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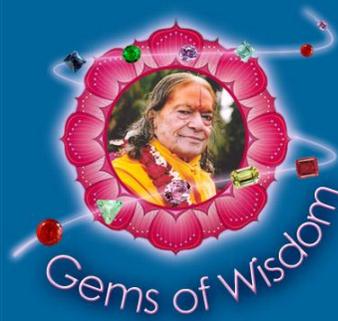
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## Welcome to the Jagadguru Kripaluji Yog e-Magazine

### Spirituality and Materialism by Jagadguru Shree Kripaluji Maharaj



There are eleven religions active in the modern world. They are: Sanatan Vedic (Hinduism), Buddhism, Jainism, Sikhism,



Look upon hurts as opportunities that helps us overcome our self-seeking nature and deepen our understanding of the meaning of selfless love.

When we develop the ability to repeatedly forgive even the biggest hurts caused to us, we will have reached the destination of divine love.

While we look outside for the causes to our problems, our biggest enemies are within us. These are our own unrestrained mind and senses.

For our spiritual growth, negative people are often placed in our path, so we may learn selfless love, forgiveness & surrender to God's will.

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.*

Zoroastrianism, Islam, Christianity, Judiasm, Taoism, Confucianism, and Shinto. We can classify all these religions in two:

- The religion of the mortal body - Materialism
- The religion of the soul - Spirituality

According to materialists, the creation, development and destruction of the world are according to the rules of nature and not by the rules of God. They say that everybody wants happiness and by the fulfillment of every material desire, one can be happy. They believe that we are not eternal souls but mortal bodies, and by the fulfillment of the material senses one can be happy. The sense of seeing, hear, smell, touch, taste are five senses of our body. With the help of these senses we make use of this world. So, according to the materialists the means of happiness in this material world is this material body.

On the other hand, according to spirituality, we are eternal souls and not this physical body. This body is destroyable and is made up of five structural elements (water, air, fire, ether and earth) whereas, the soul ('I') is spiritual, eternal, and is an eternal part of God. Bliss is the other name of God and being a part of him, we naturally desire for happiness:

*raso vai sah*

Now which way to choose?

This is a very difficult question for an individual to answer. Every religion claims to be perfect in its own ways. The answer to this can be explained in the following way:

We have two entities - the soul and the physical body. It is true that we will achieve our goal of attaining supreme bliss only by surrendering to God, and that the soul needs God. Similarly, we have to realize that this body requires the material world because this body is made up of five elements and this world is also comprised of these five elements.

No spiritualist can oppose a materialist, and no materialist can oppose a spiritualist. It is only with the help of this material body that sadhana (devotional practice) is made possible and without God realization, mental affliction, i.e. material desires, anger, jealousy, ego, etc. will never go away and we cannot have peace and happiness. Therefore, with the point of view of keeping our body healthy we have to do devotion. We have to keep our body healthy

## Announcements

### Spiritual Retreat in India

JKYog, India is glad to host a 5-day spiritual retreat from 1st to 5th April 2013, at Barsana, Vrindavan, and Mangarh.

[View Details](#)

### Swamiji's USA Tour 2013



Swami Mukundananda's USA Tour 2013 planning has started.

Along with enlightening lectures, the program offers Yoga and Meditation sessions to provide a holistic treat for body, mind, and soul.

The tour starts with East Coast programs from the second week of April and will continue through October, covering most of the major cities across USA.

4/13 to 4/19: Morrisville

4/20 to 4/26: Fairfax Station

4/27 to 5/3: Sunnyvale

5/4 to 5/10: Fremont

5/11 to 5/17: Northridge

5/18 to 5/23: Scottsdale

[View Program Schedule](#)

with the idea of serving and worshipping God. Shree Krishna says in Bhagavad Gita: "O Arjun, keep remembering me in your mind and go to war." If we don't provide the necessary proteins, minerals, vitamins and all the required nutrients to our body, we will surely fall sick and instead of remembering God we will only remember pain and misery.

To summarize, we could say that we have to follow spirituality along with materialism. This can be explained with the help of example:

A nurse takes care of thousands of children in a hospital over her lifetime. She feeds and cleans them, gives them medicine, etc. She performs these tasks as part of her duty and not because she is attached to them. Her love and attachment are mostly for her children and family. She does not love the babies in the hospital as much as she does her own. The sickness of her own child brings her anxiety and pain. She will do everything possible to bring her own child back to normal health at the earliest.

But if a child falls sick in the hospital, the nurse will tend to it immediately and perform her duties well. Her reaction to the sickness will be quite normal and not emotional. She is not emotionally attached to the sick child. In the same way, we have to perform our material duties without any attachment for sake of duty and not being bothered of the loss or profit. This is called as Karmyog.

*man hari meṅ tan jagat me, karmyog tehi jān  
tan hari meṅ man jagat meṅ, yaha mahān ajñān*

Attaching our mind to this material world and worshipping God with our body and material senses is a sign of great foolishness.

Hence, both materialism and spirituality are necessary for us because we are spiritual by nature - soul and we need this material world and body for existence.

**Bhakti Shatak**  
by Swami Mukundananda

Jagadguru Kripaluji Yog (JKYog) invites you to

# Retreat

With Swami Mukundananda

Save Your Dates for  
Spiritual Retreats with Swamiji!

Fresno, CA: May 25th to 27th

Newark, NJ: July 4th to 6th

Dallas, TX: Aug 23rd to 25th

Chicago, IL: Sep 20th to 22nd

[Click for Registration](#)

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TV Asia (English)

Mon-Sat: 11:00 am EST

Sun: 12:00 pm 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



Continuing with the explanation of the verses:

*rām nām sab satya kaha, jab lauñ jāt masān  
lauñat hī puni jagat kahañ, satya mān dhani jñān*

*tīn roop śhrī kṛiṣhṇa ko, vedavyās batāya  
brahma aur paramātma aru bhagavān kahāya*

*sarvaśhakti saṁpann ho, śhakti vikās na hoyā  
sat chit ānañd roop jo, brahma kahāve soya*

People (in India) say, "Ram nam satya hai" (the name of God Ram is the only truth). Nobody actually means it. It is only something that is the done thing. But as soon as they return home (from the cremation ground) they still believe that worldly attainments are the only truth. They are actually thinking of the world as *satya* (truth) they are only saying with their mouth that the name of God is the truth. So, there is no benefit of making such an empty statement.

Jagadguru Shree Kripaluji Maharaj further explains the nature of God. He is quoting Ved Vyas. One advocate once told me, "Swamiji, whenever we advocates present a quotation from past precedence only then the judge is impressed by our presentation." So Jagadguru Shree Kripaluji Maharaj quotes like an advocate from the different scriptures, and says, "Whatever I am saying is not from my head, it's merely the meaning of the scriptures that I am presenting."

Ved Vyas ji has said in the Bhagavatam that the Supreme Lord manifests in this world in three forms. These are: *Brahman*, *Paramatma*, and *Bhagavan*. These are all names for God. They may appear to be synonymous. However, their qualities are

Sanatan Channel (India)  
Time: 7:40 to 8:00 pm IST

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**Tune in to Radio JKYog LIVE!**



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

**Click here to listen**  
**Radio JKYog on your mobile**

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**Register Now: Bal-Mukund  
Children's Classes**



Bal-Mukund centers for children have been started in various cities across USA and India. Weekly personality development classes for children are being held in these centers, where 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**

**JKYog Online Gift Shop**

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

different. For e.g. water, ice, and steam are all the same thing. It is one that converts into another and yet the qualities of the object keep changing from ice to water to steam. If someone is thirsty he says, "Give me a drink of water." You take a lump of ice for him. The person will say, "I asked for water." "Yes, there is no difference between water and ice." "There may be no difference, but this ice is not capable of quenching my thirst. I need water."

In another room one person kept water in a bowl. Another person came and applied temperature to the water from below and it evaporated in the form of steam. Now the first person came back and said, "I kept some water here. What has happened to it?" The second person said, "It flew away." "Flew away? But, all the windows were closed." "It did not fly in the form of water; it flew in the form of steam." The item is the same, but the manifested qualities have changed.

Similarly, there is one God. However, he manifests in three forms in this material world. The first form is *Brahman*. *Brahman* is the all-pervading aspect of God. God not only creates the world but after creating the world he pervades himself in his creation. So, the Vedas say:

*eko devaḥ sarvabhooteshu goṛhaḥ sarvavyāpī sarva  
bhootāntarātmā*

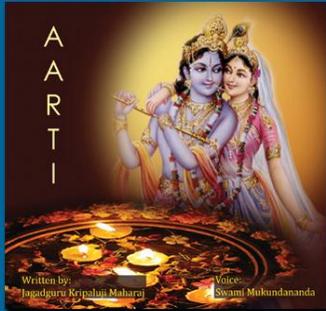
God created the world and entered in every atom of it. So, God is all-pervading in his creation. This all-pervading aspect of his is called *Brahman*. That *Brahman* is *sat-chit-anand*. It is eternal knowledge and bliss. However, it doesn't have any form, it doesn't manifest any *leelas* (pastimes). All the powers of God exist in *Brahman* as well, but they are in the latent state. Like fire in the match stick is in the latent state. You need some action to manifest that fire. Similarly all of God's powers are in the latent state in his manifestation as the all-pervading *Brahman*.

You may ask that if God is all-pervading why we can't perceive him. He is eternally blissful, an ocean of unlimited happiness and knowledge. If such a personality is everywhere in this world, we should experience him. We are experiencing so many atoms through our senses-the mouth, the nose; all these atoms in which God is pervading are entering us. Why is it that we do not experience the bliss of God? The reason is even though God is all-pervading; we need divine senses to be able to perceive him. As long as our senses are material, even if we try and see the personal form of God he will only look material to us. So, the defect is not in

well as children.

This month featured kirtan CD

Aarti



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

**Featured Video:**

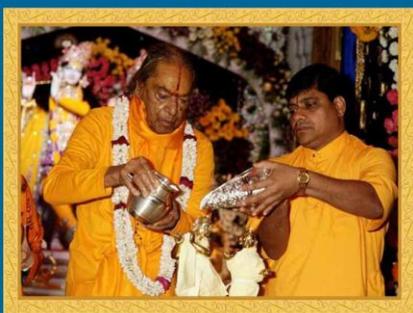
**Narad Bhakti Darshan**

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

[Click Here](#) to Subscribe to our YouTube Channel &

get connected with the series.

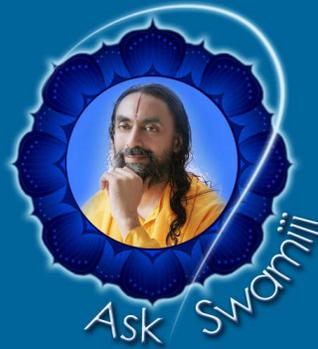
**Current News**



Shree Maharajji celebrated first anniversary of the inauguration Prem Mandir in Vrindavan. The celebrations lasted for 3 days. A special "abhishek" of the deities was performed during the function. Swamiji also performed the

the personality of God; the defect is in our senses.

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



**Question:** All the religions of the world describe only one path to God-realization. In Hinduism alone we find so many different approaches, and all of them are accepted as bona fide. This makes it confusing for us. Why did the Vedas not stick to one path?

**Answer:** Variety is an inseparable part of God's creation. No two leaves of a tree are alike. No two human beings have exactly the same finger prints. Similarly, everybody has different natures too. The variety of paths mentioned in the scriptures accommodates peoples' variegated natures.

As knowledge becomes subtler and more elevated, its branches increase. In Grade Five, students are taught General Science as one subject. But when they reach Grade Seven, Science is divided into three branches-Physics, Chemistry and Biology. When they reach college, it is further divided into hundreds of branches. And in Graduate School, there are literally thousands of subjects within Science.

Similarly, the Vedas describe spiritual knowledge to sublime heights, and hence the variety of needs of *sādhaks* (spiritual aspirants) gets reflected addressed in the diversity of paths. This variety is a blessing. In the world, if five people go to purchase a cloth, all have their own choice of color and style. Similarly, in the case of God-realization, if there were only one path, people whose saṅskārs were different would not have been attracted to it. The variety of paths serves a wider spectrum of people with varying natures and saṅskārs.

**Swamiji answers selected questions related to Yog, Spirituality and**

abhishek.



Swamiji conducted a sadhana shivir in Birgunj, Nepal from March 1st to 3rd. A nagar parikrama was also organized during the program.

[View More Photos](#)



Swamiji's whole day sadhana and lecture program in Kathmandu from March 3rd to 6th was a grand success. Old and new devotees flocked to the program venue as Swamiji was giving lecture and conducting sadhana program in Kathmandu after seven years.

[View More Photos](#)

Philosophy every month on our e-Magazine.

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



## Bal-Mukund Showcase

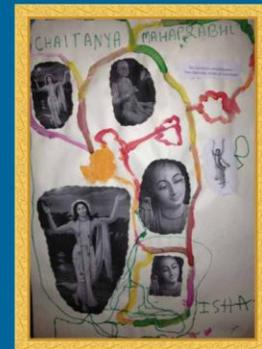
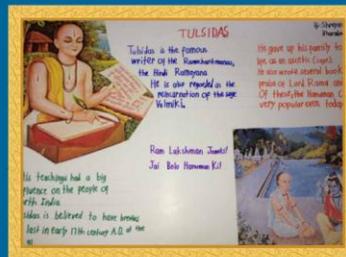
Bal-Mukund welcomes all contributions of creative works from children in different areas including poetry, moral stories, art work, etc.

**Submission Guidelines**

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## Bal-Mukund Contributions

**Saints of India - Bridgewater, NJ Center**



## Maha Shivratri Celebration

Kids made Shivling from dry clay, black paint and then decorated with flowers and paints.

**Fremont, CA Center**



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A week long lecture program of Swamiji was conducted in Sanatan Dharm Laal Mandir, East Patel Nagar, Delhi from March 14th to 20th, 2013.



Devotees and Bal-Mukund children enthusiastically celebrated Maha Shivaratri at JKYog center in Plano and Bay Area.

[View More Photos](#)

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CT Center



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## Jagadguru Kripaluji Yog

### Kandharasan



#### Method

Lie on your back. Bend your knees and place the heels near the buttocks. Get hold of the ankles. Inhale (*Radhey*); raise your back, abdomen and buttocks. Head, shoulders and sole of the foot will remain on the floor. While exhaling (*Shyam*), lower your back, abdomen and buttocks.

#### Benefits

It is helpful in preventing menstrual disorders, prolapse, asthma, bronchial and thyroid conditions. Relieves backache and rectifies the rounded shoulders. It help alleviate constipation.

#### Contra-indications

People with peptic and duodenal ulcer, and abdominal hernia will not do this asan.