



Payo Vrata

On Feb. 16th, 1999, which is **Amavasya**, i.e., the last day of the dark moon fortnight, the vrattee (one who wants to observe **vrata**) should bathe in a river or lake using Holy Clay or clean mud as soap. Second preference is to shower in your own apartment. The Vrata starts from Feb. 17th, 1999 and ends on Feb. 28th, 1999. While bathing on Feb 16th [1999] remember that the Earth was liberated from the lower regions by the Lord who is incarnated as a Barah known as **Barah Avatar** and brought to the surface of the ocean to make a place for human habitation. For 12 days of Vrata, Havan be performed daily with 108 Aahuttees [offerings of Havan Samagree] with mantra “Om Namoh Bhagwatey Vasudevaya Swaha.” Pooja be done daily of the Lord in the form of Sun or fire. Here fire of daily Havan will be good and to be considered Pooja of the Lord. For 12 days Vrattee should stay only on milk diet except water when thirsty. Cows milk, goats milk, powdered milk as per your circumstances. Throughout 12 days Vrata at the end of Havan one should pray, i.e., sing glories of the Lord and ask in return for the fulfillment of your Heart

desires. On the 12th day of Vrata, i.e., Feb. 28th, [1999,] Havan be performed not with Havan Samagree but with pudding prepared from milk, rice and honey. At the end of the Vrata you should share the prasad with your fellow beings, friends and relatives. During Vrata observe celibacy. This is the best Aaradhana of the Lord (Pooja and Worship). Saint Kasyapa was initiated in this Vrata of Bramha and he initiated his wife Aditi into it and I am initiating you in the same time-proven Vrata for the fulfillment of your Heart desires.

— Letter from Yogi Gupta to disciples, dated June 25th, 1999. Note: For 2014, **Amavasya begins** on Feb. 28, at about 4:50PM EST. The following twelve days of the Hindu month of Phalgun, i.e., March 1, 2014 through March 12, 2014, are the days for observing Payo Vrata.

More on Payo Vrata And staying closer to the Lord

On the last day of Havan Samagree, persons who observe the Payo Vrata should provide the priest with rice pudding in milk, honey and powdered sugar when available (but don't be too fanatical about it).

You should give dakshina (i.e., cash) to the priest who is performing the Havan (i.e., Ministers at the Ashram), and also to the friends and relatives who participate.

Observe celibacy, pooja and prayer during all twelve days. Milk only should be used for food. If there is a picture of Lord Surya, offer milk to Lord Surya and perform Havan to God. Or offer milk to the picture of the Guru. If you have a pendant, it doesn't get ruined by pouring milk over it. Then stick to the image that you like. Offer the milk just once, offer it like in Sandhya Vandan (with a spoon or kusa grass). It is the spirit of the thing, rather than the volume. During all the twelve days you must stay on milk diet. The person who observes this Vrata is known as a Payo Vrattee. Choose a type of milk you like, half and half, skim milk, powdered whole milk, etc.

In this way, for twelve days, you should pray and worship the Lord. During these twelve days of Vrata you should not talk to sinners, i.e., worldly people. You should not talk about sins. Observe Ahimsa, i.e., don't kill, hurt or punish anybody. On the last day, just like for Durga Pooja, celebrate – Kirtan and dance – and don't watch your purse that day, because all that you are spending is on the Lord, which means spending on yourself. On the last day, observe Kirtan with flag and bhajan.

This is called Pooja of the Lord, when you sing praises of Govinda. He can do anything, He is capable of giving you whatever you ask, like Aditi asked for her sons to be restored to the throne of heaven. Later on one will learn how this happened and got the demon lord arrested.

Drink the milk whenever you are hungry. This is the best prayer and pooja of the Lord. It is tapasya, a penance, only to be done once a year and at any time of the day during those twelve days.

Saint Kasyapa says, keep the senses in control during the Vrata and stay free of grief and emotion.

Commit yourself first (“I am going to observe this Vrata in year 2000.”), i.e., make a deposit now, give to the Brahmin priests by **sending a donation to the Mission** and give to the Ashram. Commitment means make up your mind.

For worshiping Lord Surya, wear orange or red dress. For worshiping the Guru, there is nothing better than wearing some of the Guru's clothes. If you don't have any, Guru Jee will give you all of his clothes except one. Everything is available here, you just have to make up your mind what you want.

The Lord *is* Yama, Niyama, Tapasya, Asceticism and Yagna themselves. It is right any year to

make a commitment to this Vrata and the Lord will be pleased with you very soon.



Aditi (mother of the Gods) followed the advise of her husband Saint Kashipa and followed this twelve-day Vrata. She used her intellect as a driver of the coach and she used the mind as the reins of the horses, i.e., her mind and senses were controlled with the help of the intellect. You can apply the reins and the mind stops running. Then she controlled the horses (the senses) by the reins (the mind). The senses should not be allowed to move freely during the Vrata. Don't pay attention to other things and keep your mind attached to the things that you are supposed to do for the Vrata, in India, people go here and there with a rosary.

After completion of Payo Vrata, Aditi prayed to the Lord with eyes of lotus flowers, the Lord who is situated in the Spiritual Heart of everybody. In the Spiritual Heart of everybody is Light, because God *is* Light. It is everywhere. God knows everything, you can't hide anything. People do wrong things because they think nobody knows.

With one-pointedness of mind and an ocean of devotion she observed the Vrata and the Lord appeared.

Just like there is butter in the milk but you don't see it, just like the wooden table and chairs are all made of fire but you don't see it, yet if you

rub two sticks together you can make fire. Just in these ways the Lord can appear in any form. The Lord is everywhere. When the logs are ready they catch fire. If there is moisture in the logs you have to wait. Sometimes the Lord comes without your asking. One visit of the Lord is worth living ten thousand years. When the Lord appears, he is wearing yellow silk (Try to get the most expensive dress of the Guru), equipped with cymbals, conch, **Sudarshan Chakra** and mace. When Aditi saw the Lord, she stood up with tears on her cheeks. She **pranammed and lay prostrate on the floor.**



After going on the Vrata for twelve days, on the last day take rice pudding at the Ashram. Don't postpone anything for another life. Everything is possible here. Discuss this with the Ministers of the Ashram. The time should be one that is convenient to the majority of the persons. Also you have to work, money is a necessary evil. Material things should be a means to an end. Material things as an end in themselves is a signal for trouble, they should be a means to a divine and spiritual end. You are living in the world but don't allow the world to live into you. Worldly people feel depressed, lonely, forsaken — all that money, cash and jewelry didn't help them. When you unite with God, then you have everything. You don't want prosperity but then it keeps chasing you. Lakshmi, the Goddess of Prosperity, is more attracted to her husband, the Lord, than to you, so when the Lord comes to you, Lakshmi comes running to you too.

The Lord manifests into so many forms. Like the earth was created and then the earth was destroyed by the Lord's destructive power. Like you are in different moods with different persons. In

the Yoga Bible course, you heard how in the Divine Kundalini all the planets are there. All these things to do in the Vrata are just to please the Lord in that capacity, because the Lord has divided His characteristics into different forms, like the government has different departments for handicapped, homeless, jails, etc. Pooja is a more formal approach, always doing Pooja means you are always trying to stay closer to the Lord. Popcorn in the frying pan trying to get away from the frying pan falls into the fire. Better to be grounded in the Lord.

So Aditi's hair stood on end. She was happy to be with the Lord, so she stayed quiet. Then she said,

“You are the Yagna manifested. One who sings Your name gains spiritual merit. Please do good to me. Thou canst sustain and destroy the world. Thou art the world itself. I salute you again and again. If you are pleased with the people they are blessed with long life, attain to Heaven and acquire siddhis. To conquer enemies is a small thing to you.”

In this way she worshiped the Lord. Then the Lord said,

“Oh, Mother of all Gods, I know your long-lasting desire in your heart of hearts. The demons have thrown your children out of Indra Loka. There should be war between the Gods and demons. You wish for the Gods to obtain fame and prosperity. Also you desire that your children destroy your enemies. Your wish is for your children to have power, prosperity and wealth. But at this time the rakshasas and yakshasas (demons) are so powerful that there is no way they can be defeated. they cannot be conquered because of the divine power of the family of King Bali's guru, because of the poojas and vratas that they have done. For sure you cannot hope for happiness and victory if war is declared in this way.”

“Still, I am very much pleased with the way you have observed this Vrata. I will have to find a way to fulfill your wishes, so your desires can be fulfilled, so the Vrata does not go for nothing. This Vrata was created to fulfill this wish. You have prayed to me, you have worshiped me, you have performed Havan to me very well. Therefore a part of me will enter into the seminal energy your husband Kashipa, who is spotless and cannot sin. Oh Lady, then in due course your son will provide all the protection to your children. From now on you can see me in this form. Don't tell this secret to anyone, the more secret it is, the more successful it will be.”

Saint Suka Dev continued,

After giving this advice to Aditi the Blessed Lady, the Lord disappears.

— Extract of notes by a disciple from Yogi Gupta's Self-Realization course, from classes given June 30 and July 7, 1999, wherein the Master reads and comments on a portion of the Yoga Bible, i.e., *Sri-mad Bhagavata Mahapurana*, Book 8, Discourses 16 and 17.



Importance of Vratas – Religious Observances

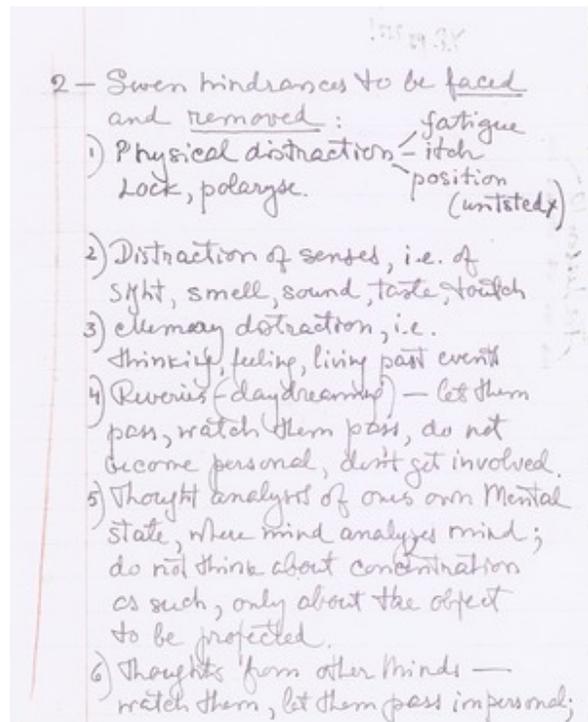
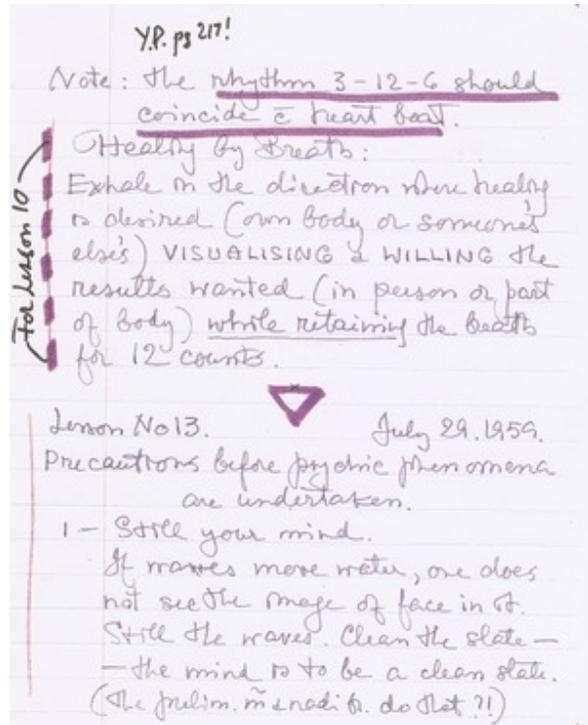
In the Self-Realization course, Kriya Yoga course and the detailed description given by the Lord Himself through me in the course “Bibhootees” of the Lord, i.e., miraculous powers of the Lord, that the last part of the celebration of all religious observances be singing and dancing and kirtan, marking the end of religious observances with enjoying in ecstasy an outpouring of the Love of God and the Guru, like saint Meera-Bai (Meera Bhajan, with singing, kirtan and dancing) and Saint Soordas and Saint Narada, Son of Lord Brahma the Creator, the Divine Ambassador of the Lord appointed to visit different Lokas and then report to the Lord the outcome of his visits, and many other saints. All vratas are purifying, healing and have spiritualizing effect and [are the] easiest [way] to find salvation in the Iron Age, and age of Maya and delusion...All involved in this work to eliminate spiritual starvation in America and to create more Trust in God and His Healing Powers are all doing the much needed work in America and you all have my Blessings.

— From letter from Yogi Gupta to a disciple, dated March 6, 2000



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

Continuing the series, we are publishing Part VI 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 illustrations are from lessons 12-16 of the course.



If a thought becomes personal, it gains strength.

7- Dim, hazy consciousness - avoid!
Be wide awake! Alert!

Lesson No 14

August 5, 1959.

Healing by the eye

is also done while practicing rhythmic breathing, 3-12-6 heart beats.

Look forward (at) the affected part of the subject or self.

↓
Creative Power
↓
Will
↓
Hill

VISUALIZE the healing of the part

FEEL — the — — — — —

WILL — the part to be healed.

The Power that does the job

is powerful Prana flow. (HOW?)

Restore the sick to normal by

THOUGHT & MENTAL PICTURE of the affected part FUNCTIONING NORMALLY.

4- Projection (like film on a screen) is done after a clear mental picture has been formed.

Projector is the power of mind, strong will;

Screen is the world, where things materialize;

Film is the clearest mental pattern.

First one shoots on the film, then film is proj. on the screen.

Some ppl never learn to make both, both patterns & they are always disappointed.

Emotions, Events - bad projectors; when the projector is bad, people cannot solve their own problems.

If done correctly - unfailing results!

Fails no one!

The clearest mental PICTURE (pattern, film) & the strong WILL (projector)

are 2 very important instruments

in psychic powers work.

It is easy, but one needs to

Lesson No XV

August 5, 1959.

VISUALISATION + PROJECTION:

One can project only after charging the battery, therefore first

1- Charge battery

2- Form a MENTAL PICTURE of the desired thing, event, circumstance or whatever.

3- Visualize the mental picture.

Use common sense that is based on nature's laws & principles, (so is materialization)

The Creative Mind is an important force in this world.

The PATTERN is made in the CREATIVE mind, (see lesson No 2) in the Mind's Eye (What?)

The sharper & clearer the mental picture, the clearer will be the reproduction of it more effective! *

practice in order to learn how to operate the PROJECTOR.

(Priv. Lesson?)

Intensified creative imagination (which is very important) first visualizes, creates mental pattern, sees the picture very clearly, e.g. a (new) car, home, glamorous bathroom, swim-pool e.a.)

Avatar is a materialization of an intensified creative image.

Intensive Will holds in firm PROJECTION (for HOURS!) the projected mental picture - it then materializes in 2 ways: —

Lesson No 16.

August 12, 1959.

MATERIALIZATION

The projected mental picture then materializes in 2 ways:



1 - This is a specific approach: the thought pattern, created in Chitta (the MIND STUFF) is reproduced as a tiny pattern (of its own form) in another person's mind - thus the other person wills what this person wills, (who does the psychic influencing via visualization & projection) This is like the cuckoo - she MAKES other birds hatch her eggs, lets others do the work for her. Thus - if the person doing the psychic phenomenon wills someone else to have his thoughts, idea, this someone else will FIND him & OFFER him to do the job - to materialize the idea, e.g. supplying the necessary FUNDS, circumstances etc.

cfm!
(Therefore diligently practice concentration, meditation, combinations (collation, coordination) and manifestation of these two phases may produce both forms & both effects, (the 2 phases, not the 2 forms!))

The psychic healer, projecting psychic pictures on several patients, forms astral image, thus healing many, many patients. Yes, the psychic picture of health, created by the healer goes into the Chitta of many people at the very same time. ^{Thus we see that we have tremendous power, we all can help, better than we can help.} Without psychic development, ^{we cannot do much.} prayer will not give any results; just projected prayer does not materialize. ^{by just making a picture in the light of our mind.}

Yogis develop psychic powers even though they do not try to develop them. The power of projection & materialization

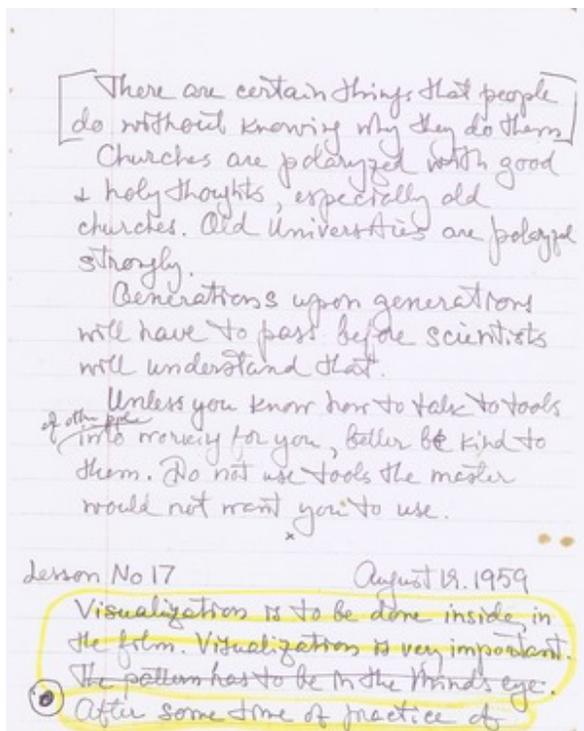
2 - The general approach: the pattern of mind, i.e. the astral or psychic picture is reproduced in akasha. Thus mental image -> via reproduction & projection into AKASHA -> materializes.

Materialization works both ways ① ②, they both finally materialize from AKASHA. Fitgo ① from my mind to other mind -> to akasha (ether) -> MATERIALIZED ② from my mind to -> akasha (ether) -> to other mind -> materialized

The Chitta of the other person is made to reflect the mind pattern of the person who is projecting. How is the pattern formed? It is formed in thought-waves - WRITTIS, which take the shape of the form visualized.

comes by itself while concentrating & meditating. For a high degree of visualization and projection PRACTICE is necessary. Even I can have some results here, now, but later they will be better, more effective, quicker. Later desire for greater power increases.

We know now how ^{Thoughts} ~~thoughts~~ are reproduced into minds (writtis). How ^{thoughts} ~~are~~ reproduced ^{into things?} Things, machines - also have minds. Thus things may be (and are) polarized to the owner. Man's Mind is superior, therefore can polarize anything to his Mind: tools, radios, instruments, foundations, even ink, polarized to the owner's Mind, will not serve others as well, or may not serve them at all, or may even injure them.



2013 North India floods in India How You Can Help

This past July, the President of Kailashananda Mission Trust, Naveen Porwal, asked YGS to forward the following appeal for help, which we are reiterating due to the ongoing crisis:

“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](#).



Yoga and Nutrition

Yogi Gupta's Grape Fast

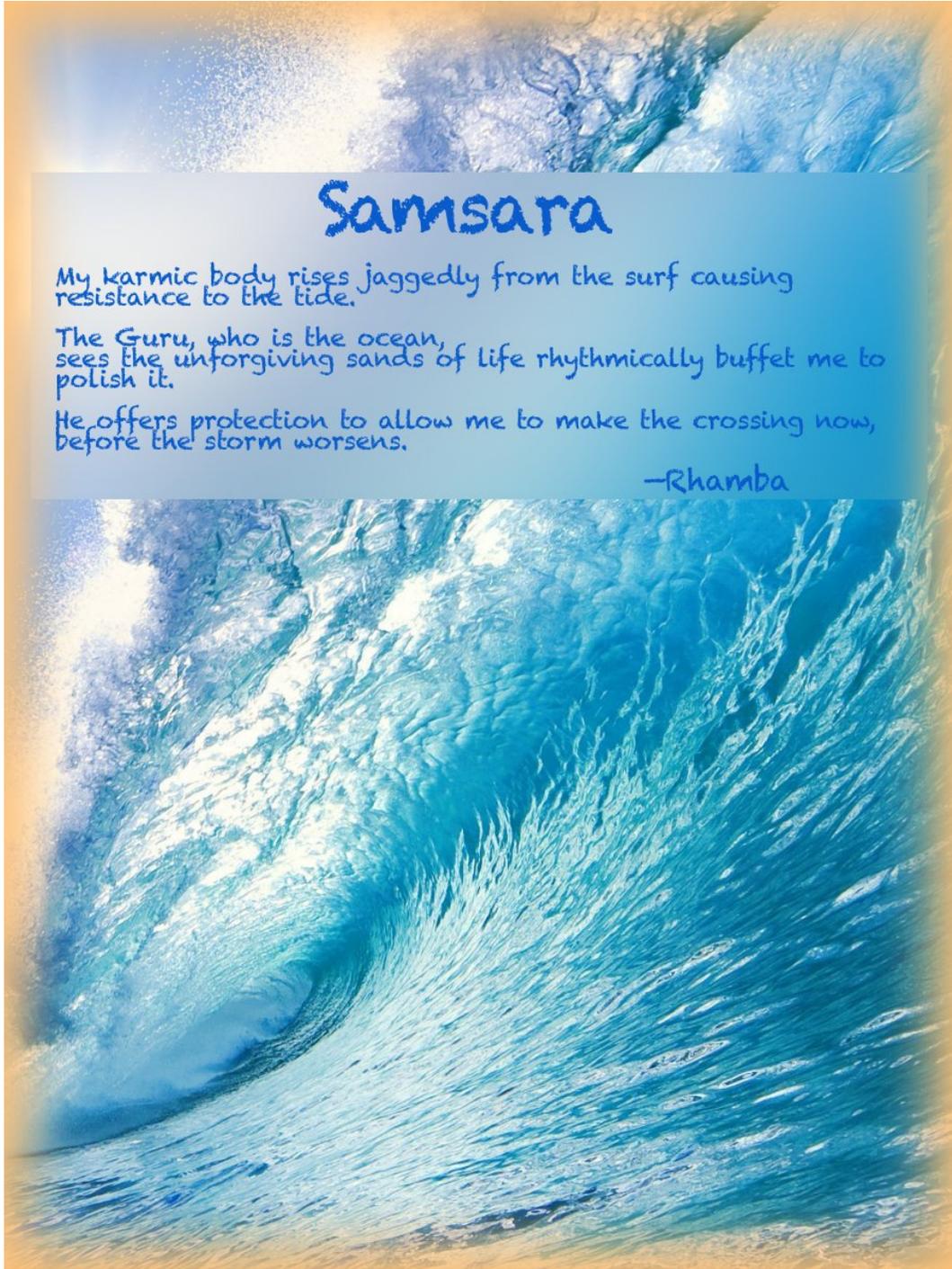
One of Yogi Gupta's first purification programs was his three-day grape cure. Back in the 1950s and early 1960s the array of Vedic herbs was not available, his thirty-day and twenty-day programs came much later (although the herbs for them now are difficult to find). What was available was a general purpose three-day Grape Cure (fast). Yogi Gupta prescribed fasting for three days on grapes alone, consuming no less than three pounds per day. Black grapes with seeds were the first choice, but if not available, red or blue grapes with seeds, such as Concord grapes, were the next best choice. Last choice were green grapes, as they are a genetically

modified variety. Today, of course, seedless grapes predominate the market, so if one cannot find seed-bearing grapes, then again start with black, blue, red and finally green seedless grapes if nothing else exists. The Master always advised, “Do the best you can.”

This is a simple yet refreshing program and easy for most, if enough grapes are eaten and one enjoys grapes. Oddly enough, the tartaric acid in grapes is an incredible rejuvenator to the body’s immune system. It can bring the dead back to life. For

many years this grape extract was the key ingredient in intravenous feeding and re-hydration in medical emergency facilities, literally bringing the dying back to life. Therefore, when holiday treats and eating a bit more tempting non-satwic foods have bogged down the body, take a break with the simple Grape Cure and get everything perking again and tuned up. Feel the prana of Yogi Gupta’s grape fast nature cure!

— *Swami Jnananand*



Samsara

My karmic body rises jaggedly from the surf causing
resistance to the tide.

The Guru, who is the ocean,
sees the unforgiving sands of life rhythmically buffet me to
polish it.

He offers protection to allow me to make the crossing now,
before the storm worsens.

—Rhamba

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. Past newsletters are archived [here](#).