

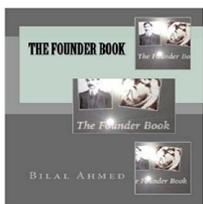
# The Founder Book

Subtitle: Lifestyle

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The art of the founder is jump any way possible, to grow. Hence this book, is documented as adventures of a founder, growth hacking venture capital, politics, music celebrities and many others. The truth is if you can convince 1% top influencers, the rest of the population follows. People are looking for the right message, hence when they see synergy, they believe. They know. The book jumps backwards, like in the movie Memento. On September 12th, 2015 1:30pm, a massive fire erupts from Cobb Mountain California, directly shooting towards Harbin Hot Springs. The books describes my devotion to the gurus. From living in Sivananda Ashram in San Francisco, California from 2012 - 2014, to Harbin Hot Springs from 2013 - 2015 and Zen Master, to the present, working with venture capital, music, politics and technology. Whether working for Harbin Hot Springs, or many other things. However, the gratitude goes to the teachers and the gurus, that gave me the opportunity to serve them.



## Chapter: What is social media sadhana according to sivananda organization? i.e. Spiritual Practice of a Yogi outside the Ashram.

The sivananda organization hasn't taken a stance on many critical issues of today. While I was living at the Sivananda ashram in San Francisco California, many swamis came by and visited. I met with the top people of the organization and had food. We had discussions around social media in many cases. The Sivananda parent is in Grass Valley California, where Swami Vishnudevananda build a huge farm. While having lunch with the swami, many times the question of facebook usage came up. Some of the top swami disagreed with the usage of facebook because it distracts from sadhana, which is the deep spiritual practice. I remember, while I was doing deep sadhana earlier, before joining Sivananda, I wouldn't answer my phone calls or check emails for days. This is so my mind can stay on practice of yoga, rather being distracted all over the place. Once you develop single point focus, or dhyana, or zen, then you can focus on multiple things, while still being grounded. On the other hand, once a good sadhana in concentration is established, it's important to go back into the real world and gently make it better. In order for good change to happen, we have to make good actions. Our senses need to be awakened so we are aware of what's going on around us. Hence, the usage of Facebook is critical. The balanced needs to be established within. However, social media is huge for yoga. In the past, Swami Vishnudevananda traveled to Germany, crossing the Berlin wall, throwing flyers at people, teaching them yoga. He was arrested, and taken down from his private plane. His purpose was simple. To spread Vedanta in areas never done before.



## Chapter: What are gunas in Indian astrology? i.e. Positive, Negative and Neutral Energy Points in Bhagavad Gita

The whole creation works in the rhythm of creation, preservation and destruction, which is called God, or Maya, the physical form of God. The formless form of God is nada, or silence that is ever watching the show. However, because of the Soul's feel, the energy reacts. The energy of creation, preservation and destruction is created by individuals, which then have an affect on other individuals, that are adjacent. Because of this action and reaction, and especially if the practice encounters energy vortexes on earth, change starts to happen. The change happens on the astral level, as well as physical level, in between individuals and places. The karma starts to take place, because at the root of all is karma, the balancing equation between tamas (darkness or destruction), rajas (active or preservation) and satva (creation or purity). Tamas - dark - dullness - lies - envy - distrustful - deceit, Rajas - active - movement - action, Satva - purity -

prayer - goodness, God is the soul, but also the mover, in the form of shakti, the energy aspect, which is always circulating, based on karma. All it takes it two people, a male and a female, to get enlightened, balance their chakras, according to the vedas, similar to Abraham and Sarah, and it turns the whole Universe in motion. The fast acting karma, where lots of things begin to happen quickly and simultaneously. Adi Shankaracharya, in India taught the practice of nada, or silence. If you can witness silence, you are moksha, or liberated. Then meditate on the silence, and turn your whole existence towards the silence, or the soul. Then you can watch the energy, or shakti circulate around you. Once the practitioner reaches this stage, where identification of silence and shakti happens, magic begins. In my case, I diverted all my focus of my yoga into startups, food, venture capital and social networking. The practice of yoga doesn't limit, rather enhance the supernatural abilities. As a result, I published many books on yoga, startups, venture capital, social pyramids and now a book, especially for the founders of tomorrow.



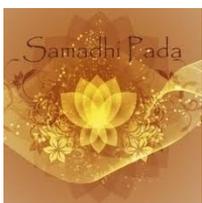
## Chapter: Sivananda ashram 2012 - 2014 August - The Path of a Yogi

I spend exactly two years at Sivananda Ashram in San Francisco California, from August 1st 2012 to August 1 2014, when it shut down. All the yogis then moved out of the ashram and were displaced. I moved in with a zen master to further my learnings. In the process, I learned a great deal about dao, tao, water, hydration, shaolin monks, kung fu and many other ancient chinese secrets. Sivananda was a Shiva incarnation. I studied his guru, Shankaracharya, who was a Shiva disciple. The vedanta flew out in words of Sivananda, and touch the soul, like One. There is never a doubt or single mistake in the teachings, as if vedanta is received by the chosen ones, in flow. The similar is the case with other great teachers, Jesus, who is also a Shiva, or Sivananda incarnation. Making sense out of the divine blue prints is really the true understanding of vedanta, which is find God in people. Sivananda, a maha yogi in early 1900s, trained many yogis. His greatness, an antidote to all the massive killings happening in India at that time, during the Pakistan and India separation. Sivananda compiled three hundred books on yoga in English, really upset the Brahmins, and send his students and yogis out west. Swami Vishnudevananda and Swami Satchidananda, two disciples sent to San Francisco. Swami Vishnudevananda, a Vishnu or Krishna incarnation, taught thirty five hundred yogi teachers, who taught billions yoga.



# Chapter: I have lots of ideas for a yoga business but don't know how to start. What should I do?

There has been many yogis that I have worked in the past, that are working hard towards building up their small business. Social media has been a huge advantage, because the word can be spread quickly. The best business will always come forward and shine. There is a wave of new yogis in San Francisco, California where you see yoga mats everywhere. People are becoming really health conscious, so this trend will continue. There were many yoga mats at Harbin Hot Springs, burned down by valley fire on September 12th 2015. The newsletter is the best way to start. Take email address of every customer and create a mailing list. There are many tools which allow importing of address books and create a mailing list. Then through template designer programs on the internet, the newsletter can be constructed. It is very important to connect with your audience on a regular basis. I send lots of newsletters to my audience, displaying by images or simple texts of my progress. The website has to be present. Every twitter or social media account requires a web link, pointing back to the website. The website can be simple, a three page website from GoDaddy will work. The website should contain a simple message, services, contacts and links to social media, back to twitter and facebook. I helped the ashrams at Sivananda and Brahmananda, helped with all their needs with social media. I setup auto tweets for many yogis and ashrams, so the guru messages are always periodically sent out. The yogis don't have time to be on twitter and facebook all the time. However, much of the work with the yogis was thankless at best, in terms of return on investment, on time. Yoga business is very difficult for individuals currently in San Francisco. There are too many teachers, psychics, healers, so I highly recommend a day job, for earning and money, and night time to pursue yoga and teachings. The spiritual work could be very expensive to personal life, so there needs to be a balance. Have a skill in hand, so money is coming in, while spirituality is obtained. Similar things happened to be while I was working with the zen master. There were brilliant spiritualists, that were practising dao with the master. However, they forgot their way to life, and became completely dependent on the master. To the point, the master was very disappointed with their actions and wanted them to leave. Overtime, the students lost all respect to the master. At Sivananda, some of the head teachers had huge ambitions, to the point of destruction of the ashram in San Francisco. Live moves on, the other students that were displaced found new homes. However, the heads still couldn't start a business and the ashram was lost. Here is another example where proper mentorship and guidance could have prevented the destruction. It's important to go slow and not fall. Many students want to build their own ashrams, within the Sivananda organization, having no idea how to make money, or the skill to generate revenue. Their only hope is for somebody with money to come along the way, so they can get money out. These are just positive critiques to help be more mindful for our actions. Once we make changes on our side, the other side automatically improves.



# Chapter: Was Jesus a Vedantin? And did he practice Tantra Yoga with Mary Magdalene? And He lived in India? And was He American White? With Long White Hair and Blue Eyes with a Beard?

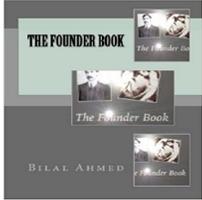
There has been a lot of study about Jesus spending time in India. Jesus, being the ultimate founder, having a game plan, that has lasted for thousands of years, to spread enlightenment, in the most peaceful way. A vedantin is someone that has had witness God, through deep spiritual practices. Through Vedanta, the person identifies silence, nada, or the soul, with shakti, energy or the mother, and develop supernatural abilities. Jesus possessed such abilities. The missing years of Jesus are described him leaving Israel, towards Egypt, where he meets Mary Magdalene and then towards India. In India, he learned Vedanta for a number of years. He also spend time in Ladakh, Tibet and his writings are still found in that area. He came back to Israel, vegan, coming from India, and truly understanding the implication of no animal cruelty. He had issues with Peter and the Government, especially towards animal cruelty. He survived the crucifixion, due to his advanced vedanta abilities and healing powers and came back to India. Most of this is documented in the movie from Sundance Film Festival, Jesus Lived in India. There is much documentation regarding his grave being in Srinagar, India.



## Chapter: Introduction - The Founder Book

The art of the founder is jump any way possible, to grow. Hence this book, is documented as adventures of a founder, growth hacking venture capital, politics, music celebrities and many others. The truth is if you can convince 1% top influencers, the rest of the population follows. People are looking for the right message, hence when they see synergy, they believe. They know. The book jumps backwards, like in the movie Memento. On September 12th, 2015 1:30pm, a massive fire erupts from Cobb Mountain California, directly shooting towards Harbin Hot Springs. My book, The Social Book, was published a day ago, on September 11th, 2015. I documented the story, provided all evidence on twitter. I received 25% followers over the weekend on Twitter. Previous to the accident at Harbin Hot Springs, I was publicly supporting Hillary Clinton, and creating disruption across many demographics of people. I ran campaigns for her, including email, twitter and growth hacking my way across her competition, including Jeb Bush and Donald Trump. They knew. I also growth hacked the music industry with the help of Snoop Dogg and P Diddy, previous to working for Hillary Clinton. I found clear evidence for the Virginia Shooting and shared across social media. In the previous, I deeply connected with Aaliyah, who died in a plane crash, although seems to be a murder. I deeply connected with Suge

Knight, who I consider to be the protector of Tupac Shakur. I also deeply connected with P Diddy for Notorious B.I.G. and Snoop Dogg for Tupac Shakur. The books describes my devotion to the gurus. From living in Sivananda Ashram in San Francisco, California from 2012 - 2014, to Harbin Hot Springs from 2013 - 2015 and Zen Master, to the present, working with venture capital, music, politics and technology. Whether working for Harbin Hot Springs, or many other things. However, the gratitude goes to the teachers and the gurus, that gave me the opportunity to serve them.



## Chapter: Tantra Yoga - Sacred union of a couple

Many religions completely misunderstand the meaning of love. Without love, nothing happens. In Vedanta, the theory of yoga, tantra yoga is well-defined. Only through love, we can know the real meaning of God. I have been practicing tantra yoga, chakra yoga for over 15 years. My start was at Brahmananda Ashram, San Francisco, California in 2000. Now I am considered the most advanced yogi for chakra, kundalini, akasha and nada yoga. These experiences only manifest through practice. I can activate your kundalini by a touch. Astral Sex and Kundalini Awakening - In this blog, find my experiences of Kundalini and how it relates to a couple making love. Kundalini Awakening Sexual practices - Not just theory, but more practice and experiences with my soul-mate. The Serpent (snake) and Kundalini - Practice of kundalini and chakra activates the snake which is visible to the practitioner. Soul-mate - Soul-mates can hear each other's thoughts and feel each other's pain.



## Chapter: Hoberg's Resort and Maharishi Mahesh Yogi - On Native American Sacred Waters

As the mourning continues in Northern California, with Valley Fire, that destroyed over 73000 acres and over 600 homes. The fire started from Cobb Mountain, down towards Middletown. The shed, where the fire started is being currently investigated. My company, mytweetmark covered the whole story, and broadcast on social media channels. Snoop Dogg, P Diddy, Hillary Clinton, Marc Andreessen and Dave McClure, witnessing the events. Harbin Hot Springs was destroyed, as well as the parent spa up on Cobb Mountain, called Hoberg's Resort. Hoberg's Resort attracted celebrities, athletes from all over the world, providing the best air in the world because of



there are many witnesses. However, by spring of 2015, there was a lot of jealousy, among friends towards me. They started targeting me as their energy, purely because of envy. I was kicked out of Harbin Hot Springs in April 2015, never to come back. Only to find out on September 12th, 2015, when a friend from the smoking deck, a resident called me, and told me about the fire.



## Chapter: Brahmananda - Founder of yoga society of San Francisco and New York

Brahmananda, was a yogi, sent by his teacher, Baba Ji of Bombay in 1940s to teach the west yoga. He build two ashrams. The yoga society of san francisco, which is paid for, with a valuation of a couple of million in Mission District, San Francisco, California. The other in upstate New York, yoga society of New York. My first encounter with Brahmananda in flesh body was in 2000 while I was partying a lot in San Francisco. I was on Haight Street, at a voodoo store, and the storekeeper mentioned that I must go to the Brahmananda Ashram on Folsom Street. I wasn't a yogi back then, but I was a mystic, being troubled with a girl that I was then interested in, I showed up at the ashram. I met one of the disciples of Brahmananda, who served him before 1993, his maha samadhi, or death. He taught me how to open and close my chakras and I started practicing, fourteen hours a day and opened up all my chakras within days and months. Brahmananda was a doctor, a heart surgeon and a brain surgeon. He did tests on dead bodies, trying to make human and astral connections. Once he pass away, a mysterious cat showed up in the ashram between 1993 and 2000 and entertained everyone. It disappeared shortly after. I went back to the ashram in 2011, having practiced tantra, chakra yoga for 11 years and the manager asked whether I went to his room upstairs. I spend time in his room and started connecting with his astral energy directly. I stayed in the ashram for almost a year, between 2011 and 2012 and practiced yoga. Everyone in the ashram knew that I was one of the deepest practitioner of yoga. My kundalini opened up for the second time, first time being in 2000. Both sides of the kundalini were fully awake, the male and the female side. I had many darshans, the sacred visions, due to the practice of yoga. Before moving to Sivananda ashram in 2012, I had a clear vision that Sivananda has spoken to the head of the ashram and it's my time for being there. The cards were placed. The practice at Brahmananda was necessary for my next adventure at the Sivananda ashram, where I practiced, but also took the traits of Swami Vishnudevananda, the work ethic, and the focus of Swami Sivananda, the ability to write. As soon as I moved from Brahmananda Ashram to Sivananda Ashram in 2012, I started writing blogs about my practice, recreated drspirit.com blog website, distributed millions of pageviews of vedanta on twitter and facebook. This was never been done before. The ashrams don't have the knowledge or capacity to go so far and wide, as mytweetmark, my startup. Where the rubber meets the road, hence mytweetmark is the Mr Robot for vedanta, spreading spiritual yoga knowledge to millions.



## Chapter: When the British divided India, why did they put Mohenjo Daro (Krishna's birth place) in Pakistan?

The British Indo-Pak study is a masterpiece. The story goes back to the mughal emperors in India. Going back to Akbar, whose wife was Jodha Bai, a Hindu. Jodha Bai's uncle, Maan Singh, is my ancestor. Akbar's son, Jahangir had a thirst of power and had clashes with the sufis, the hierarchy or the spiritual heads of love and peace of Islam. Overtime, the sufis have been reduced in numbers, and many shrines destroyed. Jahangir allowed other civilization to take over India, especially the Portuguese. They had naval base in India and they had sea route established before Britain. British, sent ships to India at the end of 1500 and beginning of 1600 era. British had success in early 1600s with India, after defeating Portugal with Naval battles. Portuguese supported Muslims in India and British supported Hindu. The British traded through East India Company, that not only provided trades but weapons. Overtime, East India Company was responsible for private security in India and the mobs ran through them. Shah Jahan was Jahangir's son and he had a few sons. He claimed his oldest son Dara Sheko, as the king heir, however the younger sons battled for the throne, and killed both Shah Jahan and Dara Sheko. The British were behind the whole saga and bringing down the mughal empire. Aurangzeb was a very weak mughal, compared to Dara Sheko, although British handed Aurangzeb the throne. By 1857, the British Government bought all shares of East India Company. The country went through a civil war for almost 90 years. India and Pakistan broke into two countries, with Bangladesh as an outlier, to be separated later in 1971. British deliberately broke down India and Pakistan in such a way, for example Mohenjo Daro in Pakistan, for further clashes in the future. Many of the sacred muslim saint graves are in India.



## Chapter: Harbin Hot Springs - Native American Holy Waters, Northern California

Harbin Hot Springs burned down September 12th, 2015 through Valley Fire. I spend almost a year at Harbin Hot Springs, where clothing is optional. I meditated, and talked to many people about vedanta, nada, sound of silence, and shakti, which is the mother energy. Many people were enlightened, however there is a dark shadow with Harbin. There are some very dark people. I

was kicked out of Harbin Hot Springs, in April 2015 for breaking a wine bottle by accident, in front of the office. I helped them clean it up, however next morning, we found a letter, outside our bedroom, that we should leave the premises. I never heard back from them. Our prayers and blessings go out to them, and the crew. I finished writing The Social Book on September 11, 2015 and this event happened the following day, on September 12th, 2015 1:30pm. The same day was also my 1 year anniversary with my girlfriend, that I met at Harbin Hot Springs, on September 12th, 2014.

