



## JAGADGURU KRIPALUJI YOG

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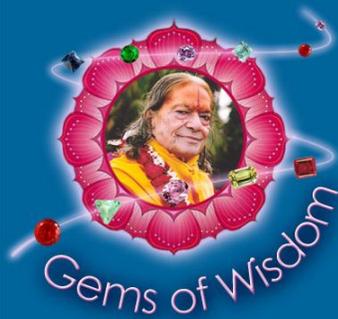
## Welcome to the Jagadguru Kripaluji Yog e-Magazine

### Two Obstacles to Devotion by Jagadguru Shree Kripaluji Maharaj



*bhukti mukti dākini ko govind rādhe  
ura te bhagā de bhakti mārṅ ko biṭhā de*

The meaning of this verse is that we should eliminate the two witches *bhukti* (material pleasures) and *mukti* (liberation) from our hearts and let love for God reside in our mind.



Focus not on the rudeness of others, not on what the've done or left undone ...but on what you have and have not done yourself.

\*\*\*\*\*

Devotion only increases when we share it. So does wealth, knowledge and happiness.

\*\*\*\*\*

Help light the torch of knowledge in others and your own will never get extinguished; rather it will only burn brighter.

\*\*\*\*\*

The ego wants to hide in the hour of defeat, and reveal itself to the world in the hour of success. Doing the reverse frees us from the ego.

\*\*\*\*\*

Here is a nice exercise to lessen the ego: If someone comes to revile or condemn you, merrily agree with whatever he has said.

\*\*\*\*\*

*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.*

There are three entities in existence: Individual soul, God and Maya. We are individual souls. We are ignorant; we suffer from sorrows and are dissatisfied. God is Blissful, omniscient and complete. Maya is the third entity; it is devoid of life and consciousness. The world has been created for the sake of the physical body. The individual being has a choice. It can worship either God or the world. If we worship the world, it is called *bhukti* (indulging in material pleasures). If we worship God, it is called *bhakti* (devotion). The third possibility is for the individual soul to merge into *Brahman*, and this is called *mukti* (liberation). That's it. There is no other choice. Besides the individual soul, there is God and there is Maya. By going towards God one can attain either *mukti* (liberation) or *bhakti* (devotion). By going towards the world we can attain only one aim, and that is *bhukti*.

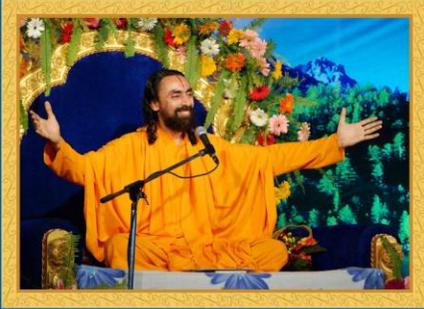
What does the word *bhukti* mean? In simple terms, *bhukti* means material pleasures of the physical body. We possess five organs of perception: eyes, ears, nose, tongue and skin. Related to these five senses of perception there are five desires: to see, hear, smell, taste, and touch. We can never have a sixth desire. Our body is made of the five gross elements, and as such the five sense objects are made of the five elements. The world is also made of the same five elements: ether, air, fire, water, and earth. In fact, all the elements that are present in the earth - gold, silver, and copper - are present within the body also. Science has proven that our body contains all the minerals present in the earth. We wonder why this is so. It is because we eat food that is grown from the earth.

How miraculous our body truly is! When we die, the soul that had earlier entered the body in the mother's womb, now leaves the body. The body then merges into its source. Earth merges into earth; water into water, fire into fire, air into air and ether into ether. What a miracle of God this is! There is no visible governing authority, but the work is being done systematically.

Thus, there are five organs of perception and they are made of the same five elements, yet we cannot hear with our eyes or see through the ears. Eyes and ears are both made of the same five elements, then why can the eyes not grasp sound like the ears? We don't know why; all we know is that they cannot. We do have the technology that allows us to hear better. Instruments such as the binoculars allow us to see further. However, no technology can make the ears see or the eyes, hear. Everyone's eyes are placed in the same location in the body. Humans, dogs, cats, donkeys, all creatures have eyes in the same place. The object of the five

## Announcements

### Swamiji's USA Tour 2012



Swamiji's USA tour will start in the beginning of April in the East Coast. Swamiji's programs will include sessions on Yoga, Meditation, and enlightening lectures to nourish the body, mind, and soul.

*Stay tuned to see upcoming events in your town.*

[View Tour Schedule](#)

[Save the Dates for Retreats with Swamiji!](#)



Ramada University, Fresno  
May 26th to 28th, 2012

Hilton Washington Dulles Airport  
June 29th to July 1st, 2012

Hilton Garden Inn, Temple, TX  
Sept 1st to 3rd, 2012  
*Stay Tuned for Details!*

senses is the world in its totality. The pleasures of the sense-objects are collectively known as *bhukti*. In *bhukti* there is no concern whatsoever with the soul. There are only two; the enjoyer and the enjoyed. The ignorant ones, who accept themselves to be the body, run after sense pleasures. We have been running after the world for countless lives. The world that is before our eyes is truly insignificant. The happiness in the celestial abodes is millions times greater than worldly happiness, but it also has no concern with the soul. It is also classified as *bhukti*.

This is what the Geeta says:

*ābrahma bhuvanālokaḥ*

We come to the world and leave from here; we come and go again and again. The ones who are running after *bhukti* have only three works to perform:

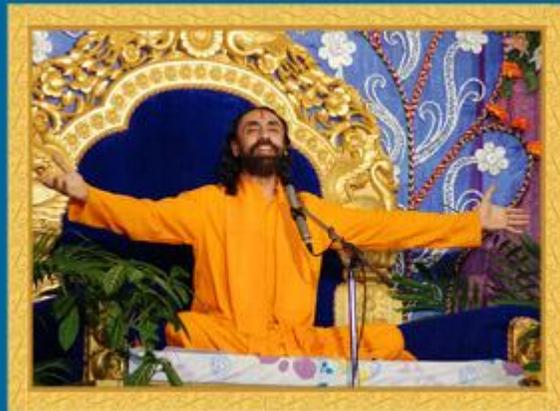
*punarapi jananaṁ punarapi maraṇaṁ punarapi janāni jaṭhare śhayanam iha sansāre khalu dustāre kṛipayā pāre pāhi murāre*

They take birth, they die, and then they hang upside down in the womb of a mother. Then they are reborn only to die again. All this goes on because we have accepted ourselves to be the body. This is the mistake we make. Instead of being situated in our true nature as the eternal soul, we accept ourselves to be the body.

*To be continued in the next edition...*

## Bhakti Shatak

by Swami Mukundananda



Continuing with the explanation of the next verse:

*pratham sādhanā bhakti karu, tab man nirmal hoyā*

## Swamiji at Stanford University



Swamiji delivered an enlightening lecture on the topic, "Science & Spirituality" at the prestigious Stanford University, where he addressed young students and professionals.

[View Lecture](#)

## 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](#)



There are various centers of BM running in different cities in USA and India. Weekly personality

*milai vishuddhā bhakti tab, guru anukampā toya*

Jagadguru Shree Kripaluji Maharaj further describes about *bhakti* (devotion). There are ten kinds of devotion: *sadhan bhakti*, *bhav bhakti*, *prema bhakti*, *sneh bhakti*, *maan bhakti*, *pranay bhakti*, *raag bhakti*, *anuraag bhakti*, *mahabhav bhakti*, and *madanakhya mahabhav bhakti*. The devotion which we are presently practicing is called *sadhan bhakti*. You may ask, "Swamiji, do we have to practice all these ten types of devotion? We are already tired of first type of devotion." You do not have to practice all kinds of devotion. The *bhakti* that we need to practice is *sadhan bhakti* and *bhav bhakti*. The rest will be received by the Grace of the Guru.

When we progress in *sadhan bhakti*, the next step is called as *bhav bhakti*. Your mind will become comparatively purer; substantial impurities will vanish away. And the mind will be increasingly attached to God. When you have qualities like humility and tolerance within yourself then that will be called as *bhav bhakti*. And once the mind has been cleansed and the vessel has been prepared, then you will receive the remaining *bhaktis* one by one.

But, even in the stage of *bhav bhakti*, we must not stop our *sadhana*. By continuously practicing *sadhana*, *bhav bhakti* will be completed. When it reaches completion, then God's condition, "Surrender your mind only towards me," will be fulfilled. So, we have to practice devotion till that stage is reached. And after that, by the Grace of Guru, we will receive the third kind of devotion called *prema bhakti*. After *prema bhakti*, we will receive *sneh bhakti*, then *maan bhakti*, then *pranay bhakti*, then *raag bhakti*, then *anuraag bhakti*, then *mahabhav bhakti*. We cannot receive *madanakhya mahabhav bhakti*, as this is reserved for Radhaji. Shree Krishna also cannot receive this *bhakti*. An individual can only reach till *mahabhav*. So, first we have to practice and the rest will be received. In order to understand these kinds of devotion, the Saints have divided the types of *bhakti* in two categories. First two are the ones that have to be practiced, and the others are ones that are to be received by the Grace of the Guru. The ones that are to be practiced are *sadhan bhakti* and *bhav bhakti*. These two together form *sadhan bhakti*. The

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:

<mailto:info@bal-mukund.org>

[View Bal-Mukund Centers](#)

### 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:** (In 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

rest eight together are called *siddha bhakti*.

In devotional practice, whether the senses are involved or not, the involvement of the mind is a must. It is the mind that must practice sadhan bhakti. The mind gets purified through sadhan bhakti, and when it is completely purified, one attains Divine Love by the Grace of the Guru.

Jagadguru Shree Kripaluji Maharaj says that by practicing sadhan bhakti your mind will become pure and then God will reside in your heart. Mahrshi Arvind said: "You must keep the temple of the heart clean if you wish to install there in the living presence." If you build a temple then first you should clean the temple room and altar, and then install the deities inside the temple. Similarly, God says, "I am ready to come and reside in your heart. Although I reside in everything, but after cleansing your mind I will reveal Myself there. So, first clean your heart." So, how can one clean the mind? By practicing sadhan bhakti, your mind will become pure and the vessel will be prepared, and then by the Grace of Guru, you will receive Siddha bhakti.

Now a question arises: How can we practice sadhan bhakti? The method is to repeatedly contemplate upon God. The more you contemplate on God, the more you will earn spiritually and the mind will become attached towards God quickly.

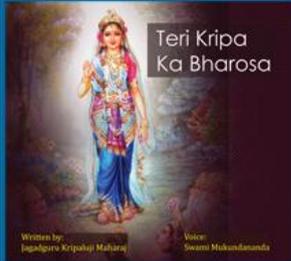
How much one earns spiritually depends on ones capabilities. Just like a player performs brilliantly and becomes Sachin Tendulkar, and the other player is unable to match that performance. In the same way, in the spiritual realm, a wise person thinks that we should not worry about unnecessary things like, "Why does this person wear like this, talk like this, etc.? Where are you from? What do you do?" By pondering over these things, we waste our precious time. We have to wipe such thinking out from the mind and keep on contemplating upon God and Guru. It will result in spiritual earning and we will progress speedily on the spiritual path.

Just think, after receiving so many Graces from God, why is the soul unable to progress spiritually? The reason is carelessness. We do not realize the importance and value of those Graces, and hence become careless and lazy.

well as children.

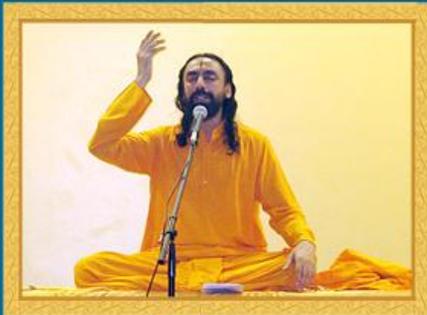
### This month featured kirtan CD

Teri Kripa Ka Bharosa



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

### Upcoming Events



### Swamiji's Program Schedule

April 2nd

Sugarland, TX

April 3rd

Houston, TX

April 4th - 7th

Riverhead, NY

April 8th - 14th

Pittsburgh, PA

April 15th - 21st

Fairfax Station, VA

April 22nd - 28th

Adelphi, MD

[View Details](#)

Carelessness means that in spite of having true knowledge, one does not apply sufficient efforts to implement it. The individual has to work hard to make the mind concentrate on God. If one sincerely endeavors, then with practice, one can fix the mind on God, as by practice everything can be achieved. And if someone becomes careless, then the mind can never be attached to God. Hence, when the mind is fully involved in devotional practice, only then it can be considered to be true devotional practice.



**Question:** Thoughts are nothing but unrealized acts. If not, what happens to our thoughts once life ends?

**Answer:** Thoughts are not exactly unrealized acts. They are ideas, plans, conceptions, opinions and feelings produced by the mind. They are bundles of subtle energy that the mind generates. Modern scientific research in the field of Electroencephalography reveals the variety of alpha, beta and gamma waves produced by brain activity. It also correlates altered mental states with differences in wave production by the brain.

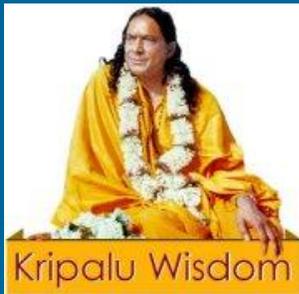
The Vedic scriptures, since many millennia, have thrown light on thoughts. They emphasize that the thoughts we harbor in our mind are an important facet of our personality. Every thought has an impact on our subtle and physical body. Thus, thought by thought, we forge our destiny, to elevate or degrade ourselves. The essence of spirituality is to control, purify and elevate our thoughts.

You have asked what will happen to our thoughts at the end of life. The thoughts will naturally cease to exist in the present mind-body. But the seat of the thoughts-the mind-will continue its journey along with the soul, to the next body. And the kind of thoughts that the mind harbored in the present life will impact the kind of birth we will get in the next life.

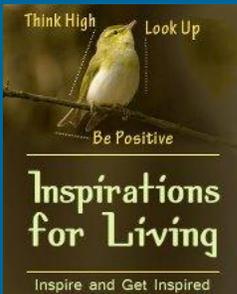
## New Facebook Pages

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 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.

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

**Submit Your Questions**  
**Ask Swamiji Q&A Archive**



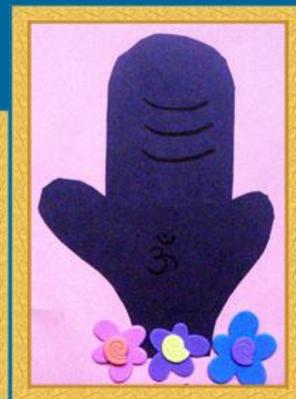
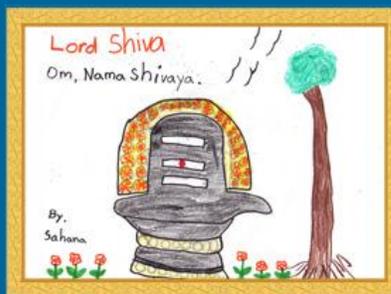
## Bal-Mukund Showcase

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

**Submission Guidelines**

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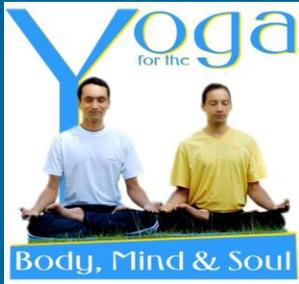
## Bal-Mukund Contributions



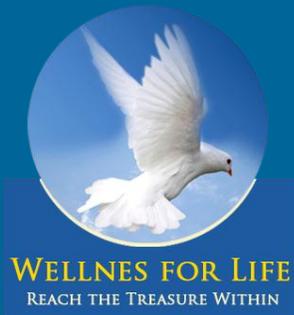
CT Center - Shivratri Celebration



CT Center kids burning their bad habits in Holi fire



"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.



"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.

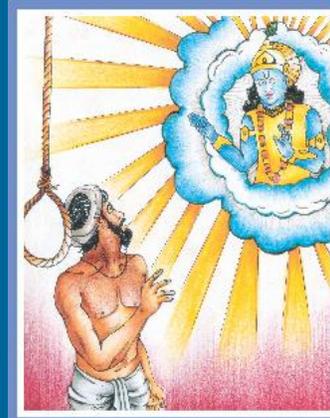
### Current News



Bridgewater Center - Shivratri Celebration  
[View More Contributions](#)

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### Moral Story Somilak The Weaver



Somilak was a hardworking weaver. Everyday, from the break of dawn till the end of the day, he toiled hard, creating beautiful clothes for his customers. However, other weavers, who were not as skilled or hardworking as Somilak, would earn more money.

He lived in poverty, undergoing many hardships, while other weavers enjoyed material comforts. This disturbed Somilak and finally led him to leave his village in search of more rewarding work. He managed to find a job in another town. However, even in his new job, he could not earn much money and this left Somilak more disappointed.

Somilak found no hope in sight. The disappointment



Swamiji successfully completed his enlightening lecture series on Bhagavad Geeta - Chapters 8 and 10 in New Delhi.

#### View Photos

The festival of colors - Holi was celebrated at Mangarh in the Divine presence of Jagadguru Shree Kripaluji Maharaj. After the lecture program in Delhi, Swamiji had also flown to Mangarh for the occasion.



Devotees from the commercial town of Birgunj in Nepal were overjoyed to welcome Swamiji after six long years.



Swamiji conducted a three-day sadhana shivir (retreat) from March

affected him so badly that he decided to end his life. Somilak tied a rope to a tree, made a noose at the end, and prepared to put it around his neck.

A thundering sound from the sky stopped him. Somilak tried to identify the sound and was surprised to see Shree Krishna Himself approaching him. Lord Krishna told Somilak, "Whether or not you earn money, and how much you earn, is in my hands. What is in your hands is your willingness to work hard. I am indeed pleased to witness your hard work and labor. Ask what you want and I shall grant it."

Somilak had experienced great poverty, and hence immediately replied, "O Shree Krishna! I want a lot of wealth." The Lord tried to make Somilak understand and said, "Immense wealth is useful only when you can donate your excess earnings. You do not necessarily need a lot of money. What is important is not the desire for more wealth but the heart to use it and donate it well."

Somilak stuck to his wish. Seeing that he was adamant, Shree Krishna finally said, "Go to your native village. There are two traders there - Secret Wealth and Useful Wealth. Stay for a few days in each one's home and decide for yourself what you really want."

Somilak agreed to God's proposal and went to his village. After inquiring, he located both Secret Wealth and Useful Wealth's houses. First, he went to Secret Wealth's home. Somilak was pleased to see the big and spacious home. Noticing Somilak outside his home, Secret Wealth commenced using foul language and did not welcome the new guest properly. Secret Wealth's family behaved in the same manner. His wife pushed the food plate towards him while his son offered water but without any respect.

Trying to forget the bad experience, Somilak moved to Useful Wealth's house. All the family members there made him feel like a true guest, showing great hospitality. Apart from delicious food and a warm relaxing

12th-14th, 2012 in Birgunj, which included yoga and meditation sessions, lecture, cultural program, bhajan competition, aarti and not to forget the grand nagar parikrama program.

[View Photos](#)



BM Center in Plano celebrated Holi with great enthusiasm. Children were drenched in colours and their parents joined in the fun too!

[View Photos](#)

## Quick Links

[Suggestions](#)

[Regional Satsang Centers](#)

[Bal-Mukund Centers](#)

**The Editor**

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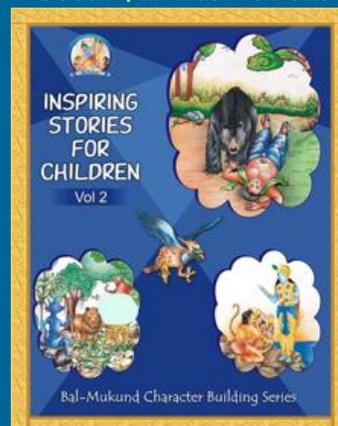
environment, Somilak saw a loving family that lived happily together. At night, family made interesting conversation making him feel at home.

Reflecting back, Somilak compared the two different experiences. While Secret Wealth's house was big, the family members were rude and showed no respect for others. In comparison, Useful Wealth's house was simple, but the family members had big hearts and treated guests with respect, leaving them with pleasant memories. Despite his limited wealth, Useful Wealth brought a smile to the visiting guest.

Somalik went back to Shree Krishna, and declared, "I want to be gracious and happy like Useful Wealth, so make me like him." God was indeed happy with Somilak's decision and granted his wish, and gave him enough wealth for his hard work and a rich and caring heart.

Moral: A large heart, gracious nature, kindness and compassion are ones true wealth, which bring happiness and the blessings of God.

This story is selected from the book,  
Bal-Mukund Character Building Series - Vol 2  
A collection of 27 inspiring stories with  
beautiful illustrations



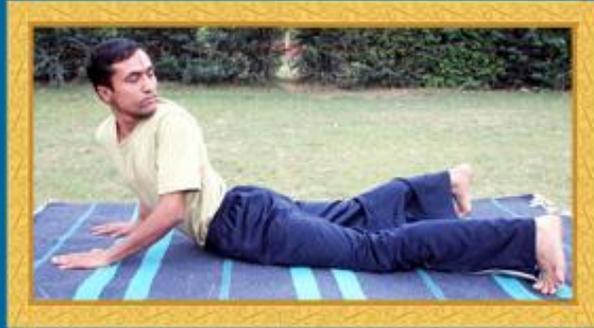
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# Jagadguru Kripaluji Yog

## Tiryak Bhujanasan



### Method

Same as Bhujangasan. Legs 2 feet apart and feet stretched backward. Chin rests on the floor. Inhale (Radhey), raise your head, shoulders and chest. Navel is 3 cm above the floor and pelvic area is on the floor. While exhaling (Shyam), turn your head and look over from your right shoulder and try to see your left foot. Inhale (Radhey); look in front. While exhaling (Shyam), turn your head and look over from your left shoulder and try to see your right foot. Inhale (Radhey); look in front, exhale (Shyam); lower your body. Repeat 3 times.

### Benefits

Same as Bhujangasan. It is specially useful for intestine. It is fourth asan of sankhprakhchan.