

Practical Yoga



by

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By RISHI SINGH GREWAL

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TO ALL LOVERS OF YOGA

By An Appreciative Student

There is a treasure house of unused resources within you of which you have been unconscious hitherto.

Everyone has sleeping within his mind tremendous unused powers—Extraordinary mental capacities, capable of an astonishing development. All you need do is to release these dormant forces, grasp the full sweep of their possibilities, then make them ready to do your bidding. AND that is exactly what Rishi Grewal can and will do for you. He can show you how to call upon this vast storehouse of power—how to release it and magnify it—how to put it to everyday use. He shows you how to banish the negative qualities, such as forgetfulness, brain-fag, indecision, lack of ideas. Almost immediately timidity gives way to courage, self-consciousness changes to confidence.

In other words he shows one how to grow in wisdom. To commence each day with the feeling of a new pleasure, a higher hope and a more determined endeavor to strike out boldly into new and untried realms of activity.

Think of the waste of joy, the vast dreariness, the monotonous dullness of the average life, and how easily it can be dispelled. Then will life and the living of it be a thing of beauty and joy forever.

All these, and every heart-wish that your soul has hungered for will be yours—every hope that you have ever entertained was the voice of that ALL POWER seeking expression.

Know the law of your life. Rishi Grewal can show you how to live it and can open before you an avenue of Mastery, Power and Achievement. HE CAN.

INTRODUCTION

To Students of Yoga Everywhere:

Rishi Singh Grewal was born in a famous Rajput (Ruling Caste) family. His paternal grandfather was famed for his charity and compassion. It was he who supplied the money to sink wells all over India so that the people might benefit.

Although the Rishi's grandfather spent the family wealth lavishly for charitable purposes the family today is still in wealthy circumstances.

The Rishi's father, was renowned also for his good works among the people and for many accomplishments. He predicted his own death and on the day of his passing away visited his friends and relatives telling them farewell.

The Rishi also has two famous brothers. One is famous for the tireless and unending help which he gave to everyone in need and the younger became known before the age of twenty for his learning and also for his prowess in Hindu wrestling which was his hobby. At the age of twenty-two this brother left everything, wealth, devoted family—all—to sit under a Banyan tree for the purpose of becoming a Yogi. Here he spent two winters without so much as a blanket and became famous for his persistence. He used to sit in one posture for seven hours without moving; reading scriptures three hours daily in keeping with an oath which he had taken. He is very famous among the Sikhs and by them is called a Saint.

One of the Rishi's maternal uncles was Saint Uttam Singh, a well-known Yogi and man of great spiritual attainment.

The Mother of the Rishi never in her life gave away to any display of temper and she was well known for that. She passed to heaven in much the same way as her husband, having walked five miles to visit her daughter one day before her passing.

One of Rishi's sister-in-laws in the family is known by everyone as a Living Saint today. His nephews and nieces already are known for mind control and sterling character although they are still very youthful.

In Badowal, the village of the Rishi's birth, it was told to me that he was known by everyone before he was ten years old, because of his excellent behavior and Wisdom. He never quarreled nor fought as most children are prone to do.

In India the Rishi is famous as a teacher of Yoga technique and he has written many books and commentaries on this subject which are there recognized as the best. He has traveled many times from end to end of India, more than once through the Himalayas and once into Tibet.

When I visited at the home of the Rishi, which is owned by him and his two brothers, I was surprised to find that it ranks in the class of millionaire homes in this country. I also learned that he is not one of those who left home and began teaching Yoga for the purpose of making money, as he already has this in abundant quantities. He left one of the finest homes and wealth beside to go out and teach Yoga. I believe that his is one of the rare families which are blessed from every point of view, with wealth, Wisdom and long life.

The benefits which I have obtained from the practice of Yoga urge me to speak of my own experience to the earnest student and seeker.

About twenty-five years ago I began to study philosophy and among all the philosophies that I studied, found that the Yoga Science interested me and made a deeper impression on me than any other.

I sought everywhere for help. Throughout Europe and later in the United States. I heard of most of the teachers and studied with the best among them. Then it was my good fortune to find and study with Rishi Grewal.

Although I learned much Yoga I did not spend as much time in practice as is required for success in Yoga and so I began thinking that I should seek still and find some group of Yogis to live with in India.

Thus in 1936 I went to India to study Yoga there. I encountered the usual difficulties of having to become used to the customs and climate and hardships to which I was not accustomed.

While in India I visited the City of Rikhikesh, where Yogis spend the winter, and spent a month there. In discussing Yoga with them they asked me what I had learned and I demonstrated to them the practices which had been taught to me by Rishi Grewal.

These Yogis, after seeing my demonstration, asked, "What more do you seek? This is the same Yoga that we practice here."

From Rikhikesh I went on to Almora in the Himalayas and met there the well-known Yogi Aum. To him also I demonstrated the practices which I had learned from the Rishi. Surprisingly he said, "You know enough. Practice of that which you know will make a man a Yogi. These are the practices we follow":

Another famous teacher, a Hindu woman called Mataji, saw me practicing and said, "These practices are bound to lead to Wisdom."

I asked the well-known Dev Puriji if he would accept me as his disciple and he said to me, "It is better for you to never lose Rishi Grewal. He speaks the language that you understand and he knows all there is to know about Yoga. If you stay here with us it will take you much time to learn the language and you will find difficulty in living on our scanty diet, so take my advice and follow the Rishi back to the United States and there study what he has taught you."

I spent much time and money and experienced many difficulties to finally realize that it was the best thing for me to return to America and continue my studies with the Rishi, as the Yoga which I found in India I had already learned here. It was very costly to learn that I did not need to leave my home and business to find Yoga but that Yoga came to me in Los Angeles.

To those who are earnestly seeking Yoga Science, I sincerely urge them to get in touch with Rishi Grewal. They will appreciate his teachings as I now do if they follow his instruction, and will not need to go to far-off India to find that which they are seeking. Make his acquaintance and find out for yourselves that he knows more Yoga than any other teacher I have found so far.

It was my great privilege to stay with the Rishi at his

home in Badowal. This was, indeed, a happy time for me. I met his young brother, who is a Yogi. I also met that jewel among women, Krishna Kaur, the sister-in-law whom everyone who knows her calls "the Living Saint." Indeed I could write a fascinating book on the members of the Rishi's family and one day may do so, but for this brief letter must confine myself to saying that it was a deep spiritual experience to meet and know the members of this unusual family and live in the home which is regarded by Hindus as the ultimate in Indian family life.

Best wishes for success in Yoga.

ERNEST HAECKEL,

Los Angeles, Calif.

OUR PRAYER FOR EVERY DAY

"May all be happy—may all be free from disease—
May all realize what is good—
May none be subject to misery—
May the wicked become virtuous—
May the virtuous attain tranquility—
May the tranquil be free from bonds—
May the freed make others free—
May all be free from dangers—
May all be actuated by noble thoughts—
May all rejoice everywhere—
May good betide all peoples—
May the sovereigns rule the earth following the
righteous path—
May all beings attain to their welfare—
May all the world be prosperous and happy."

'He who does and thinks no wrong—
He who suffers, being strong—
Who lives like Gandhi men know—
Unto Swerga heaven such doth go.'

PRACTICAL YOGA SCIENCE

BY RISHI SINGH GREWAL

In sending this little booklet out into the World I have kept in mind the idea of throwing some light on Yoga to reveal its amazing powers which transform an ordinary man into a Yogi (super-being). The first part of the booklet explains the value of Yoga and the second part deals with the benefits obtained, such as freedom from disease and mental worry and other gains.

India, the land of mystery! The marvels which we read of in ancient histories and holy books can still be found there today.

Modern Scientists and Chemists are unable to explain the marvelous feats which are still performed in India by Yogis. Such feats as walking on red hot coals, lying down in the midst of blazing logs, levitation, walking on water and other equally astounding feats,—performed under the scrutiny of Western Science.

At Lahore Yogi Haridas permitted himself to be buried alive under fifteen feet of earth for forty days. At the expiration of that time he was taken from the place of burial and found to be as normal as ever he had been. This feat was performed under the Government seal and watchful eyes. For further enlightenment on these amazing feats see Author's booklet "Marvelous Feats Performed by Yogis through the Power of Yoga."

I am questioned as to how such things are accomplished. I answer that it is done through Yoga by awakening the Divine Power (Kundalini) sleeping within every human being.

When this Divine Energy is awakened these apparently supernormal powers are brought into activity; this unfoldment comes through practice of Yoga.

Kundalini Energy is the giver of health, wealth, joy and Wisdom that knows no end. It is the giver of faith, bliss, life and power.

These seeming miracles are performed by both men and women and can be done by all who go through the neces-

sary practice of Awakening the Divine Force sleeping within.

The Swami Vivekananda has said, "Whenever there is any manifestation of what is ordinarily called supernormal power, or Wisdom, there must have been a little (control over the) current of Kundalini which found its way into the Sushumna. Only, in the vast majority of such cases of supernaturalism, they ignorantly stumble on some practice which set free (and made them conscious of) a minute portion (of the control) of the coiled Kundalini."

The Yoga system was founded to perfect beings and for the purpose of establishing harmony on this Mother Earth. This alone can save the world from the misery of selfishness and hate. Only Yogis find true harmony and this harmony lies in a change of heart. Such change is wrought through Yoga practice. Yoga can change one who practices it into a being of Power able to achieve his fondest hopes.

Yoga is the Science of Sciences and it is the method whereby one may realize the Divinity within—or Godhood.

Yoga is practiced by Yogis, not for attaining salvation or liberation for themselves alone, but to bring salvation to all mankind.

The greatness of Yoga is that it teaches one to see all human beings as the Self. Yogis do not seek heaven hereafter, but attain it while living on this earth. They bring heaven to Earth.

The Science of Yoga is like a priceless Nectar which extinguishes the fires of disease, restlessness, worry, lust, anger, craving, desire, jealousy and hatred. All these hindrances on the Path to Liberation and Power are quenched by the pure Nectar of Yoga.

The Yogis think of this world as heaven, but ignorant persons change it to the quite opposite place. Yogis believe that good desires must be fulfilled and evil desires mastered here on this earth and not in some future state. Yoga and Bliss go side by side.

Yoga is highest religion. It insists that all religions must be respected. Yoga has no dogma, it is for everyone;

for Clergymen, Doctors, Lawyers, Leaders, Actors, young and old, — for all who desire to be free from craving, anger and greed. Anyone can practice Yoga and benefit from it. Where religions end, Yoga begins. Religion is like a mother who awakens her children to send them to school. When they have graduated she does not awaken them any more. Just so does religion awaken a man to the high state where Yoga begins.

Evolution is the means whereby humanity moves forward slowly and slowly—Yoga is the means of moving to the final Goal with great rapidity—the goal of Godhood.

*"Lo, in the East this Wisdom's showering Light
Adorable, hath sprung from out the night;
Now may the Dawns, heaven daughters, spread
Shining afar, a path for man to tread."*

—RIG VEDA

"If I were to look over the whole world to find out the Country most richly endowed with all the wealth, power and beauty that Nature can bestow, in some parts a very Paradise on earth—I should point to India. If I were asked under what sky the human mind has most fully developed some of its choicest gifts, has most deeply pondered on the greatest problems of life and has found solutions of some of them which well deserved the attention even of those who have studied Plato and Kant, I should point to India. If I were to ask myself from what literature we, here in Europe, may draw the corrective which is most wanted in order to make our inner life more perfect, more universal, in fact more truly human, again I should point to India."—Max Muller.

Pope Pius says, "India has remained true to the heart of the Spiritual motives." (From Sir Woodroffes book "Is India Civilized?")

'Noble hearts are golden vases—close the bond true metals make;

Easily the smith may weld them, harder far it is to break.
Evil hearts are earthen vessels—at a touch they crack a-
twain,

And what craftsman's ready cunning can unite the
shards again?"

THE MATSYENDRA POSTURE

In all my travels in India and during my life among the Yogis I have never yet seen a Yogi whose body was in any way out of shape or one with a fallen abdomen, nor do their bodies show signs of flabbiness. Although old in years their bodies are as tight as those of youth. What is the reason for this? The answer is the Matsyendra posture because it tightens every nerve, muscle and affects every gland in the body. Furthermore it produces an effect on the Autonomic Nervous System. All Yogis practice this posture in the morning and in the evening.

Through its practice all the muscles of the trunk are brought into action. To a great degree the health depends on the condition of the spine as all the nerves come down through the spine from the head.

From the Yogis point of view, even the control of Prana and the awakening of the Spiritual Energy (Kundalini) depends on the practice of this posture which is the first step on the ladder of Yoga.

One may see almost immediately the benefits of this practice and will become free from disease through doing it. It also develops a lithe and supple figure when performed as taught by a Yogi. The one practicing this posture will find that it is unnecessary to take patent medicines, roots or herbs.

This practice is invaluable also for reducing the thighs and waistline. Within a limited time the spine should begin to become elastic and the body show signs of relaxing. Practice will prove this to the earnest student.

UDDIYANA (Constipation Exercise)

Traveling from end to end of India, living among the Hindus, seeing thousands of Yogis and having lived at the great Yogi city of Rikhikesh, I wonder why I have never yet heard the word Constipation or known anyone to be suffering from this condition?

Long, long ago the Yogis found a method which is called Uddiyana and which they practice for the purpose of levitation and Liberation but this practice also builds up the gastric fire and rids one of constipation.

If the intestines are not functioning properly, food accumulates at different centers, causing constipation. This occurs principally in the Colon. The Western world has various methods or remedies (so-called) for this disease, but none are successful in correcting the condition where it actually begins. We will see how Yoga proposes to do this.

Food which lingers in the bowels begins to decay as a result of the action of bacteria. As a result deadly toxins are developed in the Colon and absorbed into the system and thus the Liver and Kidneys are broken down and cannot eliminate poisons from the body. The whole body is slowly poisoned and chronic disease results.

Surgery cannot overcome this condition, even the use of drugs cannot. Any of the so-called remedies administered through the mouth must pass through the stomach and the length of the small intestine. This causes needless irritation to these parts when it is in the Caecum where the trouble lies. Medicine seems to give temporary relief but Yogis never have approved this treatment and it is extremely lucky that medical science is beginning to frown on it, also.

From the foregoing it appears that the remedies used in the West for overcoming constipation have many disadvantages. Treatment should be such as to enable the patient to empty the Colon completely and throw out of the body all the foul, putrefying matter. It should also strengthen the Colon instead of weakening it.

These advantages are all combined in the Yogic practice of Uddiyana.

Constipation due to the degeneration of the abdominal muscles can only be overcome by the regeneration of these muscles and by no other measure so no amount of purgative can restore them to health. If the drugs and enemas affect anything, it surely is the inside and not the outer muscles of the intestines. Such treatment cannot improve the external wall where the trouble lies. Muscular exercise is the only right method to overcome this type of constipation. The Uddiyana as taught in Yoga will be highly efficacious as I shall show.

The practice of this exercise causes nearly every muscle

in the abdomen to be exercised and the nerves brought into activity. It also activates the glands which are lying in the abdominal cavity and gives a good upward push to the heart and lungs. This improves the health remarkably and also the muscles of the rectum are contracted and relaxed.

No abdominal exercise devised by physical culturists can approach Uddiyana for efficiency and for the capacity to build a strong and powerful spinal column, especially in the lumbar and lower thoracic regions.

A fallen abdomen or weakness of its muscles is most dangerous from the Yogic point of view. Many diseases are created by weakness of the abdominal muscles. This Yogic practice is a God-given blessing to suffering humanity as it enables building up of abdominal muscles in a short time, forcing the glands and organs into their proper position and causing them to become active. This is the reason that constipation is unknown in India.

PASCHIMOTTANA POSTURE

This posture is well known and is very highly valued by Yogis as it awakens the Spiritual Energy (Kundalini) and can be practiced by everyone.

It is one of the fine Yogic postures for stretching all the muscles of the body and forcing the Pranas into the Sushumna. The abdomen and the two rectal muscles are forcefully contracted and this compresses the abdominal Viscera, the spine, nerves and vertebrae are stretched and toned up.

Although Yogic books recommend this posture highly for the development of the finer body and spiritual power, I find that it is a great help in building up the health. The things that have been said about the Uddiyana exercise may also be said about this one as it aids in overcoming constipation, poor digestion, liver, kidney and pancreas trouble. It builds up the deep muscles of the back and tones up both the nerve systems.

REGENERATION of the THYROID GLAND

Among the common people of India I have heard that Yogis do not grow old and that their youthful state is under their control. Yogis, also, say the same thing, but they say the mystery of this can only be learned from a Yogi. However, I heard the word Sarvang-Asana. Will you please throw some light on this?

Answer: In the ancient books of India we read that the Yogis learned how to live long.

Briefly I will explain the effects of this Sarvang posture, but I can explain here only the physical value. The mystery of the mental and spiritual, the mixing of the Pranic forces, deceiving the Sun and saving the Nectar I will show to those who are truly interested.

I place special emphasis on the Thyroid gland. What is the Thyroid? It is the life-saver of the human body. If the gland is healthy it does its work producing the secretion essential to the life of every cell of the body. If it is unhealthy it cannot do this duty. I will show how Yogis keep the Thyroid gland healthy.

The Thyroid gland is located at the front and side of the lower part of the neck, opposite the fifth, sixth and seventh cervical vertebrae. The arteries supplying blood to the gland are remarkable for their size and the veins that drain this ductless gland correspond in size to its arteries and make a free and constant play of blood possible.

The health and activity of the thyroid depends principally on the proper functioning of the arteries and nerves that supply it. If the material necessary for its nourishment is not forth-coming, it will soon be exhausted and go on a "Sit-down strike," endangering the health of the whole body.

Nourishment must be constantly brought to the tissues of this gland because physiological work means chemical action. This chemical action produces waste substances in the thyroid and if these are allowed to remain it would produce toxins and poison the whole structure. These useless products must be constantly removed.

A third function of the thyroid gland is its production of particular internal secretions and this requires that certain substances be supplied to it. All these needs are met by the circulation of blood carried on by the blood vessels. Fresh blood comes in through the arteries with its vitalizing substances and keeps (the blood) playing about, all through the different parts of the gland. As it flows past the tissues they take up substances needful for their nourishment and absorb substances out of which they manufacture the fluids which they secrete. The stream of blood then sweeps off with the waste products.

Infectious diseases, sometimes pregnancies, sexual excesses and many other agencies lead to the degeneration of the thyroid gland. Under these circumstances the ordinary amount of blood which flows to the gland is not sufficient to restore it to health. But if a richer blood flow is secured the gland improves and does its duty.

The thyroid exercise which is taught in Yoga classes enables the thyroid arteries to bring a much richer blood supply to it, thereby saving it from degeneration and making it healthy.

The Thyroid Posture aids the gland also through the nerves as the nerves are responsible for every physical part; no organ can carry on its work without getting its energy through Prana.

As long as the nerves surrounding a particular organ are healthy and normal the organ does its work; as soon as the nervous force (Prana) becomes depleted, the organ begins to degenerate. Nervous disorders may cause acute pain in the parts supplied by the affected nerves. The whole nervous system continues to function well as long as the supply of blood is normal, but the spinal nerves are apt to suffer in their functioning if a vertebrae is even a little misplaced. For sound functioning of the Thyroid gland an efficient arterial service is not enough, the nerve supply must also be kept in a healthy condition and this is done by the special exercise which is taught in Yoga.

Now, if the Thyroid exercise is capable of restoring the degenerated gland to health it must prove to be a substi-

tute for the modern Thyroid treatment; for a healthy Thyroid gland must be able to produce the elements which are introduced artificially into the body in organo-therapy. What has been said on the Thyroid gland applies also to the Parathyroids.

The sex glands exert a very great influence on the Thyroid and in turn are affected by it. The Testes are efferent glands and are in intimate relationship with the Thyroid gland. This exercise surely brings back to health from the mouth of death, those who have degenerated Thyroid and atrophied Testes.

The Thyroid and Sex Glands through practice of this Yogic exercise become healthy. However, Yogic practice must be performed correctly as taught.

The influence of this exercise on the Testes is brought about by its ability to aid the Thyroid as it is the only ductless gland which the practice of this exercise directly approaches by means of the circulatory and nervous systems and which affects all other glands of this type. The Sarvang posture has freed women from many female troubles and has proven to be the best method of regenerating the sex glands. Underweight and overweight are under the control of the Thyroid gland.

By practice of it the affections of the spleen, liver and etc., may also be eradicated.

MENTAL BREATHING

To one who sees this breath performed for the first time, it may be a mystery why it is called "Mental Breath." Apparently, from appearance, it is anything but Mental, however, when the mystery is explained by the teacher, it is then clear that the effect is on the Brain although appearing to be otherwise.

By means of this breath the respiratory passage is cleansed and an intense vibration is set up in the intestines, all the cells of the body are vibrated and the blood oxygenated. More oxygen is supplied to the corpuscles, making them healthy and there is an inestimable benefit to the glands and nerves.

During the practice we are taught to concentrate on a

certain Centre in the body in order to awaken the Spiritual Energy. This results in benefits physically, mentally and spiritually.

This breath awakens every cell in the brain; it removes the impurities or the dark cloud which lies between and shrouds each consciousness. The Yogi easily goes to the third state of consciousness by removing this dark cloud. In this state he knows all and sees all. (Clairvoyance, clairaudience, etc).

Results of the practice of the breath are that it sends a rich supply of blood to the head and develops fully the Pineal and Pituitary glands.

A skeptical person may ask how a Yogi overcomes space and distance. The answer to this is that he does more and more breathing. First of all we must study the nose. That which we call "nose" is only the outer portion of the nose. The real nose is lying back in the head above the soft and hard palates and it has two bunches of nerves pendant from it. These nerves are of two kinds. The lower bunch is very gross and the upper, very fine. These are affected by Mental Breathing. The student finds it necessary to use the full nostril in doing this breathing.

This Mental Breath also arouses the Pranic forces by relaxing the nerve plexus which causes slower and deeper breathing. It is our goal to gain control of the Autonomic Nervous System.

Mental breathing vibrates every cell in the body from the toes to the crown of the head. When it is properly practiced it sets up such a vibration that the body begins to swing and it is difficult to maintain the posture. It destroys mental and physical sluggishness and makes the person practicing it, feel the joy of youth, although he is old in years. It bestows a new mentality but what is the use to write more when only one can realize by practicing it? No words can convey the meaning of it nor can one appreciate it until he experiences the results in practice.

Yogic Breathing or Pranayama

Pranayama means literally "control the Cause of Breath" and this is precisely what the student learns to

do in the practice of Yoga. He learns to concentrate the Life Force which is called Prana by the Wise, at any part of the body, thus enabling him to overcome any trouble or depleted condition.

Through its practice the student is taught to purify the whole body and nervous system. It beautifies the body and makes it perfect. Think what this means to those who have always suffered from physical defects and limitations, whose restless minds have been tearing them apart with unhappiness and discontent.

Events and conditions assume their proper proportions to the one who practices Yogic breathing. No longer does he suffer the pangs of fear and of not knowing what to do nor being able to solve the problems which arise in the daily lives of every one of us.

It is the experience of our students that apparently hopeless cases have been restored to normal living and many who have been hovering on the brink of Death have been snatched back to live long and useful lives, all through practice of Yoga and principally the Yogic breathings. There is no lack of experience among our students to prove the efficiency of Yoga, both in rebuilding worn-out bodies and revitalizing sluggish minds. Would you desire to be the Master of your destiny instead of drifting with the tide, would you restore that tired and slackened body to the spontaneous reactions of youth, then practice Pranayama.

The control and direction of this Life Force can and will establish such relaxation and rhythm in the body that it becomes a joy instead of a daily tragedy to carry on whatever duty life requires of us.

The new student of Yoga will find within the space of a limited time that his whole nervous system has relaxed and a softer, more beautiful expression becomes reflected in his face. It is easy to the one who practices Pranayama to detect the changes wrought in those who are just beginning. Indeed, even ordinary persons remark the changes which become apparent in the one who begins this practice.

It is through the concentration of this force (Prana)

that the great powerhouse of Spiritual Energy is released through which Yogis are able to control the Nature elements and to perform such seeming miracles as levitation, fire walking, walking on water and other phenomena.

Through Pranayama practice one may gain whatever he desires. If it is worldly success that beckons, that too comes through this practice. If it is the inner life which appeals to the Seeker of Truth, that is attained through this marvelous practice of Yoga.

As one progresses in the practice of Yogic breathing, it is interesting to note the changes going on within the body. The physiological processes are normalized and instead of practice being a burden to be somehow performed, it becomes a joy to which one looks forward eagerly.

**Let The Yoga Be Practiced Through Study, and Study
Be Effected Through Yoga. By Yoga and Study
Together the Highest Self Shines.**

QUESTIONS AND ANSWERS

- Q. What is the duty of the Guru?
- A. The duty of the Guru primarily is to watch over his students; to guide them along the path of ethical conduct, instruct them regarding their proper duties towards themselves and their fellow men; enlighten, encourage and instill within them discrimination and fearlessness; to infuse in them the love of righteousness and Wisdom, and to assist them in awakening their dormant powers; to expound the mystic teachings of Yoga and to prepare them mentally, physically and spiritually to fulfill their destinies; to discipline and love them as his own; to remove their doubts regarding here and hereafter and to make clear the dangers of anger, lust, greed, passion, egotism, ill-will, and such like qualities.
- Q. What designates a Guru?
- A. He who has realized the Universal Soul, he is the perfect Guru (world teacher) says Guru Nanak. By

association with him people easily attain Wisdom and meditation. He is a Guru who has realized the highest self-realization, whose knowledge and powers are limitless, and who has mastery over his body, mind and pranas. He knows how to liberate others from the bondage of ignorance and illusion, and he is free from sorrows and misery. He desires to make others free.

Q. What does he teach, or how does he make others free?

A. He shows the way to Godhood which is within all. Seeking and searching for God outside of one is futile. He also proves that God and the soul are one and the same, called So Ham (I am He, or I and my Father are one). He kindles within one the fire that destroys the darkness of ignorance.

Q. Who is the great Guru?

A. The highest Self is the great Guru.

Q. Then why seek a personal Guru?

A. We seek a personal Guru who has realized the highest Self because he knows the path and can light the way for us. The disciple should worship him as the highest Self or God within, for the Guru is within all. It is also true that many have attained the goal without a personal Guru, but the guidance of a worthy teacher shortens the arduous road to liberation.

'Gifts bestowed with words of kindness, making giving doubly dear:—

Wisdom, deep, complete, benignant, of all arrogancy clear;

Valor, never yet forgetful of sweet Mercy's pleading prayer;

Wealth, and scorn of wealth to spend it—Oh! but these be virtues rare!'

WHAT RISHI GREWAL'S COURSE DID FOR ME

Excerpts from Testimonials of Rishi Grewal's Students

Dear Friend and Teacher, Rishi Grewal: It affords me great pleasure and happiness to tell you of the benefits I derived from your teaching. I took your course about one and a half years ago. At that time I was very sick and nervous. I also had trouble with my gall bladder and I was overweight. I weighed 210 lbs. I was full of doubt, worries and feeling downtrodden, as it seemed the best part of my life was gone. I looked old and felt old. I had no courage left to face the world. I was hopeless, and everything looked gloomy and at times, I felt life was not worth living.

After a few months by practicing your simple course, science of Yoga, everything became bright and I received untold benefit. I enjoy perfect health, now, and the excess fat has disappeared, without going on any diet. I now weigh 126 lbs., besides I can accomplish much more and better work mentally than ever before. I am happy to write this, in the hope that others may derive the same benefit. Through my personal experience, I am sure any one can accomplish as great results, and stop the clock and become young, as I did, and make the body perfect and become stronger mentally and spiritually. To accomplish this, all that is necessary is to adhere strictly to the teaching of Rishi Grewal, which I can most heartily recommend. Sincerely yours, Adele Janetzky, of New York City.

Dear Rishi, thanks to you, the fetters of age, disease, worry and discouragement are broken. A new life full of activity and usefulness is ahead of me, and I feel capable and anxious to make the best of it. I know the way to success and happiness, and am encouraged by the gratifying results I am getting. I will continue to practice till I attain complete mastery over my body and mind. With sincere admiration and deep respect for your wonderful work, I am, sincerely yours, O. F. L., New York City, July 14, 1938.

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We feel that you are an earnest soul, seeking wisdom and power to awaken the dormant forces within you. Therefore, having studied with Rishi Grewal and realizing the value of his message, we urge you to hear him and share with us the great good that his message brings.

Yours for truth and service.

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