



JAGADGURU KRIPALUJI YOG

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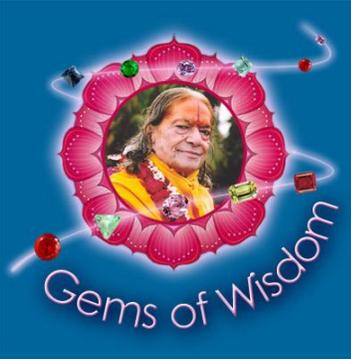
Welcome to the Jagadguru Kripaluji Yog e-Magazine

Two Obstacles to Devotion
by Jagadguru Shree Kripaluji Maharaj



Continuing with the explanation of the verse:

*bhukti mukti dākini ko govind rādhe
ura te bhagā de bhakti mām ko biṭhā de*



God does many things that we do not understand. If we could comprehend all his ways, there would be no difference between us and Him.

The Grace of God makes all things possible. It makes difficult things simple to understand, and the unruly mind easy to control.

The word "bhakti" is made from the root "bhaj," which means "to serve." Service to God and Guru is thus the highest expression of *bhakti*.

The uncontrolled mind is like an enemy. But don't think of destroying it. When we teach it to love God, the mind becomes our best friend.

From preference arises sorrow, from preference arises fear; but he who is freed from preference has no sorrow and certainly no fear.

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.

All the pleasures of the senses, extending up to those found in *Brahma-lok* (the highest celestial abode) are collectively known as *bhukti*. And then there is *mukti*, i.e. liberation. Liberation is a big thing. After attaining liberation we are no longer subjected to the pain of worldly suffering. We attain permanent relief from coming and going to and from this world. Liberation means permanent release. A child goes to grade school, high school, then to college and enrolls in the B.A. program, then the M.A. program. The day he graduates and gets a degree, he is relieved. Why? He thinks, "Now I have a permanent relief from studies. Earlier I was going to college every single day; now I can relax." But, this relief is followed by bondage once again. The bondage of a job. Now he starts working. He works till he is 60 to 65 years of age. Then he retires. He attains relief once again. Now he plans to read novels sitting in his easy chair at home. He thinks to himself, "I don't have to go to the office any more. What a relief!" So whenever there is a holiday, a relief from school or work, you people become very happy. He may be a grade one or grade two student, but when he gets out of school in the afternoon, he runs and skips all the way home. He says, "I am out of school; I am out of school." He feels relieved. A prisoner has chains around his feet and handcuffs around his wrists. But, when he finishes his punishment and he is free to go, he feels relieved. He becomes very happy. These are examples of relief in the world, which give great happiness to people. When the individual soul merges into *Brahman*, he attains permanent relief from material misery and eternal happiness. Now, the duality comes to an end and he becomes united with *Brahman*.

There are three classes of *bhukti* (material enjoyment), and they all culminate in sorrow and suffering. The three classes are *dharma* (performing one's worldly duties), *arth* (accumulation of wealth) and *kām* (fulfillment of material desires). In liberation, however, one attains eternal happiness. Yet, the one who desires *bhukti* and the one who desires *mukti* are both foolish. Why foolish? Scriptures have called *bhukti* and *mukti* witches. The scriptures say:

*bhukti mukti sprīhā yāvāt piśhāchi ḥṛidi vartate
tāvād bhakti sukhasyātra kathamabhyudayo bhavet
(Bhakti Rasamrit Sindhu)*

The Bhagavatam speaks of *dharma*, which is free of deception. The Bhagavatam calls them *kaitav*, which means 'deception.' Chaitanya Mahaprabhu says:

Announcements



TV Asia

Lectures in English

Mon-Sat: 11:00 am EST

Sun: 12:00 pm EST

TV Asia available in USA and Canada on: Dish Network Channel # 788, Cable systems such as Time Warner, Xfinity Comcast, Cablevision, Cox, Charter, Verizon FIOS and A T & T U verse.

Sanskar Channel

Lectures in Hindi

Everyday: 9:00 pm EST



Retreats With Swamiji

Spend a weekend of spiritual rejuvenation and frolicking fun in the inspiring company of Swamiji.

Ramada University, Fresno

May 26th to 28th, 2012

[View Details](#)

Hilton Washington Dulles Airport,
Herndon

June 29th to July 1st, 2012

[View Details](#)

Hilton Garden Inn, Temple, TX

Sept 1st to 3rd, 2012

[View Details](#)

*agyāna tamera nāma kahiya kaitava
dharm, arth, kām, mokṣha, ādi sab*

"Dharma (virtuous deeds), Arth (wealth), Kām (desire), and Moksh (liberation) are all very deceiving."

tār madhye mokṣha vāñchhā kaitava pradhān

"And out of these four, liberation is the most dangerous." What are you saying? Liberation means freedom from the bondage of Maya. Yes, that's true. But, liberation is of many kinds. Those who seek *ekatva mukti* merge into the formless *Brahman* aspect of God. So, they are deprived of the supreme Bliss of Divine Love, which requires remaining separate from God, and engaging in His devotion. Those who attain liberation is forever deprived of the devotional nectar. This is why they are unfortunate.

Bhukti and *mukti* are both deceptions. Even amongst these two, *mukti* is the greatest deception. This is why devotee Saints have criticized liberation. The reason is that as long as we are absorbed in *bhukti*, we have a chance of meeting a Saint, who will tell us about devotion. Then if we obey the Saint and practice devotion to God, we can receive the nectar of devotion for eternity in the abode of God. But, if we attain *ekatva mukti*, the liberation that *gyanis* strive for, we will merge forever into *Brahman* and never return to the material world.

na sa punarāvartate, na sa punarāvartate

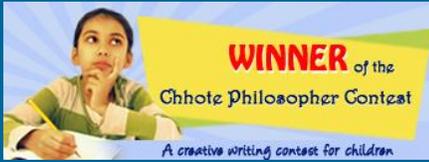
The Vedas say that after attaining liberation, the individual soul no longer returns to the world. So, we will remain merged with *Brahman* forever, and never have the chance of tasting the Bliss of divine love.

Therefore, keep only devotion in your heart and tell *bhukti* and *mukti*, "Please pack up your bags and leave. Now I have understood that you are both very dangerous. I have been wandering in the cycle of birth and death in 8.4 million life forms, sometimes desiring *bhukti* and sometimes desiring *mukti*."

upāsate puruṣhaṁ ye hyakāmāḥ

"If you ever attain this knowledge you will renounce the desire for *bhukti* and *mukti*."

sadā paśhyanti soorayaḥ tadviṣṇoḥ paramaṁ padaṁ



Winners of Chhote Philosopher Contest, 2012

Bal-Mukund is proud to announce the winners of the "Chhote Philosopher Contest" conducted on 2012.

[View winners!](#)

MIT Lecture on Youtube



Last year, Swamiji delivered an enlightening lecture on the topic, "Technology for Mind Management" at the prestigious Massachusetts Institute of Technology. This lecture is now available on YouTube.

[View Lecture](#)

Tune in to Radio JKYog LIVE!



Start your day with devotional chantings, enlightening discourses and soul-stirring keertans.

[Click here to listen Radio JKYog on your mobile](#)

"Renouncing both these desires, you will attain the Bliss of God for eternity and you will be gratified forever."

Bhakti Shatak by Swami Mukundananda



Continuing with the explanation of the next verse:

*sab sādhan janu deha sam, roop dhyān janu prān
khāt gidha aru svān janu, kāmādik śhav māna*

We should try our best to attach our mind towards God, without being careless. It is only after practicing devotion with complete absorption of the mind in God that one can attain Him.

This is like a student who writes an examination for three hours without being careless. He continuously writes the answers with full concentration of the mind. Why? It is because his intellect understands the importance of those three hours. The student knows that if he does not do well in the exam, he will fail and his year will be wasted. But, the whole year he is least bothered about studies. Parents say, "Swamiji, Please make my child understand the importance of studies. He does not study at all." But, why is he careless? Because his intellect has decided that there is no need to study from the beginning of the year when the whole year is left.

Similarly, we think, "Oh, I am only ten years old; I am only twenty-five years old; I will live twenty years more; I am only fifty." This is how we think. We never think that we may not live to see the next moment. What if this body is snatched away from us? That is why all the great Saints have told us not to think this way. They tell us to think that the present moment could be the last moment of your

Register Now: Bal-Mukund Children's Classes



There are various centers of BM running in different cities in USA and India. Weekly personality development classes for children are being held in these centers, where they get to learn about character building values, yoga & meditation, bhajan, shlokas & prayers and inspiring stories. 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

Sanatan Channel

India: (In dish TV channel no 763)

Time: 7:40 to 8:00 pm IST

life. If we think in this way then we will never be careless and will utilize every moment in contemplating upon God.

Everything is possible by firm determination, as nothing comes easy. Hence, we should make a firm resolution that we have to attach our mind in God. Initially, we may not achieve complete success, but by firm determination and practice, we will gradually progress towards engaging our mind in God.

The mind is going to complain and will try its best to break your resolves. But, you should never trust your mind. It pretends to be your friend but misleads you in so many different ways, so look on it as your enemy. Initially, it will complain strongly, but when it sees that you are unrelenting, it will slowly become quiet and will become your slave.

In *sadhan bhakti*, our goal is to fix our mind on God or to meditate on God. Here, Jagadguru Shree Kripaluji Maharaj says that all spiritual practices are like the body and the *pran* (life air) of that body is *Roop dhyam*. *Roop dhyam* means to meditate upon the form of God. So, when you engage in *sadhana* keep this point in mind. *Roop dhyam* is considered to be the most vital aspect of all devotional and spiritual practices. It helps in attaching our mind towards God quickly. Without the support of a form, it is not possible to concentrate or fix the fickle mind. If we remember the beautiful form of Shree Krishna, His pastimes, and His Divine Abode as described in the scriptures, it will be advantageous to us. In this way, we can take the support of His Name, Form, Pastimes, Virtues, and Abode.

You can do *Roop dhyam* in various ways. You can feel that He is standing/sitting in front of you; or you can see Him in your heart; or you can take yourself to His Divine Abode and see Him there. You can even do *Roop dhyam* of just Radhaji, or just Shree Krishna, or both together, as they are one. They both reside within each other. In whatever ways suitable to you, try to visualize the form of God before you. We have five senses through which we hear, touch, taste, see, and smell. These senses also reside in a subtle form in the mind. That is why at night when you sleep, you dream, and in your dream, you see, you walk, you hear, etc. How do you do it? Your eyes are all closed! There is a blanket on covering your face. With which eyes are you seeing? With which ears are you hearing? These are not the gross senses. These are the subtle senses. The same five senses in their subtle form reside in the mind, and enable you to hear, touch, taste, and smell, within the

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.

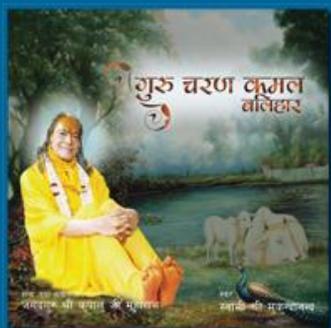
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JKYog Online Gift Shop

JKYog online gift shop has a very nice collection of keertans, lectures, CDs, DVD's and books for adults as well as children.

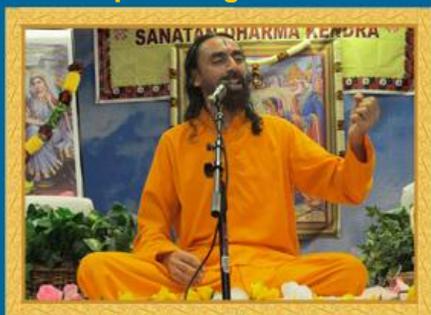
This month featured kirtan CD

Guru Charan Kamal Balihaar



Do visit [online gift shop](#) and place your order now!

Upcoming Events



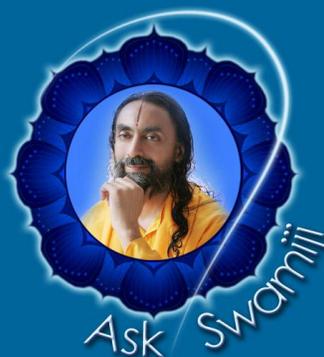
Swamiji's Program Schedule

Sunnyvale, CA
April 29th to May 5th
Fremont, CA
May 6th to 12th

mind itself. So, utilize these five subtle senses to visualize the form of God, and as an aid or assistance you can chant *keertans*.

In *Roop dhyam* (meditation upon the form of God), feelings are the most important. God only notes the sentiments and feeling that we harbor in our heart. So you can meditate on any form of God you like, but simply keep Divine sentiments. For example, some people are attracted Shree Krishna as a child, while others like Him in His adult form. Both are fine.

Along with meditation upon the form, we can also chant His Divine Names, and Pastimes, and sing *keertans* that will be helpful in the remembrance of God. You should not do chanting of *keertans* without *Roop dhyam*. *Roop dhyam* is the foundation of devotion and an important aspect of *keertans*. If we involve our material senses in the spiritual realm, it will be easier to attach our mind to the Divine. But, mere engagement of senses will amount to nothing unless the mind is also engaged. It would be like multiplying zero by one million. The result will be zero. Hence, if we practice devotion without *Roop dhyam*, then it will be like a lifeless body without soul, which is suitable for vultures' and dogs' consumption. So, *Roop dhyam* is the actual life force of all devotional practices. That is what is revealed in this verse.



Question: If your near and dear ones are facing problems, and you have done your level best to resolve them, with no positive results, then what is your duty now? Should you leave it to God and feel that now you have peace?

Answer: As human beings, we are instructed by the scriptures to help others, and endeavor to mitigate their sufferings. But, we must do so in a detached manner, leaving the results to God. As long as we are in material bondage, there will always be misery. We will all grow old, we will all become sick, and we will all die one day. Who

Norwalk, CA
May 13th to 19th
Northridge, CA
May 19th to 24th
Fresno Retreat
May 26th to 28th
[View Details](#)

Current News



A spiritual picnic and satsang program was organized by the devotees of Dallas to welcome Swamiji on March 31st. He spent a fun-filled day with all devotees gathered there.

View More Photos



Swamiji successfully completed his enlightening discourses at Riverhead, Pittsburgh, and Fairfax Station. Yoga and Meditation programs were also conducted by

can escape these realities of life? So we cannot make anyone totally free from misery.

Apart from this, we all have *sañchit karmas* (the *karmas* of endless past lives) that create suffering and happiness for us from time-to-time. Not even God violates the Law of Karma. The *Purāṇas* tell us that the Pāṇḍavas suffered immensely, even though they were great devotees of Shree Krishna. Arjun was a God-realized Saint, and yet his son Abhimanyu passed away, leaving Uttara a widow. Neither Shree Krishna nor Arjun could prevent the bereavement caused by his death. Then how do we hope to remove anyone's miseries entirely.

Again, suffering is sometimes directly given by God for spiritual progress, to increase one's detachment from the world. The scriptures state:

*taṁ bhraṁshayāmi sampadbhyo yasya chehcchāmya
nugraham (Śhrīmad Bhāgavatam 10.27.16)*

In this verse, God says: "When I wish to bestow the highest treasure of Divine Love upon someone, I first prepare that person by giving suffering." The Bible states: "God sometimes gives misery in our lives, to turn us away from sin, and seek eternal life." At the level of our thinking, material suffering is bad, but in the Divine plan, it may be necessary for the evolution of the soul.

Even if we are successful in removing someone's material miseries, this is only a very partial and temporary solution - you give food to a hungry person, and after six hours he is hungry again. I am not decrying the need for doing material charity towards society. But, that is not the only kind of charity that exists. The highest charity is to help someone attain love for God, and get out of the cycle of life-and-death. The God-realized Saints engage in this Divine charity. They remove the root cause of suffering of the souls, which is forgetfulness of God. If we help the God-realized Saints in their welfare work, we effectively engage in the highest charitable activity we possibly can.

So, if people are close to you, do try to alleviate their material miseries. But at the same time, try to inspire them to strengthen their relationship with God. And most importantly, remember to help others as a matter of duty, and leave the results in the hands of God. If your sincere efforts to assist them do not yield results, do not be disturbed.

Swamiji in these cities.

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Bal-Mukund Dallas center celebrated Hanuman Jayanti. Children enjoyed making colorful masks of Lord Hanuman.

[View More Photos](#)



Bal-Mukund CT center celebrated Ram Navami with great enthusiasm. Children made beautiful necklaces, bracelets, and crowns to offer Lord Ram as birthday present.

[View More Photos](#)

Swamiji's discourses on the topic "Science of God-realization" and Yoga & Meditation Program is currently going on in Adelphi, MD and will conclude on April 28th.

[View Details](#)

He will then proceed to Sunnyvale,

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

[Submit Your Questions](#)
[Ask Swamiji Q&A Archive](#)



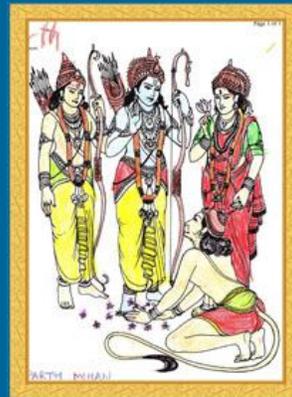
Bal-Mukund Showcase

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

Ram Navami Celebrations



Cary Center - Festival Art Work



CT Center- Crown and necklace to offer Lord Ram
Act of Kindness by CT kids

[View More Contributions](#)

CA for a week long lecture series program.

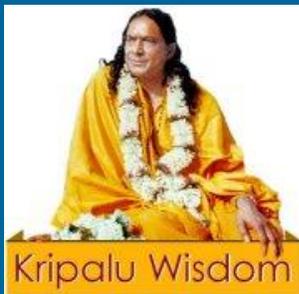
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New Facebook Pages

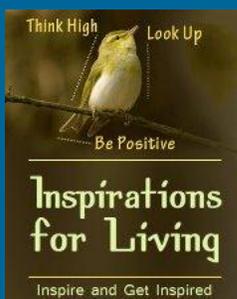
JKYog is proud to present four new Facebook pages. Do take advantage and visit these pages as it will help all of us to grow successfully in our path to spirituality and humanity.

Make sure to click on

Like button!



"Kripalu Wisdom" is a humble attempt to present invaluable knowledge revealed by the supreme acharya of this age-Jagadguru Shree Kripaluji Maharaj to all spiritual aspirants.



"Inspirations for Living" is to help every individual through its conventional method, to take an important step towards living and fulfilling life you were born to live. This page is specially designed to give you the support, encouragement

Moral Story

The Dog and a piece of Bone



One day, a dog was walking near the butcher's shop and saw a bone on the ground with some meat on it. The butcher had just thrown it outside his shop. The dog picked up the bone and went to a hidden corner to enjoy the bone. On his way, he growled and scowled at anyone who tried to take the bone. He did not want to lose the bone and he chewed on it for a long time.

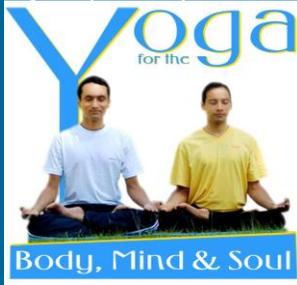
Afterwards he thought, "Let me bury this bone in a safe place in the woods so that I can chew it again." He came to a river and started crossing the bridge to go to the other side. When he was halfway he thought, "I am so thirsty. Let me drink some water and I will go to bury this bone."

He thought of keeping the bone on the ground in order to stoop and drink water. When he glanced over the bridge, he found another dog in the water. The dog did not realize that he was seeing his own reflection in the water.

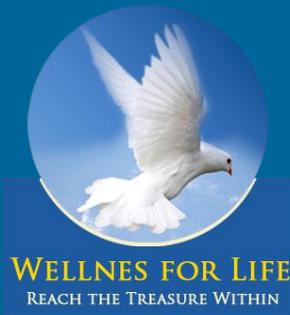
He growled and scowled at it. His own reflection in the water growled and scowled back at him. He thought, "Why don't I snatch this bone from the other dog's mouth. That way, I will have two bones to chew. I won't have to search for food for two days once I get the other bone."

The dog jumped into the river, barking loudly to get the other dog's bone. As soon as he started barking, the

and guidance to start, or continue choosing life your way.



"Yoga for the Body, Mind, and Soul" is designed to promote mental and physical health of people and informing them about the true meaning of Yoga. It is also designed to make people aware that the attainment of a healthy mind in a healthy body requires a synthesis of material and spiritual knowledge.



"Wellness for Life" is a lifestyle program enshrined by JKYog. It aims at synthesizing spiritual and intellectual modules based on yoga, meditation, healthy diet, nature cure & lectures on ancient and modern philosophy.

Quick Links

[Suggestions](#)

[Regional Satsang Centers](#)

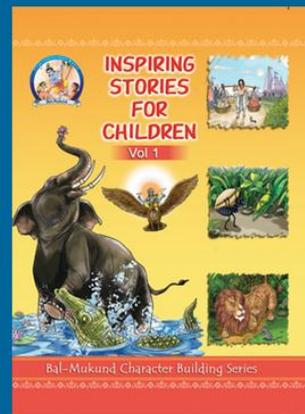
[Bal-Mukund Centers](#)

bone in his mouth fell into the water and disappeared into the river. He lost his bone, and got wet and angry. There was no way he could get the bone back. He realized that there was no other dog there. He had been seeing his own reflection in the water all along. He scolded himself for being a fool.

The dog had become greedy and lost his bone. There was no one to blame but himself. If he had been satisfied with what he had and not been greedy, he would still have his bone.

Moral: *Greed leads to sadness and misery.*

This story is selected from the book,
Bal-Mukund Character Building Series - Vol 1
A collection of 33 inspiring stories with
beautiful illustrations



A must have for all kids!

Get your collection of Bal-Mukund books TODAY!

Visit Bal-Mukund Shop

Jagadguru Kripaluji Yog

Chakrasan

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USA

**Method**

Lie on your back. Bend your knees and touch your buttocks from your heels. Hands will be by the side of your head, fingers pointing towards your shoulders. Inhale (Radhey); raise your body with the help of your hands and shoulders. Transfer the weight of your body on the head, and bend your body backwards. Straighten your arms and legs.

Benefits

Increases flexibilities of the spine. It stimulates every part of the body. It strengthens shoulders, arms and legs.

Contra-indications

Only physically strong person should do this asan.