



JAGADGURU KRIPALUJI YOG

In This Issue

[Gems of Wisdom - Shree Maharaji](#)

[Announcements](#)

[JKYog Online Gift Shop](#)

[Featured Video](#)

[Upcoming Events](#)

[Current News](#)

[The Goal of Human Life -
Jagadguru Shree Kripaluji
Maharaj](#)

[Bhakti Shatak - Swami
Mukundananda](#)

[Ask Swamiji](#)

[Bal-Mukund](#)

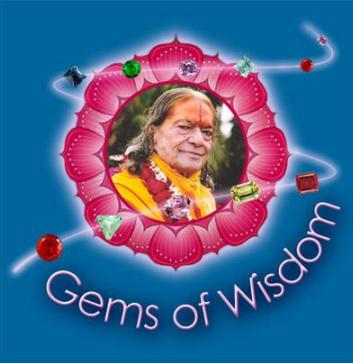
[Jagadguru Kripaluji Yog](#)

Welcome to the Jagadguru Kripaluji Yog e-Magazine

The Goal of Human Life
by Jagadguru Shree Kripaluji Maharaj



Continuing with the previous article....



Inspiration gives us the optimism to joyfully pursue in our endeavors till we reach the goal. It makes even the biggest hurdles appear puny.

Humility is the king of virtues on the spiritual path; we must sincerely desire it and work on our mind and intellect to develop it.

Failure torments the ego while success nourishes it. Learning to embrace failure and success makes us equanimous and fills us with strength.

The material mind oscillates amidst the three gunas, and so at times we experience a deep longing for God and at times we feel uninspired.

However, a sadhak is one who pushes the mind and intellect to harbor a deep desire for God, even when they would rather be languid and cold.

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.

There is one feature about this human body that you all forget, but which must always be kept in mind. What is that? There is no guarantee for the next moment. We think, "What is my age after all? Oh, I am just ten years old; I am only twenty years old; I will live twenty years more; I am only fifty." But, this is not what we should think. Don't you see with your own eyes, what is happening in this world? A child is born, begins crying, and after some time it dies! Children die even in their mother's womb; they are born dead. A boy has just passed his Civil Services examination. His father and mother are thrilled. Congratulations are being sent. Sweets are being distributed. The boy meets with an accident on the way and dies! We hear of such incidents daily. We need to think that this could happen to us. We never think that we may not live to see the next moment. What if this body is snatched away from us any moment?

kimāśhcharyam. The greatest astonishment in this world is that even though we see death coming all around us, we still think that we will not die. We continue to be careless. We hear of a billionaire, or a Prime Minister or President, who was perfectly hale and hearty one moment, and the next moment he had died of heart failure. Time in the form of death spares no one - king, celebrity, film star, whoever one may be. All will have to go one day; all will have to leave their body. When will this happen? No one knows. Therefore, do not delay.

na śhvaḥ śhva upāsīta, kōhi jānāti bhasyādya mṛityukālo bhaviṣyati

The Vedas say, "Do not procrastinate in the practice of devotion. Who knows when death may occur." Prahlad Maharaj said:

kaumāra āchareta prāgyaḥ dharmāṇa bhāgavatanih

"Begin your endeavor for God-realization in childhood itself. There is no guarantee that youth will come." Instead, what do we think, "I am just a child; this is the time for study and play." Youth comes and we think, "This is the time for enjoyment." Postponing in this way, we die one day. This has happened infinite times, not just once or twice. We were unable to create a thirst for Divine Love within ourselves. We did not develop the intense longing to meet God.

So, we must understand the importance of these three things-human form of life, proper association with the Guru and intense longing for Divine Love and reflect on it repeatedly. Then, we must

Announcements

Subscribe to Swamiji's Podcasts

JKYog brings to you Swamiji's Audio and Video Podcasts. Subscribe and get them directly on your Laptop/PC or iPhone/iPod/iPad or any other Smart phones.

Click to subscribe to
Audio | Video Podcast



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.



Upcoming Retreat With Swamiji

Do not miss this opportunity!

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

Hilton Garden Inn, Temple, TX
Sept 1st to 3rd, 2012

View Details

practice to detach our mind from the world and take it towards our goal. If we are not willing to do this, then:

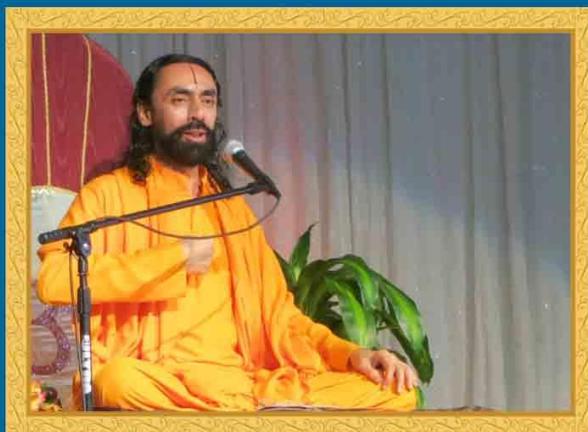
tataḥ sarveṣhu lokeṣhu śharīratvāya kalpate

We will be forced to keep wandering in the 8.4 million forms of life for millions of ages. We have spent innumerable lives like this in the past, and we will continue wandering like this in the future. Our obstinacy will not help us. We may say, "Look, I don't trouble myself with all this. I do what my mind says." Well, that is your choice. Human beings are free to choose their actions. You may do whatever your mind says, but you will not be free to choose the consequences. You will have to reap the fruits according to the laws of God. Your independence will not work there. You can't say, "I will not accept those consequences." No, you will have to!

jo jas karai so tas phal chākhā

Therefore, we must be very careful, and stop postponing. We must enthusiastically engage in our spiritual practice and attain our goal.

Bhakti Shatak by Swami Mukundananda



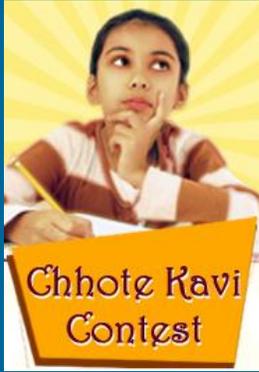
Continuing with the explanation of the verses:

*jag virāg ho titanoi, jitanoi hari anurāg
tab ho hari anurāg jab, guru charanan man lāg*

*jag soñ vimukh hoyā jab, sāñcho sadguru pāya
karat satat satsaṅg tab, hari sanamukh hvai jāya*

Till now we have understood that initially we need some source from which we can get the knowledge of God. Further, Jagadguru Shree

A Poetry Contest for Children



Bal-Mukund is proud to announce the launching of the "**Chhote Kavi Contest, 2012**" designed for children residing in US between the ages of 8 to 15 years. Chhote Kavi Contest is designed to inspire youth to harness their inner talent and creative writing skills and also to instill love for God in the minds of our young generation.

[View Details](#)

[Click for Free Registration](#)

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](#)

[Register Now: Bal-Mukund Children's Classes](#)

Kripaluji Maharaj explains the importance of the Guru.

The scriptures are a reservoir of unlimited knowledge and are Divine. Not everybody can read the Vedas and understand them on their own because: *vedā brahmātmaviṣhayāḥ*. "The Vedas are Divine like God". Just as God is Divine and cannot be understood by the material intellect, similarly nobody can understand the Vedas with the intellect. An ordinary reader becomes totally confused and thinks, "This is what was written here and the reverse is written here; what does it all mean?" The Vedas contain contradictory statements which cannot be reconciled by the human intellect. Often the word meaning is different from the literal meaning. Thus, only a Guru can understand them, and reveal the secrets behind them to us.

There was an *Acharya* (Spiritual Master) seven hundred years ago named Jagadguru Madhvacharya, the establisher of Madhva tradition in Karnataka. He was a great scholar and is considered as the *avatar* (descension) of Hanuman. He displayed how each Vedic mantra can have three different meanings. He also showed how each verse from the Bhagavad Geeta can have ten different meanings and each verse from the Mahabharat can have a hundred different meanings. Thus, he showed that how difficult it is to understand these scriptures. That is why the scripture themselves inform us, "Understand our import through an *Acharya*." The Vedas say:

āchāryavān puruṣho hi veda

Only that person can understand the meaning of the Vedas who surrenders and takes guidance from a Guru." Shree Krishna says in Geeta:

*tadviddhi praṇipātena paripraśhnena sevayā
upadekṣhyanti te gyānaṁ gyāninastattvadarśinaḥ*

He says, "Arjun, my knowledge is to be understood through the medium of a Guru. You approach a Guru, enquire from him submissively, render service unto him, surrender to him, and then he shall impart the knowledge unto you because he possesses theoretical knowledge of the scriptures and has practically realized God." We have to realize that we cannot reach God with our material senses, mind, and intellect, since God is Divine and we are under Maya. We must go to a God-realized personality, and he will impart all the scriptural knowledge. He will teach us who is



Bal-Mukund centers for children have been started in various cities across 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

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

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

God? How does God look? How to reach Him? He will explain all the required knowledge.

Only a Guru can make a soul realize the Supreme. That is why a Guru is necessary. Thus, if we are so fortunate to find a genuine Guru then we have the key to the knowledge of scriptures. So, what is the definition of a genuine Guru? This word "Guru" has become very common and adopted by English language as well. Like "Guru of Marketing", "Guru of Management", "Guru of Economics", "Guru of Cricket". However, in the spiritual field, this word has its original connotation. It comes from two syllables "Gu" and "Ru".

guśhabdastvandhakārah syādruśhabdastannirodhakah

"Gu" means darkness, the darkness of the illusion of Maya. "Ru" means to dispel it, to destroy it. Therefore, Guru is that personality, who dispels our material illusion and brings us in the light of Divine knowledge. He is the true Guru. Hence, a true Guru should be one, who is God-realized.

We need a Guru that everybody knows. There is no doubt about it. But, how should the Guru be? That is where all confusion begins. Since, we do not know, we use external factors. People say, "This Guruji lives only on fruit. He is Phalahaari". We say, "Oh! Then he must be very elevated." Some say, "This Guruji does not even eat fruit, he only drinks milk. He is Dhoodahaari." We say, "He must be very senior." Some people say, "This Guruji does not even drink milk, he only does Pranayam. He is Pavanhaari." We say, "Then he must be as good as God." We use these kinds of external parameters to judge a Guru. This is not the way of recognizing of a Guru. A Guru is one who has attained God-realization, because only a personality who is God-realized can make us reach that state. Somebody who has not attained the Supreme for himself, how can he make his disciple attain the Supreme? So, we have to find a genuine Guru.

The Guru is a Divine personality. It is not possible to recognize through our material intellect. So, again we need the grace of God. God is seated within us. If he sees that we are sincerely searching for the path, he inspires us to the right place. He creates that faith from within us, that pull, that makes us feel, "Oh Yes, I have found the personality that I was looking for." So, God by his grace leads us to the Guru and then the Guru by his grace leads us to God.

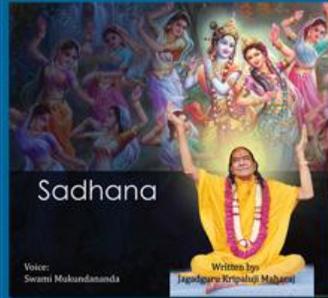
To be continued in the next edition....

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

Sadhana



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

Featured Video:

Narad Bhakti Darshan

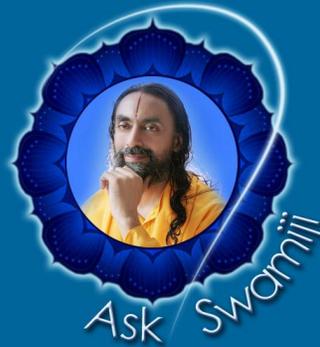
JKYog brings to you a series of Swamiji's discourses on [Narad Bhakti Darshan](#) (in English)

[Click Here](#) to Subscribe to our YouTube Channel & get connected with the series.

Upcoming Events



[Swamiji's Program Schedule](#)



Question: In the writing of some Christian saints, emphasis is laid on contemplation. What is its place in devotional practice of the Hindu religion?

Answer: Contemplation is called *Chintan*, or *Manan*, in the Vedas. It means repeatedly bringing any aspect of Divine knowledge to the intellect. First, we hear the knowledge of the scriptures from the Guru; this is called Śhravan. Then we contemplate on what we have heard or read; this is called *Chintan*.

This *Chintan* or contemplation helps to strengthen the knowledge in the intellect. It is one of the most potent means of illuminating the intellect with the light of Divine knowledge. The power of *chintan* is such that if it is misutilized, it becomes *chintā* (worry), and it can lead suicide. Let us say that a student fails in his school final examination. Hundreds of other students fail too, but this student starts contemplating, "What will I do now? How will I show my face to my parents? What will my friends say? Life is not worth living. It is useless to exist. It is better that I die." This thought process goes out of control to such an extent that the student commits suicide. His class-fellows wonder what happened that made him take such a drastic step? This was all a result of misdirected contemplation.

The same power of contemplation, if properly directed, can lead to God-realization. We could repeatedly think, "Shree Krishna alone is mine. He is so kind and merciful. He has been sitting in my heart since endless lifetimes. He is my eternal Father, Mother, Friend and Master." Such contemplation will elevate the mind to sublime heights, enhance love for God, and boost devotional sentiments.

For example, we are naturally attracted to people's qualities, but God has unlimited qualities and yet our mind feels no attraction towards Him. This is because we have never thought deeply about them. If we repeatedly think how beautiful He is, how merciful He is, etc, our love for God will grow rapidly. Contemplation is thus an

Plano, TX

Aug 19th to 25th

Houston, TX

Aug 26th to 30th

Temple Retreat

Sept 1st to 3rd

Flushing, NY

Sept 9th to 15th
Wappingers Falls, NY

Sept 15th & 16th

[View Details](#)

Current News

Janmashtami was enthusiastically celebrated by thousands of devotees at Barsana on Aug 10th, in the Divine presence of Jagadguru Shree Kripaluji Maharaj. Chanting of Shree Krishna leelas and pads, special arati of Baby Krishna were the main highlights of the celebration.



Swamiji was guest speaker at the Hindu Mandir Executives Conference, 2012, that took place in San Jose, on Aug 17th and 18th. He was requested to speak on the topic "My Journeys Through North American Mandirs" and share his experience of visiting so many temples in USA.

[View Photos](#)

important part of the daily spiritual practice.

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

Submit Your Questions
Ask Swamiji Q&A Archive



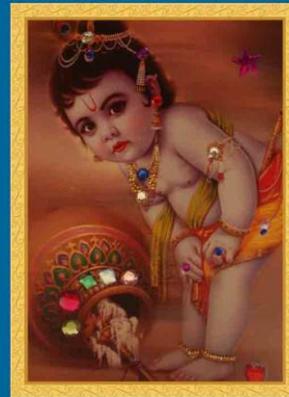
Bal-Mukund Showcase

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

CT Center - Janmashtami Craft Work



LA Center



Devotion for Kids



Shree Krishna's birthday was also celebrated at different centers of JKYog in India and abroad.



Bal-Mukund children from various centers also exhibited different leelas and cultural programs on this occasion.

[View More Photos](#)



Devotion for the young is very important to develop their personality from within. With moral and spiritual development, a child is better equipped than his or her peers to tackle the challenges of today's world and overcome them.

Here are some tips to encourage devotion in kids:

* Think Krishna to be your best friend and imagine that you are playing, walking with Him. Do all actions keeping Him with you. When you are alone, just think of Krishna and do not feel lonely. Keep in mind that He is always there with you, helps and protects you every moment.

* When you are doing your homework, imagine He is sitting next to you and helping you.

* You must believe in Him and believe that He will surely help you. He is always yours. He talks to you in your mind. Krishna never forgets you even for a single moment. The coolest thing is that nobody will know you are talking!

* Don't think, "When I grow up, I will start remembering God." Start now.

* Chant the Name of "Radhey Shyam" constantly and



Swamiji successfully completed his enlightening discourses at Aurora, Charlotte, and Canton. Yoga and Meditation programs were also conducted by Swamiji in these cities. It was his first program in these cities, which were a great success as people poured in to the venues to listen to his enlightening discourses and attend free yoga and meditation classes.

[View More Photos](#)

Swamiji also gave an enlightening discourses on "The Bhagavad Geeta for Everyday Living" and conducted free yoga and meditation classes in Houston.

Swamiji's discourses on the topic, "Bhagavad Geeta for Everyday Living" is currently going on in Plano, TX and will conclude on Aug 25th.

[View Details](#)

[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!](#)

silently. Say "Radhey" within your mind when you breathe in, and say "Shyam" within your mind when you breathe out.

* Avoid bad company.

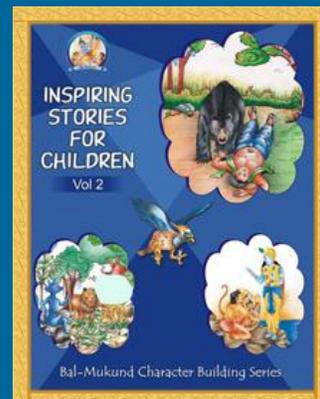
* Every night before retiring to bed, recall and count the number of wrong deeds you committed for the day and pray for forgiveness, whether it was done knowingly or unknowingly. Resolve to correct yourself and not to commit the same mistake again.

* Give respect to everyone. Never fight with others and hurt anyone by your bad behavior. Realize that God resides in everyone's heart.

* Never feel lonely or alone. Don't get angry. Try to be nice to everyone

This is selected from the book,

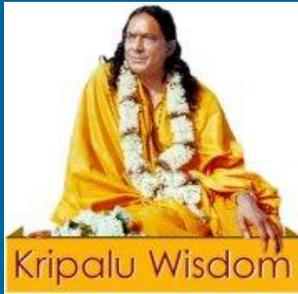
Inspiring Stories For Children - Vol 2
Bal-Mukund Character Building Series



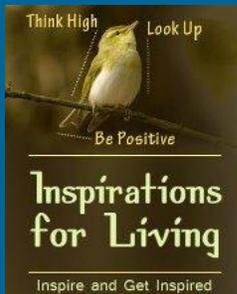
A must have for all kids!

Get your collection of Bal-Mukund books TODAY!

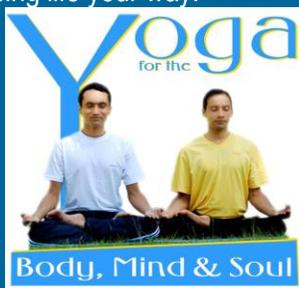
[Visit Bal-Mukund Shop](#)



"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.



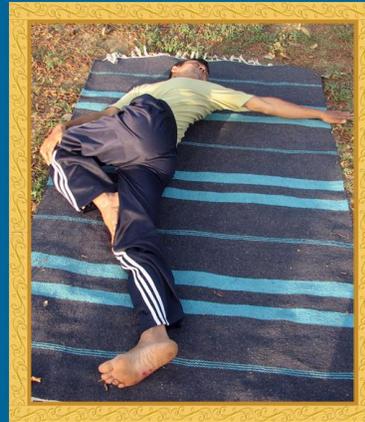
"Inspirations for Living" is to help every individual through its conventional method, to take an important step towards living and fulfilling life you were born to live. This page is specially designed to give you the support, encouragement and guidance to start, or continue choosing life your way.



"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

Jagadguru Kripaluji Yog

Shava Udarkarsanasan



Method

Lie on your back. Place your arms straight to the shoulders on the floor. Place the sole of the right foot on left thigh. Inhale (Radhey). While exhaling (Shyam), hold the right knee from your left hand. Pull the right leg and try to touch the floor from the right knee. Tilt your head rightwards and try to touch the floor. Remain in this position for 5 seconds. Inhale (Radhey); come to the initial position. Repeat 1 time in either side.

Benefits

Relieves from body ache. It strengthens digestion system. It releases pranic energy.

Contra-indications

Stop the practice if it causes acute buttock pain.

The Editor

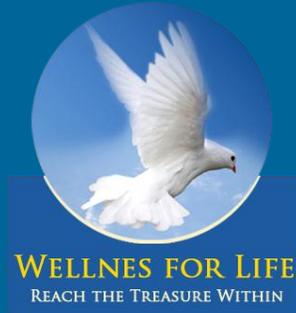
Jagadguru Kripaluji Yog

XVII/3305, 1st Floor,
Ranjit Nagar,
Near PUSA,
New Delhi - 110008
India

Or

attainment of a healthy mind in a healthy body requires a synthesis of material and spiritual knowledge.

7405 Stoney Point Dr
Plano, TX 75025
USA



"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