

Observance of Guru Purnima

“On Guru Purnima (an auspicious day for the disciple for spiritual progress, which occurs once a year on the full moon) the disciple should think about his Guru and the work and plans of the Guru should be promoted. Also the disciple should send gifts, money, and such things to his Guru, which he can readily use in the development and furthering of his spiritual work.”

– From *Yoga and Yogic Powers*, Chapter 11, Guru Mantram.

This year, Guru Purnima is observed on Monday, July 22. In addition to the above, fasting, and repetition of Guru Mantra (Japa) are recommended. – *YGS Editors*.

Role and Importance of the Guru in Yogic Tradition

The Saints and Sages of ancient times evolved and perfected over the centuries a system of self-development known as Yoga. This unifying objective is achieved through the self-development of one’s own unique individual potential for Self-realization. Since time immemorial, the science of Yoga has always been taught from Preceptor to student – transferred from the lips of the Guru to the spiritual aspirant or disciple. The Guru is God incarnate and the doorway to liberation. To see the Guru is to see God. In the Guru, you have the ideal of liberated perfection and the human example from which to mould your life. The Guru will remove all doubts and ignorance and transform the vicious samskaras.

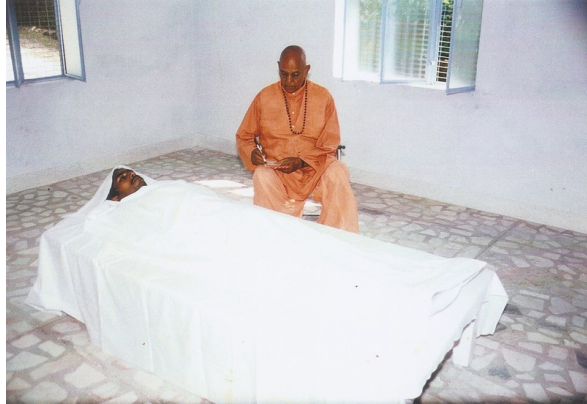
Worship the Guru and bow to Him/Her with reverence.

We all have tremendous spiritual power inside of us, though in a state of spiritual ignorance it is latent, and will stay that way (to protect the disciple), until the disciple has purified enough. The true awakening can only occur through the ignition of the Preceptor. Initiation literally means ignition, and just as when you start a fire, you begin with small twigs and then slowly add larger amounts piece by piece and very soon the fire is quite large. But how do you begin? With one small twig – a small twig with the consciousness and potential to awaken the dormant consciousness of the larger pieces once they merge with the initial small twig. This is how it happens.

The Guru illumines the spiritual path by casting internal light. The disciple begins to see with the inner eye, due to the awakening of spiritual energy. Spiritual knowledge is a matter of Guru-Parampara. It is transmitted from Guru to disciple. The Guru’s grace enables the disciple to perceive the latent spiritual power within, and shows the doorway to the Super-consciousness. But it is the disciple who must step through it.

The dimension of transmission is directly proportionate to the spiritual qualities and thirst of the student. It is like turning the key to start the car. The Guru may assist in turning the car on, but unless the disciple is strong, determined and firmly committed to the Guru and the goal, the car will not move. The Guru can point the way, assist

in directing the student to the right frequency and station, but the tuning in to that frequency is up to the disciple. Guru is the motivator and provides the initial boost. But it is the disciple's responsibility to keep the fire going through tapas, abhyasa, sadhana and loyalty. There is no more powerful way of conquering the fickle mind and samskaras than personal contact with and service to the Guru.



The student who is under the guidance of Guru is safe from all. Guru is your fortress against your lower nature and all obstacles and difficulties. But you must follow the Gurus guidance implicitly. My Guru always said, "Yoga is complete obedience to the teacher." The Guru forces you to look at your behavior, and a true Guru is never concerned with what people think of them. The Guru takes on the task of guiding the soul from identification with the material world, the senses and sense objects to the spiritual world of Divine consciousness and this at times requires criticism and pointing out patterns and behavior the student does not wish to look at. This can be harsh and unpleasant, but like surgery to remove a boil that is festering, once the pattern or behavior is removed, the healing can begin. The Guru is your spiritual surgeon. Guru may at times appear firm or stern, but that may be the treatment you need to clean away something that is festering in the mind, preventing you from going further into union.

Discipleship of an enlightened sage is lifetimes in the making. The Guru knows the subtle signs in each disciple and knows which students are karmically his or hers. Of course, karma and the lifetimes of intense tapas that create such a holy meeting are not enough. The disciple's responsibility is to be obedient and loyal to the Guru. Love and desire for liberation is not enough, for the mind is very fickle and mental and behavioral patterns are often very rooted. The Guru can teach the disciple about the scriptures, about surrender, how to concentrate the

mind, to purify both body and mind, but the Guru cannot force anyone to love God. The Guru can only plant the seed. The Guru brings light into the disciple's life, performing any necessary surgery on the disciple's ego.

Those who are sincere will understand. It is impossible to describe in human words the experiences that occur in the presence of a saintly person. Human effort, when it is attuned to the Divine will, can achieve wonders. —*Chandra Om, Founder, North Carolina School of Yoga*

(Note: For further information about the appearance and role of the Guru in the life of the sincere seeker on the spiritual path, see Chapter 9, "The Yogi Preceptor", *Yoga and Yogic Powers* by Yogi Gupta – *YGS Editors*.)



When All Else Fails Guru Mantra Never Fails

"Just as the life-giving milk is in every cell of the mother cow but can only be accessed through the udder, similarly, though the Supreme Lord is in every cell of the universe (existence), He can only be accessed through the Satguru and the gift of the Guru Mantra. Guru Mantra is the 'Bread of Life', a disciple's greatest mantra and a direct link to the Satguru and the Divine Will. When all else fails, Guru Mantra will never fail."

— *From notes taken by Swami Jnananand from 1995 Guru Purnima Satsang talk given by Yogi Gupta*



Flood Damage to KMT in India KMT Appeals For Help

The President of Kailashananda Mission Trust, Naveen Porwal, has asked YGS to forward the following appeal for help:

“A great disaster has happened in the state of Uttarakhand, India, which has caused huge damage to the lives of thousands of people and also to the properties adjoining River Ganges. In this way the buildings and Temples of our K. M. Trust have also been damaged. We have organized several camps dispensing food, fruits, medical care and medicines on behalf of K. M. Trust to support the victims who have suffered in Uttarakhand Valley due to massive floods and torrential rains and also slippage of glaciers. Under these circumstances your support and contributions is solicited to provide for more help to the needy and also to the survivors who have managed to escape with their lives. Huge funds are also required for maintenance of the buildings and Temples of K. M. Trust which have been severely damaged and which have become unsafe for living and also for the followers of Our Guru Jee. Kindly accept our most heartfelt appreciation for all that you are doing to further the aims of our Guru Jee to run the Yogi Gupta Society in New York in the name of our Guru Jee. KMT thanks all disciples of our Guru Jee for their cooperation with KMT.

We hope that God bless all of the disciples of Guru Jee.”

Disciples and Patrons who wish to make donations to KMT may follow [this procedure](#).

Kailashanand Mission Trust Announces 2013 Shradha and Navaratra Dates

KMT has informed us that Shradha will be performed from the 19th of September, 2013, to the 4th of October, 2013, and Navaratra Paths will be performed from the 5th of October, 2013, to the 14th of October, 2013. Cost for each Shradha beneficiary is \$110.00. Cost for each Navaratra Path is \$501.00.

KMT Religious Services

KMT has provided us with two lists of religious services provided by their priests. The first is a list of general religious services and their prices. The second is a list of Shradha services and Navaratra Path and their prices. All patrons should send their requests to KMT via via fax or express courier as described [here](#).

Religious Services of KMT

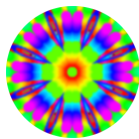
No.	Service	Price
1	Maha Mritun Jaya Japa Path	\$1,000
2	Maha Mritun Jaya Japa Path	\$1,000
3	Paths Planetary	\$500
4	Sri Devyartham - Seersam Path	\$3,000
5	Sri Vishnu Sahastra Nam Path	\$3,000
6	Chandrayan Vratra (For performance by Priest)	\$10,000
7	Kartik Mahatma Path	\$1,000
8	Gopal Sahastranam Path	\$3,000
9	Kala - Sarpa - Yoga Path	\$1,000
10	Surya - Mangalastik	\$500
11	Siva - Kavach Path/Chalisa Path	\$500
12	Vishnu - Stotra Path	\$500
13	Special Services	\$500
14	Hanumaan Aradhana Path /Chalisa Path	\$500
15	Aratee of God and Goddess	\$500
16	Sri Mad bhagwat Geeta Path	\$500
17	Surya Gayatri Path	\$500
18	Bajrang Bali Path	\$500
19	Santoshi Maa Path	\$500
20	Guru Gayatri Path	\$500
21	Shiv Pooja Path	\$500
22	Dashrath Karat Shani Strot Path	\$500
23	Sri Durga Saptshati Path	\$500

No.	Service	Price
24	Maha Maya Laxmi Japa Path	\$500
25	Vrahat Shai Path	\$500
26	Shiv Pancchakashar Japa	\$500
27	Sri Ganesh Strot Path	\$500
28	Gayatri Mantra Japa	\$500
29	Gayatri Japa	\$500
30	Shiva Rudra Abishek Path and Havan (Together)	\$5,000

Shradhas and Nav-Durga Path

No.	Service	Price
1	Shradha	\$110
2	Gaya Shradha	\$20,000
3	Masik Shradha	\$1,000
4	Ek-Dasah Shradha	\$2,000
5	Desh-Garta Shradha	\$1,500
6	Pak-Chik Shradha	\$500
7	Full-fledged Sapinda Shradha	\$5,000
8	Mini Sapinda Shradha	\$2,500
9	Full-Fledged Var-Sot-Sarg Shradha	\$10,000
10	Mini Var-Sot-Sarg Shradha	\$5,000
11	Nav-Durga Path	\$501

These price lists have been posted [here](#) on the YGS web site.



Classics of the Guru: Early Psychic Healing Course Notes - Part II

Continuing the series started in the previous issue of this newsletter, we are publishing Part II of Videha Kumari's notes from Yogi Gupta's 1959 course in 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 fourteen illustrations are from lessons four and five of the course.

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YP chapter!

the subconscious mind.
(Teleology)

Practical work:

- 1 - Nadi clearing, purification is done so:
 - Inhale 4 times both nostrils
 - hold 12 counting - " - "
 - exhale 8 times left nostril only

This clears the psychic channels.
It prevents pulmonary disease.
It destroys decay on the body.
- 2 - Nadi stimulation, irrigations:
 - Inhale quickly, both nostrils,
 - Exhale in the form of the female bee.

x

* (No 4) The latent faculties & powers can be aroused in everyone. Rosas get their fragrance from the atmosphere.

When they fade, their fragrance is not gone, it is in the atmosphere, in subtle form.
A Yogi can take the growth element \equiv Kp & put life into it. In this part of the world, of course, this is something new, "supernatural".

For a Yogi nothing is supernatural about power employed and effects produced. All this is under natural laws. Unknown to masses, known to advanced minds, to those who control will & other forces.

All exists in subtle form.
Subtle forces cannot be seen through physical eye but the Mind's Eye.
Black Magic Hypnosis — the will of the object (person) is weakened, the WORK IS DESTRUCTIVE.

A hypnotizer can never be a Prophet, a Leader, a Creator, because his action is on the destructive line.

His "creations" do not appear on the film, if photographed.

The thing materialized by mind will be on the film if photographed.

Materializing quickens the process of evolution because of the use of subtle forces.

Subtle forces are more powerful than the growth factor.

THE MOST POWERFUL IS THE MANTRAM

The first thing created was SOUND, then Akasha, then Fire, only then - Earth.

(Healing of growth) Gross healing by herbs, by medicine is slower than by WILL.

Nature is compelled to speed the process of healing by the Will of the healer.

Those with Will - they repel minds of wild animals. The minds of wild animals are influenced by Mind, not by gun.

There was once a lion a Yogi used for his purposes & transportation; who was a vegetarian.

Yes, yes, the human beings are far less intelligent than a single cell.

To influence a wild beast a protective aura is built by visualizations, projected & held by will; it communicates with the mind of the beast and the latter wags his tail like a puppy, and does not attack.

The same act of will keeps the

mosquitoes & flies from biting.

For some this protective aura is like an electric fence - Mossoever comes near it, gets a shock (to the disturbing people, e.g. who come).

Thought Power is far greater than a hydrogen bomb.

Instead of running after effects, use subtle forces, go after Cause.

Nothing is achieved by hate, force, fighting, it only spoils the air.

He who have evil thoughts, transmit them to other people, many of them, & they become delinquents, criminals, they kill - and we, those with evil thoughts & minds, we are the Cause.

Teachings can be transmitted by just a touch, but the student

has to be ready to receive.

Also there are silent teachers to silent pupils.

Rama Krishna touched one man, bringing spiritual awakening in him, but of course, he was ready for it.

THE PLANES OF CONSCIOUSNESS CAN BE CHANGED BY CHANGING VIBRATIONS.

Yogi's control the rate of vibrations.

No 5 The connection is close betw. the material (physical) & psychic world.

(Psycho-physical, Psycho-somatic) Cells combine to form tissues → organ ^{systems} → Body.

Cells specialize in their work.

Cells are loyal to the body, but when they are misused, they strike.

* Quality: bio-physical
* Matter: intellectual
* Nature: muscular

Other tissue & organ cells sympathize
c the abused cells & also go on strike.

When poison or drugs, i.e. any medicine,
are taken, the cells start their work
again against their will, horrified by
the dire emergency, so as to have
the intake of medication stopped &
so as to quickly eliminate that which
unfortunately is already taken.

They do not start their work because
they are cured by the poison, but on
the contrary - to have the poison
discontinued & eliminated.

Wherever there are cells, there is life,
& wherever there is life, there is Mind.

Every cell is replaced by a new
cell, when the old is worn out, &
this is true throughout living.
It is never too late to help form

new cells, to replace the old body
by a new one.

When man will be able to control
the life of cells, he will become
Creator himself. III

He should create like God creates.

Man has lost contact c cell, & the
latter is much more intelligent than
man. The cell has a Mind, intelligence,
it does such subtle, special work
& never gets mixed up, tired, in-
efficient, does not break down, does
not require vacation, never sleeps.

Just, please, do not abuse this worker.

(Man cannot make a drop of blood
c all the \$\$\$ & labor & assistance in the
world).

Only reason & intelligence via
brain will make other cells work

our command, but never unreasonably
insisting, unintelligent demand!

There are 30 or more species of cells.

When they get brittle & dry, they are
dead. Change them to new ones.

The many species of cells are each
with specific function, the Nn cells,
however, form a living telegraph
system to every cell in the body.

Thus - cells have their own Minds.

Collective Mind is e.g. the mind
of bees in a hive, birds migrating,
fishes in schools, also the human mob.

The collective mind is intensified,
accumulated: If 1 mind + 1 mind = 2m,
then in a mob 1 + 1 will be much, much
more, will be eleven!

The congregation of cells has a
collective mind. The cells work in

harmony for the welfare of the body.

When mistreated, they strike. Strike is
caused by abuse. The stomach will
forgive one steak & digest it, but if
one more is added, the stom. will strike.

And similar other occasions. One cell
group follows the other: the stomach is
joined by the liver, intestines etc.

If cell minds are satisfied again,
they will work well again.

Strike, (always) caused by abuse,
results in disease, pain c.a.

Harmful thoughts can affect cells,
organs, systems, entire body.

Cancer - subtle vibrations in the
brain keep materializing cancer cells;
no matter how (extensively) well
they are cut out, they keep material
izing from the brain, because there

is some kind of abuse, there has been some maltreatment of the body & now this is one form of strike. There have been wrong thoughts, wrong things - and as long as these persist, & as long as these wrong subtle vibrations exist in brain as a result of it, the cells are being necessarily materialized. To stop cancer, to stop this materialization of these wrong cells, one has to reach the level of intelligence of cells and clear the obstacles.

Disease is bit a mouse in the closet, ruining, eating things; but a rat in the barn - gnawing away, soiling, polluting, consuming. The mouse & the rat has to be removed, that is all. No mystery. People blame the virus for their illness, but it is not the virus at all.

Virus exists anyway, whether man is ill or well. The cause of the disease is man's bad behaviour: wrong eating, wrong living, no sleep e.a. (wrong thoughts) that way man makes himself a garbage dump & invites scavengers - germs. Hence disease.

Disease does not come from outside, it comes from within.

The public thought is that disease pounces down upon man like a tiger upon prey. No that is not true. The public, in its stupidity, treats the germs badly, (also) as if they were a foe & not friends. But germs are friends. They only attack the dirt, the cesspool.

Throw out dirt, cleanse, and no bugs, no flies will come, no virus

will cause disease. No virus, no polio. Nothing.

Do not kill flies & germs - they only do their work, they are scavengers, they come to clean, they come to eliminate, to remove the one, who (that) is dirty, filthy, harmful, offensive, abusive! They come to make an end of him. They are the God's Sanitation Department.

All is harmonious & perfect, but we are the ones who make wrongs.

Germs say: "we are here to stay" and they develop immunity to drugs & they stay!

Germs go & eat filth. If filth is cleaned away, washed, purified by O_2 gas, go away - nothing to eat.

Disease is a symptom of the subconscious mind.

Cheese is dead cells, not so good to eat.

Fever - burns excessive accumulations of dirt.

NOG

May 27, 1959.

Things are polarized (influenced) by our mind.

Negative thinking hinders the cells from doing their work. Negative thinking does it as well as wrong food, wrong living.

Harmful thoughts are infinitely more harmful than wrong food, because food abuses only certain cells directly, whereas harmful thoughts harm every cell in the body.

Cell mind can be approached directly, not just via brain. Fishes hatch eggs

The Value of Sprouts

Yogi Gupta, in his recording, “Yoga Food Concepts” and in his book, *Yoga and Long Life*, Chapter 16, Food and Health, recommended the liberal use of sprouted nuts and grains in one’s diet. In the book, he revealed that he had lived on sprouted grain alone for as long as six months! Sprouts are also part of the Kaya Kalpa system of rejuvenation found in Ayurveda. This proves the significant value of sprouts, so let’s start sprouting!

Sprouting Recipe: “Yogi Gupta Balls”

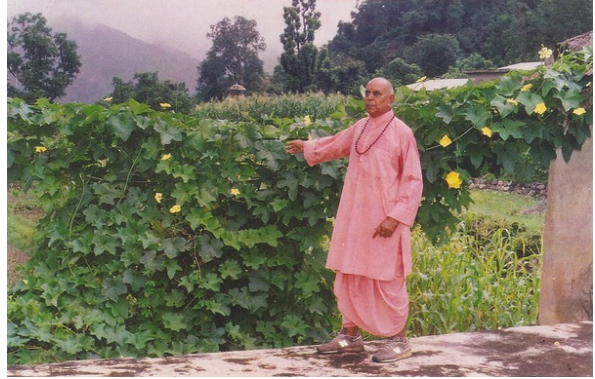
Yogi Gupta’s own delicious recipe using dried fruits, sprouted nuts, and fresh pineapple:

Ingredients:

1. Dates
2. Figs
3. Sprouted almonds
4. Sprouted pistachios
5. Cardamom
6. Fresh pineapple

Preparation:

Pit the dates. Chop the dates and figs as fine as possible. Juice the pineapple. Mix the dates and figs and douse with the pineapple juice. Add the cardamom and mix into a thick paste. Crush the almond and pistachio sprouts as fine as possible and mix into the date and fig paste, adding extra pineapple juice if needed. Let the mixture stand to absorb the liquid and then knead into one consistency again. Roll the paste into balls and refrigerate. Keep refrigerated, as sprouts are perishable. Will keep up to 3-4 days in the refrigerator.



Dr. Gupta pointing out a medicinal vine. From the Mission’s botanical gardens, he used herbs, fruits and flowers in Nature Cure treatments.

Yoga Services Directory

Here are links to some websites of Yogi Gupta’s students and their students who are providing several types of Yoga services. If you see that there is someone who we have missed, please let us know, so we can add it to the list. [Dharma Yoga Jefferson City, Missouri](#), [Dharma Yoga Center, Innerlight](#), [Kailashananda Mission of America, Inc.](#), [Kumarikailash Yoga Academy of America](#), [Laxman Dass Yoga](#), [NOK Foundation, Inc.](#), [North Carolina School of Yoga](#), [Sani Yoga](#), [Shiva Daiyee - Vedic Astrologer](#), [Yoga for BodyMindSoul](#), [Yogi Gupta Ashram, Inc.](#), [Authentic Meditation](#). Please note that the directory is merely a compilation that is intended to be inclusive and is in no way an endorsement of any of the services offered.

Contacting Us

YGS is a society of volunteers – your contributions, comments, questions, feedback, or requests are welcome! To get our emailing list, you can send us email at info@yogiguptasociety.org.