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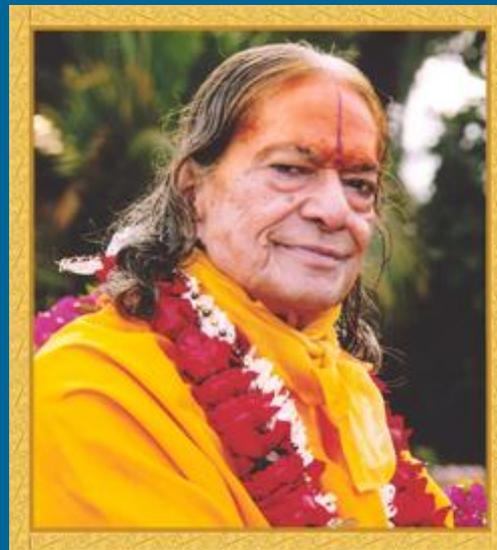
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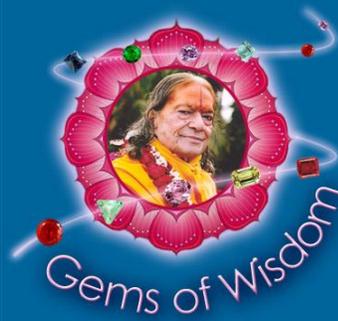
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## Welcome to the Jagadguru Kripaluji Yog e-Magazine

### Neither Love nor Hate in the World by Jagadguru Shree Kripaluji Maharaj



*Continuing with the previous article....*



We hanker for positive situations. But real progress is learning to keep a positive attitude even in the most negative circumstances.

Make it your goal to purify the mind. You'll then find that adverse situations are not harmful. They provide best opportunities for progress.

The Lord of unlimited universes is sitting in our hearts. He is waiting for us to love Him, so that He may shower His Grace upon us.

Never have any ill feelings towards anyone, even towards the one who hates and criticizes you. Learn to become neutral.

Decide firmly - God alone is mine. A many-branched intellect cannot make the strong resolve necessary for success in God-realization.

*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.*

Whether you gently touch a piece of iron to a touchstone, or you angrily strike the two against each other, the iron will definitely be transformed into gold. If you eat rasgulla (an Indian sweet) out of desire, it will be sweet; and if you forcibly put it in your mouth, it will still be sweet. Similarly, whether poison is consumed knowingly, it will cause death; and if someone makes you drink it without your knowledge, it will still have the same effect. The holy river Ganga purifies even the water you spit into Ganga, which becomes a part of the holy Ganga

Similarly, whether you have feelings of love or feelings of hatred, in both cases the result will be the same-the mind will get absorbed in the world and become worldly. Since eternity we have had these feelings of love and hatred in the world. We have to make ourselves free from these two feelings, and also keep a watch on ourselves to not be afflicted in the future.

Shree Krishna said in the Gita:

*ananya chetāḥ satataṁ yo mām smarati nityaśhaḥ  
tasyāham sulabhaḥ pārtha nitya-yuktasya yoginaḥ*

"O Arjun, for those yogis who always think of me with exclusive devotion, I am easily attainable because of their constant absorption in me."

So, I advise all of you to constantly meditate on God and Guru and be absorbed in their loving remembrance. I am reminding you that both of them are divine. Your heart will be completely purified if you meditate on them. The only condition is that you should constantly and repeatedly attach your mind to them alone. You should be careful not to bring feelings of love or hate for any worldly object (or person) in your mind.

We have never practiced devotion in this way in any lifetime. Therefore, we remained deprived of attaining God's grace as the receptacle (our heart) was not purified. So neither could we be freed from the bondage of Maya nor could we attain divine bliss.

Be careful not to develop love or hate towards anyone if you really want to purify your heart. And if you have any negativity towards anyone, remove it. This may not happen within a second or within a day or two. You have to seriously practice it. Shree Krishna says to Arjun in the Gita:

*abhyāsen tu kaunteya vairāgyeṇ cha gṛiyate*

Constantly practice. It may take many lifetimes to attain perfection, but you have to do it. If you decide to neglect this kind of devotional practice, Maya will bother you and will keep imposing sufferings on you.

**Announcements**  
Retreat in India with  
Shree Kripaluji Maharaj



Jagadguru Shree Kripaluji Maharaj will be conducting a five-day retreat in Rangeeli Mahal, Barsana, India, hosted by Swami Mukundananda. The Retreat will be from 1st to 5th April, and on 6th April, Swamiji will take the devotees for Braj Dham Yatra.

[View Details](#)  
[Click here for registration](#)

**Chhote Philosopher Contest, 2013**

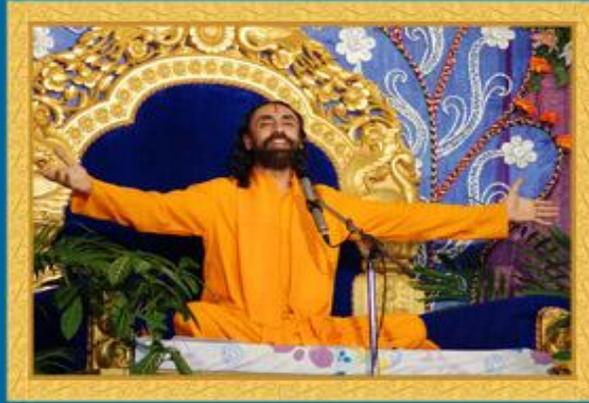
Last date for submission:  
Feb 28th, 2013  
Hurry Now!



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](#)

**Bhakti Shatak**  
by Swami Mukundananda



Continuing with the explanation of the next verse:

*sabai śhakti haiñ nām meñ, man niśhidin ārādha  
pai nahiñ śhaktin lābha tina, kiye nām aparādha*

*bandhan aur mokṣha kā, kāraṇ manahi bakhān  
yāte kauniu bhakti karu, karu man te hari dhyān*

God is so merciful that he has seated himself and invested all his powers in his names, virtues, abodes, pastimes and his devotees, the Saints. The names of God, his wonderful divine forms, his unlimited virtues, his divine abodes, his wonderful *leelas* (pastimes), his eternal associates, devotees, the Guru, all these are the divine realm. They all are one and they reside in each other. One must constantly remember and chant God's name all the time. Do remember that his divine name is all powerful but you will not get benefit if you commit *namaparadh* (spiritual transgression).

*Namaparadh* is transgression against the divine name. It is so powerful that it destroys our devotion totally. *Namaparadh* is to think against the form of God, his names, his virtues, his devotees, his devotional path. It also means to keep feelings of animosity or to keep negativity towards them. This is because the whole path of devotion is to increase the positivity and if we harbor negativity, it will destroy our devotion. These transgressions have an immediate impact on the mind of a devotee. It's like the mad elephant offence. If a mad elephant was to enter the garden, the garden would all be destroyed. Similarly, if *namaparadh* enters the mind and intellect, it will destroy the garden of devotion.

Jagadguru Shree Kripaluji Maharaj says that one should chant the name

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Sanatan Channel

India: (In dish TV channel no 763)

Time: 7:40 to 8:00 pm IST

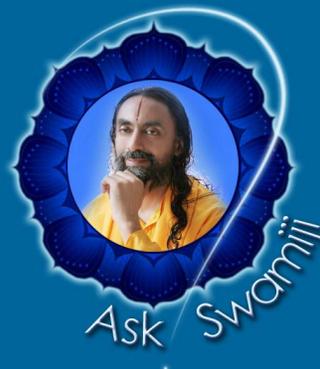
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of God, but be careful not to engage in these spiritual transgressions. In other words, don't keep any negativity towards any form of God, any of his virtues, any of his pastimes. If the intellect creates doubt always think, "I do not know. It must be my mistake. My little intellect cannot understand." Subdue this little intellect. Do not let it go against the divine.

So in this way, one must chant the names of God remembering that it is the mind that is the cause of bondage and it is the mind that will liberate you. Whatever *bhakti* (devotion) you do, endeavor to fix the mind on God, otherwise it will be just an external act. Mere engagement of senses will amount to nothing unless the mind is also engaged. It will be like multiplying zero by one million. The result will be zero.

The most important point to consider is what is the entity that has to practice devotion to God? Is it the soul, the mind or the senses? The simple answer is the mind alone has to practice devotion, because the mind alone is the cause of liberation and bondage. If the mind is preoccupied with desires for worldly attainments how can you possible engage it in devotion? You have only one mind. You can either have desires for material attainments, or a desire for the divine. Our mind's attachment to the material world has kept us bound to the cycle of birth and death. When we train the mind to detach itself from the material world and concentrate on God, we are actually attempting to cleanse our mind.

Therefore, in devotional practice, whether the senses are involved or not, the involvement of the mind is a must. Through *bhakti* (devotion) the mind gets purified and when it is completely purified one attains divine love.



**Question:** I would like to understand the difference between *Gyān Yog* and *Bhakti Yog*.

**Answer:** *Gyān Yog* is the path to God-realization based on the premise

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**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:

**info@bal-mukund.org**  
**View Bal-Mukund Centers**

**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.

of *Advait vād* that the soul itself is God; when it dispels its covering of ignorance and gets seated in knowledge, it will get liberated from the illusion of Maya. Then it will realize itself to be one with the formless Brahman for eternity, devoid of any form, attribute, activity or qualities.

The *Gyān Yogī* strives to attain knowledge of the self, and be practically situated on that platform. This requires analyzing that one is not the body, senses, mind, intellect and ego. First, this knowledge is understood theoretically, by hearing from the Guru and the scriptures. Then one repeatedly meditates on the knowledge and tries to realize it practically. In this manner, material desires related to the body diminish slowly. Finally, one gains practical insight into the nature of the self.

*Bhakti Yog* is based on the premise that the soul is an integral part of God; it has turned its back towards God, and hence it is suffering in the cycle of life and death because of Maya. This Maya is not an illusion; it is energy of God. So the soul needs to surrender itself to God and attract his grace, by which it will receive the divine knowledge, love and bliss of God.

*Bhakti Yog* involves developing immense love for the Lord. In such a state, the devotee develops an intense longing to see God, meet him, and be with him. Whatever one does, the mind remains attached to God and the thoughts flow towards him, like the rivers flow towards the ocean. Such love in the heart cleanses it of all impurities. With a pure heart, one begins to see God in all living beings and in all things. As the thoughts become sublime, the devotee experiences the unlimited divine bliss of God and becomes fully satisfied. On liberation, the soul does not become God; it goes to his divine abode, and there in a divine body, it eternally participates in the loving pastimes of God.

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

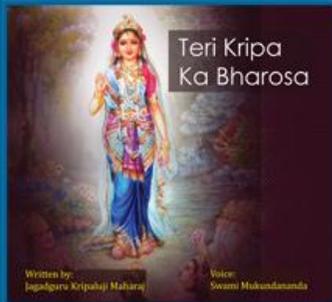
**Submit Your Questions**  
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**Bal-Mukund Showcase**

This month featured keertan CD

Teri Kripa Ka Bharosa



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.

### Current News



Swamiji gave enlightening discourse at Gita Bhawan, Indore from Jan 21st to 27th. A spiritual picnic was also

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

### Submission Guidelines

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## Bal-Mukund Contributions

NC Center



CT Center



Uddhav Gopi Sambad  
by Ahmedabad Center

organized for old and new devotees.

[View More Photos](#)



Swamiji was in Ahmedabad for 7-day lecture on Bhagawad Gita Chapter 9.

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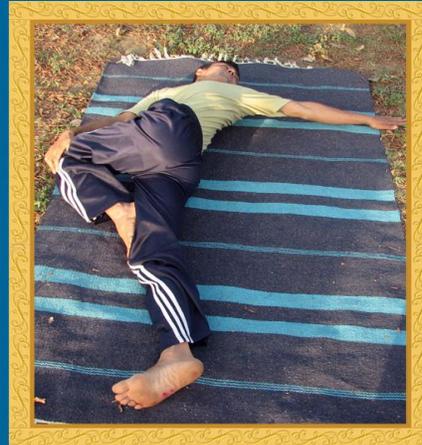
**Blanket Distribution for Poor & Homeless of Gujarat!**



Swamiji distributed more than 500 blankets to the poor and homeless people of Ahmedabad with the help of devotees there. It was already around midnight when Swamiji came straight from lecture and put the blanket over them. Some were asleep and some half sleeping, but such act of charity from a saint touched everybody's heart.

## 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 one more time in either side.

#### Benefits

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

#### Contraindications

Only physically strong person should do this asan.



After Ahmedabad, Swamiji went to the historical city of Patan in North Gujarat for 7-day lecture on Chapter 12 of Bhagavad Gita. Here also Swamiji distributed blankets to the poor and homeless. Evening walks at the heritage site of Rani Ki Vav (a richly sculptured step well built in about 1050 AD) was a memory to cherish.

[View More Photos](#)

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Jagadguru Kripaluji Yog

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