



In This Issue

[Gems of Wisdom - Shree Maharajji](#)

[Announcements](#)

[JKYog Online Gift Shop](#)

[Featured Video](#)

[Current News](#)

[New Facebook Pages](#)

[The Basis of Devotion -
Jagadguru Shree Kripalaji
Maharaj](#)

[Bhakti Shatak - Swami
Mukundananda](#)

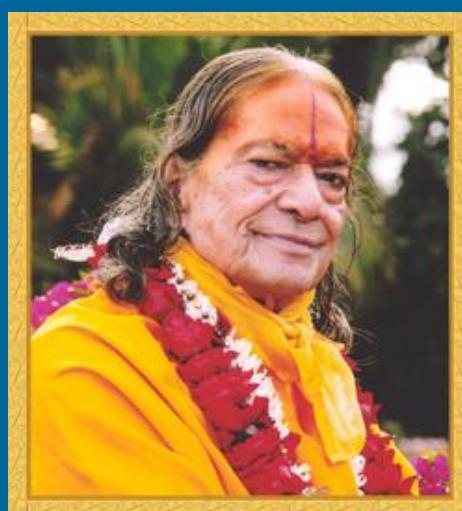
[Ask Swamiji](#)

[Bal-Mukund](#)

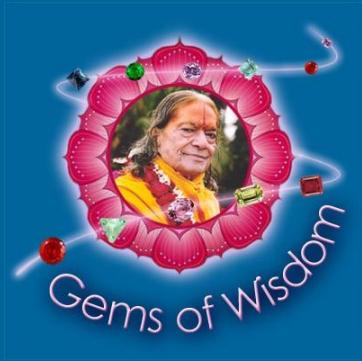
[Jagadguru Kripalaji Yog](#)

**Welcome to the
Jagadguru Kripalaji Yog
e-Magazine**

The Basis of Devotion
by Jagadguru Shree Kripalaji Maharaj



Continuing with the previous article....



"I....I....I.." and "mine...mine...mine..." are the cause of material bondage, and the gyani does harsh sadhana to finish both "I" and "mine".

The devotee simply makes a small correction in "I" & "mine", and easily cuts maya. "Krishna is mine" and "I am Krishna's servant".

Attachment causes fear, by making us apprehensive of being separated from the person, object, situation, prestige, to which we are attached.

The way to achieve fearlessness is to become detached. That is also the science of work : do your duty, but be detached from the results.

The Bhagavad Geeta states the science of work: "You have the right to work, but not to the fruits of your actions; the fruits belong to God."

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

We should always remember a very important fact. Till the moment we attain God, we will be under the influence of Maya and we will continue to suffer from the diseases of the mind like desire, anger, jealousy, hatred, ego, etc. We have also accumulated innumerable sins from our past lives and all of these will be destroyed only with the attainment of God.

If someone calls us names or criticizes us as an angry, sinful or a bad person, then what is wrong with it? It is a fact and we should happily accept all these faults and try to rectify them. Here is an interesting analogy. When we introduce a policeman as a 'Policeman', he never complains or asks us to identify him as a 'Director General'. He is happy to be called a 'Constable'. In the same way, when people say that we are sinners, why do we feel bad about it?

Saint Tulsidas says: *nindak niyare rākhiye āṅgan kuṭi chhabāy*. The one who points out our faults or mistakes is our well-wisher. When a snake or a scorpion creeps up our body, and someone alerts us, we call him our well-wisher.

There is one more point that we should remember. The moment we remember God, only that moment we can be considered as doing a good deed. For the rest of the time, we can conclude that only bad deeds are performed since that time is not dedicated to God. Have we ever realized how many hours do we think of God in a 24-hour day?

We must repeatedly think and resolve that even if someone criticizes us, we will not feel bad. Practice makes a man perfect. Everyday at night, before we sleep, we must recall, "How many times did I get angry today? How many times did I commit the same mistake?" The next day, we will be more alert and cautious. In this way, by constant practice, we will stop feeling bad when others talk ill of us.

Shree Krishna resides in our heart and notices each and every idea of ours. We should not get hurt or feel bad or get disturbed, because his grace is dependent on our mind being detached from worldly feelings and completely attached to him. Constant remembrance of this thought will lessen our faults, and at the same time, we will attempt to remember God. We should not have any ill feelings towards the one who criticizes us because Shree Krishna resides in his heart also. Be neutral with the one who finds fault in you and do not have feelings of hatred towards anyone.

Shed tears while saying this prayer again and again:

*yadi dainyam tvatkṛipāheturnatadasti mamāñvapi
tāṁ kṛipāṁ karu rādheś! yayā te dainyamāpnuyām*

Announcements

Chhote Philosopher Contest, 2013



Bal-Mukund is proud to announce the launching of "Chhote Philosopher Contest 2013" designed for children residing in US between the ages of 5 and 15 years.

[View Details](#)

[Click here for free registration](#)

[Subscribe to
Swamiji's Podcast](#)

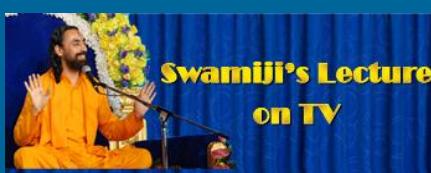


Swami
Mukundananda

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

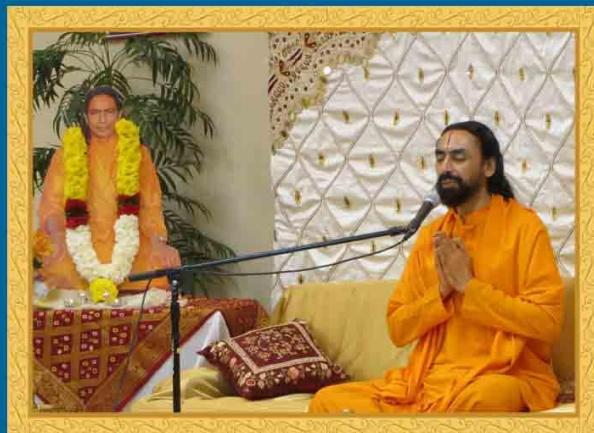
Sun: 12:00 pm EST

TV Asia available in USA and

It means "O Shree Krishna! If you bestow your grace on humble ones then I am not at all humble. Therefore, grace me in such a way that I develop the feeling of being humble and shed tears." Remember that there is no way out of this and it is absolutely mandatory to practice this *sadhana*, as human life is temporary and momentary.

Hence, with practice, all our faults will slowly and gradually vanish and you will feel calm and peaceful.

Bhakti Shatak by Swami Mukundananda



Continuing with the explanation of the next two verses:

*sāñcho dās na kabahuñ chaha, pāñchahuñ mukti balāya
chahai yugal sevā sadā, tin sukh sukhi sadāya*

*jo svāmī soñ chahai kachhu, so nahiñ dās kahāya
sou svāmī na kahāya jo, dāsahiñ āsa lagāya*

There is the material concept of life and a spiritual concept of life. The material concept is, "I am the owner; I am the proprietor; I am the enjoyer; I am the controller." This false ego is prominent in the material realm. But, the spiritual perspective is different. It says, "God is the controller; God is the enjoyer; God is the proprietor; God is the master and I am his servant." So in the spiritual side, the constitutional position of the soul is as the servant of God. The more we accept this; more we become situated in spiritual consciousness. It is for lack of acceptance of this fact that we are under the realm of material energy. So, the scriptures tell us again and again that you are the servant. You are not the master.

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.

ITV

USA : Mon to Fri 5.30 pm to 6.00 pm

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**



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:

The Padma Puran states:

*dāsa bhootamidam tasya jagat sthāvara jangamāṁ
śrīmannārāyaṇah svāmī jagatām prabhurishvaram*

All moving and inert things are the servants of Shree Krishna. The unmoving material energy is the servant of Shree Krishna. The moving and the conscious souls are also the servants of Shree Krishna. So, the more we perfect the seva *bhav* (service attitude), the higher we will rise on the spiritual side. Hence, what is the goal of the servant? To serve his master. How do you serve your master? Whatever way the master wants. That is the real service.

Once, King Abraham, who is mentioned in the Old Testament, bought a slave boy and brought him to his palace. It was the age of slavery, where you could buy people. He asked the boy, "By what name should I call you?" The slave boy said, "O master! Whichever name pleases you." The King said, "What clothes should I give you to wear?" "Whatever clothes appeal to you." "What will you eat?" "Whatever you feed me." "What will you drink?" "Whatever you give me." "What do you wish to do?" "Whatever you ask me to do." "Don't you have any desire of your own?" "I am your servant. My job is to make you happy."

King Abraham said, "You have taught me the meaning of surrender. This is the way I should be surrendering to God. You are not my slave. You are my Guru. Go, I release you. You are free from today." So, that is the job of a servant. Not to demand, "O God! I want this; I want that." A real servant is one who never demands anything from his master.

King Abraham said, "You have taught me the meaning of surrender. This is the way I should be surrendering to God. You are not my slave. You are my Guru. Go, I release you. You are free from today." So, that is the job of a servant. Not to demand, "O God! I want this; I want that." A real servant is one who never demands anything from his master.

When Bhakt Prahlad was asked by Lord Nrisingh for a boon, Prahlad said, "O Lord! If I ask you for something, I will not remain your servant. I will be doing business with you. I am not a businessman. I am your servant. My job is to give, give and give."

Jagadguru Shree Kripaluji Maharaj explains:

*prem meñ hain sadā denā denā,
sochanā bhi nahīñ kuchh hai lenā
lene vālā bañā bholā bhālā,*

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)

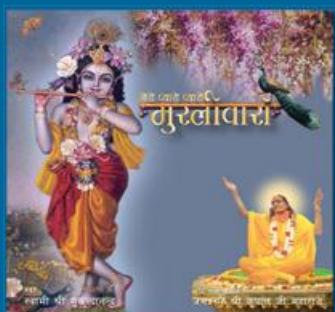
Time: 7:40 to 8:00 pm IST

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's featured kirtan CD

Mero Pyaro Pyaro Muralivaro



Do visit online gift shop and place your order now!

braj ke rasikon meñ śāmil nahī

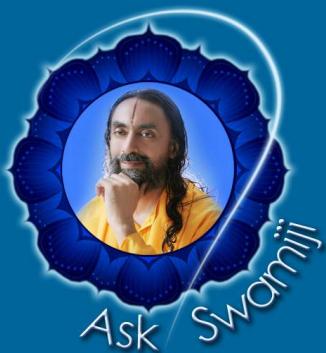
The nature of true love is such that it involves just giving without the desire for any return. So, in this path of divine love, the devotee asks God neither for worldly things, nor for *mukti* (liberation). *Mukti* is not a material desire. *Mukti* is the desire to get released from the material sufferings. However, the desire for *mukti* is also not the desire for service. It is the desire for our own gratification as we think, "Let all my miseries end." So somebody who is seeking divine love has to reject even this desire for *mukti*. Jagadguru Shree Kripalaji Maharaj says, "Give up the desire for five kinds of liberation. You will not be at loss because if you receive divine love, God himself will become your slave. And when God becomes your slave, then *bhukti* (material pleasures) and *mukti* (liberation), which are the servants of God, will be your slave." What can he not give you? In other words:

bin mānge moti mile mānge mile na bhīk

"Without asking anything from him, you got everything. And by asking, which we have done lifetime after lifetime, we never got anything."

Therefore, we must understand the secret of spiritual realm that a true devotee is one who does not want anything from God. If he desires or wishes for anything, then he is not a true servant.

To be continued in the next edition.....



Question: Why did God create souls and bring us into the world, where there is so much of suffering and misery?"

Answer: To answer your question, let me tell you a story. There was once a very rich man, who had a fifteen-year old son. One day, the son was alone in his father's office, when he saw a fifteen-year old newspaper. It had an article titled, "Billionaire adopts orphan child." The boy was stunned to see his father's name mentioned there. When his father returned, the son

Featured Video:

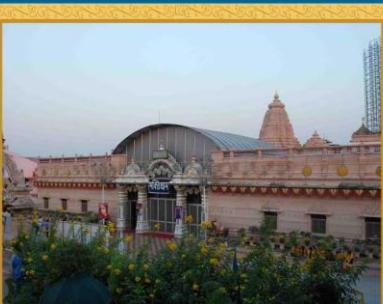
Narad Bhakti Darshan



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.

Current News



The annual month-long sadhana shivir, which was held at Mangarh, Allahabad concluded and devotees were blessed to practice intense sadhana, devotion under the guidance of Shree Maharajji.

[View More Photos](#)

accosted him, "Father is this article true?"

The father replied, "My son! It is true."

"Does that mean I am not your child?"

"That is right, you are not my child."

The son was shocked. "Then why did you adopt me?"

The father explained, "Son, I am a billionaire. I had no shortage of money, and everything that money could buy. However, I did not have anyone with whom I could share my wealth. I adopted you so that I could give you everything I possess."

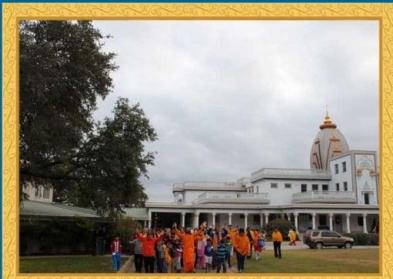
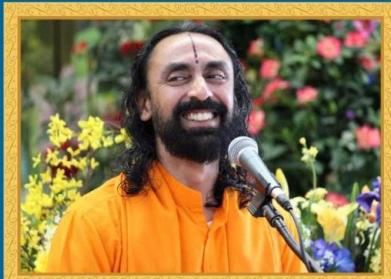
Similarly, God is perfect and complete in himself, and the possessor of unlimited opulences. He creates us so that he may be able to share all that he possesses with us. However, he can only do so when we truly love him.

Those souls, who have learnt to love God, are with him in his eternal abode. We conditioned souls are here in the material realm because we have turned our backs towards him. God hopes and waits for the day when we too will perfect our love for him and attain him for the rest of eternity.

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

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

Thanksgiving Retreat with Swamiji A Divine Experience!!





Swamiji received a grand welcome by the devotees of the Cuttack Ashram, who were eagerly waiting for Swamiji.

[View More Photos](#)

**Happy Birthday
Dearest Swamiji!!**



In the JKYog centers of India and abroad, Swamiji's birthday was spontaneously celebrated with great zeal and enthusiasm. In Cuttack Ashram, hundreds of devotees from across Orissa gathered to celebrate his birthday. A grand function was organized by the devotees of the ashram. The ashram was decorated with flowers and lights. The premises were filled with devotees waiting for their chance to wish Swamiji on this special occasion. Bal-Mukund children also got a chance to exhibit their talent.

[View More Photos](#)

The 2012 Thanksgiving retreat at Radha Madhav Dham was phenomenal with devotees flying in from all over the USA - NY, NJ, CA, AZ, FL, LA, NC, CT, TX etc. The retreat started on Thanksgiving evening with beautiful kirtans and aarti at Shree Raseshwari Radha Rani temple. Swamiji gave a powerful lecture on the importance of "Thanksgiving" - celebrated to express our gratitude for God's love and kindness. Gratitude is the second most powerful emotion in spiritual development, and just by developing it, an aspirant could make rapid progress on his spiritual path.

During the retreat, Swamiji gave many unique examples of how God's Grace is sustaining us in every aspect of our daily lives. In essence, everyday should be Thanksgiving! Each morning started with subtle body relaxation followed by kirtans and aarti. The days were filled with blissful chanting and dancing, outdoor parikramas to the holy places of Radha Madhav Dham, guided meditation and picnic on "Barsana hill", and profound lectures beautifully delivered by Swamiji.

In the words of a devotee who attended the retreat:

"The spiritual retreat at Radha Madhav Dham in Austin was truly a memorable, life-changing experience. Being in the presence of so many kind people all with the same goal of spiritual upliftment is a precious joy in itself. Taking walks through nature trails while chanting melodious kirtans, and climbing up Barsana Hill and meditating there is a feeling words simply cannot describe. Performing aarthi to our Beloved Radha Krishna early in the morning as the bright sun was rising was simply a "divine, magical feeling." In addition, listening to Swamiji's profound lectures daily inspired all of us devotees to do seva and follow the path of bhakti and sincere devotion to God. Swami Mukundananda is a soul whose presence radiates peace, joy and bliss. My parents also had a wonderful time and we are patiently looking forward to our next retreat again with Swamiji and our JKYog family."

The retreat was sold out with participation of over 200 people attending and some devotees even had to stay outside the ashram due to the overwhelming response.

Pictures are on the JKYog website at (folders for day1, day2, day3, and Parikrama): <http://www.jkyog.org/albums>.

Shreya Bhat, TX



Thousands of people gathered to listen to Swamiji's enlightening discourses on "Taittariya Upanishad" at Khalikote College Ground in Berhampur, Odisha from 9th to 14th Dec, 2012. Swamiji also conducted yoga and meditation classes there.

[View More Photos](#)



Swamiji gave lecture on "Ishawashya Upanishad" in Jajpur, Odisha from 21st to 25th Dec, 2012. Blood donation and free eye screening camps were also held there during Swamiji's visit.

[View More Photos](#)

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!



Bal-Mukund Showcase

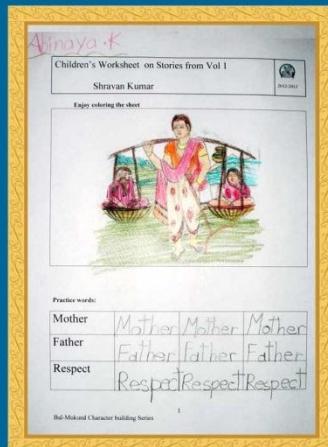
Bal-Mukund welcomes all contributions of creative works from children in different areas including poetry, moral stories, art work, etc.

Submission Guidelines

Bal-Mukund Contributions



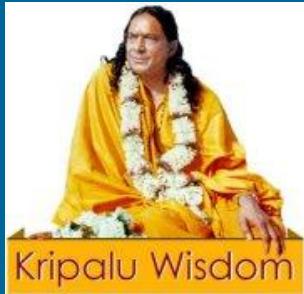
NJ Center



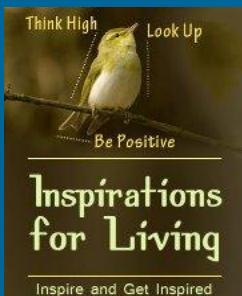
CT Center

Jagadguru Kripaluji Yog Halasan

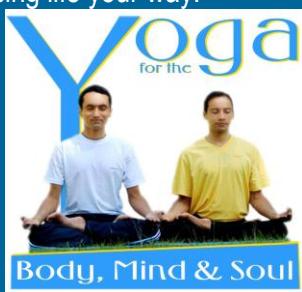




"Kripalu Wisdom" is a humble attempt to present invaluable knowledge revealed by the supreme acharya of this age-Jagadguru Shree Kripalaji Maharaj to all spiritual aspirants.



"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

Method

Lie on your back. Keep your legs together, arms by the side and palms facing up. While inhaling (*Radhey*), raise your legs. While exhaling (*Shyam*), raise your buttocks and back, and lower the legs over the head. Hold your ribcage from behind to provide support. Touch the floor with your toes. Remain in this position for 5 seconds. While inhaling (*Radhey*), raise your legs from the ground, lower your buttocks. Gently lower your legs to the ground.

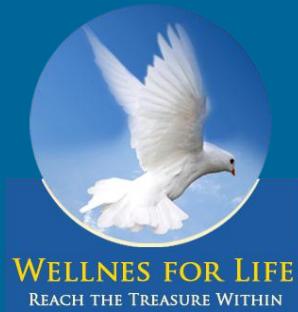
Benefits

The movement of diaphragm massages all the internal organs, activates digestion, increases insulin production by pancreas and improves the function of the liver and kidneys. It strengthens the abdominal muscles and tones the nerves of the spine. It regulates the activities of thyroid gland, which balances the body's metabolic rate and stimulates the thymus gland, which help increase immunity.

Contraindications

People with high blood pressure, hernia, arthritis in neck, spine problems like cervical and slipped disc should not do this asan.

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.

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

Or

7405 Stoney Point Dr
Plano, TX 75025
USA