



Goodwill Tour of America

- Yogabhiikshu

॥ ॐ ॥
॥ Tasya Vachakah Pranavah ॥
(Pranav (Aum=ॐ) is His name)

Goodwill Tour of America

(Extremely Concise)

(From the content of Facebook penned by Reverend Shri Yogabhiḥshuji
- Under the title “Today’s thought”)

Yogabhiḥshu

English Translation – Naishadh C Vyas

Preface

On Facebook, under title “Today’s thought”, very concise but thought provoking notes penned by Reverend Gurudev Shri Yogabhiikshuji are published. From those notes, some content which is useful to understand spiritual, physical and environmental aspects is presented here. In addition to that, some experiences of Reverend Gurudev’s goodwill tour of America are also presented here which would be useful for people who are resided in America as well as for those who migrate to America from India.

Despite having the age of 89 years, Reverend Gurudev always remains busy in auspicious activities for the welfare of all living beings.

Reverend Gurudev, without caring much for His daily routine, imparts knowledge and wisdom from the repository of His spiritual knowledge to us so as to enable us to swim through the ocean of life.

- Sadguru Samarpan Bhikshu

Blessings

There is always an inspiration behind every creation. Herein too, such thing happens. One incident has inspired me to write about my goodwill tour of America and I feel it necessary too. Hence as and when I remember specific incident I used to post it on Facebook under the heading “Today’s thought”. After some posts regarding my goodwill tour of America this book is created.

Along with that ‘Havan(Yajna)-Vigyan’ i.e. a ritual burning of offerings such as grains, Ghee, etc. advocated in Hinduism; ‘Nadi-Shuddhi-Pranayama’ i.e. Pranayama primarily aimed at clearing and purifying the subtle channels of the mind-body organism, while balancing its masculine and feminine aspects; and thoughts about ‘A sage and a scientist’ are also presented briefly.

Out of all these content, whosoever feels whatsoever content useful for them, it is theirs; let else be remained in the book. It is said –

**A monk should have nature like winnowing basket;
that keeps the grain in it and remove the waste.**

- Yogabhiikshu

Index

Goodwill Tour of America

No.	Subject	Page No.
1.	If equal labor done in India that is done in America, then?	1
2.	Work, wife and weather can't be relied upon	2
3.	Father's Day – Mother's Day	2
4.	Important to know English and driving	3
5.	Temptation of Dollar	4
6.	Reverend Gurudev's photos in Yogananda Ashram	4
7.	Similarity in literature of Gurudev and Yogananda	5
8.	A meeting with Swami Buvaji	5
9.	Khechari Mudra – Discourse of Indian saint	6
10.	Devotee got America's visa – Our sojourn	7
11.	Huge Amount received back	8
12.	Gayatri Japa-Yajna	9
13.	Negro-bhai at the airport	9
14.	Gift of blank cheque	10
15.	A meeting with Ms. Mirna Smith and Ms Contractor	11
16.	You have to eat made of my hand	11
17.	Milk price in dollar – converted into rupees	12
18.	At the Ashram of Shankaracharya Maharaj	13
19.	Visited America and didn't ask for donation – such is saint Yogabhiikshuji	14
20.	A visit to Indian Yogi in America	15
21.	Harassment of laws	16
22.	Can we get sick by drinking of 'Charanamrit'?	16
23.	Yogabhiikshuji himself removed loose teeth	17
24.	Correspondence with American Yogi	17
25.	Doctor Bhikshu's visa cancelled	18
26.	We went to Mumbai for getting visa	18
27.	Crows are black everywhere – Conversation on Chicago radio	20
28.	At Muktananda Ashram (Saint Yogabhiikshu who knows three generations)	20
29.	Theory of relativity	21
30.	Everyone is afraid of law	21

II – Nadi-Shuddhi

1.	Nadishuddhi Pranayama in Vivekanand's Raj-Yoga	23
2.	Less damage to respiratory system	23
3.	Control over diseases generated from Vata-Pitta-Cough by Nadi-Shuddhi	23
4.	Capital of Breathe is a true capital	24
5.	Caution in Pranayama	24

III – Science of Yajna

1.	Benefit due to Mantra-chanting during Yajna	26
2.	Body purification due to atoms generated during Yajna	26
3.	Proof of separation of molecules	26
4.	Ghee-lamp–small form of Yajna	27
5.	Importance of Prasad (meal) in Yajna	27
6.	Success-accomplishment of Yajna	28
7.	What is difference between sage and scientist? – Mobile-monster	28

Goodwill Tour of America

(Extremely Concise)

If equal labor done in India that is done in America, then?

Why should one go to America? Is it because one earns lots of money, happiness and comfort there? But the merit and competence require going there and the labor and efforts are required to be made there, if same amount of labor and efforts are made in India then everything can be gained in India too.

After settling down in America if lonely son is going to call parents there then it is understood. But till he gets fully settled down by then his parents may become very old or may be died. And even if parents reach there they may be harassed or remain in trouble; for, son and his wife would go to their respective jobs and due to ignorance of proper English language the position of parents would be like house-arrest. They can't go out and meet somebody, nor can they go to temple. They have to prepare food for their son and his spouse. If their son has children then parents would be like baby-sitter! With the old age they can't do all these things efficiently. Hence eventually they ran away back to India. But.... when they come back they realize that now they don't have house or farm. Everything is finished in son's education and sending him to America.

Thus son can't make his parents happy nor can he take priceless benefit of serving his parents. Even though, he can't leave his infatuation towards America; because since his childhood the feeling of infatuation towards America was instilled in him. Even the relatives would not give true facts though they have visited America and would only talk of the things due to which there would be more greed and infatuation to go there.

However big degrees and education you have in India would be in vain in America. After reaching there, whatever job you get you should accept it or else you have to remain hungry. The appropriate job according to our education may be received after some years. In India we would be in denial mode if we get the job which is not suitable to us but after reaching America we would accept the job cheerfully though that job is not appropriate. And now – whatever Mr. Donald Trump says we have to agree to it whether we like it or not. It is like – “the monk of our village is considered as ordinary but monk of other village is considered as accomplished!”

The above mentioned talks are general talks. We don't say that all who visit America have to face the same problems. There are many other aspects of this chapter too.

Work, wife and weather can't be relied upon

The loss of job in America is considered as a disaster because though we don't have job the invoices of various services are going to come; so we feel the loss of job as disaster! And if we have to stay at hospital then our entire savings and capital are spent, such costly are the hospitals and medical treatment in America! People don't know who their neighbors are! If a father lives on the ground floor wants to meet his son staying on the first floor then he has to call his son in advance then only he can go and meet his son. If a daughter visits her father's house and if she makes a few calls from there then she would pay the call charges and surprisingly no one feels odd about it.

At the noon if lovers keep making romantic gestures while walking on the road then others don't even care to look at them.

If infant becomes child then there will be separate room for him/her. If child cries in his/her room then parents would come to know about it in other room with the help of microphone and they come rushing to find out what is wrong with the child. Child's room used to be full of toys. And the toys are speaking-toys so the child learns many things while playing with the toys.

There, people used to talk jokingly that one can't rely upon three Ws i.e. work, wife and weather; means – no one can predict the weather that when and how it is changed; everyone knows about work (job) – next day when he/she would go for job he/she would come to know that the job is gone, he/she is fired; and if wife has gone for job then till she does not come back from job one can't rely that whether she would come back or not.

Father's Day – Mother's Day

In America, when the children become adult they are separated from parents. After staying separately they would come to meet their parents on father's day and mother's day. There, father's day and mother's day are celebrated because only on that day children meet their parents. In India, every day is father's day and mother's day due to culture of joint family.

Here in India, the work which is done by male, in America the same work is done by female. In America, male used to do hard and adventurous work. There is no specific rule that certain work is done only by male and certain work is done only by female. Everyone observes punctuality thoroughly. All believe in phrase "time is God".

I have visited America thrice. On every Sunday we used to perform ‘Gayatri-Maruti-Yajna’ at spiritual friends’ houses in different states and used to conclude the Yajna with spiritual discourses to impart true understanding to spiritual friends, devotees, disciples, etc. Friends have cooperated very much there. When I used to come back to India, at least 15 invitations used to remain pending. After coming back to India they call us back to America with so much love and affection and I too have visa to go there but now I deny the invitation because now I am running 89th year so there would always be some health issues and if I visit America again then my spiritual friends would be in trouble because of my age and health. Though they are such that they don’t mind to be in trouble, they would whole heartedly be ready to help me there but I don’t find it okay to put others into trouble.

Important to know English and driving

In America, it is very much necessary to know English language and car driving; those who don’t know are just like dumb and lame. The venue of job is far off. A person with ordinary job like sweeper too has to use car to reach the venue. Though people have ordinary jobs of sweepers in motels they don’t let others know about it. Before departing for the job everyone has to check the weather news. In winter there would be heavy snowfall due to which even whole car can be vanished under cliff of snow. Even ministers drive their own cars. Normally people don’t keep drivers, servants, cooks, etc. From rich to poor, general groceries are used.

I had visited a company of my friend. There, the manager had a talk with me in English which was translated in Gujarati by my friend. At last he told, “America needs people like Yogabhiikshuji.” He took us to his home which was located nearby. His old wife offered us snacks. When she found me thinking for a while she informed me that there were no eggs in cakes and biscuits hence I should take it. I ate a few biscuits and a cake. I was very glad.

In winter one would feel that what to do in this severe cold. Despite such extremely cold weather I used to go for a walk as part of my evening exercise. I used to wear thermal, dhoti as lowers and for uppers I used to wear heads up, two sweaters, thick long coat, double monkey caps, woolen hand gloves, socks, and boots while going for evening walk; despite all these I used to feel that my fingers and feet are freeze. But to digest food I must go for a walk. I can’t afford stomach pain due to indigestion of food.

One I went to store with Vasuben. She met her friend at the store. She told Vasuben, “Tell your Guruji to wear pent. Here, dhoti would not do, he would get

sick!” Vasuben replied, “We don’t need to tell Guruji about that. He would wear pent when it is needed.” After that I started wearing pent and overcoat for the whole winter.

Temptation of Dollar

Though one has degree of doctor, engineer, professor or other such degrees he can’t job of his line at once. Till he/she gets appropriate job, he/she has to accept whatever job he/she gets be it of servants in motel or laborer in factory. If one waits for the appropriate job for long time then what about routine expenditure? If he/she is billionaire then there is no problem of survival. But why a billionaire should go there? Only greed and temptation of dollars have lured them to go there.

The one who is competent and has attained merits is not afraid or worried of losing job. For, if he loses one job there would be other companies eagerly waiting to give him job offer. If one is not meritorious and competent but would go to America senselessly following others has to bear heavily. After reaching there, though he is in trouble, hypocritically he would portray himself as a happy go guy. Everywhere there is good and there is bad too. We call it bad whichever we don’t like and we call it good whichever we like. And our definition of what is good and what is bad too keeps changing.

The Almighty God has created universe full of inert and conscious things, virtues and vices. As the swan drinks the milk and leaves the water, likewise the saints adopts the virtues from the universe and leave vices.

Note: If we are ready to face adverse conditions then only we can think of leaving our own country and go abroad.

Reverend Gurudev’s photos in Yogananda Ashram

The friend of American company whose episode is described above said, “If you settle here permanently and construct one Ashram then I donate all my property and asset to you.”

I replied, “I am extremely happy to see your devotion. But if I feel need of settling down here then I don’t hesitate to do so; you don’t need to donate anything, your extreme devotion and love is enough.”

He said, “Guruji! Wherever we go your shadow is following us! Let me explain an incident. We had gone to Yogananda Ashram in one state (they were followers of Yogananda). There surprisingly we had seen your photos.” After hearing this I started thinking. How can my photos be there? Suddenly I remembered that one saint from Yogananda community came to Ahmedabad (Gujarat-

India) from Ranchi and his lecture was arranged in Maninagar, in which I was also called to deliver a lecture. During my lecture there was huge clapping. That saint did not know Gujarati language hence he requested to give him the papers I had in my hands. I told him that all these papers are in Gujarati language. He told me in sign-language that after reaching Ashram he would he would understand everything written in the papers.

As soon as I remembered that incident I could understand what my friend meant to say by telling me – “Guruji! Wherever we go your shadow is following us!”

Similarity in literature of Gurudev and Yogananda

We went to Madrasi Hotel at one place with friends. Accept Madrasi Hotel, you would not find pure vegetarian breakfast. When we were eating, two persons sitting on counter kept signing at me while talking with each other. After finishing our breakfast we went to counter to pay the bill, at that I asked about the reason that why were they signing at me. One person told me, “I had edited the video lecture which you delivered with saint of Ranchi at Maninagar.” When we started giving money he did not accept it.

When that friend came to Ahmedabad he visited my place to meet me. In prostrated gesture he requested me to come to America again. I told him about my physical condition. He told me very emotionally, “Either you are in America or I would be in Ahmedabad.” His wife told me that there is huge similarity in the literature of yours and Yogananda. The only difference is that yours is in Gujarati and Yogananda’s is in English.”

Such was the devotion and love of my spiritual friends lived in America, beyond imagination!

A meeting with Swami Buvaji

We went to meet a saint-yogi who was known as Swami Buvaji at his residence in New York. At that time his age was of 108 years. He had applied ash (Bhasma) on his forehead, arms and chest. On his left shoulder there was Janoi i.e. sacred thread. There were enough wrinkles on his body so as to enable us to presume his age. His aura was such that after seeing him we feel reverence towards him. He welcomed us very well. He offered a seat which was installed for reverend saint-yogi. He was teaching Yogasana to his disciples. All disciples were American. When he started teaching difficult Aasana one of my Madrasi friends failed to do the Aasana. He said jokingly, “Sweet-ball lover Brahmin!”

When Aasana’s session was over he took us to his room. There were many

photos of different saints. He asked me to give him one photo of mine. As my photo was not available with us at that time, my friends sent him one on later days.

He used to remove air from eyes; he also used to play conch for very long time without stoppage. He used to say jokingly that in America all are Brahmins; as and when American sits in a car he used to put on seat-belt on left shoulder. The king of Iran had called him for teaching Yoga. The king used to serve him (Swami Buva) the costliest mangoes and king invited him for a meal and himself prepared food for Swami Buva.

I had seen chart of 84 Aasana (Yoga postures). Swami Buva had a chart consisting of one thousand Aasanas. He was acquainted with Khechhari Mudra. He told me that he can offer excision ritual if I would like to be acquainted with Khechhari Mudra. In just one meeting he became very much affectionate with me.

After hearing from Swami Buva I started thinking that I had wandered mountains to mountains in search of a genuine Yogi who could teach me Khechhari Mudra. At that time I could not find a single Yogi; and now when I attained a stage where I detach my mind from all accomplishments such Yogi met me with an offer to do excision ritual necessary for Khechhari Mudra. Veterans rightly said – Such is the fate that when you ask for something you would not get it; and when don't ask it would come on its own.

Khechhari Mudra – Discourse of Indian saint

(Note: ***Khecharî Mudrâ*** (Sanskrit, खेचरी मुद्रा) is a Hatha Yoga practice carried out by curling the tip of the tongue back into the mouth until it reaches above the soft palate and into the nasal cavity. In the full practice, the tongue is made long enough to do this with many months of daily tongue stretching and by gradually severing the lingual frenulum with a sharp implement over a period of months.)

There is a great importance of Khechhari Mudra in Yogashastra. The one who has accomplished Khechhari Mudra is not affected with even poison. He/she does not have senility or senility may come at very late age. (Swami Buvaji died at 116 years.) Buvaji used to say, “One night thieves came. I got up and told them to take away whatever was needed by them. They took precious gifts which were received by me from the kings and rich families. I felt very relieved”

Swami Buvaji's feet were slightly deformed. He had clarified about that – “Before many years I died in my country. People put me on pyre and burn the funeral woods but suddenly I stood up. At that time my feet were slightly burnt.

My family members did not allow me to enter the house, for it was their belief that people of the house would suffer and become unhappy if a deceased who was turned alive would be allowed to live in the house. Thus, my destiny brought me in America. Here I became Yoga-Guru and made everyone happy. He used to say that all my disciples are Americans. I don't have any Indian disciple. Indians, instead of taking interest in Yoga, take more interest in my personal life.

I, my friends and Buvaji went to attend spiritual discourse of famous saint who had come from India. We sat on the back rows. Saint was on stage and we were on the floor, hence keeping our neck on upward direction resulted in neck-pain so we used our palm to rest neck on it. The saint saw it so he asked why so? We told him that our neck was paining. By the time he recognized me and invited me on the stage. I thankfully denied. As soon as the lecture was over we met him. He told me, "You should sit on stage next to me." I told him, "Sitting with public seem more relaxed for us, instead of sitting on stage." When we went out we found that Buvaji's footwear were lost. After lots of efforts we found them.

Devotee got America's visa – Our sojourn

The entire friend circle and family members of the house where I mainly stayed during my America visit were full of devotion towards Guru-saints. On every Sunday during Gayatri-Maruti Yajna in different states the entire family would accompany me. Though the children had vacation, they too took active part in all my spiritual activities. The lady of the house used to go for job at 5am in the morning but before that she prepared flour so that Roti (bread) can be made easily. Her pupil-son prepared Roti in the noon and used to serve my meal. In neighborhood his cousin was living; he used to come to wash the utensils and during my rest time he used to go back to his house. At present, both children are managers in well known companies and they too become father of children. Though a human being serves without expectation of earning any fruit out of it, he gets fruits of his expectation-less service; it is unbreakable rule of nature. Their selfless love, affection and devotion bring tears in my eyes.

At New Jersey I was invited by a friend for a respectful visit. I stayed for 3-4 days at their place. I came to know from friends that since last five years the wife of my host was in India, for she could not get visa. When I asked the host friend in this regard, he told, "Guruji! Nothing can be done in this regard as the visa issuing authority has put red mark under her name."

During my stay at New Jersey, I was invited by a friend of my host for a

respectful visit. The inviter was a staunch follower of a certain sect so it may be possible that my invitation was out of shame and fame. At the time of our departure I started giving Prasad (i.e. spiritual gifts in the form of blessing) to all persons who were present in my spiritual discourse. When host's turn came, I gave him two photos. Those photos were of two great saints of his sect. He was extremely happy after seeing those photos. The friend who used to arrange my bag during my visits to different places was very much surprised, for while arranging my bag he had never seen these two photos. I clarified that he might not see these two photos while arranging my bag.

After New Jersey visit we came back to our sojourn. After a week we received a call from New Jersey and came to know that wife of the host who was not getting visa since last five years got visa. He told on phone, "Guruji! My wife has got visa. She is coming. I am going to airport to receive her." For Supreme Being it is said in scripture – Parmatma i.e. Supreme Being is the one who makes it possible which is impossible and makes it impossible which is possible.

Huge Amount received back

A student boy who was preparing Rotis got married in Ahmedabad. His wife came to know about above mentioned talks so she told. "Let us prepare meal and request Guruji to eat it." But due to my old age I had stopped going out except for emergency. So they came to my house with prepared flour and made Rotis at my place and dined me. After that they went back to America. They have excellent job there and enjoying life with their kids.

I was invited by a friend for respectful visit at his place in Kearney city. The lady of the house was a doctor having Indian degree in Medicine. My friend was a bank manager in India. He had very good job in America too. Both were very much affectionate towards Guru-saints. My friend himself cooked food and dined me. Instead of flower-garland he offered Dollar-garland to me. After that we came back to our sojourn. Next day he telephoned us and told, "Gururji! Huge amount was given to somebody but we were not expecting to receive it back, but surprisingly we received a cheque of full amount yesterday. His brother-in-law was living in other state. Perhaps he was an editor Vishwa-Hindu news paper. They took us to his place. In that city most of the houses were like farm-houses built in farms. In his farm there were apple trees. In the morning many apples were there under the trees. Nearby there were small hills which were full of streams. There was fascinating display of beauty of nature.

In the name of 'Satyanarayan Katha' he had arranged my spiritual lecture.

Once the religious ritual of ‘Satyanarayan Katha’ was concluded my spiritual lecture started. The entire Nagar-family (Nagar is a Brahmin caste) was very civilized and cultured. Whenever they visit India, inevitably they would come to my house to meet me.

Gayatri Japa-Yajna

During extreme winter season one of my friends had arranged non-stop Gayatri Japa-Yajna i.e. Gayatri-Mantra-Chanting for seventy two hours. On the opening day of Yajna there was very heavy snowfall due to which all roads were blocked and parked cars were under snow. The Japa-Yajna was to start at 11.00am. We decided that if other people were not able to come for Yajna then the family of 7-8 people and I would do Mantra-chanting for 72 hours. But, by the grace of God many friends and relatives arrived.

Seventy two hours were completed with great enthusiasm and zeal. As seventy two hours of Japa-Yajna concluded a query was raised by someone – Who would perform Aarti? (Aarti is a Hindu religious ritual of worship, a part of Puja, in which light (usually from a flame) is offered to one or more deities. Aarati(s) also refers to the songs sung in praise of the deity, when the light is being offered.) I informed them, “In India Aum-Pariwar has a custom that the family who announces to do maximum Gayatri-Mantra chanting would take benefit of offering Aarti.” In America too, we did follow the same custom. After that all devotees insisted to do auction of dollars for performing Aarti. I allowed them to do so and they did the auction and again performed Aarti.

At his place I performed Gayatri Laghu (small) Anushthan (Anusthan is a worship of a higher order in which the devotee is bound by many restrictions and has to follow specified rules and regulations.) Then I went back to my sojourn. After some days that friend called me from hospital and informed me that his wife had given birth to a son. Later on his wife used to tell me that her two daughters were born with the blessings of a saint and we had a son with your blessings.

Both husband and wife was true saint-lover. For certain period they used to give their service in the Ashram. As and when they find chance they invite saints for respectful visit to their home. They also arranged many tours of mine. After coming back to India we are in regular contact. When first time I entered his worship room they ensured that there was showering of flowers on me.

Negro-bhai at the airport

During my first visit to America there was a problem on the airport; my lock

was trapped in the belt at the time of checking the luggage so the authorities had to open the belt. After that they did not check my second bag. The friends who came to airport to receive me could see me from outside but I could not see them from inside the airport. I don't know English; I had put on Dhoti, so people used to see me and my dress and moved away. After some time that portion of airport was empty. Now what should I do? When my thought process was on I found a Negro coming towards me. I was double confused. Why would he come to me? Did I do something wrong? He was six and half feet long and very well built. He came to me and saluted me! Hence I was slightly relieved of tension. Then he took out a photo of me from his pocket and explained everything to me in signed language. He took my luggage and we came out of airport. All friends were joyfully cheered my arrival. Looking to such warm welcome Negro-bhai too became emotional. All cars were decorated with flowers. We started moving in the cars; other passerby people in their cars Looked surprisingly towards our caravan of cars which were fully decorated!

When the Negro-bhai came to me inside the airport I had felt as if Hanumandada was incarnated. Even today that scene is still in my memory afresh. I congratulated Negro-bhai and a friend who had carried my photo and given it to Negro-bhai for identification. After reaching my sojourn I ate a meal with sweets and dry fruits.

Gift of blank cheque

A friend who had give my photo to Negro on airport took me to a motel of his friend. There were approximately 100 rooms in that motel. We all stayed there for eight days. The owner of motel called a priest to meet us. The priest did circumambulation (Pradakshina) and told me, "You will be successful in your objective for which you are touring in America."

The family of motel-owner was very religious and they all were followers of the sect of Pramukh Swami. They were large hearted. They had a huge circle and network in America. As and when they arranged my respectful visits in his circle he used to alert his friends by telling, "Guruji is a genuine spiritual preacher. Those who really want to hear sermons of true understanding; they only come to Bapu-Guruji."

In another motel we had performed Gayatri-Maruti-Yajna. During Yajna, we talked a lot about true understanding and how to become free from illusions. At the time of farewell that friend had put a blank cheque at my feet as a gift. I told him, "So far as gift cheque is concerned I can't write amount in it. You have to write the amount according to your wish." But that did not happen. I carried a

blank cheque with me. During my stay at my sojourn he called me two-three times and asked me, “What did you do with cheque?” I keep stressing that he had to write the amount. Then he found a remedy. He prepared 4-5 chits with different amounts. Then he told her daughter to take one chit from the lot. His daughter picked up one chit from the lot. He read the amount written into it and sent me. Thus the chapter of blank cheque was over.

In unknown country and among unknown people; the love, affection, respects and honor we receive is nothing but called a grace of God only.

A meeting with Ms. Mirna Smith and Ms Contractor

We had a chance to meet and American lady Ms Contractor. We had a great philosophical talk. At last she told, “It would have been better if you would have known English language.” I replied, “If you would have known Gujarati or Hindi language then it would have been better.” She requested me to stay in America permanently as she was of the opinion that she required philosophical and spiritual dose every fortnight. I told her, “After some time I would go to India. For your fortnight dose please come to India and become Indian.” She said, “I am extremely happy because of our conversation.” I told her, “Had you been so emotional and joyous that you would have stood up and clapped then I would have assumed that you have understood my talks thoroughly. But because it has not happened so I assume that the translation would not have done correctly! You are extremely appreciative.” After that we exchanged shake hands and departed.

We also had an occasion to meet another American lady who was Professor of English language and her name was Ms Mirna Smith. After completion of our conversation she told, “In my whole life I have never met the most humble man like you. After meeting you I feel as if I am meeting Jesus of Nazareth.” That lady had given this thing in writing on her letterhead paper.

After having such divine experience I felt that how much great, compassionate and appreciative the external world is!

You have to eat made of my hand

That entire city is located on hills and mountains. Many universities of the world are established here hence there was more population of students. My friend’s house was also on mountain. When you go out from home you have to get down slope and when you come back you have to walk up the slope. Both husband and wife were very gentle, compassionate and saint-lover. I stayed there for eight to ten days. The house had four stories. There was a huge garden sur-

rounding the building. The thick forest would start once the boundary of garden is over.

I was on fourth floor. One day I saw a big snake in the garden. I called my friend and told him about snake. He informed me that it was a rubber snake specifically kept there so that other small creatures would not come.

The lady of the house would accompany me for roaming around. Her husband was working in municipality. The lady was expert in computers and used to work till midnight in cellar. Sometimes I and Dr. Kantibhai Patel used to go to cellar to try our hands on computer. The lady was having most of the work of police department. The lady told us, “The police department used to suggest that if you go outside keep a few dollars in your pocket, for if a goon happens to meet you on road and does not find money in your pocket then he gets angry and may kill you. But if a goon finds a few dollars in your pocket he may hit you couple of slaps, take your money and runs away.”

We had performed Gayatri-Maruti-Yajna at their place too. After that the couple had two children – a son and a daughter. One day when we were roaming around my friend said, “Guruji! We should go home as you have to eat made of my hand!” We all laughed. I said, “You should tell ‘Guruji has to eat Rotis made of my hands.’ If you keep ‘Roti’ silent then inn Gujarati the meaning of the phrase you said is Thappad i.e. a slap.”

They were Hindi speaking couple. Their conduct, etiquette and modesty towards saints were matchless. As and when they visit India they used to come to meet me.

Milk price in dollar – converted into rupees

They were parents from a small village. They were not conversant even in their mother tongue Gujarati. But they ensured the best education to their children. The son was so competent that he had not to afraid of losing a job in America, for other job would be ready the next day.

The mother never went out from her small village. She was totally illiterate. She was prepared to go to America. A chart which was carrying all the details was prepared and handed over to her. Relatives from India had explained the old mother to show the numbers for different routine activities like going to wash-room, requirement of food etc. She was also told that if she would show the chart and tell the number then the staff of flight would help her. That old mother reached America without any difficulty. I had gathered courage to go to America from the incident of that old mother.

The mother felt that in America the milk was very costly so she would not

use the milk or as and when required she used it with parsimony. As she was told the price of the milk not in dollar but in rupees, her parsimony behavior can be understood by us. I told his son, “If you would have converted your salary amount in rupees and told her that you were earning this much salary then your mother would have used milk very freely.”

I stayed for some days to that friend’s residence too. He had served me a lot. He took me to office. In his office, there was a large computer of a size of a small room. The friend was a programmer at that time.

The friend’s family believed in a specific sect, but his father was universal believer. In his village when different saints came to temple of the village they used to ask the old man, “Why don’t you visit temple regularly?” He used to reply, “I forget to do so.” Saint: “Why don’t you forget to eat?” Friend’s father, “Frankly speaking, sometimes I forget to wash my hands after going to wash-room.” After hearing this, Swamiji never asked anything to him. The old man was very candid, truthful and quick witted. One day while eating, one person had praised sweet-ball a lot so the old man told, “If you put Ghee and jaggery in dung, even dung would have tasted sweet; then this is sweet-ball so it has to be tasty!” Thus friend’s father used to present his sentiments very originally.

At the Ashram of Shankarachrya Maharaj

We went to Shankaracharyaji Maharaj Ashram. The whole area of Ashram was full of nature and greenery. Wherever we would go we would feel like standing there only; as if we keep on watching the auspicious beauty of the nature with our eyes wide open!

The manager of the Ashram was American lady-monk. We sent message to her in her cave about our arrival. We got the reply that she did not meet anyone. When we requested to meet her for two minutes we got permission to meet her. After our meeting she forced us to stay for half a day.

She personally accompanied us to show the whole Ashram. At one place there was idol of Lord Ganesha. I showed her sacred thread on the idol and asked her that what was that? She replied that it was Yagnopavit (sacred thread) and she also recited two Sanskrit verses. She forced me to stay in Ashram on permanent basis. She told me, “I request you to remain present and grace the camps conducted to impart Indian culture to Indian students.” I told her about my illiteracy of English language and also my need to go back to India.

I was happily surprised to see that she had the responsibility to manage all the activities of Ashram, she was very young, she used to wear saffron clad, she had sound knowledge of Indian deities, Indian culture and Sanskrit language.

Though we did not want to depart, we departed after exchanging auspicious wishes and words – Om Namo Narayanay.

Visited America and didn't ask for donation – such is saint Yogabhikshuji

One of my friends was very saint-lover and practical; he was six and half feet tall, very white, expert in English, and looked like an American. He used to translate my preaching and literature. He used to tell me, “If you tell us your realization day then we would it with great fanfare.”

He also used to tell, “You are the only one saint I have seen who has visited America with true goodwill gesture and not asked for the donations from anyone. He used to believe in one sect but by nature he was universal. We had performed Gayatri-Maruti-Yajna to his place too.

He used to talk of the past when he was in India. He told me, “My Swamiji had told me to take Diksha and join him.” I replied to Swamiji, “Whenever I would come, I would not come alone; I would bring 8-10 persons with me. But after joining you if I would find that everything is not okay then I would leave you and also ensure that 20-22 persons would also leave with me.” From these talks we can understand that how truth-insistence he might be! He also told another inspiring episode. He narrated, “I had attended a spiritual function of Swamiji. In fact I had taken my meal at home but other devotees forced me to take Prasad i.e. sacred meal. We had a system that at the time of concluding meal Swamiji used to come with sweets and served all with great insistence and force. Swamiji came to me and forced me to take at least two Gulab-Jamuns (Indian sweet). Though I informed him about my condition, he kept insisting me. Then I told him that instead of two Gulab-Jamuns give me the dish full of Gulab-jamuns. He served me a full dish of Gulab-Jamuns and I ate all.”

From this episode we may assume that how powerful his digestion system would be! And also how tremendous his worship would be towards his Guru-saint and his devotion would be towards his sect!!

After my coming back to India his friend brought his letter to me. It was written in the letter that – “Guruji! I have become father of the twins – both sons; one son born is due to blessing of specific Swamiji and the other son is born due to your blessings!”

He was so hard working that at elder age he studied medicine and became doctor!

After memorizing such episodes I remember them all, I feel very happy and

after being thankful to all of them I have been trying to become somewhat burden-free.

A visit to Indian Yogi in America

Our group had gone to meet an Indian Yogi. The Yogi had a huge Ashram with full of natural beauty and green cover. His all devotees and disciples were Americans. They used to wear white cloths. When we sat with him his first question was, “Do you know about rejuvenation?” After concluding our other talks we went to lecture-hall. As I was about to put off my footwear a female devotee took them and put it in a basket full of flowers. We went on stage. The hall was full of male and female devotees. Everyone was eager to hear something from me. One devotee came to put the microphone on my neck. As I had a long beard he was confused so I took microphone from him and wear it conveniently on my neck.

I spoke in Gujarati. Yogiji translated it in English. The subject was on Yoga. After 45 minutes I told the audience that I am going to stop my discourse, for some of you might be getting bored. Yogiji said, “No, No; everyone wants to hear more.” I told him to ask in English. He asked in English and audience said, “No, no, no; we are not bored. We want to hear more.” I spoke for another 45 minutes. So everyone was very happy. Then we started for Yogiji’s room. When we reached at the door of the hall the female devotee was standing there with my footwear. She helped me to put them on. At that time one devotee came to me and started telling something in English. I asked Yogiji that what he told. Yogiji told me, “He is telling that you were there in his dream.”

Then we went to Yogiji’s room for taking meal. While eating meal I asked Yogiji, “Who has prepared sweet-balls? Though other items may be prepared by Americans but I am sure that sweet-balls are made by Gujarati lady.” He said, “You are right. The sweet-balls are made by my wife.”

After taking meal he showed me a room where his Guruji stayed after coming from India. Yogiji told me, “So long as Guruji stayed here, my wife used to stand at the door of this room exactly at 11.00 am with a dish of meal. My Guruji was very punctual.

Then he took me to library room. He told me, “You are free to take any number of books or other items from this library.” I told him, “As I like everything available here hence nothing can be taken.”

Yogiji purchased the biggest motel of the city and converted the motel into Yogashram. He insisted me to stay in the Ashram for some days but it was not possible for my friends to stay there for a few days as they were preoccupied in

their activities. So we exchanged pleasantries and departed.

Harassment of laws

When I first visited America I had got visa for 3 months. At the airport in America the authorities put the stamp on my passport for 3 months stay. After completion of three months my visa was extended for 3 months more. Second time too, the visa was extended for another four months. After extending visa for four months the authorities told us that now the visa would not be extended; the limit is over.

Thus I stayed in America for 10 months. After coming back to India we tried again to get the visa but in vain. I was told by the authority that my previous visa was extended twice and I stayed there for 10 months. What is the guarantee that you would not stay in America permanently? We were not aware that the concerned office in America used to extend the visa according to their law but the US consulate in India considered my extended stay as against law. Who knows that the laws which are made for convenience of the common people would push you in the ocean of pain and unhappiness?

The Gujarati assistant of that officer told me, “You apply again after three days.” After hearing this I was sure in my mind that I was denied visa wrongly; next time I would definitely get visa. After three months I applied again and got the visa.

Can we get sick by drinking of ‘Charanamrit’?

(Note - *Charanamrit* is a mixture of two words, namely *Charan* and *Amrit*. *Charan* signifies God’s or Guru’s feet and *Amrit* is the divine nectar of the Gods. Thus it is the divine nectar of God’s feet.)

I had visited an Indian Ashram of Gururji of an Indian Yogi who met us in America. There a Negro devotee came and met me. He asked a question, “Here in India there is a custom of taking Charanamrit of Guru-saint. If a question is asked in this regard in America then what should be my reply? Because in America people believe that hygienically if we do so then there are chances of infection.”

My replay: “firstly I would like to say that it is better that you get the answer of this question from your own Guru. But as you have asked me I may say – If we get infected by the things used by sick person who has infectious disease then why can’t we be healthy by using things of healthy person.”

Such was the shortest reply of mine to that Negro devotee. In the company of virtuous person we become virtuous and in company of a person with vices we too become man of vices sooner or later.

This Negro devotee met me in America too.

Yogabhihshuji himself removed loose teeth

I had to accompany my friend to dentist's clinic. My friend had a problem with his tooth. Once his treatment was over he introduced me to the dentist and told him, "This is my Guruji. He had removed his 5-6 loose and paining teeth himself." Dentist surprisingly stared at me and then said, "I don't believe it." My friend told him that it was absolutely true what he said. Dentist said, "I believe you only if he removes a loose tooth before me." I told my friend, "If I remove the tooth in his presence what would he give me? He would only say that what you said was true. Frankly speaking I don't need certificate from him as this is not the matter of exhibition, it is an art. Do you understand? But you don't translate it in English and tell dentist about what I have told you. This is for your satisfaction and understanding only."

Removing loose tooth is not a miracle. When the tooth has weakened and become very loose then we are afraid that when would it move out from its root and fall. Under the circumstances we keep waiting for the tooth to fall. It is not possible to hold the tooth with fingers and thumb so I take a strong lace or strong string and prepare a tight noose around the tooth and then pull the string with force and the loose tooth is out - removed. Then on the root of that tooth under the gum press the tongue for couple of minutes so the bleeding will be stopped. However when the tooth is very weak and become lose there will not be much bleeding. Just to explain you that it is not a miracle I have to describe the process.

The readers are requested not to do this experiment on your own after reading this chapter.

Correspondence with American Yogi

I had an extensive correspondence with America Yogi. I had invited him to our sojourn. In reply to my invitation he wrote, "Had I visited India I would have definitely come to your place but as you are on goodwill tour of America you should come to my place." As told by him, he had stayed on Girnar Mountain for 7-8 years. He was worshipper of Dutt. He had also sent Dutt-Mantra to me. He told me that he believed in certain school of thought of Vedanta. I wrote him, "Whether you believe in Dvait Vedanta or Advait school of thought or Trait philosophy or Visishtadvait philosophy; that does not make much difference to me. You are always welcome from my side."

In America, three-four dentist friends had also cooperated well. One friend

had celebrated Gurupurnima Festival; he had prepared sweet made of cashew nuts. At the residence of Dr. Patel I had performed Laghu-Anushtan of Gayatri Mantra. We had also performed Gayatri-Maruti Yajna; many of his friends had participated in it and took spiritual benefit of it. He had a huge friend circle. Whole family of Dr. Patel was very simple and humble. In America my friends used to distribute some gift articles as a Prasad in the memory of Gayatri-Maruti Yajna.

Doctor Bhikshu's visa cancelled

My Indian friends were of the opinion that during my goodwill tour of America if any of my Indian friend would have accompanied me to America then he could be of good help in assisting me. For that purpose Doctor Bhikshuji applied and got the visa. But he felt that had Niruben (Doctor Bhikshu's wife) been there with him it would be more convenient to Guruji. So Niruben applied for the visa but she could not get it. When she re-applied the authority I asked her, "With whom you are going?" She replied that she would be going with her husband. Authority asked another question, "Did your husband get visa?" She said, "Yes, my husband has got visa." Authority told Niruben to go out and get his visa. Niruben took visa papers from Doctor and gave them to authority. That officer took the visa papers, and put 'cancelled' stamp on them and gave it back. Now even Doctor Bhikshuji could not accompany me. So I had to go alone to America. After reaching there we tried a lot for getting Doctor's visa but in vain. When we inquired with the Senator we came to know the reason from him, "During her first appearance the lady told that she was going with her Guruji and during her second appearance she told that she was going to America with her husband. Due to this conflicted replied how can authority grant visa?"

Was this called a reason? She was to go with her husband and Guruji so what she had told authority was truth. But how could an officer say yes when once he denied? It described his arrogance for denying the visa. Once I too had such problem. The officer asked me, "In your form you have mentioned that your spiritual friends are inviting you and now you are telling that your devotees are inviting. Why did you mention such conflicting versions?" I had to explain him, "I thought you would not understand the word 'Bhakts' i.e. devotees properly hence I used the words 'spiritual friends' to ensure that you would understand it properly." He agreed to my explanation and got my visa.

We went to Mumbai for getting visa

When Doctor Bhikshuji's visa was cancelled my spiritual friends were disap-

pointed. The wrong note made in the consulate office must be rectified. After eight years Doctor and Niruben had applied for visa, both of them got visa and they travelled to America too but they had to travel without the company of Guruji. As such they did not want to travel but they had to due to dilemma of the visa process.

After coming back to India I used to apply for visa every five years but could not travel due to old age. Due to insistence of my spiritual friends I went to get visa for the last time. Friends were of the opinion that this time Guruji might get visa only for one year, for though he had the visa, he could not travel last time.

We were five to six people who reached Mumbai for American visa. We stayed in five- star hotel which was near to US consulate office. As I was shivering in the AC room we had to switch off the AC. The hotel management was charging 100 rupees for one glass of buttermilk. The locks of the washrooms were such if you were not alert you might not come out of washroom. My friends thought that Guruji would have comfortable stay at five-star hotel so they booked the rooms there, but.... The meal came from other hotel. In early morning we reached consulate office.

Jigarbhai had got the permission to take my wheel-chair up to the interview-window. As I was in wheel-chair I found the window at more height. I was also having hearing problem due to ageing process. So it was slightly difficult to hear what the officer was asking. The officer asked, "How many disciples do you have and how much money do you earn?" I took some time to reply so Jigarbhai replied. The officer got angry and told Jigarbhai, "I am not asking you. If next time you would make the same mistake everything would be cancelled." I requested the officer to speak loudly as I was having hearing problem. He replied that he would not make the mistake again. Then the officer asked, "Do you also identify with another name?" Again I took time to give reply so he extended the question – "...as a saint?" I replied, "Yes." The officer was fully satisfied and gave me visa for ten years. Even today I have visa for five years but what to do of it? Just to be happy after seeing it!

As the consulate office had sent me a letter to visit their Mumbai office and friends insisted me to take visa I had gone to Mumbai. The friends were of the opinion that Guruji would get visa only for one year but I got it for ten years. The officer might have thought that I would not be able to travel at this age so he might have given visa for ten years.

Crows are black everywhere – Conversation on Chicago radio

We had gone to see the White House in Washington. There was a very long queue. We too stood in queue. I saw a trash-box which was kept at some distance. The beggars were trying to find out some breads and other leftover food. I was surprised to see this in America. I remembered a proverb – crows are black everywhere!

When our turn came we went inside the White House. We enjoyed a lot. There was absolute cleanliness everywhere and the best arrangement too. Everything inside the White House was very attractive.

The spiritual friends had made an arrangement of my lecture on Chicago Radio. The subject was “Bhranti Darshan” from Patanjali Yogadarshan. (Note: In Yoga Sutra I-30, Patanjali describes nine obstacles that create distraction and inconsistency in Chitta (consciousness) and prevent the aspirant from progressing in his/her spiritual path. “Bhranti Darshan” (blindness/erroneous views) is one of those obstacles.) That group of friends was from originally from Dakor (Gujarat-India). We stayed at their place for 5-6 days. The whole family had shown great love and affection towards me.

At Muktananda Ashram (Saint Yogabhiikshu who knows three generations)

We had gone to the Ashram of Baba Muktananda along with my friends. The Ashram was like a piece of nature. I had a great experience of Swami Nityanand’s intimacy there. They arranged my lecture too. All devotees and disciples were Americans. I spoke in Hindi language and Swamiji translated my lecture in English.

Years back I had gone to Ganeshpuri Ashram of India to have Darshan of Bade Baba Nityanandji Avadhuta. In my lecture I had narrated whole incident of my Ganeshpuri Ashram visit. Everyone was extremely happy hearing that episode. On a wall in front me there was a huge photo of Avadhutaji. While speaking I was looking at that photo. That episode is very interesting and Baba Muktanandji too liked to hear it as and when we met. (I would try to write that episode separately.)

When I concluded my lecture Swami Nityananda told his devotees and disciples, “Yogabhiikshuji is one of those who know our three generations!”

After completion of my lecture they took me for a meal and served the meal very affectionately. At the time of bidding farewell one American female devo-

tee put Chandlo i.e. sacred circle-mark, on the forehead, prostrated and put gift at my feet. I denied it so Swamiji told me, “Take the gift, you can use it in your Ashram.” Swamiji was not aware that – “I am Yogabhiikshu without Ashram.”

One of his disciples had asked Swamiji, “There is a saint who has come from India. Should we call him in Ashram?” Swamiji replied, “That person is not saint, he is only a narrator –story-teller.” After hearing this one can make the difference between a saint and a narrator.

At present they have many Ashrams in America. In Valsad (Gujarat, India) too there is a big and beautiful Ashram in which many welfare activities are going on. I got news of all Ashrams from Swami Komalananda.

Theory of relativity

During my first visit of America one spiritual friend came to meet me. He had tried three times for CA’s examination but failed; on the fourth attempt he could get success. He asked a question, “What is the meaning of ‘theory of relativity’?”

My replay: Let us understand it with the example of ‘Gyan Mudra’. In some photos of God’s incarnations their one hand is shown in the form of Gyan Mudra (gesture of consciousness). Bring the tips of the thumb and index fingers together and form a circle. Keep the remaining three fingers stretched – it is called Gyan Mudra. There are many secrets hidden in this Mudra. If, out of three stretched fingers, we show a ring finger and ask the audience – “whether the ring finger is long or short?” Then half of the audience would say that it was short and others would say that it was long. Then to prove their contention they quarrel with each other. At that time a saint persuades them – “Brothers! In a way both of your contentions are correct. In comparison with the smallest finger the ring finger is bigger but in comparison with middle finger the ring finger is shorter. If we think vice versa then both groups are wrong.” To understand the theory of relativity the simplest and unfailing mean is Gyan Mudra. Where we are not right and/or wrong for the said matter then why should there be a quarrel and unrest?

If we develop an understanding and wisdom to look at universe with the perspective of ‘theory of relativity’ then our life would become very convenient.

Everyone is afraid of law

After coming back to India I received a gift-cheque sent by my CA friend. I remitted in my bank. After some days I received a message from the bank that my cheque was not cleared. When I went to bank in person and checked then I

was told that my friend had not sufficient balance in his account. I could not believe it. I told to my friend about this matter. So he sent me his bank statement. I showed the statement to my bank official but he was not ready to accept the statement as a proof. After trying to persuade my bank official for a few time I told my friend that as my bank is not accepting the cheque you withdraw your cheque. He replied, “Guruji! It can’t be done that way. You have to deposit the cheque. After four days you visit your bank, in the meantime I talked with my banker and your bank official.” After four days when I visited the bank, the official immediately accepted the cheque without any argument! I was very much surprised!

After some days I asked him about how the problem was solved. He replied, “I informed bank official through telephony that though everything is okay at my end why don’t you accept the cheque. Now if my Guruji comes and you don’t accept the cheque then I will have to take legal action on you and your bank. With my notice to the official everything is resolved.”

Such things keep happening. The past, present and future of this world is like that only.

II – Nadi-Shuddhi

(Very concise note)

(Note: **Nadi Shuddhi**, or alternate nostril breathing, is a simple, accessible Pranayama technique that has so many benefits when practiced consistently. For some, it is all-time favourite yogic breathing exercise. “**Nadi**” is a Sanskrit word meaning “subtle energy channel” and “**Shuddhi**” means cleansing or purifying.)

Nadishuddhi Pranayama in Vivekanand’s Raj-Yoga

In the Vivekananda’s book Raj-Yoga, giving reference of Shankaracharya Maharaj it is written –

If Nadi-Shuddhi Pranayam is performed 80 times each in the morning, noon, evening and night then Nadi will be cleansed within three months. If we can’t follow this schedule thoroughly then we can take some benefit by performing it for 40 times at least for three cycles during whole day. By practicing this way if we continue forever then we can take full benefit of it.

Less damage to respiratory system

Inhale from left nostril and exhale from right nostril, then inhale from right nostril and exhale from left nostril; keep this cycle continue for 10 to 40 times as per individual’s capacity. Count each cycle as mentioned above cycles i.e. inhale from left nostril and exhale from right nostril, then inhale from right nostril as two cycles. Don’t stop the breath internally or externally. Inhale and exhale in normal way and ensure that lungs are full while inhaling and lungs are fully empty of air while exhaling. By following this practice one can get more oxygen with less breathing cycle and due to less breathing the respiratory system is utilized less and thus it is damaged less.

Control over diseases generated from Vata-Pitta-Cough by Nadi-Shuddhi

The left nostril is called Ida (Chandra-Nadi). The right nostril is called Pingala (Surya-Nadi). According to Yogashastra Chandra-Nadi possesses the property of moon (coolness) and Surya-Nadi possesses the property of sun (heat). Hence, when we perform an act of Nadi-Shuddhi, the coolness and hotness of the body remain in equilibrium. Thus the diseases generated out of imbalance of Vata-Pitta-Cough (Aayurvedic body type) can be controlled or avoided.

According to Svarodayashastra the lifespan is counted not as per the years of age but it is counted as per total number of breathing. If we use less number of breathing cycles then our lifespan is extended. Like –

If we spend one rupee a day from the capital of one thousand rupees then our capital would be exhausted in one thousand days. If we spend one hundred rupees a day from the capital of one thousand rupees then our capital would be exhausted in ten days. And if we spend five hundred rupees a day from the capital of one thousand rupees then our capital would be exhausted in two days only!

Moreover the ocean of Prana i.e. Oxygen is swayed; by inhaling that oxygen we fill our lungs and by exhaling we throw poisonous gas of longs into the ocean. Hence the lesser we breath using Pranayama, the lesser oxygen is used from nature and the lesser poisonous gas is exhaled in the atmosphere. Thus we become less debtor of the nature.

Such profound and mysterious matters are to be thought, contemplated, understood and performed to take the advantage of them and not for using fallacy or doing debate or to nurture the feeling of win or loss.

Capital of Breathe is a true capital

In twenty four hours we breath for twenty one thousand six hundred times. The increase or decrease in this number of breathing may result into lesser or higher lifespan. During Dharana (concentration) or Dhyana (meditation) stage the breathing would be reduced drastically; whereas during hard work, hyper activeness and worries there would be more breathing cycles.

While inhaling the chest must be expanded and while exhaling the stomach must be contracted.

With royal and junk-spicy diet the body remains excited due to which there can be more breathing. The capital of breath is a true capital. If that capital is not there then all other capitals are in vain.

Caution in Pranayama

When we breathe in air through nostril and fill the lungs it is called inhale i.e. Shwasa and when we breathe out air from lungs it is called exhale i.e. Prashwasa. When lungs are filled in with air, in Yogic language it is called Purak and when the lungs are made empty, in Yogic language it is called Rechak. After Purak if we stop the Shwasa inside for some seconds then it is called Antarkumbhak and conversely after Rechak if we stop Prashwasa outside for some seconds then it is called Bahyakumbhak.

While practicing Pranayama with Kumbhak one has to be very cautious and remain highly regular in diet and routines of life. Otherwise though described beneficial the Pranayama may turn out to be damaging.

In Nadi-Shuddhi Pranayama there is no such fear of damage. There would always be benefit; may be less or more. What is presented here is to take the benefit and advantage of Nadi-Shuddhi Pranayama and not for debate.

III – Science of Yajna

(Very concise note)

Benefit due to Mantra-chanting during Yajna

When Mantra is completed during Yajna, along with the chanting of ‘Swaha...’ the cow-ghee and herbs are offered to the fire of Yajna. Those offerings of Ghee and herbs are converted into atoms and spread to the farthest and nourish the living beings who come into contact of these atoms.

During Mantra chanting as well as chanting ‘Swaha...’ at the end of the Mantra the poisonous gas is exhaled; that poisonous gas is destroyed in the fire of Yajna. And before the Mantra is re-chanted we have to inhale deeply; during that phase the atoms of offerings go directly into the lungs and nourish them. During Yajna this process runs continuously.

Hence the entire benefit of Yajna is not attained if only we remain physically present in Yajna. It is very much necessary to chant Mantra to take full benefit of Yajna.

Body purification due to atoms generated during Yajna

If we take medicine orally then it would go to stomach. As per physiology it passes through various phases and moves to lungs, heart and blood. When it reaches blood its effect would start on disease. When we take the same medicine through injection it would directly go to blood and its effect would start much faster than the medicine taken orally.

With the help of fire of Yajna the cow-ghee and divine herbs are converted into atoms and through nostrils those atoms would directly reach to lungs and start giving effect immediately; like chloroform reaches to lungs through nose and start giving effect at once.

Those who understand the science of Yajna thoroughly would get different types of results by performing different types of Yajnas, using different types of Mantras and offering different types of herbs.

There are many types of sciences and for each type of science there are many scientists.

Proof of separation of molecules

If a piece of red chili is kept on the table then nothing happens but if it is put in the fire then people who are at far distance would start sneezing a lot. This is

the proof that the molecules of chili are separated with the help of fire and they reach to a far distance. Even in the kitchen when vegetables are sauté or sizzled its smell is spread to a far distance.

In the Yajna too when Ghee and herbs are offered to the fire they are converted into nourishing atoms and molecules and spread round the corner and provide health benefits to living beings who come into their contacts.

The injection and chloroform affect the one who is given it but the auspicious Yajna benefits many living beings who take part in Yajna.

If fire breaks out in a Godown or warehouse full of food grains and the food grains are fully destroyed then it can't be called a Yajna. For, in Yajna the offerings are made in a cyclic manner with the divine Mantra-chanting and with the sacrificial feelings of offering to Yajna-God.

The influence and mightiness of profoundly mysterious Mantra created and visualized by the seers is unspeakable, unimaginable and divine which provides welfare and infallible fruits.

Ghee-lamp – small form of Yajna

Sages are called the seers who had visualized the Mantras and not the creator of Mantras, for Mantras were already there. The sages had visualized them, found them, explained them and propagated them.

Yajna is a unique gift of Arsh-Vedic Culture. With the help of Yajna people's welfare can easily be accomplished. The lamp of cow's Ghee is also a small form of Yajna.

Ravana, Meghnaad, etc. had attained many types of powers and accomplishments with the help of different kinds of Yajna. King Dashrath got the children with the help of Putreshti-Yajna

In Bhagvad Gita there is a verse whose meaning is – Among all Yajnas I am the Japa-Yajna. Thus in Gita Mantra-chanting is also considered as Yajna. In Japa-Yajna there is no need of scholars, offerings or Havan-Kund i.e. a vessel in which the fire is put and all offerings are made. Only the devout emotions and absolute concentration are needed for performing Japa-Yajna. However such emotions and concentration is very hard to achieve.

Importance of Prasad (meal) in Yajna

After the conclusion i.e. Purnahuti of Yajna the Prasad (meal) would be served. The fruits of Yajna can't be attained unless and until the Prasad is taken. The Prasad would be offered to the fire of gastritis. If we don't offer Prasad to fire of gastritis then we can't have power to offer to the Yajna. There is a Gujarati

phrase whose meaning is – Hey Lord Krishan! With hungry stomach devotional songs and Mantras can't be sung, hence take back the rosary and Kanthi (kanthi, is a necklace worn by some adherents of Hinduism).

If we keep the strong emotions to consider the meal served post-Yajna as Prasad (sacred meal) then the benefit of Yajna is increased manifold. Those who have heard the story of Satynarayana-Katha are aware that how much more importance the Prasad has!

Success-accomplishment of Yajna

The success-accomplishment of Yajna is heavily relied on the priest who performs Yajna and the host who hosts Yajna. More the devotion, faith, justice, morality, ethics are possessed by host and more the penance, renunciation, abstinence, rule-abiding the priest is, the success and accomplishment of Yajna is more.

What is difference between sage and scientist? – Mobile-monster

Steve Jobs had said – I have invented i-pod and i-pad with a good intention and purpose for the betterment of society but I know that these monsters can destroy the internal power of young generation. Hence I have prohibited their use for my children.

This is the difference between composmentis and scientist. A scientist, in the temptation of getting fame or in the madness of inventing new things, makes inventions of catastrophic things and presents them in public.

A sage and composmentis would never put such catastrophic inventions in public because they know how much control and restraint the common person has.

The one who does not make his/her great invention public if it is catastrophic is sage and the one who can't digest it and put his/her invention in public is scientist.