

For an enriched viewing experience, mail client users are requested to allow picture downloads to their inbox.



In This Issue

[Gems of Wisdom - Shree Maharaji](#)

[Announcements](#)

[Upcoming Events](#)

[Did You Know?](#)

[Current News](#)

[Satsang - Jagadguru Shree Kripaluji Maharaj](#)

[Secrets of Spiritual Sadhana- Swami Mukundananda](#)

[Ask Swamiji](#)

[Fresno Retreat With Swamiji](#)

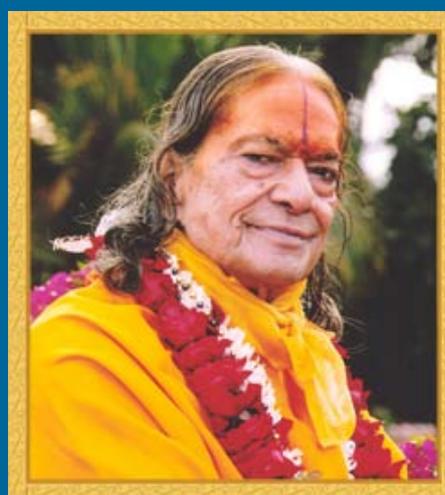
[Bal-Mukund](#)

[Jagadguru Kripaluji Yog](#)

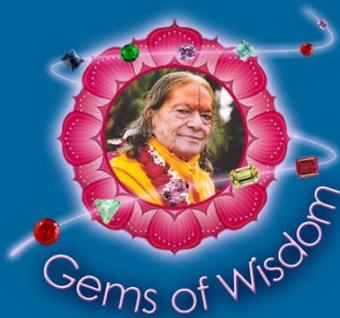
Welcome to the Jagadguru Kripaluji Yog e-Magazine

Satsang

by Jagadguru Shree Kripaluji Maharaj



Till now, we have understood that it is mainly the mind and the intellect that must associate with the Saint. And of these two, the intellect is more important. The mind is merely a servant of the intellect. It simply does what the intellect tells it to do. We must



Only that person can taste the Bliss of Divine love, who desires nothing against the desire of God and Guru.

Keep decorating your thoughts with the ornaments of selfless love, generosity, forgiveness, gratitude, serenity, simplicity, honesty, etc.

Inspire yourself constantly by bringing Divine knowledge to your intellect. Then guide the mind in accordance with that knowledge.

Think of all the blessings of God and Guru upon you, and be grateful for them. Our gratitude will attract further blessings from them.

The biggest enemy of a spiritual aspirant is pride, according to Sage Narad, in his Bhakti Sutras.

Make purification of your heart as the goal, and remember that it takes place by facing difficult situations as tests, and passing them.

These tweets were sent by Swamiji from his Twitter account, to remind us of the eternal spiritual principles, as taught by Jagadguru Shree Kripaluji Maharaj.

learn to control the mind with the intellect that God has given to us.

Even a little child controls his mind with his intellect. When he goes to school and sees hot *jalebis* (An Indian sweet) being made in a sweet shop on the way, his mouth starts watering. He wishes to eat the sweets, but has no money with him. He thinks to himself, "Go ahead! Steal the *jalebis*." Then he thinks, "No, No! If I am caught, I will get a beating. Just keep going to school." The child looks longingly at the *jalebis*, and yet keeps walking. What has he done? He has controlled his mind. The mind could have instructed the hand, "Hey! Pick up the *jalebis*." But, it could not give this order to the hand, against the decision of the intellect.

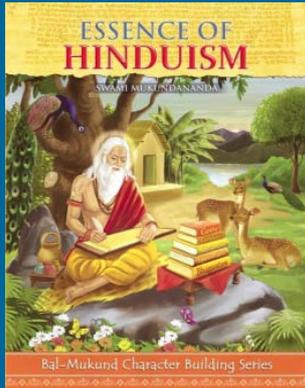
Of all the tasks that we do in the world, there are very few that are in accordance with the desires of the mind. We do most of our jobs in spite of the opposition of the mind. Look at you people gathered here. You have left your homes to come here and do *sadhana* (devotion). I accept that you have great devotional feelings, and have renounced a lot to be here. Yet, in the morning when the wake-up bell rings, your mind does not want you to get out of bed. You do so only because you have to. You reason to yourself, "I must get up. If I don't then I will get a scolding from Maharajji." You get up forcibly. It is the same in your homes. When the child is woken up by his parents, he does not like it, but gets up anyway. And the parents do not wish to get out of bed themselves! They do it forcibly too. Dad gets out of bed because he has to go to work. Mummy gets out of bed, because she has to make breakfast.

All day long, you do many tasks against the desires of your mind - as a mere act, a show, a drama. You welcome someone who comes to your house, though from within you don't desire to receive him. It can be said that ninety nine percent of your works are done merely because you have to, and not because you want to. Since the mind is your servant, it does what the intellect instructs it to do; it cannot revolt against the intellect. This intellect is a great power that God has given us, and we must use it to control the mind. But, we accept defeat before the urges of the mind. We do what the mind wishes, instead of following the orders of our intellect. We must make the intellect govern the mind, and not allow the mind to govern the intellect.

Now let's talk about the intellect. In every lifetime, our faulty intellect has prevented us from associating with Saints. Our pride comes in between and we think, "I am a B.A.; I am an M.A.; I have a Ph.D. My hair did not turn white in the hot Sun; it has turned grey from a long life of experience. How can I blindly accept

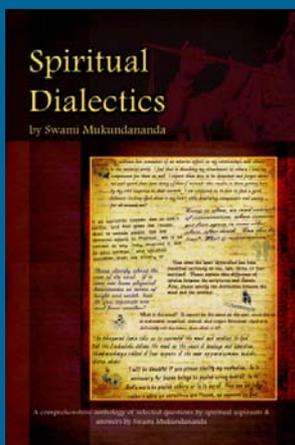
Announcements

New Books Released!!



JKYog is pleased to announce the release of many new books this year. Some of them have just come from the press.

Essence of Hinduism - This book has been written with the goal of teaching perennial principles of *Sanātan Dharma*, or the Eternal Religion by covering the important teachings of all the Vedic scriptures. The subject matter is presented in a manner, which is comprehensible to everyone, including westerners and youth. At the same time, each concept is treated with philosophic depth for the satisfaction of the more learned and erudite readers.



Spiritual Dialectics - This book is a compilation of the doubts lingering in the minds of people across the world regarding life, duty, philosophy and the

Tulsidas and Soordas as Saints?" Our intellect always questioned the actions of Saints, "Why does he wear these clothes? Why does he sit like this? Why does he stand like this? Why does he talk like this?" We always did the same in all the lifetimes. We even criticized God, then why would we spare the Saints?

The Scriptures, God and the Saints unanimously state that when God bestows his Grace, He takes away our material possessions.

*taṁ bhraṁśhayāmi sampadbhyo yasya che
chchhāmyanugraham*

yasyāhamanugrihyāmi hariṣhyetaddhana śhanaiḥ

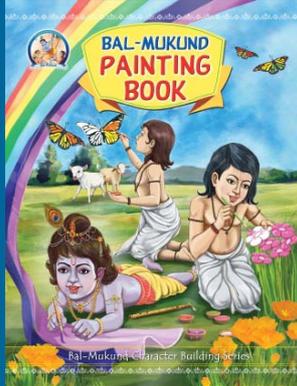
(Shrimad Bhagavatam)

But, we do not accept this truth. We think, "This cannot be. The one whom God graces becomes a billionaire. If he is childless, God gives him a child. If he doesn't have a mother, God provides him with a mother. If he is fatherless, God gives him a legal guardian." In other words, our personal philosophy is that when God or the Saints grace us, they give us worldly possessions. But, the statement of God and the Saints is the opposite of this. So, a fight arises between our intellect and God's words. The intellect says, "I don't accept this point." "But, the Vedas are saying it, and so is the Bhagavatam." "They may be saying it, but I cannot agree." There is not one amongst you who would say on receiving an insult, "This is good for me"; who on becoming ill, losing wealth or on the death of loved one, would say, "This is the grace of God." Does anyone of you have the courage to say this?

Your faulty intellect does not allow you to associate with the Saint. It clashes with the principles of the Scriptures, God and the Saints. So, then how are we associating with the Saints? Association means accepting their words fully from within. If the Guru scolds you, how many of you feel, "Look at the grace I have received today. My Guru has personally scolded me." Sit by yourself and reflect on this. What is the state of your intellect? You do not feel fortunate on being scolded by your Guru; on the contrary, your mood gets spoilt. You may not say this on his face, but from within you become extremely annoyed. "He scolded me in front of everyone. I would not have minded if he had scolded me in private." How dear respect is to you! You desire respect despite the fact that you are a slave of lust, anger, greed, attachment and ignorance. Yet, you are not prepared to be reproached for these even by your Guru. This is the condition of your intellect!

This means your intellect is not associating with the Saint. Once it surrenders, the mind will follow automatically. So, you must attach the intellect to the instructions of the Guru, and upon receiving them, be overwhelmed with gratitude. You should

scriptures. Thus, making the discussions available as a reference source for sincere seekers worldwide, who are looking for answers to their own questions.

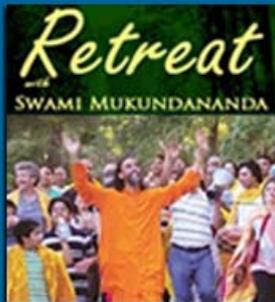


Bal-Mukund Painting Book - Add colours to child's life with the brand new Bal-Mukund Painting Book. It contains Shree Krishna's and many devotional stories illustrations for painting.

Order your copy NOW!!

Be a part of the Spiritual Retreats with Swamiji!

Devotees have another opportunity to immerse themselves in Spiritual Bliss with Swamiji!



Danbury, CT
July 2nd to 4th, 2011

Trinity, TX
Sept 3rd to 5th, 2011

**Register Now
View Details**

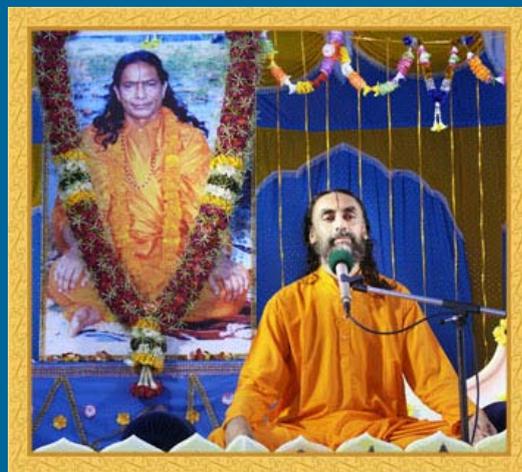
Rejoice the special moments spent in devotion and Divine

realize his grace in his every instruction. Not when he praises you; when he criticizes you, insults you, scolds you, or reveals your faults, you should feel overjoyed from within. If you can think in this manner, it means that you are surrendering the intellect, and now your destination is certain. When this golden day arrives, your work will be done. Until you accept this from within, you are only fooling yourself by thinking that you are surrendered to God and the Guru. And even if you are, it is only one percent or ten percent. That is all! However, you feel from within, "I am fully surrendered, am I not? Yes I am." But, to whom was the question put? The intellect. It is this intellect itself that is the cause of your ruin, and yet you are asking it. Do you think it would pass judgment against itself?

So, if you truly associate with a Saint, it will not take you long to reach your destination. The Guru instructs, "Chant *Mara Mara* and you will attain Ram." We did not accept the millions of instructions of our Guru from the Vedas and other scriptures, but look at the surrender of Valmiki. His Guru simply instructed, "Keep repeating *Mara Mara* until I return," and the disciple said, "Yes Guruji." He did not use his intellect to question the instruction. "What does this word *Mara* mean? How long should I go on saying *Mara Mara*?" No questions! He enthusiastically followed his Guru's instruction and became Valmiki the Saint. This is surrender. This is association - true association.

So, if you are ever fortunate enough to associate correctly with a Saint, it will not be long before you attain your goal.

Secrets of Spiritual Sadhana by Swami Mukundananda



Continuing with the next two lines of 'Sadhana Karu Pyare' series....

jītano too kar pyār tītano, pyār kar tohī m pyāre

satsang
Watch Unforgettable Retreat
Moments

Weekly Classes for Children



Bal-Mukund centers for children have been started in various cities across USA. Weekly classes for children, in the age group of 5 to 15 years are offered. We now have Bal-Mukund centers in New Jersey, New York, Maryland, Connecticut, Los Angeles, San Jose, Chicago, Tampa, and Dallas. To enroll or start Bal-Mukund classes in your center, please contact:

info@bal-mukund.org

View Bal-Mukund Centers

JKYog Satsang Centers

Various satsang centers have been established to help devotees continue their *sadhana* and stay in touch with Swamiji.

View all satsang centers in USA

Watch Swamiji's lectures on TV
Disha Channel



India: Dish DTH 757

Time: 6.10 to 6.30 am IST

USA: DirecTV No 2005.

Time: 8.40 to 9.00 pm EST

pyār hī soṁ pyār kar piya, pyār chākar pyāre

What is the difference between worldly love and love for God? A person who loves a worldly person always doubts, and is in constant dilemma wondering, "The one whom I love, does he love me or not? And if he does, how much does he love me?" We always get caught up in thoughts like this. This is because, in this world, no one shows real sentiments. Some pretend to show more love by writing many letters, while others hide and don't express at all. Also, we always try to show that we love the other person more than he loves us. But, all the while, internally we want the other to love us more than we love him. That is why the one who loves the world is mostly tense, and wonders whether or not the other person loves him.

In the spiritual realm, there are no such worries. If you would like to determine how much your *ishta deva* (the chosen form of God you worship) and your Guru loves you, just measure your love. He loves you as much as you love Him. If you love Him less, then He also loves you little. If you love Him more, then He will also love you to the same extent.

Shree Krishna follows His law as declared in the Geeta:

ye yathā māṁ prapadyante tāṁs tathaiva bhajāmyaham

"I serve the devotee exactly according to the sentiment with which he worships Me, and to the degree of his surrender."

Chaitanya Mahaprabhuji also said:

ek pratiḡye k ṛiṣṇe āchhe poorva haichhe

ye yaichhe bhaje kṛiṣṇa tār bhaje taichhe

"God will love a soul with the same sentiment, at the same time, and to the same degree and extent that the soul loves Him. God reciprocates the love of the individual soul to the exact degree and with the exact sentiment." This is an indisputable, unchanging Divine law. In the material world, we always doubt, "How much does he loves me? Is it enough? No. I saw today, His love has decreased towards me." We perform this drama everyday by seeing the other person's external behavior. But, we don't have to do this in the spiritual realm. We must understand that, whether God acts favorably or unfavorably with us, God will love us as much we love Him. This is a challenge. Do not be afraid.

Once in Braj, when God descended to earth, Lord Shankar rushed to Gokul to have a vision of His Beloved God. He disguised as an ascetic with a garland of skulls and snakes and stood in front of Mother Yashoda's door, begging for a glimpse of her Divine child. She refused, thinking that her child would be scared by His fearsome appearance. Lord Shankar got disheartened. He went to the banks of the Yamuna river and started crying loud, "You are

Sanatan Channel
India: (In dish TV channel no 763)
Time: 7:40 to 8:00 pm IST

Watch Maharaji's lectures on TV
Aaj Tak Channel



India: Daily 6:30 am (IST)
USA: (available on Dish Network)
Daily 9.00 pm EST

JKYog Gift Shop Online!

You can browse and shop for all your favorite lectures DVDs, Kirtans and Books from Jagadguru Shree Kripaluji Maharaj and Swami Mukundananda.

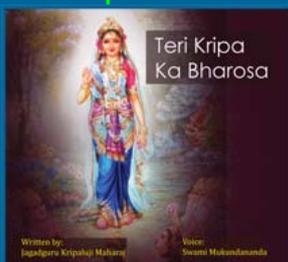
View JKYog Gift Shop

Volunteering with JKYog

You can volunteer your time or services for JKYog centers, Bal-Mukund program, or help out with Swamiji's programs in your city.

View Details

Featured CD: **Teri Kripa Ka Bharosa**



causelessly merciful and loving to your devotees. Won't you give me a glimpse of Your Divine form?" Shree Krishna is governed by His law. According to His rule, on hearing Lord Shankar's crying, Shree Krishna also reciprocated by crying. He never cried like this before. Mother Yashoda was sure that the ascetic might have cast a spell on her child. On finding the ascetic on the banks of Yamuna river, she begged him to come and see her child, who was calling Him loudly. And finally Lord Shankar had a glimpse of Shree Krishna's Divine form. This beautiful pastime illustrates that when someone hankers to meet Shree Krishna, then Shree Krishna too hankers to meet him. This is the law that ties God in an eternal relation with His devotee.

Keeping this Divine law in mind, you should never worry that perhaps He does not love you. He has to love you. He has no choice. Why is there a doubt on your part about His love for you? He is All-seeing, All-knowing, the witness to everything, the well-wisher of all, and the Supreme Almighty Lord. There is no question of doubt in this regard. There is no power that can shake or disturb the degree and amount of His love. There is no need to speculate, "Does He love me?" or "How much does He love me?" How much He loves you, depends on how much you love Him. How much love do you want from Him? "A lot." Then love Him a lot. How is it that you love Him a little bit and expect Him to love you a lot?

So, God loves us to the extent that we love Him and surrender ourselves to Him. When you understand this law, you no longer worry about whether He considers you His or not. Questions such as, "Does He love me and how much does he love me," come to an end.

The devotee says, "O Shyamsundar! You are my King." God says, "It is fine with me. Dear residents of Ayodhya, you are my subjects." If the individual says, "No, No! You are my friend. Come here, I will put my arms around your shoulder." Shree Krishna says, "Ok Arjun, You be my best friend." The devotee says, "O Shyamsundar! I feel like taking care of you. You are my son and I am your mother." Shree Krishna says, "No problem mother Yashoda, You are my mother." The devotee says, "No Shyamsundar, I have a very close and intimate relation with you. You are my Beloved." Shree Krishna says, "It is fine with me. You are my Gopis and I am your Beloved."

So, God has formed a law. Now, there is no question for the individual to have any doubts. It is in the hands of the devotee how much he wants that God should love him. He can make God love the person as much as he wants. He can make God his master, friend, son, or beloved. The keys are in the hands of the

Featured Video:
The Path of Renunciation



Upcoming Events



Swamiji's Program Schedule

Pittsburgh, PA

June 18th to 23rd

Princeton, NJ

June 24th to 30th

Danbury Retreat

July 2nd to 4th

Plano, TX

July 17th to 23rd

[View Details](#)

Did You Know?



Receive Daily Inspirations

You can receive inspiring messages from Swamiji himself by

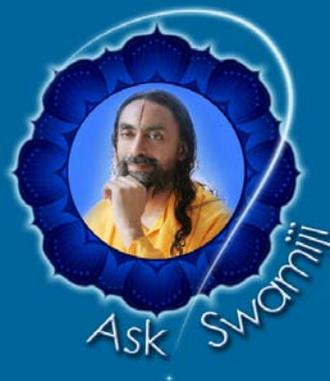
devotee. It was the selfless love of the Gopis that made the Supreme God, Shree Krishna forget His Godliness and become their eternal servitor. The Gopis called Him a thief, flirt and so on, and Shree Krishna longed to hear these illiterate maidens of Braj.

Always remember, God only wants to see your love for Him. He is not interested in your abilities. Qualities are noticed by the worldly people. People in this world are more interested in your abilities. "He is rich and famous; He has a good social status; He is intelligent." It means the world pays attention to those who have a quality i.e., people are interested in others based on their characteristics. But, God is not like that. God is not interested and does not see all these things. Kubja was not at all beautiful, yet God accepted her love. Vidur was not from a very good family background. But, God accepted him. Sudama was not a rich man, but God accepted his friendship.

*bhaktya tuṣhyati kevalam nacha
guṇairbhaktiḥpriyomādhavah*

God only observes devotion. Gajraj, the elephant, was not intelligent and Dhruv was very young. All these personalities only loved God and attained Him.

So, God is attainable only by love. Hence, it is so easy to receive the love of God. Just love Him and He will reciprocate it. We don't have to think further or otherwise. You should not feel, "I am a junior. I am a clerk. I am beautiful. I am ugly". Just keep increasing your love for God. The more we increase our love for Him, the more He will love us. He will keep gracing us and we will be spiritually wealthy.



Question: When God is the actual Doer, why are the souls subjected to the results of their karmas?

Answer: Many people diminish the need for self-effort in their minds by saying, "Nothing is in our hands. God is seated within us. He is the doer of all our actions, and we act as He inspires

configuring your mobile on Twitter.

Steps to Configure Your

Mobile

Become Swamiji's Friend

Stay connected, get the latest updates on Swamiji, JKYog events and much more on Facebook.

Steps to Join Swamiji on

Facebook

Watch Swamiji's Lectures

Watch Swamiji's Lectures, Yog & Meditation, and melodious Kirtans on our Youtube channel.

Steps to watch Swamiji on

Youtube

Discussion Group

You can interact with other devotees and Swamiji in the discussion forum.

Steps to Join Discussion Group

Current News



Swamiji successfully completed his enlightening discourses at Norwalk, Pasadena, Connecticut, Hicksville, and Boston. Yoga and Meditation

us." However, this philosophy is not really true, as the following points will illustrate:

1. If God were the doer of all our actions, we would never have committed any mistakes. All of our works would have been perfect, since God can never make a blunder. The fact that we make innumerable mistakes implies that we are performing actions with our own free will.

2. If God were the doer of our actions, we would not have to bear the karmic reactions. Why would we suffer for works that God did through us? He would either bear the karmic reactions on His own, or forgive Himself. But there is the Law of Karma, "As you do, so you shall reap." This implies that we ourselves are responsible for what we do.

3. God is impartial towards all souls and perfectly just. If He was the doer of our actions, He would either have made everyone do good works and become Saints; or He would have made everyone do bad works and become demons. But there is so much of variety in the world. One is a Saint, like Prahlad, while the other is a demon, like Hiranyakashipu. This variety implies that we have the freedom to choose our own actions, and we are responsible for them, not God.

4. If God were the inspirer of our actions, there would have been no need for Him to reveal the Vedas or any other scriptures. There would be no need for Him to explain to us the path to perfection. He would simply have to say two sentences: "O souls, I am the doer of everything. So you do not have to understand what proper and improper action is."

It is true that God is seated within us, and He gives us the power to act. However, what we do with that power is decided by our own free will. This is just as the powerhouse supplies electricity to your house. If it did not give the power, you would not have been able to use any electric appliances in your home. However, once you do have that power, what you do with it, is your own choice. You could operate the fan, light the lamp, or heat/cool the house, as you wish.

Similarly, God gives our eyes the power to see. If He did not give us this power, we would not have been able to see anything. But

programs were also conducted by Swamiji in these cities.

[View more photos](#)

Swamiji's discourses on the topic, "Science of Devotion & Grace" and Yoga & Meditation program are currently going on in Pittsburgh, PA and will conclude on June 23rd, 2011.

[View Details](#)

[Yoga & Meditation Registration](#)

Quick Links

[Suggestions](#)

[Regional Satsang Centers](#)

[Bal-Mukund Centers](#)

The Editor,
Jagadguru Kripaluji Yog,
XVII/3305, 1st Floor,
Ranjit Nagar,
Near PUSA,
New Delhi - 110008
India

[7405 Stoney Point Dr](#)

[Plano, TX 75025](#)

[USA](#)



once we do have this power, what we see is in our own hands. You could go to the temple and see the Deities, or you could see dirty pictures on the internet. God is merely giving you the power to see. What you decide to see is your own choice decided by your free will.

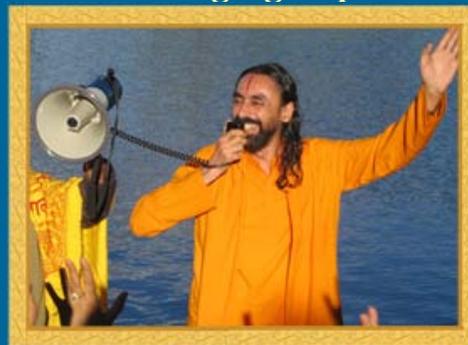
Hence, we must not blame God for our mistakes. If we do something wrong, we should take responsibility for the error and strive to correct it.

Swamiji answers selected questions related to Yog, Spirituality and Philosophy every month on our e-Magazine.

[Submit Your Questions](#)

[Ask Swamiji Q&A Archive](#)

Fresno Retreat with Swamiji! A Life Changing Experience



The Retreat at Fresno was a very special experience for everyone. It was an enlightening and highly motivating program. Swamiji's grace and affection was visible on everyone's face to see! This is what they had to say!



We would like to share our experience in the Fresno retreat that happened during the memorial day weekend:

Retreat - Day 1

Devotees started coming from all over US in various modes -

flights, bus, cars etc and accommodation/rooms were allocated appropriately to all of them. Thanks to perfect coordination by the volunteers. Lunch was served by noon and everyone got energized to begin the retreat. The function started off with arati and blissful Bhajans, followed by wonderful discourse by Swamiji on Narad Bhakti Dharsan. It was great to listen and absorb the importance of Bhakti and how it was critical for all of us to follow it to get the happiness that every one of us is seeking for. We had a good yogasan/pranayam session with Radhey Shyam chanting and it enhanced the devotional feeling inside us. Following this we had fun time celebrating Ramnavami function. It was a feel as though we were in India with all the devotees adorned in their traditional costume dancing with Swamiji.

Retreat - Day 2

Day started off with relaxed Radhey Shyam yogasan, pranayam, Meditation session, prayer and arati, which had given the best start for the day to both our physical body and mind. After which we had the B'fast break where everyone was completing their morning food eager to continue the day's program. After B'fast, We had Swamiji discourse on Narad Bhakti Darshan in which he expounded the principles of true love/devotion and how it differs from our perception of love in this worldly life. He gave many practical examples and explained with such logic that - we were wondering - how fortunate we were to be here, listening to such eye-opening discussions. As ever, blissful keertans continued where we lost our material existence and got soaked in devotional songs sung by Ujwala, Rishina and her team.

The next program was - Q&A session - and it was wonderful to see the various questions that came up from all quarters and how Swamiji answered each one of them with clear explanation, providing reference to various quotes from our scriptures. We could realize that - logic and clarity had been brought forth in each of those answers. Questions from kids won appreciation from the audience as it was wonderful to see such mature thinking and curiosity from the next generation of our life. Along with sweet answers at the end of the session, everyone of us got sweet chocolates as well, as the prasad from Swamiji!!

Bhajan competition, one of the highlights of the day was conducted during noon time. Many devotees including kids exhibited their talent singing the glories of lord. The enthusiasm exhibited by all participants was matched only by the Aahs and wows by the audience. In fact, the whole room stood up when one of the kids was playing the national anthem on his violin, depicting the glory of our mother land.

After the lunch break, in the afternoon session we watched Maharajji's lecture on how to do Sadhana. It was yet another eye-opener on how his words directly got into our heart and touched our souls. Once again we thanked god and our Swamiji for providing us an opportunity to absorb such knowledge which was so important for us to achieve the goal of our life. Following this, Kids presented beautiful skits based on what they had learnt in the Bal-Mukund sessions that was going on in parallel. Audience, including parents were surprised to see how beautifully the kids presented the skit that they learnt in such a short span of time.

In the evening, with the day being bright just like how our internal mind was feeling, we started off to the nearby Park. It was one of the best time of our life - singing the name of god along with Swamiji. He became like a kid overflowing with such energy unmatched by anyone else. We were amazed at how much energy he had - singing, dancing, running, jumping! and we joined the happiness circle that formed there in the park.

After we returned back to the hotel, had fulfilling dinner and got ready for Swamiji's discourse. Once again, we were drenched in the devotional discourse on Narad Bhakti darshan where Swamiji explained in layman terms on various views of true Bhakti and how we also can follow such selfless feeling in our thoughts.

Retreat - Day 3

Just like the prior day, the day started with Radhey Shyam yogasan, Pranayam, meditation, Prayer and Arati. After breakfast, we had Swamiji's final discourse in the retreat on Narad Bhakti Darshan. Post the divine discourse, we were privileged to participate in the padacharan of Maharaj ji. After getting Maharaj ji's blessing, devotees got a chance to provide their feedback. Testimonial session was overflowing with praises for Swamiji for having led everyone take a great step forward in their spiritual journey.

In parallel, throughout the retreat kids had wonderful time participating in the Bal-Mukund session, specially designed for them. They got an introduction to Maharaji, played games, performed arati, meditation and practiced for the skits. In addition the kids built an accountability tree and designed a 'Drink the divine nectar of Krishna' mug.

All the volunteers did an amazing job organizing this great event. Everything, starting registration, accommodation, food (a good blend of western, south and north Indian menu), decoration and all facilities was excellent including the venue.

Three days of enjoyment and spiritual rendezvous had to come to an end with the afternoon lunch, after which everyone started returning to their respective homes.

We thank the almighty for having given us an opportunity to participate in this divine experience.

-Hari, CT

[View Retreat Album](#)

[View More Testimonials](#)

Do try to attend the Danbury retreat and be a part of the special spiritual holiday with Swamiji.



Bal-Mukund Showcase

Bal-Mukund welcomes all contributions of creative works from children in different areas including poetry, moral stories, art work, etc.

[Submission Guidelines](#)

Bal-Mukund Contributions

Connecticut Center



Irving Center



Summer Time by Amulya Pilla

Jumbled Words



Arranged below in a jumble are the five names of Shree Krishna by which He was known when He was in Gokul. Find them!

1. LPGAO
2. KHANA
3. KDMUNU
4. KAYAIAN
5. GVONID

[View Answers](#)

Jagadguru Kripaluji Yog

Ushtrasan



Method

Sit in Vajrasana. Stand on your knees and inhale (Radhey) deeply. Bend backward from your waist and grasp the heels from their respective hands. While exhaling (Shyam), push the abdomen forward and turn the head backward. Remain in this position for

1-2 minutes. Breathe normally in the final position. Release your hands from the heels and come to Vajrasan. Repeat 3 times.

Benefits

Make your spine flexible. It relieves pain in your lower back. It helps reduce extra fat from your waist.

Contra-indications

People with recent abdomen or heart operation history should not do this asan. It is beneficial in treating hernia, hyper tension and pain in lower back if practice with great care.