



JAGADGURU KRIPALUJI YOG

In This Issue

[Gems of Wisdom - Shree Maharaji](#)

[Announcements](#)

[JKYog Online Gift Shop](#)

[Upcoming Events](#)

[New Facebook Pages](#)

[Current News](#)

[Divine Works of God and Guru - Jagadguru Shree Kripaluji Maharaj](#)

[Bhakti Shatak - Swami Mukundananda](#)

[Ask Swamiji](#)

[Prem Mandir](#)

Welcome to the Jagadguru Kripaluji Yog e-Magazine

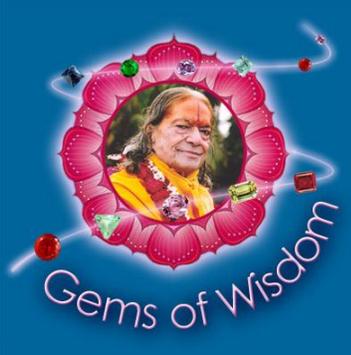
Divine Works of God and Guru by Jagadguru Shree Kripaluji Maharaj



The meaning of this verse is that not even the Guru of the celestial gods, Lord Brihaspati, can understand the actions of God and God-realized Saints. Lord Brihaspati is recognized as the ultimate

Bal-Mukund

Jagadguru Kripaluji Yog



If we find our mind repeatedly going towards & dwelling upon others faults, we should know that our ego has swollen, and we must be careful.

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.

One of the most graceful ways to show our love for God is to trust Him, in His ways, His wisdom, and His will.

We are intuitively aware of God's glories, but when we deeply contemplate upon them, we enhance our bhav, or devotional sentiment.

To be grateful is to recognize the Love of God in everything He has given-and He has given us everything.

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.

Announcements
Swamiji's USA Tour 2012

authority on knowledge. But, the works of God and Saints are beyond the reach of even Lord Brihaspati.

God has descended to earth countless times. We have met with God innumerable times. We were on earth every time God descended. We saw Him each time in every form. But, we did not recognize Him as God, and therefore committed offences. In the same way we met with Saints also. But, we did not recognize them and committed offences. What kind of offences? The most serious offence, known as *Namaparadh* (Spiritual Transgression). *Namaparadh* is such a serious offence that other sins such as killing a Brahmin, are insignificant when compared to it. What was the reason behind committing *Namaparadh*? Our material intellect. Our intellect is made of Maya, whereas the works of God and Saints are Divine. Even the most intellectual cannot comprehend the actions of a Saint. This is because these actions are performed by a Divine power called *Yogmaya*, which is a special personal power of God.

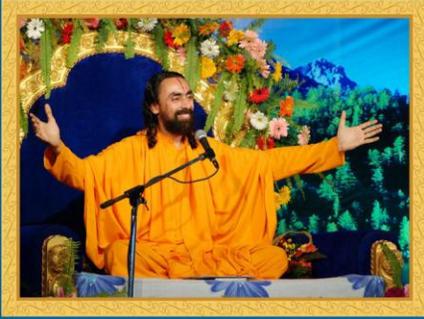
Though they are Divine, the actions of God and Saints seem just like our actions from outside.

kiye charit pāvan param prākṛit nar anuroop

God and Saints perform actions that are just like actions of ordinary people controlled by Maya. Looking at these actions we take the decision that their actions are material. In this way we end up committing *Namaparadh*. Our intellect is made of Maya and the actions of God and Saints are performed with *Yogmaya*, which means that externally the action seems to be an ordinary work of Maya, but internally the Saint is always united with God. This means that we cannot understand these works with our material intellect. Internally we ask the question, "Why is it that I can't understand?"

Let me explain this to you in this way. Some four and five year old children get together and they are talking to each other. They say, "Why do our Mummy and Daddy, both call us *beta* (son). All the children asked their parents this question, and hearing the question all the parents started laughing. "Yes, yes, you are my son and you are Mummy's son also." The child says, "But, how can I be the son of both of you?" The parent says, "Don't argue, just accept that you are. Be quiet for now and believe what I am telling you."

Now, why isn't the child able to understand that he is the child of both his parents? The reason is that the child is free of lust. You can



Swami Mukundananda's USA Tour 2012 planning has started. Along with enlightening lectures, the program offers Yoga and Meditation sessions to provide a holistic treatment for body, mind, and soul. The tour starts with East Coast programs from the first week of April, covering most of the major cities across USA.

[View Tour Schedule](#)

[Save the Dates for
Retreats with Swamiji!](#)



Ramada University, Fresno
May 26th to 28th, 2012

Hilton Washington Dulles Airport
June 29th to July 1st, 2012

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

Stay Tuned for Details!

[Swamiji at
Stanford University](#)

have him memorize the words. He will memorize them, but he will not understand them. He will understand when he is 15 or 20 years of age, when he starts suffering from the feelings of lust. Then he will think to himself, "Oh, when I was a child I used to think that my parents are fools and they cannot make me understand. Now, I understand how it is that I am the child of both my parents."

In the very same way, as long as we suffer from lust, anger, greed and attachment, we cannot understand how it is that God and God-realized Saints can perform material works, but remain beyond Maya at the same time. Shree Krishna married 16,108 women. And Chitraketu, a king, married 10 million women, but still did not have children. Shree Krishna had ten children each with each one of his 16,108 wives. And yet Shree Krishna is celibate. He is a celibate? Yes. He had 161,000 children. The question is, why did Shree Krishna marry 16,108 women? And why did He have so many children? The same children became criminal. All of them; not just one or two or three or four. And then Shree Krishna had them all killed. All the while He was smiling.

You were all there at that time and you must have heard all this. You would not have understood anything. Your mind would have stopped working and would be thinking, "Oh! You call Him God? First, He got married to so many women; then He had so many children; then all the children became criminal. How could this happen? Why didn't He scold all His children?" We would have passed all these comments at that time. We cannot understand a single thing about God when He comes down to earth. What to speak of others, even Parvati ji had a doubt, "This Ram is God, and He is searching for Seeta!"

Assuming the form of Mother Seeta, Parvati ji approached Shree Ram to test Him. Though He is Omniscient, yet He acts ignorant. Though free of lust, He acts lustful. Though He is beyond anger, yet He commits even murder. Though He has no greed, yet He rules kingdoms. Bharat ruled the earth for ten million years. Prahlad ruled the earth for 306, 720,000 years. He became God-realized and then got married and had children. All the Saints - Dhruv, Ambareesh and the greatest of Saints, the Gopis whose foot-dust is desired even by Brahma and Shankar - were all householders.

Thus, no one can understand anything about God and the Saints. This is because our intellect is material. It is our experience that in the absence of lust no children can be born; without anger no one can commit murder; without greed no one can rule a kingdom for millions of years. We don't believe that this is possible, because all



Swamiji delivered an enlightening lecture on the topic, "Science & Spirituality" at the prestigious Stanford University, where he addressed young students and professionals.

[View lecture](#)

[Tune in to Radio JKYog LIVE!](#)

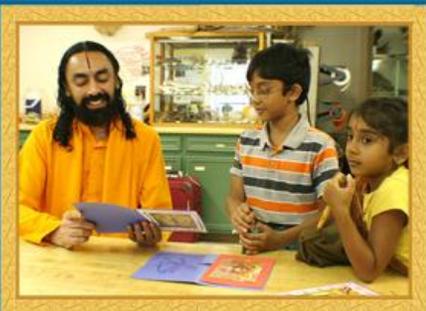


Start your day with devotional chantings, enlightening discourses and soul-stirring keertans.

[Click here to listen](#)

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[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

this is not possible for us. We think according to our own standard. We forget that we are controlled by Maya and God and Saints are beyond the control of Maya. We forget that they have Divine powers.

Just as we cannot listen through the eyes, since hearing is not the subject of the eyes, similarly, we cannot grasp Divine subjects with our material mind, because God as well as the Saints are not the subject of the material senses, mind and the intellect. This is the reason why from infinite lifetimes we have never understood many Saints who descended on this earth. That is why we have never benefited from them until now, and not attained our goal. We tried to judge and observe them through our material minds.

Therefore, we have now understood that the actions of a true Saint are Divine, and hence, beyond the comprehension of the material intellect. We have to obey his instructions, which will result in the purification of the heart. Then, he will bestow his Divine Grace and power with which we will be able to know God and relish His Divine Bliss.

Bhakti Shatak

by Swami Mukundananda



Continuing with the explanation of the next verses:

*māyā hai jaḍ śhakti pai, gyānihum pār na pāya
yāko kāran svayaṁ hari, yāko prerak āya*

*karm, yog, aru gyān sab, sādhan yadapi bakhān
pai binu bhakti sabai janu, mṛitak deha binu prāna*

Jagadguru Shree Kripaluji Maharaj further explains the third power called Maya. This material energy is also a

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

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

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.

power of God. It is not really inert as it appears to be. Scientists tell that it is full of activity. Within all solid objects are molecules that move at tremendous speed. Within those molecules are atoms. Scientists today have discovered that there are not just the electron, protons, and neutron. Within those atoms, they have found more than three hundred sub-atomic particles. They researched and came up with more and more particles. And at the end they were so confused. They said, "Where is the beginning? We do not know."

Jagadguru Shree Kripaluji Maharaj says it very nicely. He says, "When the scientists were bewildered and asked, "Where is the beginning?" They got the answer, "*pata nahin* (I do not know)." That *pata nahi*, is the *pata* (address) of God. *Pata* also means address.

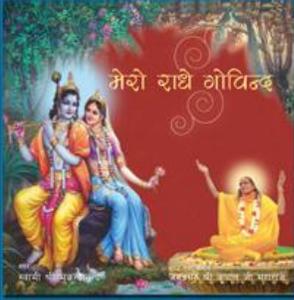
When you say, "I don't know." That exactly is the realm of God. All this is beginning from God. So, this material energy is working by His inspiration. Just like in the kitchen, ladies have more experience than men. They work with the tongs or the *chimta*. The *chimta* is an inert object. The tongs cannot do anything on its own. However, energized with the hand, the tongs become a remarkable tool and you can then lift so many things. However, the *chimta* (tongs) cannot be proud and say, "I do so much work." If they were to become proud, the hand would say, "What is so big that you are doing? I am the one who is energizing you." Suppose I remove my power, what could you do?"

So, the hand is puffed up with pride, "I am the doer. These tongs are nothing." Now the mind says, "O Mr. Hand! It's not by your ability that the work is getting done. I am guiding you. Hence, you are moving in an intelligent way. If I were to remove my guidance, you would not even know what is the front or the back of the tongs. You will probably try to hold it from the front and lift from the back." Now, the mind becomes proud with the feeling, "I am the doer."

Now comes the soul. The soul says, "O mind, you are nothing. Once I leave the body, what can you do? The source of your power is Me. I am the real doer." Now, the soul becomes puffed up with the pride of doership. The

This month's featured kirtan CD

Mero Radha Govind



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Upcoming Events



Swamiji's Program Schedule

Feb 28 - Mar 3rd

I.P Extn, New Delhi

Mar 7th - 9th

Holi Program in Mangarh

Mar 12th - 14th

Birganj, Nepal

Mar 17th - 23rd

Vikas Puri, New Delhi

[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.

soul thinks, "I am the one, this body is nothing." Then comes the Supreme soul, God. He says, "O soul! I am seated within your heart and I am imparting consciousness to you that is why you are conscious. If I were to leave you for a fraction of a moment, your soul itself would become inert." In other words, "I" would not remain "I" if it did not receive the power from God. So, everything that is happening in this world is directly being energized by God. This material energy is also working on His inspiration.

There is very interesting definition of Maya:

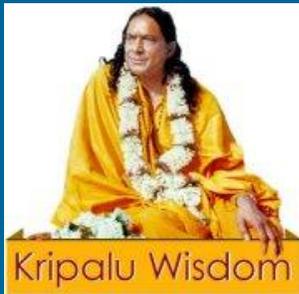
*ṛitermthayat pratīyeta na pratīyeta chātmāni
tadvidyādātmano māyām yathābhāso yathā tamaḥ*

What is Maya? That which is only perceived in the absence of God is called Maya. However, that which cannot be perceived without the power of God is also Maya. What does that mean? It means that Maya is only perceived in the absence of God. In other words, when you have turned your back to God, you perceive Maya. However, it cannot be perceived without the power of God because God is the source of that energy called Maya. If God was to cut His source or inspiration, what could Maya do on its own?

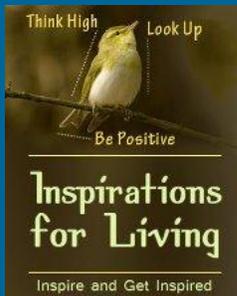
So, this Maya is the third energy of God (discussed in previous articles). And if it is the energy of God it cannot be defeated by our self efforts. We may engage in Yog, in austerities, in Yagya, in reading and chanting of the scriptures. We may go on doing it lifetime after lifetime. We will not be able to overcome this energy of God. There is only one way and that is to receive His Grace. That is why in order to overcome this material energy we need to engage in *bhakti* (devotion), which attracts God's Grace. So, that is why Jagadguru Shree Kripaluji Maharaj says that Karm, Yog, Gyan, are all means towards God, but without bhakti or love they are all like a lifeless body without life air.

Make sure to click on

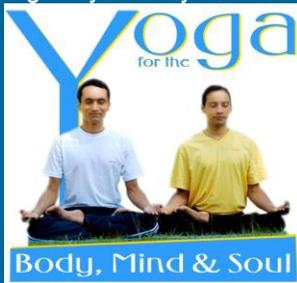
Like button!



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



"Yoga for the Body, Mind, and Soul" is designed to promote mental and



Difference between Brain and Mind

Question: What is the mind? It cannot be the same as the soul, since the soul is indivisible, impartial, eternal, and *nirgun* (formless). And it is definitely not the brain; then what is it?

Answer: The mind is a subtle machine provided along with the body to the soul. It is such a machine that continuously generates thoughts, feelings, ideas, perceptions, and stores knowledge and memories.

The brain is not the mind. The brain is the hardware that the mind uses for its functioning. Someone's brain may get damaged, but the mind may still continue functioning normally. This shows that the mind is distinct from the brain. Again, in the case of plants, they have no brain, and yet they have a mind. Experiments have shown how they respond to the moods of the gardener and speed up or slow down their growth in response. This illustrates that even plants possess a mind.

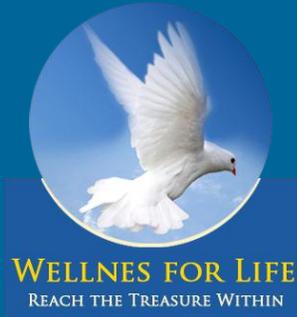
The brain is made from the gross elements earth, water, fire, air, space. On the other hand, the mind is subtler than these gross elements. The Bhagavad Geeta states:

*bhumirāpo nalo vāyuh kham mano buddhireva cha
ahaṅkāra itīyam me bhinnā prakṛitiraṣṭadhā
(Bhagavad Gītā 7.4)*

"Earth, water, fire, air, space, mind, intellect and ego, are various constituents of My material energy, Maya." Here, Shree Krishna has enumerated the mind as separate from the five gross elements. Modern science has some idea of the nature of the gross brain, but is yet to comprehend the functioning of the subtle mind.

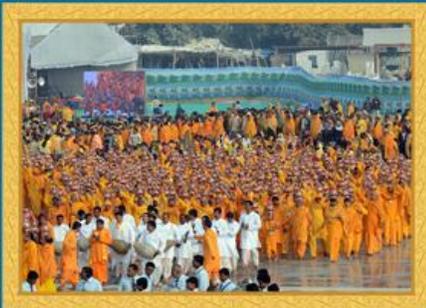
The mind is thus distinct from the brain. Nevertheless, in figure of

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.

Current News



Magnificent temple of Divine love - **Prem Mandir** was inaugurated by Jagadguru Shree Kripaluji Maharaj. It was a grand event, attended by 20,000 devotees from around the world. The 3-day opening ceremony started with a Kalash Yatra on Feb 15th, 2012. Thousands of devotees cleansed the temple premises with the holy water

speech, often when we say "the mind," it refers together to the mind and the brain.

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

Submit Your Questions
Ask Swamiji Q&A Archive

Prem Mandir

by Jashu Patel



We arrive in Vrindavan, the land where Shree Krishna spent his days, and head over to our ashram. After freshening up, we head directly over to Prem Mandir by the pedal cart through the streets of Vrindavan. We finally arrive near Prem Mandir and we can see the beautiful pure white Italian marble structure erected by skilled artisans from across India. From afar, just one glimpse and one would think what is this marvelous structure that is grandeur than the Taj Mahal. It's when you arrive at Prem Mandir, then you realize the sheer beauty and gift of divine love that is erected on the very ground that Shree Krishna and Radha Rani used as their play ground.

There are so many gates on the main road that one would get confused as to which gate to enter through. Luckily, there were security guards directing traffic and showing the way into the mandir. The first gate is the main entrance and opens to a beautifully landscaped garden thus leading to the main entry of the mandir. The second gate leads to the Jagadguru Dham and Sadhana Hall (the Sadhna Hall is under construction [for the Prem Mandi opening a temporary hall was created which would take a whole page just to describe it] which would be fully air-conditioned and would seem to hold more than 1,000 people) respectively. The third gate is for vehicle parking. The last two gates lead to the

collected from various rivers. Installation of deities (Pran Pratistha) was done amid various fire ceremonies (havan) and the temple was opened for the public darshan on Feb 17th, 2012.



Swamiji was invited as a chief guest to the National Conference on Sanskrit and Gopal Fraternity, where he was honored with the title of "Param Vaishnav". Swamiji also delivered an enlightening talk on the subject of "Sanskrit and Global Fraternity".

[View Photos](#)

The Editor

Jagadguru Kripaluji Yog

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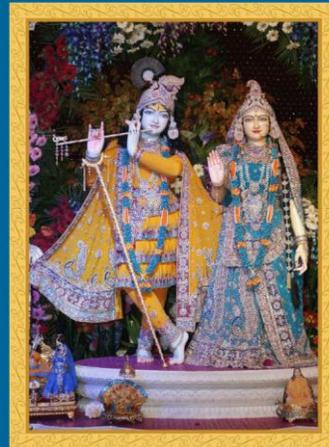
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USA

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charity hospital which will provide free medical services to all those that need it.

Surrounding Prem Mandir, are beautifully landscaped gardens, water falls, fountains and many different sculpted objects within the gardens. There is a great structure erected in front of the main entry of the mandir. This structure is what looks like a real life-like Govardhan hill with Shree Krishna holding it up with his pinky and the Brajwasi's all looking for protection from their beloved. What's amazing about this structure is that it's Shree Krishna's pinky that is holding the man-made Govardhan Hill, with no other supports to be seen.

The divine love that is flowing from Prem Mandir is not only captured from the outside but also within the mandir itself. All around the mandir, there are many plates created in white marble using a special 3D engraving machine depicting the various leelas of Shri Krishna. As you enter the mandir, you'll notice large doors for the entry way and on both sides of the entryway are 3d carvings of Yugal Sarkar thus following around the mandir the various leelas of Shree Krishna. There are so many doors all around the mandir giving one a feeling of Radha Krishna inviting any and all with open arms.



Inside the mandir there are two levels. On the ground floor there is a Yugal Sarkar Murti and on the first floor a Ram Sita Murti. Words cannot describe the sheer beauty of both Murtis. All around the mandir there are so many decorated pillars and 3D carvings everywhere you look. These 3D carvings are once again of Shree Krishna Leela, Maharaji, the four other Jagadguru's, Chaitanya Mahaprabhu and of course the Jagadguru Parivar. There is one beautiful wax figure of Maharaji while he is creating his beautiful padhs. Just looking at this wax figure one would get the feeling that Maharaji is really right in front of you. The ceilings have beautiful

Suggestions

Regional Satsang Centers

Bal-Mukund Centers

chandaliars hanging to provide light and decorative beauty. The internal dome structure is delicately carved and one would have to wonder how the artisans were able to climb so high to carve the designs. Every wall inside and out is filled with Radha Krishna prem. The internal walls have couplets of Radha Govind Geet to once again remind the visitor of the divine love of Radha Krishn. Each 3D carving is so beautifully painted that it gives the feeling that this must be the real Radha or real Krishna performing leelas in front of us.

Sitting inside the mandir or even outside one gets a true feeling of divine love that is flowing from within the mandir. With every thought in Radha Krishna, we will be so much closer to reaching our divine destination.

-Jashu Patel, Ahmedabad



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



Sweet offering of Love to God and Guru from
Bal-Mukund Dallas, USA

[View More Contributions](#)

Jagadguru Kripaluji Yog

Ushtrasan



Method

Sit in Vajrasan. 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.