



### The Yogi Gupta Society

The ongoing preparations to incorporate as a religious, non-profit organization made us realize that we wanted to create a society, not only of disciples of Yogi Gupta, but also of all those with an interest in Yogi Gupta's teachings. Therefore, thinking as broadly and inclusively as we can, and with the aim of welcoming All, we are changing our name from "Disciples of Yogi Gupta" and moving forward with incorporating under the name "Yogi Gupta Society."

### Yoga and Yogic Powers To Be Available Soon

Yogi Gupta's definitive book on psychic powers, *Yoga and Yogic Powers*, will soon be available as a Kindle ebook on Amazon.com! Yogi Gupta's second book is unique and up to now has been almost impossible to find. Just as Yogi Gupta's first book, *Yoga and Long Life* is for Hatha Yoga the best all-around textbook in its field, so too *Yoga and Yogic Powers* is by far the best all around book in its field – psychic powers. At the top of the page are some of the photos of Yogi Gupta found in the section of the book called, "The Significance of the Author's Pictures." There is a new preface to this edition, and two additional photos have been added to the e-book edition that are not found in the original, printed edition. We are in the process of the final pre-publication layout and will send out a notice when it is published.

### Spring pilgrimage to Laxmanjhula

Swami Karunanand and Swami Hrishanand recently went on pilgrimage to Rishikesh, the sacred Ganges and Laxmanjhula. They have met several times with the management of Kailashananda Mis-

sion Trust and have clarified that KMT is planning to have a website to make their services such as Shradha, Navaratra, Paths and Pujas more easily available. However, KMT gave no time frame for having this website available and have recommended that in the mean time, each individual make their request via mail or fax **as has been described previously**. KMT also cautions that they are not yet prepared to accept orders for herbs, due to legal issues with exporting herbs out of India. The Swamis have been greatly inspired by their trip and urge everyone to go if they can. The Yogi Gupta Society is committed to helping Yogi Gupta's Mission both in India as well as here in the West and therefore would like to help KMT maintain its operations. Disciples and Devotees who wish to make a donation to KMT can follow **this procedure** for mailing cashier's checks or sending wire transfers.



### Tantra Yoga Podcast

Recently, Swami Gyananand gave a podcast on the topic of Tantra Yoga, a topic that many in the West are confused about. Swami Gyanand provides details about how Yogi Gupta defined Tantra Yoga

as a method of expulsion for Divine Healing. You can hear the podcast [here](#).

### Herb Resources

KMT may not be ready yet to provide herbs from the Manikoot Hills, so in the mean time what are we to do for herbs? The Society does have tulsi seeds available from the direct lineage of the tulsi tree that Yogi Gupta had at his New York City apartment years ago, please [let us know](#) if you would like some. Here are some other herb resources that some of us have been using (in no particular order): [Best India](#), [Jaffe Bros.](#), [Milan International](#), 990 University Ave Berkeley, CA 94710, (510) 843-9600 (this store is said to sometimes have Cogoni Jivan Sanjivani, which is similar to Yogi Gupta's "Spring of Life"), [Butala Emporium](#), [Kalustyan's](#), [Banyan Botanicals](#), [Frontier Natural Products](#) (maybe cheaper than Banyan), [Richter's Herb Specialists](#), [Veda Living](#). Do you have a source of high-quality, organic herbs? Please [let us know](#), and we will add it to the YGS herb directory.

### Yoga Services Directory

Here are some 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 that are being offered.

### Saraswati Dayee's Maha Samadhi



Our dear sister disciple Saraswati Dayee (from the Florida Ashram) entered her maha samadhi January 9, 2013 here in Palm Bay, Florida. She was born December 9th, 1943 in Evansville, Indiana. She is survived by her worthy son, Kevin Burgdorf, of Melbourne, Florida, who was a wonderful caretaker for her last months. She is also survived by her brothers, Gary Gregory, also of Melbourne, and Larry Gregory of Evansville, and many nieces and nephews.

Saraswati Dayee was a cosmetologist by trade and a wonderful interior decorator by hobby, which made her home like a temple! Once Saraswati Dayee commented to me about how she thought hairdressing and cosmetology was probably considered a rather lowly trade and one based on vanity. Shortly thereafter, Guruji gave a class in the Guru Yoga Course proclaiming that when Lord Krishna and his brother Bala Ram went to their guru for study they learned sixty four trades in sixty four days! One of them was cosmetology. We can well remember that Lord Krishna does appear in pictures with rather stylish hairdos and earrings! Saraswati was very inspired by this and opened her own hair salon that offered all kinds of organic and non-chemical services to all for healthful and stylish appearance. She was the only one here in Brevard County, Florida with natural cosmetology!

She was (and is) a devoted disciple of Guruji for over twenty five years, having come to the Florida Ashram through Videha Kumari and Swami Gyananand. She served greatly for many years as Videha Kumari's assistant in the Ashram. She overcame many obstacles in her life, finally to be acclaimed by Guruji, "You are a great, great ascetic and a great disciple!"

She followed the 30-day and 20-day programs more strictly than any other disciple and did them back-to-back (fifty days)!

She was a loving and devoted mother to her son Kevin, who also completed 30-day programs and found great solace in knowing Guruji. Anyone wishing to express sentiments may write to:

Kevin Burgdorf, 327 Crown Blvd., Melbourne, FL 32901

AUM SHANTI AUM

Swami Gyananand

### Writer's Corner

As our next publication project, we are now in the process of preparing a biography of Yogi Gupta. If you have stories about your experiences with the Great Yoga Master, we would love to **hear from you**. Maybe your story belongs in his biography!

As a complement to his biography, we are drafting a **Swami Kailashananda Wikipedia article**. If anybody has biographical information, or just stories of people's personal experience of the Guru, they would make good contributions either to the biography, or to this newsletter, or to the Wikipedia article.

If you have some Pearls of Wisdom from Yogi Gupta's teachings or maybe you have a photo from Guruji with a story behind it, or maybe you have some Flowers of Devotion that you would like to express, please **send them to us** and we will be happy to publish them in the newsletter.

### Preceptor

When the disciple is ready  
It's then the Guru appears,  
Gu is darkness  
Ru is light  
He dispels darkness and fears.

Full of compassion and love  
He carries us in His hands  
Achievement of the blissful state  
Living as Spirit in man.

Pillar of strength  
Soft as a flower  
The light in the heart  
Containing all power.

The living proof  
that God is real  
Lifting us higher  
where all is revealed.

He lives in the light  
Guiding us there  
Telling His children  
Never despair.

Through His lips  
the Lord does speak  
Kindly giving  
the truth we seek.

Generous One  
to totally adore  
He shows the path  
to the light of the Lord.

It is not easy  
His guidance we need  
By His grace  
We will succeed.

The living example  
of what to become  
Think of Him always  
Unite with the One.

—A poem from *108 Pearls of Wisdom* written by Swami Chidanand

Commentary on the poem by the author:

Guruji always disseminated the truth of our being: "We are not this body, we are not this mind." He endlessly tried to instill this in our minds. And for anyone who was in His presence, it was quite evident that Guruji was not the body. During the last class at his Midtown Manhattan apartment, it was apparent that it was to be the last class and the last time I would be at His physical feet. He left New York a day or so later and never returned to America. Guruji was coughing heavily that evening. He said: "The Guru is not sick." And this is of course because the Guru is not the body. Once in Nature Cure class he said: "Believe Yogi Gupta speaks the truth." He was very clear in many messages that last class, one of them being: "I love all my children very much." Guruji is our Father and Mother; the One and All; the pillar of strength and light who selflessly took us under His care. So although our

beloved Guruji has entered Maha Samadhi and we can no longer see Him physically, He is still guiding us every day. As He said many times: “I am closer to you than your own breath.”

### **Contacting Us**

We welcome your comments, questions, feedback, or requests. To get our emailing list, you can send us email at [info@yogiguptasociety.org](mailto:info@yogiguptasociety.org). If you are interested in volunteering, we would love to have you join us!