



JAGADGURU KRIPALUJI YOG

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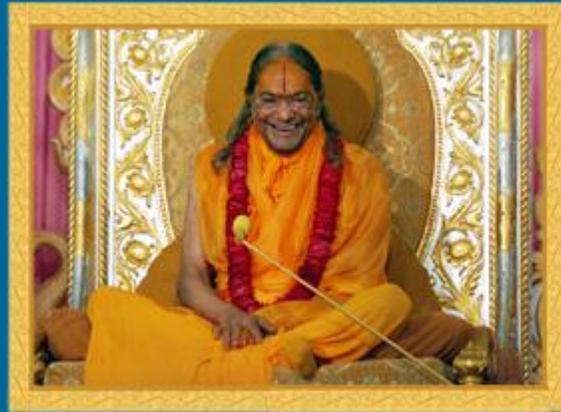
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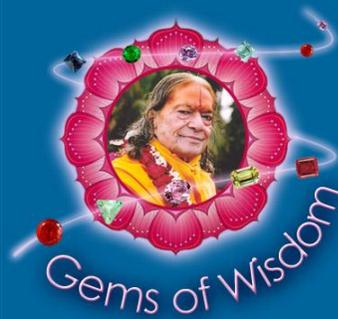
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Welcome to the Jagadguru Kripaluji Yog e-Magazine

The Goal of Human Life by Jagadguru Shree Kripaluji Maharaj



Three things are essential for attaining our ultimate aim of Divine Bliss and God-realization. First is the human body. In this human form, you can work towards your goal, and practice the spiritual discipline necessary for God-realization. This is not possible in any



The key to happiness is not that you never get angry, irritated, upset, depressed, or frustrated. It's how fast you decide to get out of it.

Character is formed by our repeated choice of thoughts and actions. Repeatedly make the right choices to develop a strong and noble character.

Every sunrise delivers opportunities, while every sunset asks what we did with them. Make the best of today, to create a beautiful tomorrow.

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

Sovereign recipe for receiving Grace: Please your Guru by serving him with body, mind & wealth. When the Guru is pleased, God will be pleased.

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

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.

other form of life.

Yet, though we received this human body in innumerable past lives, we did not reach our goal. The human form caused us more harm than good. Why was this harm caused? It was because in this life form we are bound to suffer or enjoy the fruit of our every action. This is not true for the other kinds of life forms. They are called *bhog yoni*, which means that in them we only reap the consequences of our accumulated past *karmas* (deeds), but cannot add to them through our present actions. However, the human form has both *bhog* and *karma*, which means that we suffer or enjoy the consequences of our past *karmas*, and add to them through our present actions.

This human form is provided with a superior faculty of knowledge. If this knowledge is not applied in the right direction, it turns with great speed in the wrong direction. Human beings can engage in a variety of sins, like stealing, telling lies and troubling others, and with such ability that no dog, cat or donkey can compete with them. What can a dog steal? To its maximum, it takes an object and runs while we watch it running. But, humans have a superior intellect, and so they steal from bank lockers. To commit sins too requires knowledge, just as the performance of good deeds requires knowledge. And the greater the knowledge we possess, the greater our ability to commit sin. So, we utilized the superior faculty of knowledge in this human form to commit infinite sins.

Also, this human body is the best of all species of life, and it is the worst of all forms! It is the best because it was in this human form that Tulsi, Meera, Soor, Kabir, Nanak, and Tukaram became great Saints. It is the worst because if you do not take the path to God-realization, you will be forced to move on the wrong path. Why? It is because you cannot remain without performing actions. Your mind will be forced to keep working. You cannot remain inactive for even a second. If you are not going in the right direction, you will be forced to go in the wrong direction. From this perspective, the human body is the worst of all forms of life.

Thus, this human body is the first requirement in attaining our goal. The second requirement is proper association with the Guru. Not merely meeting the Guru, but proper association with him. We met many Saints innumerable times in our infinite past lives, but we did not associate with them in the proper manner. We went to them, offered our obeisances, heard their lectures, nodded our heads, and said, "Yes! Yes! We understand," but we did not implement what

Announcements



TV Asia

Lectures in English
Mon-Sat: 11:00 am EST
Sun: 12:00 pm EST

TV Asia available in USA and 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.

Sanskar Channel

Lectures in Hindi
Everyday: 9:00 pm EST



Upcoming Retreats With Swamiji!

Spend a weekend of spiritual rejuvenation and frolicking fun in the inspiring company of Swamiji.

Hilton Washington Dulles Airport,
Herndon

June 29th to July 1st, 2012

[View Details](#)

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

[View Details](#)

they said. We kept our minds attached to the world. So, proper association with the Guru is required. Thus, the human form is the first necessity for attaining our goal, and proper association with the Guru is the second.

The human form of life is received by the Grace of God:

*kabahuñk kari karuṇā nar dehī,
deta īśha binu hetu sanehī*

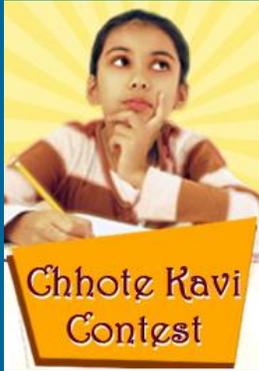
"Out of compassion, God sometimes awards the human body to someone." This is His first Grace. Then if we associate properly with the Guru, this is the second Grace - and a very special Grace. Merely meeting the Guru is not Grace. It becomes special Grace when we associate with him properly. Without this proper association, it is like having fifty-six delicacies laid out before you, and yet not eating. If we simply sit before the food and stare at it, we will die of starvation. If water is available but we refuse to drink, we will die of thirst. Similarly, merely meeting a Saint will not help. We must associate our mind with him. We must surrender to him; unite our intellect with his intellect.

So, these two Graces have been bestowed on all of you in the past. This is not your achievement. Ponder over it in privacy. What great deeds did you perform in this life that you received the human form and the correct knowledge of the scriptures? Did you do an in-depth study of the Vedas and other scriptures to acquire the knowledge that you possess? These were both given to you by the Grace of God and the Guru. Yet, despite receiving these two Graces, you did not attain your goal.

Therefore, there is a third Grace, which is even more essential, and that is an intense longing for Divine Love. Jagadguru Shankaracharya calls it *munuksha* (an intense desire). The rasik saints of Braj call it *lalasa* (yearning). It has been called by various names - thirst for Divine Love, hunger, desire, longing, yearning.

One should reach the point of not being able to live without it. Thirst has various levels. The ordinary level is, "It will be nice to get it," but after a little effort, one becomes discouraged. "Forget it. I can't attain it." A higher level is, "No, I have to attain it!", and with this determination one goes after it. Similarly, thirst for Divine Love also has many levels. Its intensity depends on our level of detachment from the world. How firm is this knowledge within us that our mother, father, husband, wife, wealth, and worldly possessions are not our

A Poetry Contest for Children



Bal-Mukund is proud to announce the launching of the "Chhote Kavi Contest, 2012" designed for children residing in US between the ages of 8 to 15 years. Chhote Kavi Contest is designed to inspire youth to harness their inner talent and creative writing skills and also to instill love for God in the minds of our young generation.

[View Details](#)

[Click for Free Registration](#)



Bal-Mukund Summer Camp

BM Cromwell, Norwalk, Palatine, and Fremont centers have organized a Summer Camp for children, which will provide them with a great opportunity to understand Hinduism in a unique way.

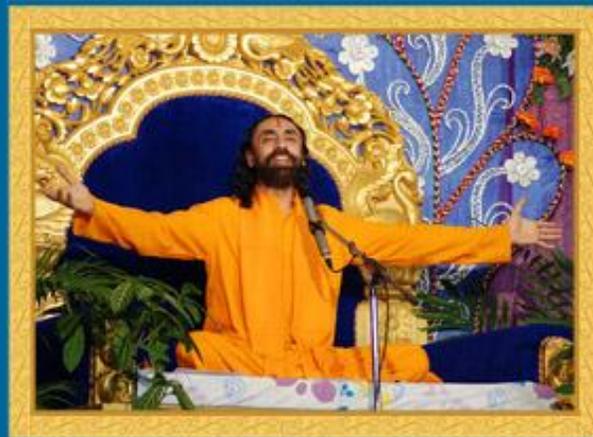
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goal? This world is material and temporary. God has created it for the maintenance of the body, and not for the happiness of the soul. We must be firm in this knowledge everywhere, and at all times. Then we will develop that intense yearning for Divine Love and detach our mind from the world. To strengthen this knowledge, we will need to practice repeatedly. The day we become firm in this knowledge, our work will be done.

So, the speed with which we will attain our goal will depend upon the intensity of our thirst for Divine Love. We must also understand that true happiness is not in this world, but in God alone. This will help increase our desire to meet Him. God will surely notice our efforts and Grace us such that the desire to meet Him increases.

To be continued in the next edition....

Bhakti Shatak by Swami Mukundananda



Continuing with the explanation of the verse:

*jag maham sukh dukh dou nahim, as ur dhari le gyān
sukh māne dukh milat hai, sukh na jagat maham mān*

Till now, we have understood that there is no happiness in this world. There is one more important truth that requires understanding. If there is no happiness in this world, then there is no sorrow, either. However, one should neither be hostile to the world nor get attached to it. Not only is it harmful to have attachment towards the world, but it is also harmful to have enmity towards it. If we consider that there is distress in this world, then we will start to hate it. We will start blaming people around us, "He is bad; He is so rude; He is like this; He is like that; He is my enemy; etc". This is again dangerous for us as our mind will again be absorbed in the

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:

info@bal-mukund.org
[View Bal-Mukund Centers](#)

thoughts of the material world. Hence, hatred is also a form of attachment. So, if we start thinking that there is misery in this world, we will start hating it. The result of hating the world is again harboring thoughts of the same material world.

This is just as we make gold from philosopher's stone, if we gently bring the stone in contact with iron, it will turn the iron to gold. And, if we put them together in anger, the iron will still turn into gold. In the same way, whether we attach our mind to worldly things with love or hatred, the result is material in nature.

This material world is created by God and He is present everywhere.

sarvāḥ sukhāmaya diśhaḥ

Saints realize the presence of God all the times in this world and always experiences the Divine Bliss. Then why do we experience distress in this world? After all, what is distress? It is our own mind that feels pain and suffering. It is all a creation of the mind. You do not feel anything when you hear that terrorists killed fifty people. But, when you hear that your mother is unwell, you start lamenting. So, is it the external object that is causing the pain or is it our own attachment?

If you give a sweet made of almond to a billionaire, he will say, "It is not tasty. Throw it away and bring something tastier to eat." On the other hand, a poor man relishes even plain bread. One person gets peaceful sleep on the footpath, whereas another person sleeping on the twenty fifth floor says, "I do not get sleep due to mosquitoes". What will you consider happiness and what as sorrow? In reality, there is no sorrow in this world. Whatever we experience is the result of our thoughts.

There was a scientist named Thomas Alva Edison. He has more than one thousand inventions to his name. He was very poor in his youth. He used to sell tea and bread in the railway station. He was a young boy at that time. Once, the ticket inspector beat him hard for travelling without a ticket on the train, and he became deaf for some years. Later, he became a famous scientist. When people asked him about that unfortunate period, he said, "I did not feel it was unfortunate. It helped me concentrate more on sublime thoughts, as outside events did not disturb me. It gave me an opportunity to become an introvert. It helped me look within myself for inspiration. The amount of progress I made at that time was more than the other phases of my life. This was a form of the Grace of God." How can we say that it is distress when one considers it to be the Grace of

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: (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.

This month featured kirtan CD

Guru Charan Kamal Balihaar

God?

At the end of the Mahabharat war, when Yudhishtir won the war and Kunti Devi was now established as the Queen of Hastinapur, Shree Krishna bid farewell to Pandavas and decided to go back to Dwarka. Shree Krishna told Kunti to ask for a boon. She said:

*vipadaḥ santu naḥ śhaśhvāt tatra tatra jagadguro
bhavato darśhanam yatsyādapunarbhavadarśhanam*

"O Lord, let me be deprived of all material opulences and suffer hardships instead." Shree Krishna was surprised, and said, "Kunti, What are you asking? You got so much pain and miseries all through your life. In your youth, you were married to a husband, who could not beget children to you. And then you became a widow and you suffered so much of oppression from Duryodhan and his brothers. You had to live in the forest, bear so much humiliation, and now finally when you have gotten this entire kingdom and I say to ask for a boon, you ask that you want absence of worldly pleasures!"

Kunti replied, "O Lord! What is happiness and what is sorrow? Each time there was an apparent distress or miserable situation, I found myself closer to You. I found myself united with You from within, experiencing the Divine Bliss. So, I ask You to give me such a material situation that I never feel separated from You. The more I get these worldly pleasures, the more I am scared I might turn away, distance myself from You. So, please take away all the material things from me. In the absence of material things, I will not be proud and my feelings of dependence upon your Grace will grow. This will again help me come closer to You".

Jagadguru Shree Kripaluji Maharaj explains that there is neither happiness nor sorrow in this world. Your own conceptions lead to both these experiences. If happiness isn't experienced from any object, then sorrow won't be experienced from that object, either. When a person experiences a certain degree of happiness from an object or person, he is bound to experience distress in the same proportion when separated from that object or person. If you can understand that there is no happiness in this world, you will be free from the miseries and distress as well because you will live in an unattached manner. If someone insults us instead of respecting us, we feel bad. But, if one does not have the desire of getting fame and honor, then one will not feel disappointed in not receiving it. A person desires to have thirty dresses in his wardrobe so that he can wear new dress every day. But, God has not made him so rich, so



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 in a unique 3-lectures-a-week theme. Starting with [Narad Bhakti Darshan](#) (in English)

[Click Here](#) to Subscribe to our YouTube Channel & get connected with the series.

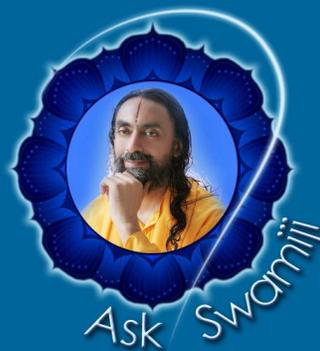
Upcoming Events



he is sad!

Once, there was a man sitting on the banks of the River Ganga and there was a *Sadhu* (holy man) meditating under a tree. The man saw that a golden stick was floating in the river. He jumped into the water and swam towards it. After grabbing it, he realized that he could not swim with one hand as he had to hold the stick with the other one. He started to drown and then thought, "I can either save my life and lose the stick or lose my life for this stick". But, his will to live was stronger, and so he left the stick in the water and came back to the seashore. After returning, he started to cry and felt sad about his bad luck for losing the golden stick. The holy man, who saw him crying said, "Son, ten minutes back you were not sad. Why are you now sad? You are experiencing sorrow because you assumed happiness in that stick and so you are sad without it. Even I was sitting here when the stick was floating in front of us, but I did not attach my mind to it and never considered happiness in it. Hence, I did not feel sad when it went away".

Therefore, we must understand that the reason for distress is within us. Once we realize that there is no true happiness in this world, the feeling of sorrow will also come to an end and we will not be affected from it.



Question: In the writing of some Christian saints, emphasis is laid on contemplation. What is its place in devotional practice of the Hindu religion?

Answer:

Contemplation is called *Chintan*, or *Manan*, in the Vedas. It means repeatedly bringing any aspect of Divine knowledge to the intellect. First, we hear the knowledge of the scriptures from the Guru; this is called *Śhravan*. Then we contemplate on what we have heard or read; this is called *Chintan*.

Swamiji's Program Schedule

Holbrook, MA
June 24th to 27th
Washington Retreat
June 29th to July 1st
Guru Purnima Satsang, Plano
July 3rd

Rolling Meadows, IL
July 8th to 14th
Irving, TX

July 15th to 21st

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Current News



Swamiji successfully completed his enlightening discourses at Middletown, Kearny, Morrisville, and Hicksville.

This *Chintan* or contemplation helps to strengthen the knowledge in the intellect. It is one of the most potent means of illuminating the intellect with the light of Divine knowledge. The power of *Chintan* is such that if it is misutilized, it becomes *chintā* (worry), and it can lead to suicide. Let us say that a student fails in his school final examination. Hundreds of other students fail too, but this student starts contemplating, "What will I do now? How will I show my face to my parents? What will my friends say? Life is not worth living. It is useless to exist. It is better that I die." This thought process goes out of control to such an extent that the student commits suicide. His class-fellows wonder what happened that made him take such a drastic step? This was all a result of misdirected contemplation.

The same power of contemplation, if properly directed, can lead to God-realization. We could repeatedly think, "Shree Krishna alone is mine. He is so kind and merciful. He has been sitting in my heart since endless lifetimes. He is my eternal Father, Mother, Friend and Master." Such contemplation will elevate the mind to sublime heights, enhance love for God, and boost devotional sentiments.

For example, we are naturally attracted to people's qualities, but God has unlimited qualities and yet our mind feels no attraction towards Him. This is because we have never thought deeply about them. If we repeatedly think how beautiful He is, how merciful He is, etc, our love for God will grow rapidly. Contemplation is thus an important part of the daily spiritual practice.

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

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

Fresno Retreat with Swamiji

A Weekend of Bliss and Devotion!

The Retreat at Fresno was a very special experience for everyone. It was an enlightening and highly motivating program. Swamiji's Grace and affection was visible on everyone's face to see! This is what they had to say!



Yoga and Meditation programs were also conducted by Swamiji in these cities.

[View More Photos](#)

Swamiji's discourses on the topic, "Essence of Spirituality" are currently going on in Holbrook, MA, and will conclude on June 27th.

[View Details](#)

He will then proceed to Herndon, VA for a three day Spiritual Retreat with devotees from across USA.

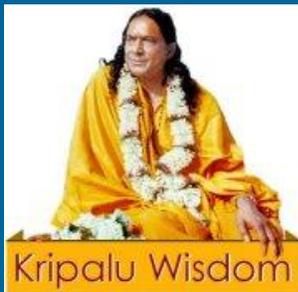
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New Facebook Pages

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!



"Kripalu Wisdom" is a humble attempt



"Swamiji had profound influence on me. His discourses are easy to understand and to the point. I could connect easily. The other great thing about Swamiji is that he is very approachable and easy to connect with."

Ritam Priya, CA



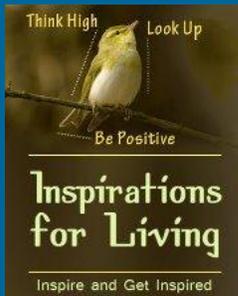
"This is my third time at the retreat. Every time I learn new things. This time it was about sadhana. Swamiji's knowledge and explanation are just amazing and simplistic. He explains things in a very logical fashion and makes true sense."

Manohar Kamath, CA

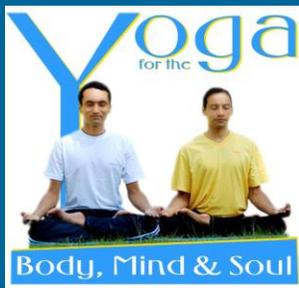


Children also had a wonderful experience at the special Bal-Mukund sessions. This is what they had to say!

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 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.

"I loved Bal- Mukund. My most favorite activity was making diyas. I learned how to make pop up pictures and we learned about Krishna and Radha."

Iva Goel, CA

"I found the Bal-Mukund class very enjoyable. It was also a great learning experience. Swamiji told us that if you want something greater, you will have to give up smaller things."

Tannavee Kumar, CA

[View Retreat Album](#)

[View More Testimonials](#)

Do try to attend the Washington Retreat and be a part of a special spiritual holiday with Swamiji!



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



Father's Day Craft Work



Photo Frame -Jagannath ji

Keertans for Children

*hari hari bol, bol hari bol
Sing the Names and Virtues of God Shree Krishna.*

mukund mādhav govind bol



WELLNES FOR LIFE
REACH THE TREASURE WITHIN

"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.

Quick Links

Suggestions

Regional Satsang Centers

Bal-Mukund Centers

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

Or

The Editor,
Jagadguru Kripaluji
Yog, 7405 Stoney Point Dr
Plano, TX 75025 USA

Chant the Names of Shree Krishna, like Mukund, Madhav and Govind.

keśhav mādhav govind bol

Chant the Names of Shree Krishna, like Keshav, Madhav and Govind.

hari hari bol ke le le hari mol

By chanting the Names of Shree Krishna, you will get the most precious treasure of life, which is love for God.

gaur hari bol, chaitanya hari bol

O mind! Chant 'Gaur Hari', the Name of Lord Chaitanya Mahaprabhu.

gaur hari bol, 'kṛipalu' hari bol

Chant the Name of Hari, who is 'Kripalu', or merciful.

govind jai jai gopal jai jai

All glories to Govind! All glories to Gopal!

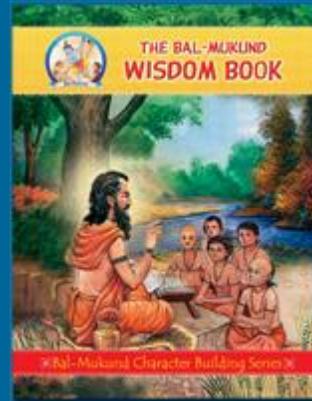
rādhā ramaṇ hari govind jai jai

All glories to Shree Krishna, who adores Radha Rani.

These keertans are selected from the book,

The Bal-Mukund Wisdom Book

Ancient Pearls of Wisdom for the Kripalu Values



A must have for all kids!

Get your collection of Bal-Mukund books TODAY!

Visit Bal-Mukund Shop

Jagadguru Kripaluji Yog

Padasanchalan



Method

Lie flat on your stomach. Place your arms by the side of the body and palms on the floor. Bend your knees and raise your legs from the body. Rotate your legs cyclically. Inhale (*Radhey*) when one knee is near your chest and exhale (*Shyam*) when another knee is near your chest. Repeat 5-10 times clockwise and anticlockwise. This asan can be done with both legs together.

Benefits

It strengthens the abdominal muscles and back. It helps reduce obesity. It alleviates constipation, acidity and increases fire in the stomach.

Contra-indications

Those with recent history of abdominal operation or back complaints should not practice with both legs together.