



My Heart Will Treasure You More

I shall sing your praise and in that way
my heart will love you more.

Guruji,

When I need to reach, you are my bridge.
When I need a source, you are my spring.

When I need healing, you are my medicine.
When I need to be colored, you are the dye.

When I need stirring up, you are the ladle.
When I need shade, you are the flowering branch.

When I need to be tested, you are the touchstone.
When I need sorting out, you are the sieve.

When I need a better view, you are my balcony.
When I need to sneak in, you are my back door.

When I need kindling, you are my spark and flint.
When I need nourishment, you are my
all-you-can-eat buffet.

When I need cleaning up, you are my soap.
When I need to be grounded, you are my root.

When I need to detach, you are my step back.
When I need to engage, you are my crusade.

When I need an anchor, you are metal to me.
When I need tenderness, you flash your smile.

When I need to refresh, you are my ocean.
When I need direction, you are my North Star.

When I need a garden, you are my Eden.
When I need certainty, you are my right here.

When I need drying out, you are my fire.
When I need taking in, you are the tide.

When I need to be quenched, you are the well.
When I need to spread out, you are the space.

Guruji, I think God outdid himself
with the goodness of your grace.

You're even helping him win fans
and grow in fame!

I shall sing your praises and in that way
my heart will treasure you more.

Salutations to that gem of Truth,
my Satyamani, Kailashananda.

– *Swami Karunanand*



Guidelines For Holy Prasad for Satsang

Tribeni Devi:

Below are guidelines for the HOLY PRASAD for
HOLY SATSANG:

Scriptural guidelines:

1. Prasad must be prepared within the four walls of the Ashram in which it is first to be offered to the Lord before Aarattee.

2. After Prasad has been offered and Aarattee has been waived they are to be offered to the devotees and participants.

3. If Prasad is prepared and or brought from across the street or outside the Ashram Building it is considered UNHOLY and is not acceptable for offering to the Lord.

4. Holy Prasad and Aarattee are parts of Satsang and (are to) be adhered to per Scriptural procedure so that participants are benefited and qualify for Divine Blessings which they seek by participating otherwise it will just be a Holiday picnic where everybody brings food and eats...

Yogi Gupta

05-28-93

Note: This Chouri may be used for dispensing the Blessing to the Devotees. I will bring a beautiful Chouri with a silver handle from India. I will be working through the person waiving the light and dispensing Blessings through the Chouri provided the Scriptural guidelines are followed. This Chouri I have used in the past and (it) has been on the altar here for many years.

– From 1993 letter from Yogi Gupta to Tribeni Devi



2013 Shradha and Navaratra Photos

Photos of the 2013 Shradha ceremony and 2013 Navaratra Path can be seen [here](#). Naveen Porwhal, the President of Kailashananda Mission Trust, has sent these photos to the Yogi Gupta Society with the request that they be made available to the dear patrons who sent their 2013 Shradha and Navaratra Paths to KMT. He has informed us that these requests have been performed by the Brahmin Priests at the Ghaat of Multistoried Sri Trayambkeshawar Temple at the bank of the Holy Ganges and at the Multistoried Sri Swarg Niwas Temple of KMT. He further stated, “Please accept our most heartfelt appreciation for all that you are doing to further the aims of our Guru Jee and for cooperation with KMT. God Bless all of you.”



Count On Me

It was November 14, 2004. A blustery winter evening in New York. The sun had gone down and the wind was gusting hard. My stomach rumbled relentlessly and I shivered in spite of my down parka. I sprinted briskly along 63 St. from the West Side YMCA, where I had stayed at the suggestion of Shiva Prasad, to reach my destination at 25-C as quickly as possible.

I had traveled to Manhattan from Miami to do my work as a simultaneous interpreter at a board of directors meeting for a large multinational client. I had finished a 30 Day Rejuvenation Diet that day and made the mistake of going to a Thai restaurant in the city with my colleagues to celebrate a job well done and break the fast. As I greedily wolfed down my curry dish, with chicken no less, I dimly remembered Guruji’s warning that spicy foods were not good. But I was dying to eat something tasty after watermelon, leaves and herbs for thirty days and when someone suggested this place, I jumped at it. Not a good idea. That is what happens when we block out our inner voice thinking, this time I know better.

Sure enough, my body was so de-toxed that although I had specified that I wanted the spice level to be mild, eating the dish was similar to receiving a kick in the gut.



Upon arrival at 25-C, I asked Swami Prabathanand, who was manning the front desk, to recommend an herb to put an end to my misery and bought some E+ to assuage the intestinal flora. It was ultimately very good but that night I had to pay for my rashness. Guruji was in India at the time but one of his senior disciples had a Psychic Development class and a Sound Meditation scheduled to be held there at 7:00 p.m., for which I signed up. It wasn't the Guru personally but it was the next best thing. His teachings through an experienced disciple. I am usually very organized and whenever I attend lectures I take down the discourse in my own spiritual diary so that I can subsequently internalize the learning by reviewing it. However by then, the food poisoning from lunch had set in. It was all I could do to try to concentrate on what the teacher was saying and I had to make a brave showing as I was the only disciple in attendance.

I distantly heard the instructor talk about a Temple of Colors in Lorimar (Lemuria - ed.), a lost continent where Japan is now, where there was a colony of women priestesses who were able to simply look at the astral body of supplicants, determine what colors were missing and replace them to cure problems. He spoke about the Psychic Development technique as being more powerful than Ayurveda, in that it teaches us how to communicate with the Masters, who are here to help the world

advance. They are the ones who end wars and shift resources around the earth as needed. If we communicate with them our life will become much easier. In order to do the technique correctly, we need to build up prana and not let it leak out via our thoughts. We spend time trying to figure out who we are through the senses which give wrong information. By tuning in to the Masters and through Meditation, we get to the truth. It is always better to meditate in the presence of a teacher he said, because his mind is more settled and will still our restless thoughts.

In spite of my stomach woes, I had a great sound meditation with a gong afterwards, which I had not been exposed to before. But alas, it was time to get up and go home. I knew I would never be able to walk back the 15 minutes to the Y. It was 9 o'clock and there were no taxi stands anywhere in the vicinity. I dreaded having to walk to Broadway to attempt to hail a cab for a short ride, but dragged myself to the revolving front door and stepped out. I had stood there only long enough to get my bearings when a taxi drove up right in front of me to drop off someone at the building. I was astounded at this "coincidence" and weakly fell into the back seat muttering "Thank you Guruji" under my breath.

The following day I was slightly better but still in significant discomfort, having been unable to sleep the night before. I took a cab instead of the shuttle to La Guardia, to board a full flight to Miami. I cringed while contemplating the three hour trip in a middle seat. I had been unable to upgrade to an aisle seat to be closer to the restroom because the flight was oversold. I wouldn't even be able to rest my head against the window to grab some shuteye. My only consolation was that I had to be burning a lot of karma with how badly I felt!

I took my seat, stowed my carry-on with the help of another passenger because I felt so fatigued, and waited for the boarding process to finish. Imagine my surprise when twenty minutes later, the stewardess started reading the safety precautions and no one had come to claim the other two seats in my row, in spite of the fact that there were no other empty seats on the plane. I knew then, without a doubt, that what Yogi Gupta always said: Nothing happens as a bolt from the blue, A mouse doesn't suddenly jump out of a cupboard (meaning there are no coincidences in life), is true. The Guru knew I was making an effort to go to 25-C and although he was not there in the flesh, his spirit was there, as he often promised. We can always maintain a psy-

chic connection with him because as he also said, “neither time nor distance (nor dis-incarnation at this point), are an obstacle”. By going, I was endeavoring to connect with him and his teachings, so he was taking care of me in an extraordinary way because I was actively seeking the company of the Wise Man.

This was further confirmed when after arriving on my night flight, tired and bedraggled, I tried to secure a luggage cart at baggage claim. I needed to take a trunk with sound equipment that I had brought back with me, to the taxi stand. Since I was one of the last people to get off a full flight, by the time I picked up my box, there were no carts available, nor any skycaps to assist me. Nonetheless, in a matter of two minutes, before I could cry from exhaustion and chagrin, a lady three carousels away from mine, approached me spontaneously and offered me hers without my asking.

And thusly I was reminded that Gurujī once said to me : “If you continue to make efforts, God’s and Guru’s help will never be lacking. God helps those who make efforts to help themselves to the best of their ability”.

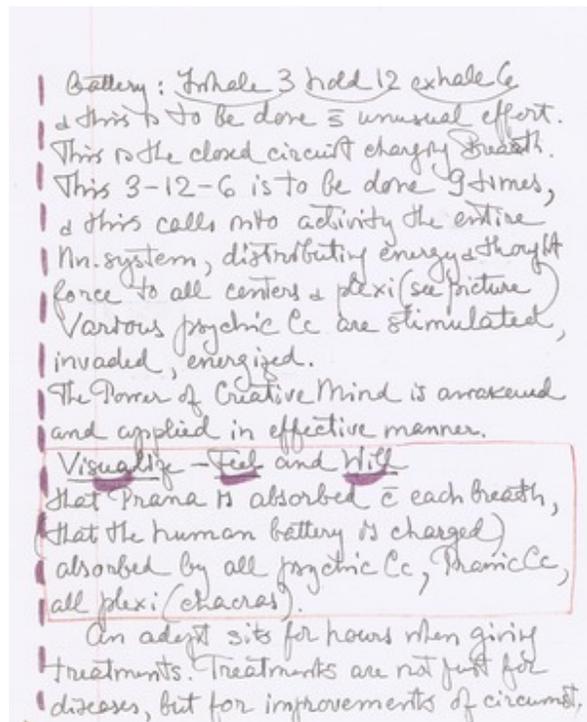
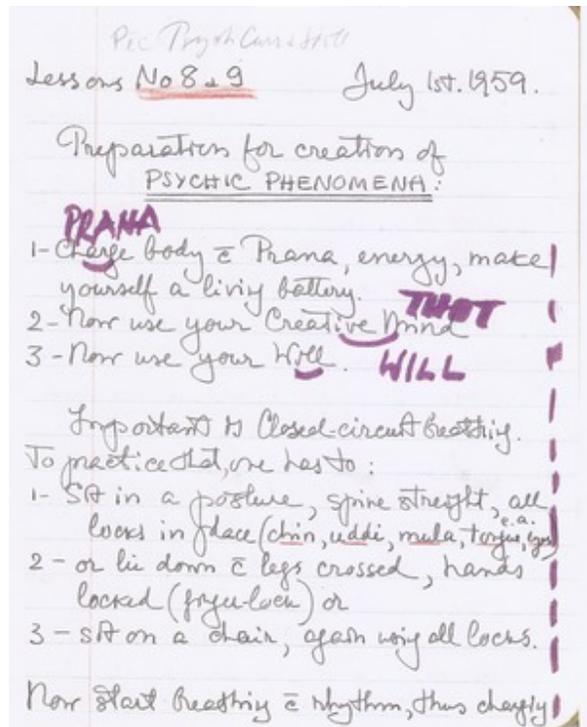
– Rhamba



Classics of the Guru: Early Psychic

Healing Course Notes - Part V

Continuing the series, we are publishing Part V 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 8-12 of the course.



Will ← Feel ← Vibrate

All forms of psychic healing are done with: WILL + PRANA + THOUGHT
 All mind healers are using these 3 powers, knowingly or unknowingly.
 When it is done knowingly, it is 100% more effective.

All manifestations of Power arise from the control of these 3 elements.
 Material was created out of nothing, with energy = PRANA.
 People do not know the secret, but here is the explanation.
 Healing can start only when the healer is well charged & living battery.
Not now!!!
 When inlets are closed, one gets sick.
 Therefore: unclinging purification
constant flow, free flow of energy-prana
 supply is necessary.

#2 - The psychic current or Pranic Breath
 This consists of 7 breathings, followed by 7 mental exercises, directed to the Plexi (same rhythm: 3-12-6)

#3 - The Great Vital Breath.
 It consists of 3 breaths (later reduced to one). Rhythm 3-12-6
 It also is called the Concluding Breath
 And this Breath one should:
 VISUALISE, FEEL, WILL
 psychic force to reach every inner & outer organ of one's body.
 Breath is Pranic Power & Energy - stimulating & invigorating the whole psychic system from head to feet - the Great Psychic Power of Nature.
 Concentrate on Great Current of Psychic Force reaching entire body, whole physical system, making the whole -- a LIVING BATTERY.

When - create new events, prosperity, materialise thoughts into things
 These 3 KEYS open all doors, within which lie all psychic power:
WILL → THOUGHT → PRANA
 When the safe is opened - treasure is yours. Just open the closed inlets.
 Summary: 1-Charging Breath (9cy = 1 Ch 3)
 Each cycle followed by a mental exercise;
 always breathe in full, relaxed, then exhale.

Lesson No 11 July 15, 1959
 Repetition & continuation:
Charging Breathing = closed circuit breathing - entire body becomes charged w/ psychic force.
 This breathing is divided into 3 parts:
 #1 - The 9 cycles & mental exercises,

The breathing should be done in the following order: a-AM b-Clas c-Posit d-Clos

- 1- m for purification
- 2- m " unification
- 3- Nadi purifying breathing
- 4- " " stimulating " "
- 5- " " vibrating " "
- 6- WAA closed circuit " "
- 7- WAA charging breathing (pranic current)

8- Best Vital (360 sec)
 ↓
 Surfer
 ↓
 Will!

Follows picture of all chakras their names, starting in No 1 - muladhara up
 To illustrate the psychic current also called the closed circuit breathing & mental exercises.

Lesson No 12. July 22, 1959.
 This is a practice lesson to learn the closed-circuit & charging breathing. Abb!



Yoga and Nutrition

Milk – The Blessing of Nandi the Sacred Cow

We hear of all kinds of diets and food practices, but one of the most ancient and nutritious sources of nourishment for Man has been provided by the cow and its relatives (ox, llamas, yaks, goats, sheep, etc.). Nandi, the original “Sacred Cow” and Transport of Lord Shiva and Parvati, was deified as sacred by the Vedas themselves thousands of years ago. Yogi Gupta said, “You can live on milk alone, it is a complete food within itself.” But he also pointed out that milk’s complete nutritional status must be attained by providing it in a raw and unadulterated state (whole milk), not processed in any way. This means not pasteurized, not homogenized, nor any other additives. For example, the milk should be from cows or other milk-bearing animals that have not been injected with growth hormones or antibiotics. Milk is also the root fast element of the powerful Payo Vratra performed for ten consecutive days, usually in January or February (The Payo Vratra will be explained in detail in the next issue).

Milk when raw contains all its own enzymes for complete digestion and assimilation. It contains a complete set of proteins and is complete in B vitamins, calcium and many other vitamins, minerals, natural fatty acids, etc. Raw milk is what Yogi Gupta termed “King Kashipa milk.” However, when adulterated as in pasteurization, or as in fer-

mentation as cheese, etc., Yogi Gupta once said that pasteurized and processed milk is worse for the human body than eating meat. Seems like a paradox, but processing has like effects on other food families as well, for example, honey, fruits, vegetables, etc., greatly diminishing their nutritional worth.

However, unlike other food types, milk in its raw state is illegal to sell for human consumption in most states. How to overcome this dilemma? At least in Florida and some other states, raw milk may be sold legally as long as it is labeled “For pet consumption only.” Raw butter as well. Two of our health food stores here in Brevard County, Florida, sell raw cow’s and goat’s milk products with no problem. One may question why milk was ever pasteurized in the first place, but this was primarily because mass-produced food provides less time for hygienic care of animals. I personally milked cows with my grandfather as a young boy in Vermont and prior to milking we washed the cow’s udders with mountain spring water. No one ever got sick from our wonderful fresh milk, cream and butter.

But if you cannot find a source of raw milk in your local area and still wish to eat some sort of dairy milk, use powdered milk, as it is air dried without extreme heat or homogenization. Yogi Gupta himself used and recommended powdered milk while in New York City, also yogurt. Though pasteurized, yogurt has cultures added which greatly help in its digestion and assimilation. Occasionally, Yogi Gupta would eat plain yogurt. However, yogurt made from soy or coconut milk is less clogging to the vascular system. So check out your resources, fresh milk is quite refreshing, tasty and soothing. It is also used in many rituals for vrattas, prasads and pujas.



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](#).