

Yoga and Yogic Powers e-Book

Yogi Gupta's great and unique text, *Yoga and Yogic Powers*, is now available as a [Kindle e-book on Amazon.com](#), a new edition published by the Yogi Gupta Society. It has long been our aim to make this essential work by the Master more widely available and we are very happy to have completed this stage of the task with the help of several volunteers who generously gave their time and talents to publish it. *Yoga and Yogic Powers*, and its predecessor volume by Yogi Gupta, *Yoga and Long Life*, are now both available as e-books and yoga students everywhere now can take advantage of their timeless wisdom and practical instruction, advise and information. Also yoga teachers now are able to include these works as textbooks in their yoga classes, in particular, *Yoga and Yogic Powers* is perfectly suited as a textbook for instruction in the principles of psychic projection and psychic treatments. Regarding these works, the Society is now turning its attention to publishing these works in traditional printed form for those who prefer to have them as physical books. If you have experience in book design, editing, or simply have a desire to help in this effort, [please let us know](#), volunteers are needed!

In this issue and subsequent issues, there will be excerpts from notes taken by several of Yogi Gupta's disciples from courses given by the Master on topics related to *Yoga and Yogic Powers*, such as Psychic Healing and Psychic Ring Pass Not (this issue).

Videha Kumari Maha Samadhi



Born on February 16, 1919, 3:00 p.m. Maha Samadhi on June 22, 2012, 3:37 a.m.

Videla Kumari, one of the first two disciples of Gurujee, was initiated by Gurujee in 1956, as Gurujee initiated no one during His first two years in the United States. She was most blessed, taking private

and semi-private classes with Him, one-on-one for several years until the first Yogi Gupta New York Center was opened. Exerpts of her notes will appear in this newsletter, "Classics of the Guru" from courses Gurujee taught early in His mission to upgrade the overall health of America. (In this issue of the YGS Newsletter, we are starting excerpts from some of her notes from an early course in Psychic Treatment given by Gurujee, and plan to continue with more exerpts in forthcoming issues -Ed.).

Kumari was born in Harbin, China, the only child of a scholarly Latvian Family. Her grandfather was a world-renowned linguist. A child prodigy in music (piano), Kumari by family request entered the field of medicine and became an anesthesiologist and obstetrician. She survived the communist and Nazi labor camps and occupation during WWII and gained refuge in the United States in 1948 when she went through residency at Columbia University. She became the head of the Anesthesiology Department of St. Luke's Hospital in New York City, where she served for ten years.

Shortly after her appointment to St Luke's, she met Gurujee in 1954 at a public lecture in New York City and began taking private classes with Him. She was also the second teacher ordained by Gurujee to spread the Light of His Mission. She taught private classes in New York City and taught at children's camps where she was summer physician, and after leaving St. Luke's Hospital, she taught at the prestigious McFadden's health spa in Upstate New York, then later taught in the Virgin Islands, Trinidad and Tobago and Cayman Islands. She also served as second president of Gurujee's Yoga Foundation of America (Gurujee's original foundation, not to be confused with First Yoga Foundation of America), Gurujee of course being the first President.

In late 1970, she moved to Melbourne, Florida, where I met her and where she began the Kumari Yoga Ashram of Melbourne (as named by Gurujee), remnants of which still exist today. Due to Kumari, thirty of Gurujee's disciples came from the Melbourne area of Florida alone.

Videha Kumari continued to teach until nearly her 90th year and inspired many sadhu's on their Yoga and spiritual path. She was known for her ability to correlate and bridge the similar (or same) Truths of the Eastern and Western Scriptures. She was born an Orthodox Christian, and could speak Ancient Greek and Latin fluently, thus rendering very acute translations of Christian Scripture and revealing the like message of Eastern Scripture, such

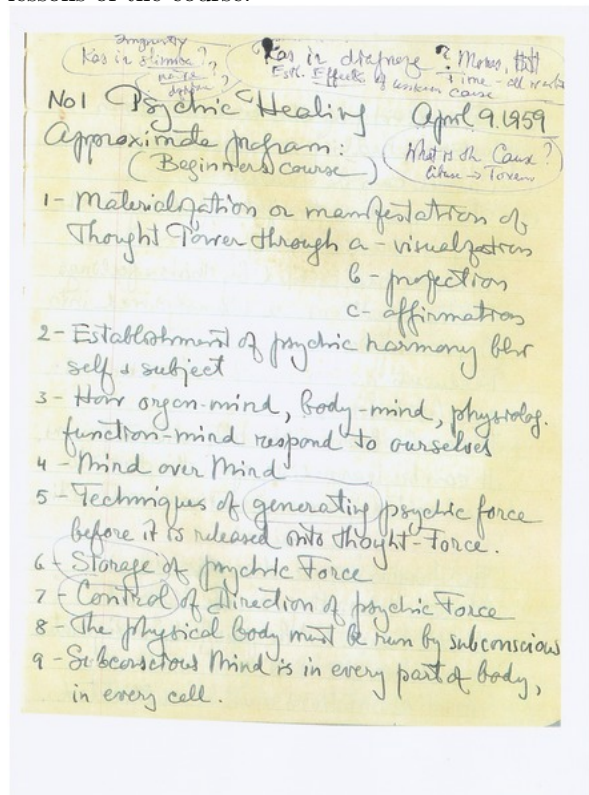
as the Bhagavad Gita, Upanishads, Ramayana, etc. Even in failing health during her final two years, she never lost her love and devotion to Gurujee. She would say "It was Gurujee who saved me from all the perils of WWII, to become His child."

—Swami Jnananand

Classics of the Guru:

Early Psychic Healing Course Notes

Starting with this issue, we are publishing some 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 nine illustrations are from the first three lessons of the course.



- 10 - \bar{S} activity of the Subconscious
Physical healing is impossible.
- 11 - Cancer can be healed
- 12 - The impact of thoughts & feelings on the
body is tremendous.
Poisons are created by thots & feelings
Mental patterns are transformed into
physical form
Reduction & control of subconscious
can be learned.
It can be learned to help distant persons.
It can be learned to open the door to
unlimited Power, creative & constructive.
The Hill can be trained
The Thoughts can be disciplined
Mental telepathy can be learned.
Nadis have to be purified & invigorated
to achieve all that.
Positive emotions must be cultivated.

given out to the world, but just
learned by heart from Master to disciple.
In H. Vedas are all esoteric teachings.
Only some of them went out into world.

AtharVedas are teachings about psychic
powers, irrespective of beliefs & religion.
They are neither philosophical nor religious.
There are teachings about what we would
consider Super-normal Mental faculties,
senses & powers, how to develop these,
the highest forms.

The West needs psychic immunity.
The West does not have even 5% of the
psychic immunit. which every single Hindu
has. \bar{S} psychic immunity people can-
not survive. The lack of it is like an
epidemic, its result - in breakdown.
Mental illness is contagious.

Pranic energy can be cultivated
Ideas can be made things (reproduced)
Our ideas can be reproduced into
other peoples minds - that is a
form of projection.

Hindu & western psychology
Astrol & physical counterparts
Use of m

Effective projection,
Dynamic affirmations
Psychic attraction of persons & things
Preparation for psychic healing
Psychic immunity.

Cannot find this in Schools nor Books
Only very few people, very few,
teach in India this e.a. secret knowledge.

The lips of wisdom are closed, except
to those who understand.

The Hindu Vedic teachings were not

Many half-truths have come to the
west, scattered hints, fragments of
the true, and they have brought more
trouble than no teaching at all
would have done.

No2 Akasha is ethereal substance,
Chpt 12 but ^{still} much finer than ether, ~~stable~~.

It pervades all space & all matter
is produced from it. ^{It pervades, even what}
^{is called vacuum.}

Prana is the subtle energy, the
sumtotal of all energy. It animates
all, entire nature thru its force.

Creative Mind - is the mental element
in which all designs are created, after
which (through visualizations & action
of prana upon akasha) all these are
materialized.

These are the three

fundamental elements, which helps to form our world.

Akasha is not matter, but makes all forms of matter there is. Its thinness is beyond imagination & it is \bar{s} life. Somebody has to use it, or else it remains inert - no matter, no life.

Akasha is \bar{s} mind, \bar{s} will, without consciousness, and can manifest itself only thru prana - the subtle energy - in a creative mind.

Prana is found in & is the universal Energy (kinetic, electric, magnetic; evolution of planets and all, all there is), the sumtotal of all energy. Prana is in mind, in matter, & everywhere where there is energy.

Mission of atom
i.e. electric,
force, heat,
radio, etc.
Subatomic

Yog: control Prana through breath, succeeding in control of ^{body} mind.

Creative Mind is the instrument thru which ego manifests, but it is not ego.

Imagination & trained Willpower helps to PROJECT and HOLD (the) visualized the design of the Creative Mind, until this design is materialized from Akasha.

Yes, the visualization has to be held until materialization takes place, unless the Will is so powerful that one projects & materializes instantly (Masters, e.g. Jesus, Moses)

No 3 The Subconscious Mind extends to every cell. It never sleeps. To be aware of it is more than to be aware of the possession of billion dollars.

No money can buy the work of

Through Yoga-breathing one first gets power, then - control of this power; thus: a - Both \rightarrow gets power of mind
b - " " - " - control - " " " "

These Yoga-teachings tell us how to charge the body & Prana.

The more Prana one has the more effectively one materializes the mental design.

If we project creative mind upon akasha - nothing will happen; it needs some living element.

If creative mind to projected through Prana upon akasha, things materialize. The mental pattern is thus produced into material form.

Design is done by Creative Mind
Labor to build it - is Prana
Building material - is Akasha

YP chapter!
the subconscious mind.
(Teleology)

Practical work:

1 - Nadi clearing, purification is done so:
Inhale 4 thru both nostrils
hold 12 counting - " - "
exhale 8 thru left nostril only
This clears the psychic channels.
It prevents pulmonary disease.
It destroys decay in the body.

2 - Nadi stimulation, invigoration:
Inhale quickly, both nostrils,
Exhale \bar{c} the hum of the female bee.

No 4 The latent faculties & powers can be awakened in everyone. Roses get their fragrance from the atmosphere.



Classics of the Guru: Psychic Ring Pass Not

This procedure is for protection against psychic attacks from the outer world and the negative thoughts from other persons. Negative thoughts entering one's mind create negative conditions of the mind which reflect in negative conditions of the body, i.e., you are sick.

“Prana” means life force. “Yam” means control. “Pranayam” means control of life force. Nadis are subtle nerve tubes or psychic channels.

There are three pranayamas or psychic breathings in this procedure, followed by affirmations.

(Note: These pranayamas release tremendous psychic forces. They should be learned under the guidance of an experienced teacher after sufficient preparation by preliminary yogic exercises and should not be done more than one sitting a day to avoid ill effects. For a list of qualified teachers in your area who can provide instruction in these pranayamas and related techniques of psychic treatment please [contact us](#). — *YGS Editors*.)

I. Nadi Purifier Pranayama

The aim of this pranayama is to expedite the purification of the psychic channels.

Nadi purifier pranayama consists of inhaling, retention, and exhaling, in a rhythm of 4–12–8.

First, one should completely exhale from both nostrils. Then one should inhale (through both nostrils) to the count of four; and retain the breath, to the count of twelve, with the right and left nostrils closed by the right thumb and right ring finger respectively; then release the pressure on the left nostril, and exhale eight only through the left nostril.

In Nadi Purifier Pranayama you should concentrate on the breath as you inhale and exhale. During the retention of the breath, the concentration should be on the psychic eye – known as the Third Eye – the seal of metaphysical and occult powers. It is situated between the two eyebrows. The exhalation in this pranayam should be so slow that you should not be able to feel it from a 10-12 finger-width distance from your nose. This pranayama can be repeated up to seven times in one sitting.

II. Nadi Stimulator Pranayama

This pranayama stimulates the psychic channels. It also creates a brighter and positive outlook

in your mind by affecting your thoughts. It also creates a mood of happiness and cheerfulness, which is followed by natural beauty, handsomeness and personality.

In Nadi Stimulator Pranayama, first you should exhale; then you should inhale, and when the breath is full, you should start creating the humming sound of a bee, concentrating on the sound. The sound should be prolonged as long as you can to increase the effectiveness of the Pranayama.

Concentration in the Nadi Stimulator Pranayama should be on the sound.

III. Nadi Vibrator Pranayama

This pranayama releases tremendous psychic and mental powers into the psychic channels. It should be strictly learned and practiced under the guidance of a teacher. It prevents the externalization of the mind and is a great aid toward the practice of sense control, as the mind is introverted to help concentration; it awakens you to inner awareness. One should not do more than three of these pranayamas in a sitting.

IV. Affirmations

I assert and affirm my individuality as a center of great force, power and will – the illuminated Spirit within.

I am surrounded and protected by an atmosphere of positive will and dynamic psychic power.

I cannot be adversely or negatively affected by anyone or anything.

I deny and reject all attempts to influence me against my will.

I repel and destroy all thoughts of hate and jealousy with a powerful beam of cheerfulness and joy.

I am radiantly alive, full of vigor, courage and power!

—*From notes taken by Shiva Dularee, senior disciple of Yogi Gupta, from Yogi Gupta's course in Psychic Treatment. For more information on the protective aura against psychic attacks, see [Yoga and Yogic Powers, Chapter 29](#). —YGS Eds.*



Raise the veil

Set the mind in focus
Heart is full of love
Force of God is calling
at a speed one can't keep up.

Ego wants to wander
and ignore what is in store
Divinity is watching
as the movie plays its course.

Many hidden mysteries
which only make you wonder
Until the desperation calls
and brings you to surrender.

Belief in the illusion
Causes one to fail
Truth is ever present
Work to raise the veil.

— *Swami Chidanand*

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. If you have a specific request for a type of yogic instruction, please **contact us** and we will let you know which qualified teachers in the line of Yogi Gupta are in your area.

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.