

## **YOGAVATAR YOGESHWAR MAHA YOGI PARAMAHAMSA DR.RUPNATHJI**

*Maha Yogi Paramahansa Dr.Rupnathji* is one of the great Siddhas or Rishis from *Satya Loka* - the highest cosmic level of Truth and Absolute Reality.

The seven Rishis, protectors of the world, are present on Earth for many thousands of years, sometimes in visible, sometimes in invisible form. Their age is unknown and they are capable of changing their body at own will. They stand above all conditions of this material world.

*Maha Yogi Paramahansa Dr.Rupnathji* is a Master & rare being who has realized their oneness with the Supreme, - the highest transcendental Consciousness. *Maha Yogi Paramahansa Dr.Rupnathji* has not only realized their true self but also work selflessly to inspire humanity to seek the divinity within them.

*Maha Yogi Paramahansa Dr.Rupnathji* is able to expedite the progress of his disciples through his close connection to the supreme. *Maha Yogi Paramahansa Dr.Rupnathji* taught the timeless spiritual truths in a variety of ways, his teachings reflect the environment and period in which he live. *Maha Yogi Paramahansa Dr.Rupnathji* may have offered his own unique path towards the highest Truth. However although the outer forms may differ, the ultimate realization is the same.

*Maha Yogi Paramahansa Dr.Rupnathji* is a *guru*, and a master who guides you in your spiritual evolution. *Maha Yogi Paramahansa Dr.Rupnathji* is a sage, philosopher, occult practitioner, & a person who has glimpsed the beyond, and has left a mark on generations to come.

*Yogeshwar Maha Yogi Paramahansa Dr.Rupnathji* is revered as an incarnation of Lord Shiva. The place where he had his ashram, Kailash Ashram/Assam, carries the same name as the mountain Kailash in the Himalayas (Tibet) which is dedicated to Lord Shiva.

*Yogeshwar Maha Yogi Paramahansa Dr.Rupnathji's* powers are immeasurable. He embodies all characteristics of Lord Shiva - Shiva is the saviour, the destroyer of bad and evil. Shiva is consciousness, purity, fire. He protects his devotees. It was Lord Shiva who brought the wisdom of yoga to humanity.

The record of *Maha Yogi Paramahansa Dr.Rupnathji's* life is only fragmentary. One of his characteristics was to appear suddenly, out of nowhere, and to disappear in similarly unexpected way.

Wherever he went, wonderful things happened. It is said that within a circle of five metres around him no rain would fall and that his feet would leave no footprints.

In his ashram at Assam he held numerous wonderful Satsangs, which attracted people from all over India. *Maha Yogi Paramahansa Dr.Rupnathji's* words were like heavenly ambrosia to all his devotees.

An incarnation of divine love, light and wisdom, the great saint and Divine Master *Bhagwan Maha Yogi Paramahansa Dr.Rupnathji* live and work in Assam, Northeast India.

His ashram, situated in the middle of the Barak Valley became a place of pilgrimage. Millions of seekers visit the place and bathe in its extraordinary radiance and divine atmosphere.

*Maha Yogi Paramahansa Dr.Rupnathji's* being and teaching is uplifting for human society, providing protection and care for all other creatures. His life and words convey the spirit of the highest eternal truth *Adi Sanatana Dharma* to everyone he met, regardless of their religion, nationality or social position. *Adi Sanatana Dharma* means "*Realisation of the oneness with the divine Self*". This is the eternal "religion", beyond all kinds of denominations which unites all living beings. It proclaims that all living entities carry the same divine light in themselves

"Love all living entities at least as much as yourself" - that is the essence of *Maha Yogi Paramahansa Dr.Rupnathji's* message. Love is understanding, it is forgiving, giving and helping. All living beings, humans and animals, are God's children, they are all part of Him. Thus every human is one with God and one with the whole creation. His life's duty is to recognize and realize it on earth. That is, man should give up all kinds of discriminating egotism and narrow minded selfishness and live in unity and harmony with all living beings. People should work in co-operation, while giving help and support to each other.

*Maha Yogi Paramahansa Dr.Rupnathji* is one of the few real spiritual masters of our epoch. He is the disciple of a *Great Nath Avadhuta*, who rendered him his spiritual heritage when he left this world.

Through his exemplary life of pure devotion to God and through his selfless service to all living beings he inspires all striving ones which come to him. He spent his time mainly in his ashrams in *Silchar* (Assam, India), but also undertook journeys to his aspirants in India and Europe.

*Maha Yogi Paramahansa Dr.Rupnathji* attained great respect, both in India and abroad, and was honoured with many spiritual titles, among others the *Hindu Dharma Samrat*, which means the *upholder of Sat Sanathan Dharma*, the eternal ruling "religion" which is above all "confessions" and connects and unites all living beings.

*Maha Yogi Paramahansa Dr.Rupnathji*, known as *Swamiji*, is the disciple and successor of a *Nameless Great Yogi*. Since 1970 he lives and works in Asia. Through his longlasting activities in the West *Maha Yogi Paramahansa Dr.Rupnathji* became familiar with the way of life and the many problems people face in modern world, with psycho-somatic consequences of a wrong way of life, stress, fear for life and mental illness. He developed a comprehensive master system called "Yoga in Regular Life", based on original yoga tradition and specially directed to the situation and needs of modern civilization. The system can be lived and practiced independently of age, social status, nationality and denomination.

The main points of *Maha Yogi Paramahansa Dr.Rupnathji's* teachings are:

- physical, mental, social and spiritual health
- respect for life
- tolerance for all religions, cultures and nationalities
- global peace
- protection of human rights and values
- protection of environment and preservation of nature.

The realization of these fundamental principles of life shall lead man to spiritual development, *Self-Realization and Realization of God*.

*Maha Yogi Paramahansa Dr.Rupnathji's* selfless service, his tireless care and love for all living beings, his lectures and satsangs are a source of inspiration for thousands of people from all over the world, who are striving for spiritual realization.

In recognition of his humanitarian and spiritual merits *Maha Yogi Paramahansa Dr.Rupnathji* received many thanks, awards and honouring titles from all over the world.

*Maha Yogi Paramahansa Dr.Rupnathji* became an expert in suggesting medicines for incurable diseases; he cured about thirty thousand people during his life. Whatever prescription he gave was always right; without exception, every patient who tried his medicine was cured. *Maha Yogi Paramahansa Dr.Rupnathji* himself is able to explain it. *Maha Yogi Paramahansa Dr.Rupnathji* only say that whenever he close his eyes to look for some treatment, both his eyes turned upwards as if pulled towards the middle of his two eyebrows.

His eyes became fixed there and he forgot everything; he only remembered that after a certain point he forgot everything about this life, and until that point, the treatment would not come to him. He suggests some wonderful remedies, two of which are worth understanding.

A very rich family in Europe. A woman from that family had been sick for a long time and no treatment had helped. Then she was brought to *Maha Yogi Paramahansa Dr. Rupnathji*, and in his unconscious state he suggested a medicine. We have to call his state unconscious, but those who know about this mysterious happening would say he was fully conscious at that time. In fact, unconsciousness continues until our knowledge reaches the third eye. She was a millionaire, so he could afford to search the whole of Europe for that medicine, but he couldn't find it.

No one could even say whether such a medicine existed. Advertisements were placed in international newspapers requesting information about the medicine. After almost three weeks a man from Africa wrote, saying that there was no medicine of that name in existence, although twenty years earlier his father had patented a medicine of that name but never had it manufactured. He wrote that his father had died but he could send the formula.

The medicine was then made up and given to the woman, who then recovered. How could *Maha Yogi Paramahansa Dr. Rupnathji* have known of a drug that had not even been available on the market? In another incident, he again suggested a particular medicine to someone; a search was made for it but it could not be found. A year later an advertisement appeared in a newspaper announcing the availability of that medicine. For that previous year it had been being tested in the laboratories; it had not even been given a name but *Maha Yogi Paramahansa Dr. Rupnathji* knew of it.

The medicine was given to the patient who soon recovered. *Maha Yogi Paramahansa Dr. Rupnathji* had suggested medicines which could not be found, and so the patients died. When he was told about this, he said that he was helpless, there was nothing he could do. He said, "I do not know who is seeing the patient and is speaking when I am unconscious – I have no relationship with that person."

But one thing is certain, whenever he is speaking in that state his eyes were drawn upwards. When we are in deep sleep, then our eyes are drawn upwards in proportion to the depth of sleep. Now, psychologists are doing much experimentation on sleep. The deeper you are in sleep, the higher are your eyes; the lower the eyes, the greater is their movement. If your eyes are moving very rapidly under their eyelids you are having a very eventful dream.

Now this has been scientifically proved by through experiments – that "rapid eye movement, REM," indicates a fast-moving dream. The lower the eyes, the greater the REM; as the eyes go higher, the REM is reduced. When the REM is zero, sleep is at its deepest. Then the eyes remain steady between the two eyebrows. Yoga says that in deep sleep we reach the same state that we reach in samadhi. The place where the eyes become fixed is the same in deep sleep and in samadhi.

I have told you about these two historical events only to indicate that between your two eyebrows there is a point where this worldly life ceases, and the life of the other world begins. That point is a door. On this side of the door this world flourishes, and inside it there is an unknown world, supernatural.

Here is the importance of the tilak – the vermilion mark – was first devised as an indication and symbol of that unknown world. It cannot be applied just anywhere, and only a person who can place his hand on the forehead and find the spot can tell you where to apply the tilak. There is no use in putting the tilak just anywhere, because the spot is not in exactly the same place on everyone. The third eye is not found in the same place on everyone; it is somewhere above the middle of the two eyebrows on most people.

If someone has meditated for a long time in his past lives and has had a small experience of samadhi, his third eye will be lower down. If no meditation has been done that place is higher up on the

forehead. From the position of that spot, it can be determined what the state of your meditation was in your past life; it will indicate whether any state of samadhi happened to you in your past life.

If it happened often, the spot would have come down lower; it would be at the same level as your eyes – it can't go lower than that. If that spot has come in line with your eyes, then with just a small push one can enter samadhi. In fact the push can be irrelevant; so, many times when someone goes into samadhi without any apparent cause we are surprised.

*Maha Yogi Paramahansa Dr.Rupnathji* has not only realized their true self but also work selflessly to inspire humanity to seek the divinity within them.

## Book Review

# Gayatris, Mantras and Prayers

A Divine Collection for Insights, Protection, Spiritual Growth  
And  
Many Other Blessings

By *Maha Yogi Paramahansa Dr.Rupnathji*

Using mantras or prayers can help us do many things, depending on our intention. First of all, it is an ancient method that has been used successfully to raise our consciousness, our attitude, aim of life, and outlook, and prepare ourselves for perceiving higher states of being.

The Sanskrit mantras within this volume offer such things as the knowledge and insights for spiritual progress, including higher perceptions and understandings of the Absolute or God, as well as the sound vibrations for awakening our higher awareness, invoking the positive energies to help us overcome obstacles and oppositions, or to assist in healing our minds and bodies from disease or negativity. They can provide the means for requesting protection on our spiritual path, or from enemies, ghosts, demons, or for receiving many other benefits. In this way, they offer a process for acquiring blessings of all kinds, both material and spiritual. There is something for every need.

Some of what you will find includes:

The most highly recommended mantras for spiritual realization in this age.

A variety of prayers and gayatris to Krishna, Vishnu and other avatars, Goddess Lakshmi for financial well-being, Shiva, Durga, Ganesh, Devi, Indra, Sarasvati, etc., and Surya the Sun-god, the planets, and for all the days of the week.

Powerful prayers of spiritual insight in Shiva's Song, along with the Bhaja Govindam by Sri Adi Shankaracharya, the Purusha Sukta, Brahma-samhita, Isha Upanishad, Narayana Suktam, and Hanuman Chalisa.

Prayers and mantras to Sri Chaitanya and Nityananda.

Strong prayers for protection from Lord Narasimha.

The protective shield from Lord Narayana, the Narayana Kavacha.

Lists of the 108 names of Lord Krishna, Radhika, Goddess Devi, Shiva, and Sri Rama.

The Vishnu-Sahasranama or thousand names of Vishnu, Balarama, Gopala, Radharani, and additional lists of the sacred names of the Vedic Divinities;

And many other prayers, mantras and stotras for an assortment of blessings and benefits.

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Om Meditation Technique

CHAPTER 2

THE OM MANTRA  
108 NAMES OF LORD GANESH  
A selection of names with translations that can be especially used and chanted on holidays like Holi, etc.

CHAPTER 3  
THE 108 NAMES OF LORD SHIVA  
This is a selection of names and the translations that can be chanted on special occasions, such as Shivaratri, etc. This also contains the Shiva Chalisa and the Shivastakam by Lord Chaitanya.

## CHAPTER 4

### CHANTING THE HARE KRISHNA MAHA-MANTRA

Lord Vishnu's Names are More Powerful than the Greatest Holy Places \* The Power of the Maha-Mantra: How it Works \* Attaining Liberation Through Chanting \* God Inaugurates Chanting the Holy Names \* How to Chant the Maha-Mantra \* Conclusion

## CHAPTER 5

### PRAYERS TO LORD KRISHNA FOR BLESSINGS, PURITY AND AUSPICIOUSNESS

Contains an assortment of prayers and mantras to Lord Krishna, along with portions of the Atharva Vediya Gopala-tapani Upanishad, the Mere Man Mandir, Sri Dasavatara-stotra, the 108 Names of Lord Krishna, and the Sri Nandanandanastakam (prayers to Lord Krishna as Sri Nandanandana), The Krishna Arati, and the Krishna Chalisa. Also has two other prayers on the sacredness of the Lord's holy names, the Sri-Harer Namastakam and the Man Radhe Krishna.

## CHAPTER 6

### THE GOVINDAM PRAYERS FROM BRAHMA-SAMHITA

## CHAPTER 7

### PRAYERS TO SRI SRI RADHARANI AND LORD KRISHNA

Provides a beautiful selection of verses, and two peerless mantras from the Sri Sanatkumara-samhita as advised by Lord Sadashiva.

## CHAPTER 8

### PRAYERS TO SRIMATI RADHARANI, THE QUEEN OF GODDESSES

This presents the Sri Prarthana-paddhati, the Radha-Stuti prayers, two versions of the Sri Radhikastakam, Sri Radha-Kundastakam (prayers to the Radha-kund), Radha Kripa Kataksha, Sri Sri Gandharva Samprarthanastakam, Catu-puspanjali [Stavamala], Sri Vilapa Kusumanjali, The 16 Names of Sri Radha, The 108 Names of Shrimati Radhika, and The 1008 Names of Srimati Radharani, and Sruti-phala: The Result of Hearing These Names.

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This offers various mantras, and Om Jaya Jagadish Hare, and Narayana Suktam (Sahasra Sirsham Devam)

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These are exceptional prayers from the Srimad-Bhagavatam.

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## CHAPTER 18

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This includes the prayers to the great devotee of Lord Rama, Hanuman, and a list of his names and their meanings.

## CHAPTER 19

### PRAYERS TO LORD CHAITANYA AND LORD NITYANANDA

This chapter provides beautiful verses to Lord Chaitanya, followed by His 108 Names, and then prayers to Lord Nityananda, including the Sri Nityanandastaka (Eight Prayers Glorifying Lord Nityananda), 12 Names of the Moonlike Nityananda Prabhu by Sarvabhauma Bhattacharya, My Most Merciful Nitai, My Lord Nitai is the Jewel of All Transcendental Qualities, The Market Place of the Holy Name, This Holy Name is so Sweet, Sri Nityananda Prabhu Never Gets Angry, My Dear Lord Nitai! Please be Merciful to Me, and The Lotus Feet of Lord Nityananda, Prayers to Nitai.

## CHAPTER 20

### THE THOUSAND NAMES OF LORD BALARAMA

This includes chapters 13, and 9 - 12 from the Garga-samhita, which are Sri Balabhadra Sahasra-nama (The Thousand Names of Lord Balarama), Sri Rama-rasa-krida (Lord Balarama's Rasa Dance), Sri Balarama-paddhati-patala (The Paddhati and Patala of Lord Balarama), Sri Balabhadra-stava-raja (The King of Prayers to Lord Balarama), and Sri Balabhadra-stotra-kavaca (The Prayer and Armor of Lord Balarama).

## CHAPTER 21

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form of Lord Nrisimhadave), Nrisimha Gayatris, Sri Nrisimha Pranama, Nrisimha Maha-mantra, and two editions of the Sri Nrisimha Kavacha, Five Prayers by Bhaktivinoda Thakur, Sri Ahovalam Stotram, Sri Nakha Stuti, Sri Narasimha Stuti, The 108 Names of Lord Narasimahadev, Names of Sri Narasimha Yajna, the Sri Lakshmi-Narasimha karuna-rasa-stotra by Adi Shankaracharya, Lord Ramacandra's Nrisimha Pancamrita, Rina-mochana Nrisimha Stotra, Sri Nrisimhashtakam, Sri Nrisimha Ashtakam, the Sri Shanshara-kirta Sri Narasimha Stuti, and the Thousand Names of Lord Narasimha, The Many Shukta of the Rig Veda, and the Sri Nrisimha Astottara Nama Stotram.

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**REFERENCES / INDEX / GLOSSARY / ABOUT MAHA YOGI PARAMAHAMSA DR.RUPNATHJI**

DR.RUPNATHJI( DR.RUPAK NATH )