupta, pointed out, there is a finer form of ego, the spiritual ego, which comes into play when

trying to delve into our Real Self, and this can be much worse than the worldly ego. Everything on the spiritual path is more subtle, refined, and more charged with prana, thus allowing mis-queues on the path more flagrant than those of the world.

Intense *sadhana* brings on the higher powers of the mind called *siddhies*, the seemingly supernatural abilities of the mind, though they are actually the quite natural functioning of the more evolved soul. However, more evolved souls function or govern their lives through *Yama* and *Niyama* (Yamas and Niyamas are further explained in Yogi Gupta's books, *Yoga and Long Life* and *Yoga and Yogic Powers*.), which are themselves governed by the Divine Will. Therefore, those who open channels through intense or consistent *sadhana* may still be functioning through the ego body if they have not perfected or substantially immersed their life in *Yama* and *Niyama*.

About the foundations of yoga, as Guruji Himself said, without the root of *Yama* and *Niyama* there *is* no yoga. This is because one's use through the ego body of the new-found *siddhies* or psychic abilities or channeling of unfamiliar energies can become very prone to error.

How this can happen is a legitimate question when supernatural processes of the more pranized mind may seem very appealing. Again, going back to the Master's teachings, he once said in an Advanced Psychic Development class that there is an entity behind every thought form. He went on to explain that certain thoughts or trains of thought are controlled by the energy of disembodied spirits seeking projection of their desires through an embodied soul whose thought body they are able to control.

Those who were fortunate enough to attend Guruji's *meditation* classes know that there was a point in the class where he said, "Watch your thoughts." Detachment is needed during meditation to separate the thoughts of the "monkey mind" and the ego or deluded thoughts from those of the Divine Mind that is rooted in *Yama* and *Niyama*, Purity and well being of Truth. If one is not self realized, one must constantly introspect into the background and origin of the thought process which turns into action. This is done through meditation, to make sure these energies are aligned with the Divine Will of *Yama* and *Niyama*. Otherwise, the challenges of every day life can chink the armor of the aura and allow malefic forces or energies to try to interfere with our decisions and actions. This is also where constant reassessment of our thoughts,

reinforced with the armor of *sadhana*, such as Guruji's sure-fire formula of *Sandhya Vandan*, prevents this "static" of entity-backed interference from entering our aura and defeating our God and Guru-given goals.

The watching of thoughts is not so quantitative as qualitative, it is the quality of thoughts one must watch and become aware of. Higher powers or *siddhies* of the mind, if not purified with *Yama* and *Niyama* can allow a practitioner to be overtaken by very subversive entities waiting to fulfill desires of power, lust and revenge, who simply subdue souls with charms and promises that cannot be fulfilled, such as fame, fortune, and prophetic predictions which never manifest. Jesus Christ said those who are pure of heart shall inherit the Kingdom of Heaven, which is the ultimate *Samadhi*. Purity of heart comes through perfecting *Yama* and *Niyama*.

"Thoughts are things", Guruji expounded many times, especially in Psychic Development courses. We must take responsibility for the quality of our thoughts, for all thoughts are recorded in the great *Akasha* (For an explanation of *Akasha* and etheric records, see *Yoga and Yogic Powers*). Guruji once told his senior disciple Videha Kumari that to go into the Himalayan Forest is not so easy. In that forest there are disciplined human beings who have demonic designs and who have developed extraordinary powers and who use them for the wrong reasons, if you do not find a true Holy Man or Guru to guide you, you could be turned into a mosquito! There are many examples in history of such demonic persons: Stalin, Hitler, Alexander the Great, serial killers, etc. Less violent but still extremely destructive are false prophets channeling energies and messages. They are quite deluded and never represent the real source.

The Great Master, Jesus Christ, simply stated to his disciples, "For many will come in My name, saying, 'I am the Christ,' and will mislead many," (*Matthew 24:5*) and, "They shall prophesy, heal the sick, raise the dead and cast out demons ... But in their Day of Judgment I shall tell them, 'I know thee not' " (*Matthew 7:22-23*). *Siddhies* and psychic powers can be very alluring and tempting but they are only safe in the hands of a fully illumined Christ-like master, one who is well-versed in *Yama* and *Niyama*. Guruji has explained that the true saint never openly displays these powers, but quietly uses them without any recognition for the miracles that they perform. (See *Yoga and Yogic Powers*, "Significance of the Author's Pictures," item 17.)

May you be filled with the Grace of God and Guru in your meditations and sadhana. May you be mindful of Guruji's teachings on the wiles of the mind and the misuse of merits gained by sadhana. The misuse of these powers can set one back in the Quest of the only purpose of Life – Self-Realization. Aum Shanti Aum.

— *Swami Jnananand*



Be Prepared

I once told Guruji that I had been a Boy Scout and he said that was good. Then he exclaimed that the Boy Scout Motto is “Be Prepared.” Being prepared is the same as awareness, and awareness is 50% of achievement for Self-Realization. Yes, we must be aware of many things in this life in this world. It seems that some disciples were recently concerned about approaching disasters related to the weather this year, and rightly so. . The Farmers Almanac, whose predictions are based in large degree on astrology, predicted this winter would be among the worst ever recorded in the Midwest and on the Eastern Seaboard, and it seems to have panned out that way.

Another example of Guruji's wisdom is “Take care of the stars before they take care of you” and avail yourself of the **many Paths (Divine services) offered by the Kailashananda Mission**. Most disasters can be nipped in the bud by prudent Sadhana and by acting intelligently on what Guruji taught during his 57 years in the USA. He taught that all weather is composed and instigated by Man's thoughts, so if we are watching our thoughts and being diligent in sadhana we can neutralize much of the effects of the uncontrolled thoughts of the masses who ignorantly create their own disasters.

However, granted that we all have our own karmic challenges – we are affected at times by mass chaotic thought – we fall asleep at the wheel, so prudence should tell us to keep necessary safeguards in place and keep enough supplies on hand in the event of power outages or other extreme conditions.

Guruji had classes in New York City in the 1980s that revealed his prophetic vision. I remember him saying that there could come a day when the city would sink below the ocean under the weight of the sins of its inhabitants. Decades later, Hurricane Sandy tapped New Yorkers on the shoulder to let them know that their city could be destroyed in a heartbeat by flooding. Perhaps it was the psychic imprint of the Master's Grace from his years of presence in the city that saved it and the disciples and devotees there from a greater Holocaust or Armageddon.

Predictions may always be subdued by the Grace of God. For those not paying attention or for those who are out of rhythm, these events unfortunately become sad tragedies. So let us all follow the Boy Scout model in the best sense that Guruji gave us; “Be Prepared, Be Aware”, and be doing our best to keep up the legacy of Grace, Mercy and Love that Guruji imparted to us from the mighty Divine order. Hari Aum Tat Sat Hari Aum.

— *Swami Jnananand*

Classics of the Guru: Early Psychic

Healing Course Notes - Part VII

Continuing the series, we are publishing Part VII of Videha Kumari's notes from Yogi Gupta's 1959 course in Beginning Psychic Healing, which may have been the first course on this topic ever given by the Master in America. Among her many talents, Kumari was also an artist, and her handwriting is exceptionally legible, so her notes are copied directly here. The following illustrations are from lessons 17-20 of the course, and completes her notes from this course. We plan to publish Videha Kumari's notes to the Advanced Course in Psychic Phenomena in upcoming issues of the new Journal of the Yogi Gupta Society.

[There are certain things that people do without knowing why they do them.]
Churches are polarized with good & holy thoughts, especially old churches. Old Universities are polarized strongly.

Generations upon generations will have to pass before scientists will understand that.

Unless you know how to talk to tools of other people into money for you, better be kind to them. Do not use tools the master would not want you to use.

Lesson No 17

August 18, 1959

Visualization is to be done inside in the film. Visualization is very important.

The pattern has to be in the mind's eye. After some time of practice of

od

in one instant (stretch) at once.

If visualization is still difficult, then practice to HOLD A THOUGHT (good training!).

Hold the thought of the thing in your mind: it trains the mind, practices visualization, gives positive results.

(If seed of avocado is planted - no peach will grow!)

Atomic rays (shorter than ultra-violet) do all this, i.e. quicken processes such as growing, processes which are otherwise slow by nature.

* As clearly & strongly as possible hold thought of picture - thus you succeed to form picture of the thing in objective form. Mental picture is but a thought, made visible with mental eye

"idea-tion" (i.e. visualizing in the mental eye = the inner eye = 3rd eye) many people go to their graves & unused film. They have the camera, they have the film, but they never take a picture.

First - one shoots on the film, then the film is projected on the screen. Some people never learn to make positive patterns, and they always are disappointed.

In case of a complex picture it is hard to visualize the whole thing in one instant. Then visualize it as a painted picture or see it on the screen as an imaginary film → the whole story runs 1/2 hour.

The indirect way is easier but as effective as seeing, visualizing all

By regular practice one learns idea-tion to such a degree that these dynamic ideas will be seen in picture, visualized unconsciously. Hold thought for particular reason - tremendous intensity of creative mind develops.

But - before visualization one must throw the mind BLANK! OM is a supercleaner of the state. Clean the slate.

Rub, wipe, wash off all previous doodles. Then visualize fresh pattern.

And remember - only one picture on a film. Two pictures, one on top of the other blur.

The mind is like an ocean - it must be stilled to mirror the face. The waves are numerous thoughts.

What shall we achieve by visualizations to begin with?

First of all let us at the same time do something most useful (intravenous grape-sugar)

- 1- Visualize others as you wish them to be or to do.
- 2- Visualize yourself as you wish to be.
- 3- " " events as you wish them to occur.
- 4- Visualize conditions as you wish them to be.
- 5- Visualize surroundings as you wish them to be.
- 6- Visualize yourself as manifesting ^{power} powers, ability & strength, provided you have mastered techniques of visualization & projection. x

2- individuals

3- masses of people, even the whole world (Mahatma Gandhi) then the world thinks my thoughts.

B - projected from me onto the Akasha with the purpose of materializing the psychic pattern upon the screen. Then it materializes physically.

Sometimes projection is seen to proceed $\bar{\text{e}}$ apparent intention or the action of Will, i.e. projection unconsciously.

(Projection is a process of action & will) Thus many may project mental influence $\bar{\text{e}}$ knowing the effect or effects. E.g. a strong element of Will is in every thought. The words are

Lesson 18 & 19

Aug. 26, 1959

Techniques of Visualization & Projection.

V & P by Will are the great elements of psychic phenomena.

Preceded by the creation of a strong and clear Mental Picture of the desire to be materialized, the pattern should be projected.

The 1st psychic Power is VISUALISATION

The 2nd " " " PROJECTION

Projection is propelling of the Will by which the visualized mental picture is sent forth.

The projected picture is sent into the outer World from the Mind of the thinker.

It can be:

- A - projected from me to ~~it~~
 - 1- an individual

actually only a poor expression of our thoughts, i.e. a broken expression in words, poor, poor words. On the other hand the poor words even spoken in poor English can ^(clearly) impress by the power of their thoughts. And again, someone may speak clearly, be properly dressed & even have a great story, yet exert no effect, because of weakness of thought.

I { Someone who really knows what he wants, gets started on the project; charged with Will, Will is propelled.

One must have concentrated attention, which is really a form of Will, because it generates into Will.

Thus Concentrated Attention is similar to Will. The stronger and

firmer the attention, the closer it becomes Will.

Persons with strong Will need little attention to Project.

Persons with weak Will have to hammer & hammer, yet nothing happens.

A trained healer does not only depend on his Will - he adds deliberate action, (Power & Will.)

The techniques of Visualization & Projection & use of Will should start only after preparations, (i.e.) (in ^{mind} charging of battery, cleaning of slate, stilling the ripples of the ocean) Then - strongly make up your mind to project the thought, then will its projection. It is a mental act,

Lesson No 20 Sept. 2nd. 1960.

In all mental acts of Proj. & Vis. the Will pulls the trigger, releasing the spring of action.

Action to release, i.e. the letting go of intensified thought force (like letting go of a bullet from rifle)

The blow of a fist, words that pop out of the mouth against will - these are thought energy released.

Thus also RELEASE the Vis. & Proj. In Projection, following Visualization you shoot out thought from your brain as if a bullet.

The bullet is the thought.

The bullet is the thought.

There are individuals who send it (thought) out in currents of force flowing from their eyes.

yet similar to that of taking a physical step, or when you will to strike a blow, or any physical act, or when you hold attention, e.g. look at a picture.

The Preliminaries:

Breathing - nad, pur, stim, vibra, closed circuit and charging breaths,

with other words - charge battery!

Rhythm! Rhythm generates power. (Walls of fence come down)

Will Power has more Power & conductivity.

Group prayers are stronger than single prayers, therefore recommended.

A regiment marching is more powerful than one person marching - its appeal is stronger, its force is stronger, its RHYTHM is STRONGER.

Others project it like film on the screen. The better mentally seen is the outgoing flow of the projection, the stronger it will be.

Remember: you cannot think of anything else at that time.

The Power of Projection should be increased & energized deliberately through Prana; additional amounts of Prana are sent by effort of Will.

Prana is generated (& stored, i.e. the body charged with) by all the practical exercises (nam, pranayam, m, conc & medlt, purific, charging, study)

Energizing & charging of Prana is a purely mental act.

Conscious & subconscious realization of supply of Prana is available to us for the purpose.

Our Thoughts are energized & Prana.
 Our Will is charged & Prana.
 If ones system is full of Prana,
 the mere realization, i.e. Thought,
 suffices to materialize it (the thought)
 Prana is extremely susceptible
 to the action of the Mind;
 in this way it responds readily
 to the force of combined belief (i.e.
 knowledge of this to be true) & thought.

Ability to use Prana is developed
 by practice of techniques taught in
 these classes (Om, m̄, nadī, chya, pranādi)
 When practicing V & P, we make
 ready mental paths on which the
 subconscious mind will travel
 effortlessly (i.e. conscious effort), e.g.
 the car will take correct turns, we
 take the correct step automatically,

Then one is an adept.
 But a long way is yet to be walked
 to that point, not just the daily
 practice of Asan, Pranayam, m̄,
 Conc + meditation, but also Samas,
 Niyamas & SEJAM & complete
 purification of body, heart & mind.

End of Psych. Phenomena
 Class for beginners.

is needing information.

In these practical exercises we
 learn here (asan, pranayam, m̄ e.a.)
 one FEELS the inflow of Prana
 (receiving & giving, rebarsy continuously)
 this river becomes bankrupted.

Habit, beaten path, trail - is
 established, then later only wishing
 alone makes it come through, i.e.
 just wishing!

At first through the thicket of brush,
 one has to brake, pull, cut, trample
 plough, etc., but later it is a smooth
 path & one goes to & from effortlessly
THEREAFTER.

This is so, when Prana travels through
 the Central Canal - Brammanadi,
 & not along the sides through Ida
 & Pingala.



Yoga and Nutrition

Super food: The Virtues of Cabbage

Guruji used cabbage, mostly green cabbage, in his 20-day and 30-day rejuvenation programs and in numerous green juice recipes that he prescribed to heal specific disorders long before the 30-day and 20-day programs. The basic difference between these recipes is not so much the ingredients as the percentages of each ingredient according to the ailment. The cabbage juice recipes in 30-day and 20-day programs are basic ones that are enhanced with the large variety of Astro-Divine herbs and satvic diet and regimen (yoga, japa, baths) that are also part of the programs.

Green cabbage falls into the Cruciferae (Brassicaceae) family of plants that also includes purple cabbage, green peas, kale, collards, cauliflower, broccoli, kohlrabi, Brussels sprouts, and on and on. However, top of the list is green cabbage. It is the most powerful of all of them, as nutrition and as natural medicine. It has an enzyme that can stop bleeding ulcers within minutes without surgery. An example case related to me by Videha Kumari, a senior disciple of Guruji, who was also a medical doctor with two specialties, and who worked during several summers at Bernarr McFadden's Nature Cure Sanitarium in Dansville, New York. She was the assistant to the head doctor, Dr. Caisson, from England. The patient had an ulcer that had ruptured, a potentially fatal condition. Dr. Caisson immediately ordered that a fresh juice made from raw cabbage and a bit of lemon rind be given to the patient. Within 15 minutes the bleeding stopped. The patient was put on an all liquid diet for 3 days, including plenty of cabbage juice, and given other treatments that ultimately helped heal the ulcer. As part of the program, the patient also had to at-

tend a yoga class given by Videha Kumari. Both Videha Kumari and Dr. Caisson were professional physicians with medical degrees yet they employed nature cure to cure the patient's critical situation.

If one learns enough from Guruji's teachings, one will have more than a medical degree – one will attain good health. Time and again, Guruji recommended green cabbage and cauliflower. Juiced, raw, steamed or baked, all members of this plant family are extremely nutritious, especially in this order: green cabbage, cauliflower, broccoli, kale, Brussels sprouts, and kohlrabi. The cabbage family is a rarity having much calcium yet also loaded with vitamins A, B, C and others. Even in its most tamasic (diminished) form as sauerkraut, it was used to prevent scurvy among sailors and also used for its digestive enzymes, like a vegetable-based yogurt.

Some of Guruji's green juice recipes are available for a small donation to Yogi Gupta Society, Inc. So increase your prana, vitality and overall health by selecting your nutrition from the wide variety of Cruciferae – the cabbage family.

— *Swami Jnananand*

Contacting Us

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