



JAGADGURU KRIPALUJI YOG

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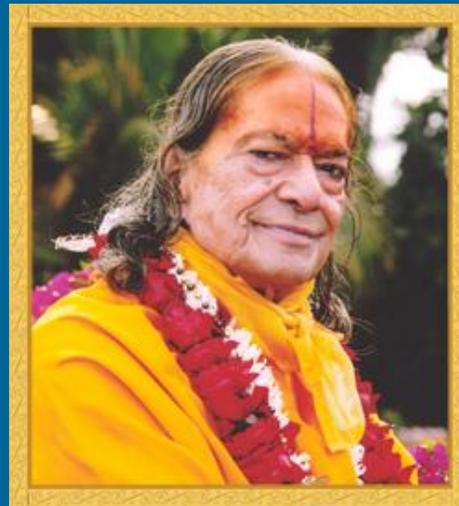
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Welcome to the
Jagadguru Kripaluji Yog
e-Magazine

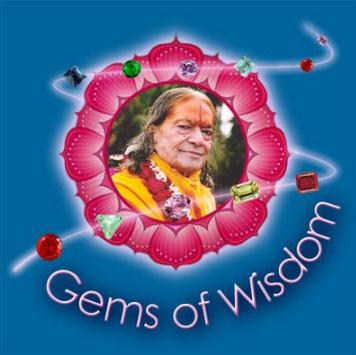
HAPPY GURU POORNIMA!



jai ho jai ho sadguru sarakār, balihār balihār

Bal-Mukund

Jagadguru Kripaluji Yog



When you wake up, immediately offer your respects to God, and resolve firmly to fill the day with devotion to him, to your best ability.

The mind must be tended carefully like a garden. The plant of devotion must be watered daily, & poisonous weeds must be plucked promptly.

The careful gardener, by regularly watering the plants with *sadhana*, can then reap the fruits of divine love from the garden of the mind.

If we have the opportunity, by the Grace of God and Guru, to engage in devotion for the eternal salvation of our soul, is our good fortune.

If we get the opportunity to serve God and Guru, in Their Divine mission for the upliftment of humankind, it is an even greater good fortune

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.

All glories to my Beloved Gurudev; on you I sacrifice my all.

to pai koṭi prāṇa dauṅ vār, balihār balihār
I offer countless lives to you, my Gurudev;
on you I sacrifice my all.

tu to doojo nāṇḍakumār, balihār balihār
You are Shree Krishna himself; on you I sacrifice my all.

tu to vidhi hari hara avatār, balihār balihār
You are Brahma, Vishnu and Shankar;
on you I sacrifice my all.

tu to patitana kī patavār, balihār balihār
You are the refuge of fallen souls; on you I sacrifice my all.

tu to saba ko sāṅcho yār, balihār balihār
You are the true friend of all the souls;
on you I sacrifice my all.

tu to adhama udhārana hār, balihār balihār
You are the uplifter of fallen souls; on you I sacrifice my all.

tu to karuṇā ko bhaṅḍār, balihār balihār
You are the treasure-house of love and mercy;
on you I sacrifice my all.

tu to kṛipā roopa sākār, balihār balihār
You are the embodiment of grace; on you I sacrifice my all.

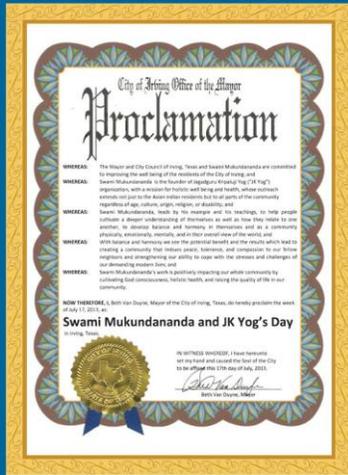
Guru Tattva

by Jagadguru Shree Kripaluji Maharaj



The Gita states:

Announcements
Irving Mayor Van Duyne
recognized
Swami Mukundananda



Irving Mayor Beth Van Duyne inaugurated the program at DFW Hindu Temple and recognized Swamiji's work. In front devotees and local residents, Mayor Beth Van Duyne presented a proclamation from the City. She further stated, "What a wonderful event in the city to create harmony, to improve the area, and to build a sense of family."

View More Photos



An Introduction of
Shree Kripaluji Maharaj by
Swami Mukundananda in ENGLISH



On the auspicious and devotional occasion of Guru Purnima, JKYog brings to you a SPECIAL video!

"It is only through the grace of a Guru that we can attain divine knowledge. This is because he has practically realized God and also possesses theoretical knowledge of the scriptures."

After detaching the mind from the world, and before surrendering to God, there is need of a divine entity, without whom one cannot attain the Supreme goal. That entity is a God-realized Saint or Guru. It is the Guru, who decides which path is best for each devotee to surrender to God. Again, it is he who dispels all doubts faced by the aspirant on the path.

The Vedas declare:

yasya deve parābhaktiḥi yathā deve tathā gurau
(Shwetashwataropaniṣad)

Our knowledge is limited, and we think that we can find happiness in this material world. We say that our father, mother, wife are not good, but we still believe that we can find happiness in this material world if we find the ideal relatives, friends, etc. Now, we should strengthen the decision that material relationships cannot give us the divine bliss that our soul is seeking.

"To that disciple who worships the Guru as he worships God, by the grace of God residing in the heart, all the knowledge of the scriptures is automatically revealed."

You must love your Guru as you love Shree Krishna. Only then you will you benefit spiritually and progress in the spiritual path and attain God. Narad ji, who is the greatest scholar in *bhakti* (devotion) says:

tasminstajjane bhedāvābhāt

"There is no difference between God and *Mahapurush* (God-realized Saint). Both are one." One has to do devotion and worship the Guru as good as God. Why? Because Guru and God are one, they are the same. If somebody gives you a hundred rupee note or puts it in an envelope and places it in your hand, it is the same thing. Both have same value. After God-realization, God himself is seated inside the *Mahapurush* and governs his activities. The duty of a *Mahapurush* gets over as he has attained his goal of divine bliss. Thus, God performs every action of a *Mahapurush* and that is why God and the *Mahapurush* are considered one. Therefore, all the Vedas and Shastras collectively declare God and Guru as one.

Swamiji reveals the history, greatness, grace and the importance of the divine life of our incomparable and beloved Guru, Jagadguru Shree Kripaluji Maharaj.

Explained in a detailed series of 5 lecture sessions, Swamiji gives us a very rare glimpse of many of Shree Maharajji's divine leelas over the last 60 odd years.

[View Video](#)



[Spiritual Retreats with Swamiji!](#)

[Register Now!](#)

Dallas, TX: Aug 23rd to 25th
Chicago, IL: Sep 20th to 22nd

[Click for Registration](#)



[Fun and Innovative Leadership Program for Youth](#)

Dallas, Aug 12th & 13th

JKYog presents Youth Leadership Service Series, a 2-day workshop filled with fun and innovative leadership activities that will help you reach your leadership potential.

- Discover your true calling and life purpose.
- Learn the art of leadership from within.
- Learn essential leadership skills highly successful

Shree Krishna himself says:

āchāryarṁ mā vijāniyānnāvamanyeta karhichit (Bhagavatam)

This means, "Do not consider Guru as separate from me. I am seated in the Guru's body and perform all the actions". It is as if a ghost has entered into one's body. Till the time the ghost remains inside the body, all the work is performed by that ghost. And when that ghost comes out of the human body, the individual becomes normal. In the same way, a *Mahapurush* is captured by a divine ghost, God. So, the sayings of a *Mahapurush* are considered as the words of God, and they are devoid from all the faults and doubts. That is why all the scriptures like Ramayana, which are written by *Mahapurushas*, are considered as the words of God, and are trusted by us.

You must be clearly aware of the fact that God-realization or liberation from Maya will take place only through *bhakti* (devotion). What do we have to attain? The ultimate entity. Who is that? Shree Krishna. How will we attain him? By devotion. Then, what is this Guru entity? From where and why has it come? The Chandogyopanishad states:

āchāryavān puruṣho hi veda

"Only that person can understand the importance of the Vedas who surrenders and takes guidance from a Guru." This is the statement of the Vedas. Not everybody can read the Vedas and understand them, because:

vedā brahmātmaviṣhayāḥ

"The Vedas are divine like God". Just as no one can know God directly, nobody can attempt to read the Vedas and aim to understand them. Even the very learned celestial gods, Sarasvati and Brihaspati get confused while listening to the Vedas and are not able to conclude anything. Even the creator of this universe, Lord Brahma, could not understand the Vedas. What is your ability to understand? The Vedas contain many contradictory statements which cannot be reconciled by the human intellect. Not even the most learned of scholars can fully comprehend these apparently contradictory meanings. The literal meaning is different from the actual meaning.

Therefore, without the help of a practical person, nobody in this

leaders.

- Develop your leadership identity.
- Become inspired by leadership role models.

Activities include Case Study on the Leadership Style of Mahatma Gandhi, interactive lectures and sessions, team exercises and many more that will build upon your strengths and minimize your weaknesses. Click for **workshop content** and a **special youth made video**.

Faculty includes Swami Mukundananda along with highly successful Indian corporate leaders!

Eligibility: Grade 9th to 12th and College students.

[View Details](#)



Summer Camp, 2013

It's a great opportunity for children aged 5 to 15 to discover how 'Cool' India is!

The summer camp will help your child to know India through her rich culture, traditions, customs and holy places. It will provide a great opportunity for children to understand Hinduism in a unique way.

[Check out our Summer Camp](#)

universe can understand and acquire knowledge of the Vedas and other holy scriptures.

*tadvijñānārtham sa gurumevābhigachchhet
samiṭpāṇiḥ śhrotriyaṁ brahmaniṣṭham*

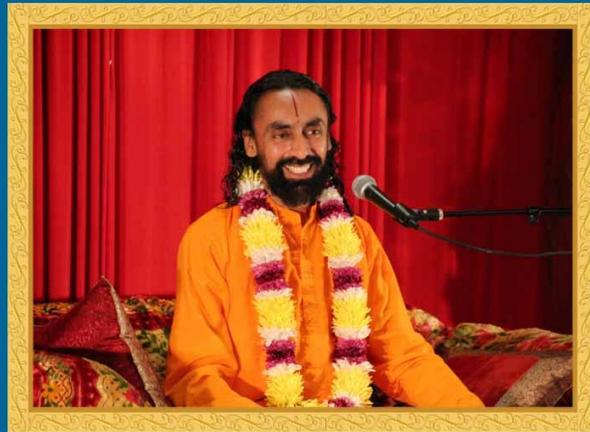
It means one needs guidance of a person with theoretical knowledge as well as practical experience i.e. who has a thorough knowledge of the scriptures and also has practical realization of God. Only then, will your problem be solved. Hence, the Kathopanishad says:

uttiṣṭhata jāgrata prāpyavarānnibodhata

"O souls sleeping in Maya! Arise and awake. Seek the lotus feet of a Mahapurush."

By surrendering to a Mahapurush (God-realized Saint), one will get knowledge of the scriptures, and through his guidance, one will attain God.

Bhakti Shatak by Swami Mukundananda



Continuing with the explanation of the verses:

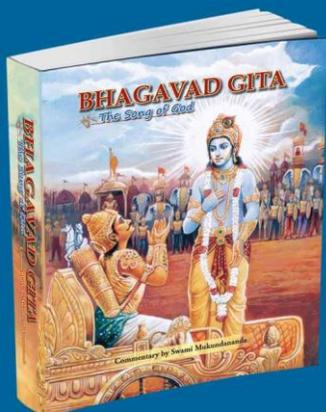
*jñānī aru yogī lahaiṁ, nij svaroop ko jñān
hari svaroop jāne nahīṁ, māyā māhiṁ bhulān*

*jñānī aru yogī jabai, kṛiṣṇa-bhakti ura ān
kṛiṣṇa kṛipā te hī tabai, pāveṁ brahma jñān*

koḥin jñānin madhya kou, prem-sudhā-ras pāya

Offerings in your area!

**Bhagavad Gita- Commentary by
Swami Mukundananda**
Now Available on Amazon!



Click here to purchase the book online on **amazon**



TV Asia (English)

Mon - Fri: 10:30 am EST

Sat - Sun: 12:00 Noon EST

ITV (USA)

Mon to Fri: 5.30 to 6.00 pm

Disha Channel (India)

Time: 6.10 to 6.30 am IST

Disha Channel (USA)

Time: 8.40 to 9.00 pm EST

Tune in to Radio JKYog LIVE!



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

jimi sanakādi śhukadi man, braj-ras rahe ḍubāya

The *jñānis* practice to establish situating themselves at the level of the soul. The *samadhi* (meditative trance) of the *gyan marg* (path of knowledge) is a very high state. In this state, they get the happiness of *Sattva guna* (mode of goodness) where the mind becomes still and all worldly desires have been left behind. In that situation, they experience a great happiness. It is far greater than the happiness of *Rajo guna* and *Tamo guna* (the mode of passion and the mode of ignorance), the happiness we get from the *rasogulla* and *jalebi* (Indian sweets).

However, it is not the bliss of God. The bliss of God is unlimited. *yo vai bhoomā tatsukham*. Somebody once told me, "I have topped in MA English in my university. I said, "Really! You are the gold medalist?" "Yes." "What was your percentage?" He said, "53%". I said, "Very great topper you are!" The student does not realize that a topper can score 90%, 95% or even 100%! In the same way, somebody who has no idea of the bliss of God, when they experience this bliss of *Sattva guna*, they find it so absorbing that people are willing to reject the whole world. Great kings rejected their kingdom and went into *samadhi* (deep meditation) in the forest running after that bliss of the *samadhi* of *gyan marg*.

In spite of this great practice, they have only situated themselves in the self and Maya has not left as yet. *Sattva guna* is also a *guna* of Maya. Even if one of three *gunas* remains, it has the potential of calling the other two back. It is only when we get rid of all three that it is finally gone. Hence, the *yogis* and *jñānis*, get *atmagyan* (knowledge of the self), but they do not get knowledge of God. That knowledge will only be attained by his grace. Finally, even the *jñāni* and *yogi* have to surrender to God at the end of their journey.

Shree Krishna says in Gita:

"After many births of spiritual practice, one who is endowed with knowledge surrenders unto me, knowing me to be all that is. Such a great soul is indeed very rare. The *jñāni* comes to the shelter of my lotus feet and when he does, by my grace, I bestow my knowledge upon him and then he becomes God-realized, not merely *atma jñāni* but truly *brahma jñāni*."

The *jñāni* and *yogi* get knowledge of self through their path, but they get knowledge of God only when they learn to surrender to God. They come to the shelter of Shree Krishna. However their inner goal

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Radio JKYog on your mobile

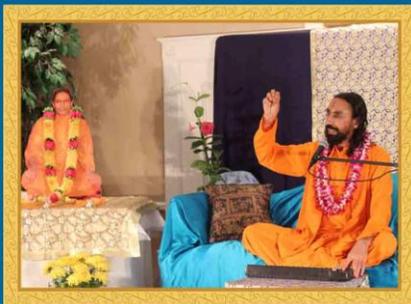
Register Now: Bal-Mukund
Children's Classes



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:

info@bal-mukund.org
View Bal-Mukund Centers
View BM Program Video

Upcoming Events



7/20 to 7/26: Centennial
7/27 to 8/2: Houston
8/3 to 8/9: Plano
8/12 to 8/13: LSS
8/15 to 8/21: Houston

was not to realize Shree Krishna, but to attain that *Brahman* or the *Paramtama*. *Jñānis* and *yogis*, when they practice devotion to Shree Krishna, (with the grace of God) attain true *brahma gyan* (the divine knowledge of formless *Brahman*).

Shree Krishna is like a desire tree. In whatever mood you surrender to him, he will reciprocate accordingly. If you come into his shelter and say, "O Shree Krishna! I want to see you as light and merge into your light." Shree Krishna says, "If that is your wish, go ahead. I will meet you as light." And if someone says, "O Shree Krishna! I want to see the most wonderful form of yours so that I can interact with you and serve you." He says, "Alright, then I will meet you as Shyamsundar." So the way we surrender, God reciprocates accordingly. The internal desire of the *jñāni* and *yogi* is, "Let me merge into God." So God says, "Alright. You merge into my light." Finally, when the *jñāni* attains liberation, his *atma* (soul) merge into the light of God.

However, some *jñānis* and *yogis*, if before leaving their body, are graced by a *rasik* saint and if that saint tells them, "Far sweeter than what you are worshiping is the personal bliss of God, and introduces them to *premanand* (the divine love bliss of God) then, some of these fortunate *jñānis* and *yogis* get pulled into devotion. There is an indescribable special sweetness in the bliss of the divine love, which makes even the *paramahansas* (liberated souls) merged in the bliss of the Impersonal *Brahman*, totally spellbound.

Newark Retreat with Swamiji! A Divine Experience



The second JKYog retreat of this year with Swamiji concluded on July 6th, 2013. It was a blessed and joy filled experience for everyone.

View Details

Featured Videos

JKYog brings you latest videos on our YouTube channel:



Bhagavad Gita Ch 7 - Part 6



Taittiriya Upanishad - Part 6

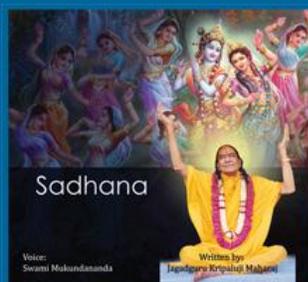
[Click here](#) to subscribe to our YouTube channel for more videos

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!



Mind blowing!! This is my first experience on the spiritual path where I have found a direction. Now with the grace of Almighty God and my efforts, I will try my best to follow the direction given by Param Pujya Swamiji. It is a clear understanding. It feels like we are fortunate to taste the concentrate on his hard work of spiritual knowledge and realizations.

Shital Desai, CT

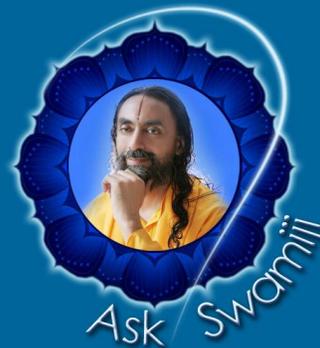
Swamiji's lectures are very systematic, organized, logical and excellent in building a point based on his extensive knowledge of scriptures. His presentation skills are superb.

Narayan Srivastava, FL

View Retreat Album

View More Testimonials

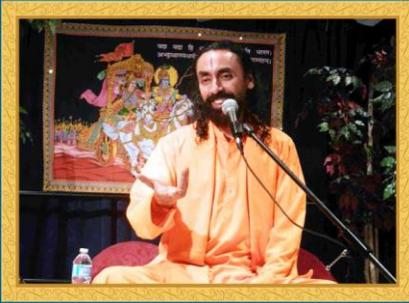
Do attend the **Dallas Retreat** and be a part of the special spiritual holiday with Swamiji.



Question: I am not clear about the difference between Maya and Yogmāyā. Some people say that Mother Durga is the personification of Yogmāyā. Is this correct, and what is Yogmāyā?

Answer: Maya is the external energy of God, with which he makes this material world. It is insentient, and all the gross and subtle objects in this world are made from Maya. Yogmāyā is the personal power of God, with which he governs all his other powers. It is through this Yogmāyā that he manifests his divine abode, descends

Current News



Swamiji successfully completed his enlightening discourses at Newington, New Cumberland, and Irving. Yoga and Meditation program were conducted by Swamiji in these cities.

View More Photos

Swamiji's discourses on the topic "The Power of Devotion" and Yoga & Meditation program have started in Centennial, CO and will conclude on July 26th, 2013.

View Details

The Editor
Jagadguru Kripaluji Yog

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Near PUSA,
New Delhi - 110008
India

7405 Stoney Point Dr

as an Avatar in the world and displays his divine pastimes. Through this power, he sits in the hearts of all the souls, notes their *karmas* and yet remains hidden from them. It is also by *Yogmāyā*, that God's blissfulness, the sweetness of his Form, the sweetness of his flute, and the nectar of his virtues and pastimes are manifest. Most importantly for us, by virtue of *Yogmāyā*, God bestows Grace upon the souls of the world, granting them God-realization and divine love bliss.

This *Yogmāyā* energy governs Maya, and then the material world is created. Hence, *Yogmāyā* is called the divine Mother of the universe. This divine power also manifests in the personal form as Durga, Seeta, Kali, Radha, Lakshmi, Mangala, Parvati, etc. So it is important to understand that these Personal Forms, whom we see in pictures depicted sitting by the side of God, are not ordinary women. They are different personal forms of *Yogmāyā*.

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 Center Activities



Plano, TX 75025
USA

CT Bal-Mukund kids re-discover their heritage through
summer camp "DISCOVER INDIA".

Jagadguru Kripaluji Yog

Shirshasan



Method

Remain in Ardha Sirshasan. Take two three small steps forward and bend your knees. Now lift your legs from the floor. Straighten your legs and stand on your head. Inhale (*Radhey*) and exhale (*Shyam*) normally in this position. Remain in this position for 1 to 5 minutes, for as long as it feels comfortable. While exhaling, bend your knees and lower your legs towards the ground. Bring your knees to the ground. Raise your trunk and come to Vajrasan. Relax in Shvasan for twice the duration that you spent in Shirshasan.

Benefits

Shirshasan increases blood circulation to the brain and pituitary gland which boosts the nervous system and enhances memory power. It is useful in correcting disorders related to the reproductive system.

The weight of the abdominal organs in the diaphragm, during the practice, causes rapid exhalation resulting in expulsion of carbon dioxide, toxins and bacteria. It is also useful in rectifying asthma, hay fever, diabetes and menopausal imbalance.

Contra-indications

Same as Ardha Sirshasan. People with weak eye blood vessels should not practice this asan.