



JAGADGURU KRIPALUJI YOG

In This Issue

[Gems of Wisdom - Shree Maharaji](#)

[Announcements](#)

[Upcoming Events](#)

[Featured Videos](#)

[JKYog Online Gift Shop](#)

[Current News](#)

[Desires - Jagadguru Shree
Kripaluji Maharaj](#)

[Bhakti Shatak - Swami
Mukundananda](#)

[Fresno Retreat with Swamiji](#)

[Ask Swamiji](#)

Welcome to the Jagadguru Kripaluji Yog e-Magazine

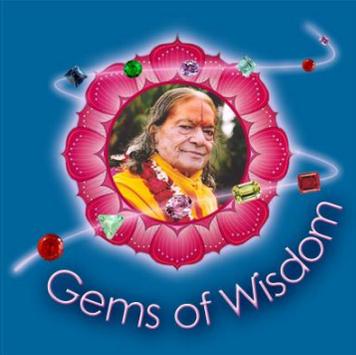
Desires

by Jagadguru Shree Kripaluji Maharaj



Bal-Mukund

Jagadguru Kripaluji Yog



Like the flowers, we must make our heart bloom with Divine love, and make it spread the sweet fragrance of *bhakti* (devotion) to all who come close.

If you desire spiritual advancement, you must trust Guru completely, allow Him to take you by the hand & guide you to God.

God is present in His holy Name. Keep this knowledge in your intellect while chanting, & you will relish the feeling of His presence.

"Happy moments-Praise God. Difficult moments-Seek God. Quiet moments-Worship God. Painful moments-Trust God. Every moment-Thank God."

From the perspective of eternity, the only important thing is how much we progress on the Divine path, having received this rare human form.

These tweets were sent by Swamiji from his Twitter account, to remind us of the eternal spiritual principles, as

Continuing with the previous article.....

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.

How can others give us happiness when they themselves do not have it? What can a beggar do when he feels generous? The best that he can offer is to give his empty bag and the meager earnings he has. Similarly, everyone on the material world is begging for happiness from others. What will the others give when they are beggars themselves? We need to understand this fact and leave the attachment to material relationships. We cannot leave it by just talking or by reading about it or by being told by the saints.

Now if you do something for your son he will love you, but when his purpose is not solved he will get angry with you. When you accept all that your husband or wife wants, he or she will love you, but will get annoyed if you don't accept it. This is the selfishness of this material world and we need to remind ourselves about this every time. Friendship or enemies, attachment or detachment has to be made firm by its repeated practice. Think about this again and again and make the decision firm that there is no happiness in this world.

At the funeral service, Hindus chant "*Rām nām satya hai*" which means, "The only truth is God's name and this material body is not true." If we truly realize this and believe in it, the attachment for this material world will fade away. If we do not desire for the material world, we do not have to create the desire for God, it is created automatically since we cannot desire anything else.

We have to create the desire for God since we cannot find happiness in this material world. This material world is for the body and God is for our soul. Everything has a different subject - like the eyes is required to see, ears to listen and so on. Now we cannot listen through our eyes or see through our ears. People will say that we have gone mad. Similarly if you desire happiness of the soul in this material world, how is this possible? This is the reason why it is said that, "Detach your mind from this material world and concentrate it towards God". If your mind thinks about pure things, it will get purified. We need pure water to wash dirty clothes. It is not possible to wash dirty clothes with dirty water, or it will become

taught by Jagadguru Shree Kripaluji Maharaj.

Announcements Hangout with Swami Mukundananda



JKYog successfully launched its first Google+ Hangout with Swamiji on 23rd June, 2013. The topic of discussion, "Why bad things happen to good people" was highly appreciated by the enthusiastic audience who were charged and excited to see Swamiji LIVE, clearing the spiritual doubts raised by many people. The response was overwhelming. Participants found the discussion highly informative, enlightening and very satisfying.

Make sure to watch the video

Click here to view video



Spiritual Retreats with Swamiji!
Register Now!

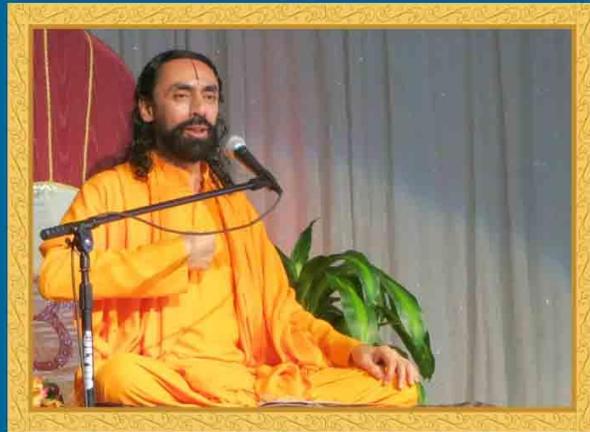
Newark, NJ: July 4th to 6th

dirtier.

The material world is not pure, it is under Maya. It is under three types of qualities: *Sattva guna*, *Rajo guna* and *Tamo guna* (modes of goodness, passion, and ignorance). If the mind gets attached to any of these three, it will degrade further. If the mind is attached in pure things it will become pure. That is the reason we need to detach it from the material world and concentrate it towards God. If you are not able to attach your mind towards God immediately, then practice to do so. Every time it gets diverted, take it back to God. Slowly and steadily, your mind will get attached to him.

You smoke a cigarette, have a drink and lie to people. After drinking regularly for some time, you get so habituated to it that you cannot leave it. The mind thinks that it is not possible for us to leave the material things; then God is an ocean of bliss. Why will the mind leave him, once it gets the taste of the infinite bliss of God? So practice to take the mind to God again and again. You will gain a lot of happiness, and soon, you will not be able to leave him.

Bhakti Shatak by Swami Mukundananda



Continuing with the explanation of the verses:

*brahma-prāpti-patha jñān hai, paramātmā-patha yog
kṛiṣṇa-prāpti-patha bhakti hai, adhikārī sab log*

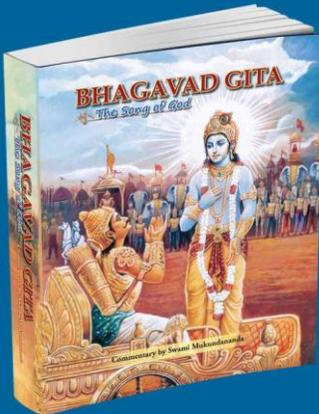
*jñānī aru yog lahaiñ, nij svaroop ko jñān
hari svaroop jāne nahīñ, māyā māhiñ bhulān*

When God is realized from far, he is perceived as light, as the

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

[Click for Registration](#)

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



[Click here](#) to purchase the
book online on **amazon**



**Leadership Service Series
Workshop**

*Great Leadership Begins
from Within*

Dallas, Aug 12th & 13th

JKYog brings an exciting program,
leadership workshop for youth! The
objectives include:

- Discover your true calling and life purpose.
- Build a blue print for your career.
- Learn skills for navigating your blue print.

formless *Brahman*. This is how the *gyanis* (one who practice the path of knowledge) look upon God. But their realization of God is a distant realization and they negate all personality to God. The *Paramatma* is a closer realization as they believe that God is seated within. He is the object of worship of the yogis. So they have a closer experience than the *gyanis* of the same Supreme Lord. And *Bhagavan*, the personal aspect of God is the closest realization, where you understand, "He has got a loving personality; He also performs loving *leelas* (pastimes); He is not merely a source of light." This is how the devotees perceive him. That is why it is said that the closest and the most complete realization of God is through the path of devotion, the path of divine love.

Arjun is told by Shree Krishna in Gita:

*bhaktyā māmabhijānāti yāvān yaśchhāsmi tattvataḥ
tato mām tattvato jñātvā viśhate tadanantaram*

"Through supreme devotion one comes to know me in reality, what and who am I; and thereby knowing me truly, one forthwith merges into my being."

Jagadguru Shree Kripaluji Maharaj further explains that there are different paths leading to the three different aspects. It is correct to say that all paths are leading to God. However, in God realization there is tremendous variety. So if you want the highest realization of God you have to follow the path of love or the path of devotion.

The *gyanis* and *yogis* say that there is no personal form of God. He is only light or he is only seated within. They also say that there is one entity, "Who am I?" The *gyani* says, "*tattvamasī*" (You are that Brahma). Merely know yourself and you will attain the Supreme. So this is a different path to God realization.

The path that we are following is the path of surrender; the path of humility, and the path of *gyan* is the path of self austerity. The difference is in the philosophy. A *gyani* says, "*soham*", which means, "I am Brahman" or "*Shivoham*", which means, "I am Shiv, there is no entity beyond me". The devotee does not relish this statement. The devotee says that a "*da*" should be added to "*soham*", i.e "*dasoham*", which means, "I am the servant of Brahman". The *gyani* says again, "Add another '*sa*' to it." This will make it "*sadasoham*". The devotee says, "You have spoilt it again!" Add another "*da*" in front to make it "*dasadasoham*" which means, "I am the servant of the servant of God."

- Learn the art of leadership from within.
- Become inspired by leadership role models.

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 Offerings in your area!](#)



TV Asia (English)
 Mon - Fri: 10:30 am EST
 Sat - Sun: 12:00 Noon EST
 ITV (USA)

Hence, the *gyani* says that the self is *Brahman*, and one should realize the presence of *Brahman* within. In other words the philosophy of *gyan marg* (path of knowledge) is that the soul itself is *Brahman*. They practice to establish situating themselves at the level of the soul, "I am not the body; I am not the mind; I am not intellect; this happiness and distress in the world has no effect on me."

nirvaṇānāṁ jñānayogaṁ

The path of knowledge is for the one who is completely devoid of material desires, and who is completely detached from the material world. In practicality they try and establish themselves at the level of the soul.

Fresno Retreat with Swamiji!

A Life Changing Experience



The first retreat of Swamiji's this year's USA tour began with a BANG at Ramada University, Fresno, CA. Devotees came from all over USA to spend three blissful days of sadhana in the inspiring company of Swamiji. The Retreat was a very special experience for everyone. It was an enlightening and highly motivating program.



It was a wonderful experience. Refreshing for the mind and soul. Swamiji has a unique way of putting across the message. At the end of it, one is left with the desire to know more. The examples

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.

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

View BM Program Video

that Swamiji gives are so easy to relate and gets us thinking. When I heard Swamiji, I was humbled by the divine knowledge and realized how little I know. Swamiji is simply magical.

Ganesh Nayar, CA

It was enlightening, amazing, and spiritual. He is the reason I am here. Extremely knowledgeable, very articulate and simplifies his teachings to touch the heart of ordinary people. Every activity in the retreat was better than the other and it was a complete package. I feel very refreshed, happy and spiritual.

Varsha Nihalani, CA

**View Retreat Album
View More Testimonials**

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



Question: Today I was listening to your *Karm Yog* speech. You said, "Do your *karm*, but do not desire." I am not able to understand how can you do *karm* without desire? I think it's difficult to implement this in life. Let's take an example: if any student desires to become a doctor, he can start focusing on medical studies. If he doesn't desire, it will be difficult for him to achieve it. Then how can we work without desire?

Answer: Your question is in regard to *Karm Yog*. The principle of *Karm Yog* is to work without desire. But, you have asked that if we give up desire, how can we do any work at all. All work begins with a desire to achieve the results, and if there is no desire, there will be no work either.

The answer to this question is that desire is very basic to the nature of the soul, just as heat and light are basic to the nature of fire. A state of desirelessness is as impossible for the soul, as is the state without heat and light for the fire. Now, *Karm Yogis* stop desiring for

Upcoming Events



6/22 to 6/27: Newington

6/28, 6/29: Boston

6/30 to 7/2: New Cumberland

7/4 to 7/6: Newark Retreat

7/13 to 7/19: Irving

7/20 to 7/26: Centennial

[View Details](#)

Featured Videos

JKYog brings you latest videos on our YouTube channel:



[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

their own happiness, but that does not mean that they become desireless. They desire to love God, to please him, and to attain him. This spiritual desire to serve him is the motivation behind all their actions.

Since their work is for the pleasure of God, they are not attached to its fruits. If after putting in their best efforts, they do not get their endeavored fruit, they remain undisturbed, for they accept it as the will of God. On the other hand, if their work was motivated by personal interests, if they do not get the desired result, they will get disturbed. So the acid test whether our desire is for the service of God or for self-gratification is our response to lack of success. If we are disturbed, it will mean that there was self-seeking in it; if we calmly accept it and continue working with enthusiasm, it is an indication that we wanted the fruits for the pleasure of God.

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

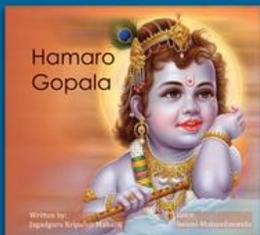


CT Bal-Mukund kids performed Bhakt Prahalad skit in the

well as children.

This month featured kirtan CD

Hamaro Gopala



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

Current News



Swamiji successfully completed his enlightening discourses at Pittsburgh, Hicksville and Kearny. Yoga and Meditation program were conducted by Swamiji in these cities.

View More Photos

Swamiji's discourses on the topic "Bhagavad Gita for Everyday Living" and Yoga & Meditation program have started in Newington, CT and will

presence of Swamiji.

Jagadguru Kripaluji Yog

Ardha Shirshasan



Method

Sit in Vajrasan. Keep a 3 to 4 inches thick and soft cushion in front. Interlock your fingers and place it on the cushion. Inhale (*Radhey*) in this position. While exhaling (*Shyam*), bend from your waist and place your elbows on the floor. The distance between the elbows will be 1 to 1.5 inches. Now, place the top of head between the interlocked fingers on the cushion. Raise your buttocks and straighten your legs with the help of your feet. Inhale (*Radhey*) and exhale (*Shyam*) normally in this position. Remain in this position for 1 to 2 minutes as long as it feels comfortable. While exhaling (*Shyam*) lower your body and come back to Vajrasan.

Benefits

It prepares for Shirshasan. It helps in reducing tension.

Contra-indications

People with high blood pressure, heart disease, swollen ears, acute asthma, problem in the vertebrae, myopia and weak blood vessels should not practice this asan.

conclude on June 27th, 2013.

[View Details](#)



Jagadguru Kripalu Yog & Naturopathy Hospital which is a part of Jagadguru Kripalu University, founded by Swami Mukundananda, was inaugurated on 2nd June, 2013 by the MLA of Banki, Cuttack, Odisha-Shri Prabhat Tripathy.

The Editor
Jagadguru Kripaluji Yog

XVII/3305, 1st Floor,
Ranjit Nagar,
Near PUSA,
New Delhi - 110008
India

7405 Stoney Point Dr
Plano, TX 75025
USA