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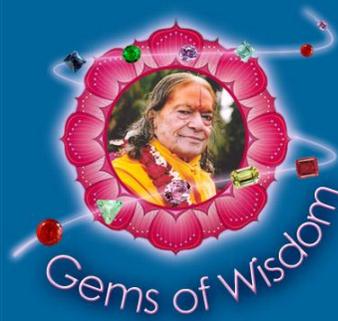
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Welcome to the Jagadguru Kripaluji Yog e-Magazine

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



Purification of the heart means to remove all the dirt which we have been collecting since eternity. Here 'dirt' denotes worldly attachment; it is of two types. Your mind can be attached to someone either through favorable sentiments (love) or through



God's greatest grace is that, if we love Him without the slightest tinge of self seeking, He becomes willing to be enslaved by us tiny souls.

Techniques of mind-management are great, but will-power is insufficient to implement them. Through devotion, we enhance our spiritual power.

God's bhakti is Godlike, and one who attains it also becomes Godlike. Rasik Saints declare that God, His Bhakti and sis Bhaktas are all one.

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 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.

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.

unfavorable sentiments (enmity). In both situations you bear the same fruit. Whether you love or hate, your mind remains attached to that person or object.

All your worldly relations, your mother, father, sister or whoever they may be, are bound by Maya. So they are just like you. If you love anyone, it will make your heart more impure. And if you hate anyone, that will also make your heart impure. In our innumerable past lives we had feelings of love for our father, mother and spouse, but instead of our heart becoming purified it became more and more impure because they were not divine personalities.

Just use your common sense to understand this with an ordinary analogy. Suppose you want to wash your dirty clothes, which you never washed in your whole life. It is so dirty that you need to wash it a hundred times to remove the dirt, provided the water is clean. Definitely you will require water that is absolutely clean. If the water itself is not clean and you try to wash your clothes, you will continue adding only dirt, making your clothes dirtier.

You have unlimited accumulated *karmas* that have not yet borne fruit. In our innumerable lives we have been performing good and bad deeds and whatever actions we do are Mayic because we are bound by Maya. Due to our ignorance, we may feel that we are performing good actions, but all our actions are Mayic. They result in dirtying our mind more and more.

The scriptures and Saints advise to attach our mind only to pure (divine) personalities. That is the only way to purify our mind. Love only them.

Who is divine? Only God and God realized souls are divine so your mind should be constantly attached to them alone. After God realization one becomes free forever from the bondage of *trigun*, *trikarm*, *tridosh*, *panchklesh* and *panchkosh* (all the afflictions of Maya). Such a God-realized Saint's heart becomes divine. So if you love divine personalities, your heart also becomes pure. This works the same way as pure, crystal clear water cleans the dirty clothes.

Listen to me attentively! All of you are very familiar with the word *vairagya* meaning being devoid of attachment. Attachment of the mind can be either through the feelings of love or hatred. Normally, most of you think that *vairagya* means not to love anyone. But if you hate someone then you constantly think of him. You have only one mind. Simultaneously you cannot attach it at two places. Either

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.

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meditate on a divine personality or meditate on a worldly personality. You have a choice.

So, either you have feelings of love or feelings of hatred. In both cases the mind is attached. 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 be careful that they do not crop up in future.

To be continued in the next edition....

Bhakti Shatak by Swami Mukundananda



Continuing with the explanation of the next verse:

*hari ko nām roop gun, harijan nitya nivās
sabai ek hari roop hai, sab meñ sab ko vās*

In this verse, Jagadguru Shree Kripaluji Maharaj further describes the glories of the divine name of God. The divine realm is the basis of devotion. In devotion, to fix your mind, you need some basis. If somebody says, "Think of nothing." How do you think of nothing? You have to think of something. So, you have to give a divine object to your mind to meditate upon.

The path of personal meditation is very simple. 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. Now the amazing thing about this is that each aspect of the divine is perfect and complete and they all reside in each aspect. That means, within the name of

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USA: DirecTV No 2005.

Time: 8.40 to 9.00 pm EST

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India: (In dish TV channel no 763)

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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

God is his form as well as his virtues, his pastimes, his abodes, his associates and his abodes. Within the virtues of God are his names, his forms, his virtues, his pastimes, his abode, his associates, and his abodes. They all reside in all of them. That is why they are all perfect and complete. When you say, "Krishna", he is actually present in that divine vibration. Now, with that understanding we should increase our faith in the name of God. If we could develop that faith how much more nectarine the chanting of his names would become.

When we say, "Radhey Krishna", we should perceive their presence. If I announce that at 2:00 am, Radha Krishna will come and give *darshan* in their personal form, wherever this news will spread, people will come rushing. Just like, when the news had spread that Ganeshji is drinking milk, the kind of chaos that took place in each temple as people ran to see what is happening, was amazing. Many people who did not even believe in the existence of God said, "Let us check it out. No harm trying." Similarly, if this news was to spread, you people would switch on your mobiles and call your friends and relatives saying, "Radha and Krishna are going to give *darshan*. Come on!" There will be long queue. That same Radha Krishna say, "We are present in our name." But, the pity is that we do not having a longing for that name because we have not contemplated deeply about the fact that God is present in it.

If someone has a diamond ring worth millions of rupees he would experience the same pleasure seeing it as he would on seeing a one million rupees bundle of currency notes. But, if he doesn't have any faith that its value is one million rupees, and instead thinks that it is only worth a thousand rupees, he will only receive pleasure equivalent to a thousand rupees! If somebody tells him that the ring is a fake, then his feelings towards the ring will change further. Similarly, if you don't value God's name, you will just chant it indifferently, as though you have been forced to do it.

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. You do not have to go anywhere. *prabhu vyāpaka sarvatra samānā*. "God is present everywhere." (Ramayan) Wherever you are you should feel his presence. It is important to generate that faith to get the best benefit out of that chanting. If you have complete faith that God is personally present in his name, you would experience a special bliss on his chanting his name. For that, Jagadguru Shree Kripaluji Maharaj explains, "Understand that God's name is non-different

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:

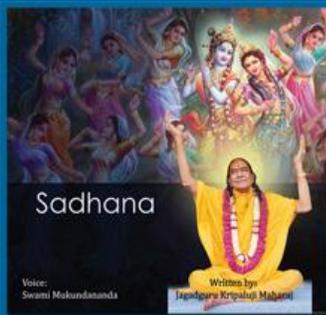
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JKYog online gift shop has a very nice collection of keertans, lectures, CDs, DVD's and books for adults as well as children.

This month featured keertan CD

Sadhana



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

Featured Video: Narad Bhakti Darshan

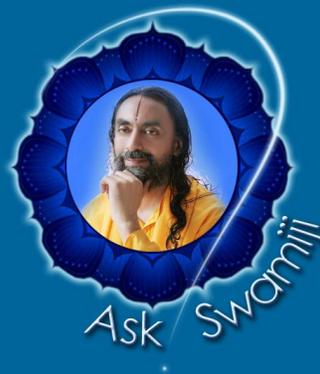


JKYog brings to you a series of Swamiiji's discourses on **Narad Bhakti Darshan** (in English)

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from God himself." That is not true in the material realm. If you are feeling thirsty, and you say, "Water, Water," it will not quench your thirst. The name is different from the object. In the divine realm they are one, so the name has got all the powers.

The prime secret of chanting God's name, qualities, or pastimes is that you should feel his presence in all of these. Hence we should cultivate strong faith that God himself is present in these with all his divine powers. His form, his name, his qualities, his pastimes, his abodes and his qualities, his pastimes, his abodes and his devotees are one.



Question: What determines one's level of surrender? Is there some way of knowing how far we have succeeded in the process?

Answer: It is not easy to judge one's level of surrender, since it is such a broad term. Only God and our Guru can truly know how much we have advanced. However, a simple parameter, which can give us some idea, is to see how much our mind has gotten detached from the world and the extent to which it has gotten attached to God. This is a simple rule of thumb to measure our advancement.

Do a reading of yourself. When you suffer reversals in the world, how upset do you become? If you find that earlier, you would keep brooding when someone insulted you, but now you are able to forget it in an hour's time, then you can conclude that you are progressing; your mind is becoming detached from the world, and your spiritual power is increasing; hence, you are able to remain normal in trying circumstances.

Again, analyze how much does your mind yearns for spiritual association. If earlier, whenever you had free time, you wished to spend it in seeing movies, but now you seek opportunities to sing devotional kirtans, it is a sure sign that you are progressing and that

Current News



Three-day Bhakti Yog Sadhana Sibir (spiritual retreat) concluded in Jagadguru Kripalu University, Banara, Odisha on January 14th, 2013.



Swamiji gave enlightening talks on Shree Maharajji's keertan "Tum Mere They, Mere Ho, Mere Rahoge", held indoor-outdoor meditation, bhajan competition and parikrama. Jagadguru Divas was also celebrated on January 14th.

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your mind is getting attached to the spiritual realm.

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

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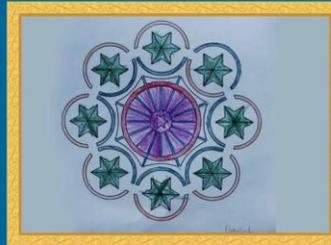
Bal-Mukund Showcase

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

Makar Sankranthi Celebration - CT Center



New Year Celebration - MN Center





Swamiji visited various centers of Orissa in his short tour of 7 days.



He covered Kendrapada, Baripada, Karanjia, Sambalpur, Rairangpur, Bhavanipatna, Athgarh, Dhenkanal. Devotees were blessed to have darshan and satsang with Swamiji.

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Swamiji successfully completed his discourses at Cuttack and Indore. His lectures are currently going on in Ahmedabad and will conclude on Feb 4th, 2013.

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Jagadguru Kripaluji Yog

Chakrasan



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.

Contraindications

Only physically strong person should do this asan.

The Editor
Jagadguru Kripaluji Yog

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