

Six Hundred Days in Himalayas

Experiences of Sun Yogi

FGG Report

Sunyogi Umashankar is an Indian yogi who has mastered the practice of sunyoga; a means of connecting to the divine, or supreme soul, through direct contact with the sun.

He has led an extraordinary life; he spent 6 years walking around the subcontinent with no money or possessions and has lived for long periods without eating any food, deriving all his energy directly from the sun

Opening Remarks by Mr Kaarthikeyan

Sun Yogi Umashankarji addressed the Foundations for Good Governance earlier on Sun Yoga. Born in a small village called Lachipur in Midnapore district of West Bengal, from childhood he has been inclined towards spirituality. His mother has been his guru. By the age of 18 he has spent a lot of time in learning hatayoga, and committed to universal unity, peace and brotherhood. He is a graduate and also qualified electrical engineer. Then he went to Aurobindo ashram in Pondicherry, attracted by the philosophy of Shri Aurobindo. There, he used to go to the seashore for meditation in the mornings, where without intending to gaze at the sun or do sun meditation, he was attracted by the rising sun and started gazing at the sun. Over a period of time he found the need for food getting reduced day by day. First he had one meal, then ultimately he could stay without food or water even for weeks together.

I had taken him on Kailas Mansarovar Yatra via Katmandu and Lhasa. He was dressed in a dhoti around his waist and a simple cotton towel over his shoulders. He walked barefoot and without any warm clothing even at altitudes above 17,000 feet above sea level. According to him anyone can achieve this by dedicated practice of



Sun Yoga. He spent over 600 days over 11,000 feet above sea level. It was an ashram built long back by one of the Rishis. Last year also he came for a few days and went back. When he returned recently he showed many photographs; we thought Delhites would like to have a look at them and how this man is able to be there all by himself. If there is a strong will power and determination, he says, anything can be achieved.

Sun Yogi Umashankarji

Universal brothers and sisters and my friends, it is my pleasure to share my Himalayan experiences. Before that I would like to say my prayers. Ek Tumhi



Six Hundred Days in Himalayas



Adhaar means you are everything Sadguru. And that is not outside, that is inside. That supreme soul is everything.

My experience of 600 days in Himalayas started on 23 June 2007, from Lachipur, from where I went to the Himalayas. First I went to Nepal, I thought that Mount Everest is suitable for me because that is the high altitude. So, I went to the Mount Everest side. But I was not allowed to stay there for longer period because I was an Indian. There was one hill - Kumbi Ullaho, which I climbed and I came back. People said one cannot go there in few hours; I showed my photographs on top of the hill. Then they said that that was a Muslim hill and a Hindu, Buddhist or Christian who goes there will disappear.

Then I reached Laghu Che, which is very near to the Mount Everest base camp. There was snow fall which I enjoyed. Then I reached the base camp of Mount Everest; I was not allowed to stay there. Then I thought why not India, and that could be Tapovan.

I saw a person called Shimla Baba; he is very old and when he was ten years old he left the family and he devoted his life for spirituality. He spent 40

years in Tapovan where I lived for two years. I saw the vision of him. I requested him to allow me to stay for two years for meditation. Then I saw through my vision I will get his permission. When I returned from Mount Everest base camp, immediately I reached Tapovan and then I reached his cottage. He was not there and I stayed for three days and somebody told that I have to get his permission.

From Tapovan to Gangotri, I came down within 3 hours 45 minutes because my first aim was to see him and get permission for my sadhana. Normally it takes minimum 8 hours from Tapovan to Gangotri. I saw him and he told me that I have to arrange everything for myself. Then I told him that I needed only his blessing which is enough for me. He asked me to come the next day; when I went there the next morning he asked me not to think about anything. He promised me to provide everything, and asked me to meditate and not leave. I said one day I have to die, so why would I try to leave. I went to do my sadhana. There was one big rock in the middle of the river Ganges. Then I asked the saint, please bless me I should not be the rock, I want to be the river Ganges water. Then he asked why. I told that the stone is symbol of ego. We all have strong egos and we can't destroy that. River is unconditional love and I want to be that unconditional love. Through the unconditional love I want to break the ego. Then he understood my thought and he was very happy and then I reached Tapovan. On the one side is Bhagirathi hill; there are three peaks of Bhagirathi, one is 6800 odd meters. On the left side is Bhagirathi III which is 6400 meters and the second peak was 6600 meters.

The deers around the Tapovan are my inspiration; they walk and jump. How they can live without clothes, without

I want to be the river Ganges water and not a Stone. Stone is symbol of ego. We all have strong egos and we can't destroy that. River is unconditional love and I want to be that unconditional love. Through the unconditional love I want to break the ego

house, and amidst too much snow falling? For about three days it was 5 feet snow was there and they were covered by snow up to their necks. Then I felt, one night a group of about 50 deers were standing in the snow and then I felt they might have dead. I was praying to God, to save us. God is protecting everybody, it is not necessary to pray. In the morning I wanted to go there but felt that I too will be trapped. But when the sun rose, the deers started jumping and playing in the snow, I was surprised. So I thought inside my body I have the same capacity and through meditation we can develop that. I know before that Sun meditation can give us that much strength. Whether it is cold or hot, the physical body can feel little bit it can be resisted. So they were my inspiration.

One day I was looking at the sky of Tapovan, beautiful sky. I was trying to project that through a camera because everybody cannot reach there and everybody cannot stay in winter also. I was alone in that cottage and nobody was there and I took as many photographs as I can. I took 6000 beautiful photographs. It was impossible to project the whole sky at a time. Then I saw two stars (milky ways) as a cross, from the eastern part and western part and they were connected at the north side of the earth. Bears used to come there. Sometimes they might have attacked human but I have some videos also of a snow bear running away which I will show you at the end. I saw the snow leopards also. But by the time I took my camera, they went away. I was unlucky I could not get the snow leopard's photographs. This is the foot print of snow bear. There are also flowers of snow; There are so many different types of medicinal plants are there. Himalayas is a wealth of everything.

I lived in a winter cottage for two years. Snow could sometime be 10-15 feet.

Every day I have to clear the snow and come out. At that time cold is around minus 40 to 50 degrees; at minus 50 degrees, even gloves are not sufficient. I have one kerosene stove; when I need a glass of water, I have to melt the snow for half an hour and then I will get a glass of water. Sometimes the stove does not work and in that climate normal people have no other way but to die. Oxygen also is very less in this place. I was alone there in that cave during winter and nobody was there.

The surroundings of Tapovan are called Kedardum parbat. On the other side there is a Shivling and on the left side there is the Kedarnath parbat. Down the Kedarnath parbat is Kedarnath temple. It is impossible to go that way because it is so steep at 3000 mts; one has to go to Kedarnath on a different route.

Meru Parbat and Sumeru Parbat are wonderful places and are my winter friends. Two mynas used to come everyday, yellow beak and black as a crow but they are mynas. I am a lucky person, for they eat food from my hand. Those birds have faith in me, they trusted me and then I felt O' God how you blessed me. During summer more than 100 mynas used to come at a time, I used to cook food for them and I used to feed them. In winters, they would come at 6am and sit at my hut; I felt that sometime they are calling me by my name. I used to get up at 4am every day and I used to do meditation inside and when they would call me I used to answer I am here. I used to give food in the mornings also but at that moment they could not eat at that time. I thought they are coming for food and gave them food but they did not eat. Then I felt they came to see me only. But after sunlight came and I gave the food they would eat it.

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Meru parbat, which is more than 6700 meters in Tapovan area is also my friend, so is a mouse there. In winters they were my friend. During the day time myna was my friend and in the night time the mouse was my friend. When I sit for meditation one mouse will come and sit on my right lap and another mouse will come and sit on my left lap. That also I felt that I am lucky, though they are very small but God is everywhere and life is there and that life trusted me. Those two years were very enjoyable years. There is a snow Shivling which starts forming in November and stands up to April. After April it would melt away and disappear. Amarnath shivling is formed inside a cave but this is in the open place.

Once I went from Tapovan to Badrinath. This is a very dangerous route. I crossed the Kalindi pass and when I reached Badrinath then I saw the Nilgiri hill. One of my Nepalese friends donated two tents so that I can live in the Himalayas. One day along with two saints I planned to go to Vasuki tal, which is two days journey from Tapovan on top of the hill. We had only one and half liters kerosene and three days food for all. When we reached that Vasuki tal, before the Vasuki tal, 200m we have to climb up on a narrow path. There was no holding

place, we have to hold loose rocks and climb up and if we slip we fall 200m down into the glacier. That is so much risky but with lot of patience we reached Vasuki tal and after reaching Vasuki tal the two saints told me we will not return to Tapovan and we will go to Bardinath.

I prevented them saying that it is risky to go in that route and we need permission to go that way otherwise they may be imprisoned. Then they said we are saints, if we are imprisoned we can do our sadhana there. When I could not stop them then I followed them. When we were going there, there was 1.5km wide glacier and there is no way to cross that glacier. With great difficulty we crossed that and when we reached the base camp of Kalindi pass we started walking and 2km from the base camp I saw a dead body. Last year 6 persons died in that area despite having all the equipment and satellite phones etc. and we are going without any equipment. After reaching Kalindi pass it took 4-5 hours, and it was noon time. So we stopped there for night. Nobody stops there because that place is so windy that it can blow two persons along with the tent. But we are lucky and when I reached the top immediately snow fall started. It snowed for two hours and there after it was quiet. In the early morning it was crystal clear weather. We started the next morning to cross the 10km glacier. I took out my clothes and made ropes out of them. One person was at the front, there is one in the middle and I was at the end of the rope. Half a kilometer after our journey one person got stuck inside. However, we crossed this dangerous path and reached Badrinath.

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determination. Nobody could reach there but foreigners used to reach there. There is a Gangotri temple, where they celebrate a festival called Ganga Saptami festival, where 1 lakh 25 thousand candles were lit. At all the four dhams – Gangotri, Yamunotri, Kedarnath, Badrinath – Ganga Tulsi is given as prasadam. It has a very nice smell which remains for a long time. I found another medicinal plant there which gives us warmth. One might have heard that there are so many saints in Himalayas, who eat that plant to keep their body warm. I have tried one leaf and I felt by body warm and the hunger is also very less. This is a very powerful medicinal plant. There are many medicinal plants.

In the Muktinath temple in Nepal, one can see nine suns. Somebody asked me Swamiji did you see two suns, I replied, not two suns I saw so many suns and took photographs also. You can count that 9 suns are there in this square. There are so many reflections of sun in red, green, blue are there. This is the effect of global warming.

I will share some of my spiritual experiences. I saw the 29 chakras in our body. First year when I was meditating I saw a light coming from the sky and inside the light I saw Mahavatar Babaji's alive body. I do believe he is still alive. I never asked him anything but I know that when I need something he will bless me because I have his blessings from childhood. When I was there then I saw him, I was enjoying and I kept on walking immediately one after another all the chakras started to open and I never expected this thing to happen. There are seven chakras inside the body, 11 chakras above the body and 11 chakras below the mulaadar. So in total there are 29 chakras and when I reached Plus 14 point I saw beautiful things of creation of universe. If you are interested then I will go in detail, how the blackholes are moving like a pendulum and at the centre

is the universal magnetic force and the secondary centre is the receiver which is receiving the magnetic force from the space and how energy is changing by that disbalance and how the galaxies, stars and planets and satellites (moons) are created, and then I got the vision that the satellites are also divided and I named them atomic satellites.

The seven chakras is related to nature, sansar is blackhole of universe. Artha chakra is the blackhole of galaxies, visuddha chakras is the blackhole of sun. Anatha chakra is blackhole of earth, nabhi chakra is blackhole of moon, swadistham chakra is blackhole of atomic satellite, muladhar chakra is related to blackhole of molecular satellites. I was not eating and now also it is not necessary to eat but I have started to eat. Suppose you are going from Delhi to Calcutta, once you got the confirmed ticket, do you have to get down at every station and buy your ticket every time, is it necessary? No. Once you got the ticket then definitely you will reach your destination. Similarly, eating and drinking are the stations of our life. These are one of the siddhis. It is positive siddhi and it makes no harm to anybody. But that positive siddhi also brings us to our ultimate goal.

I have got higher experiences through meditation. Then I felt that not eating, not drinking, not sleeping is not the end. There must be

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something behind and I am a researcher of that. I have right to research me. I have the right to test me, I have no right to test you. When I saw the 29 chakras, plus six chakras was conquer of hunger stage, plus 7 chakras is conquer of thirst stage, another plus 7 chakras is the higher stages. Now also I am ready to stay without food and without water with same capacity. I never lost my capacity. For 12 years I was trying, I was enjoying that siddhi stage. I can eat very little now just to show that it is not the end.

Questions and Responses

Question: You have meditated in Pondicherry, you have meditated in an urban environment like our home and then you meditated at a place which is completely isolated, what is the difference which you found there. Another questions is Hanuman Chalisa talks about large number of siddhis did you get some siddhis of that nature which are described there which you can pass it on to others for some social cause or this leads only to your own peace of mind that you spend a lot of time having complete solace and all that and we finish our life like that.

Shri Umashankarji: If I am standing here, it is for a social cause. If the receiver is not strong it cannot receive the signal. Here you cannot see television though television frequency is everywhere. If you put a television then also you cannot see the picture. You have to add electricity. After adding electricity also you cannot see the picture. You have to connect it with a receiver or an antenna. We are already surrounded by the society, that vibration is positive for the

society, it will work and it is working.

Why I came here is because some people can connect to me and charge themselves. Siddhis are there. All yogis have so many higher siddhis. Siddhi and yoga are not equal. Siddhi is of a lower grade and yoga is the connection between soul to supreme soul, inner cosmos to universal cosmos. The siddhis are also of two types. One is evil siddhi and the other is divine siddhi. Before the Samadhi stage we also get so many siddhis. The siddhis like walking on water and things like that are only for attraction, for name or fame. That kind of siddhis come before Samadhi and then in the pruktaharam stage we can control the material desires, and that power if you look it could be, if you say it could be, that kind of siddhi we can have. But if we stop there, then we cannot reach the Samadhi. After Samadhi also so many siddhis are there. After Samadhi I got conquer of hunger, conquer of thirst, it is not for name or fame but siddhi is siddhi, siddhi is blocking us from higher experience. So, yogis have siddhis but it is not for selfishness, it is not for attraction. We need to apply this siddhi for the society. I talked about 29 chakras, Samadhi is a connection between +5 and -5. Another 9 higher siddhis are there but my purpose of living is I don't want to stop at siddhis but go higher and higher. Though I got the 29 chakras I know very little of the universe. It is impossible to know everything about the universe. The knowledge I got is very minimum.