



In This Issue

[Gems of Wisdom - Shree Maharajji](#)

[Announcements](#)

[JKYog Online Gift Shop](#)

[Upcoming Events](#)

[Current News](#)

[New Facebook Pages](#)

[The Quest for Happiness -
Jagadguru Shree Kripaluji Maharaj](#)

[Bhakti Shatak - Swami
Mukundananda](#)

[Ask Swamiji](#)

[Bal-Mukund](#)

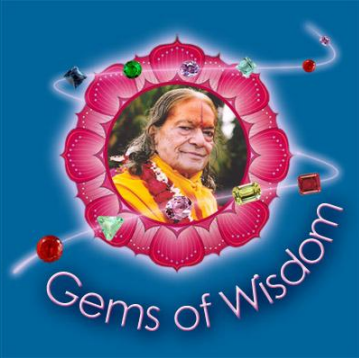
[Jagadguru Kripaluji Yog](#)

Welcome to the Jagadguru Kripaluji Yog e-Magazine

The Quest for Happiness by Jagadguru Shree Kripaluji Maharaj



Every action performed by every individual is performed with a specific purpose in mind. Some do good deeds and some perform bad ones. No one can remain inactive for even moment, and no action is performed without a purpose. It may appear strange, but it



Happiness cannot be owned, earned, worn, or consumed. Happiness is a spiritual experience of living every minute with love grace and gratitude.

To engage in devotion, we will have to take the step of sincerely contemplating how to detach our mind from the world, and then doing it.

Remember God all the while, just as the village woman remembers the pot of water on her head, even while walking and talking with others.

When we learn to surrender to the Will of God, and accept ourselves as His servants, life becomes a festival and a continuous celebration.

The Supreme Personality will not be known by our effort, but by His Grace. However, our sincere and humble effort will attract His Grace.

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.

is true. You may think that there are evil people who harm others for no reason. Also there are saints who help others for no reason. In reality, there is a reason even behind these actions.

An evil person finds pleasure in harming others. So to experience happiness he causes harm. Similarly, a Saint gets happiness in seeing the welfare of others. Thus, a Saint serves others to get happiness himself. And for all of us as well, the motive behind achieving wealth, health, wife, son, fame, and beauty is one - HAPPINESS. This proves that without any teaching or training every individual wants happiness and nobody wants sorrow, grief or pain because:

ānando brahmeti vyajānāt (ved)

Happiness, Bliss, and Peace are all synonyms for God.

*ānand evādhastāt ānand upariṣṭāt anandaḥ purastāt
anandaḥ paśchāt ānand uttartaḥ anando dakṣiṇataḥ ānand
evadam sarvam*

"There is nothing but Bliss below Him, above Him, to His East, to His West, to His North, to His South, outside of Him and within Him. Bliss and only Bliss overflows all around Him."

Now a question arises: What is the relationship between our desire for happiness and God being Bliss? Yes, there is a relation.

īśhvar anśh jīv avināśhī (Rāmāyaṇ)

The relation is that every individual soul is an eternal part of God, and God is an ocean of Bliss. Therefore being an eternal part of Him, every individual soul naturally seeks happiness. No soul can ever seek sorrow.

Since infinite lifetimes, all of us are searching for happiness in this material world, but according to our scriptures worldly happiness is short lived, and that is our personal experience as well. It is finite and illusive. When we eat a *rasgulla* (an Indian sweet) for the first time, we experience great pleasure. But, if someone asks us to keep eating the same sweet, we feel like vomiting. So, if there is pleasure in *rasgulla* or any such object, then we should experience this pleasure forever. But, this is not the case. We do not derive constant happiness from that object. In the same manner, the pleasure from wealth, spouse, children, food etc. keeps on fluctuating and finally comes to an end.

So, why haven't we attained true happiness till now? Because we have not understood, realized and decided what and where we will get this happiness. Happiness is that which is unlimited, ever increasing and everlasting. Sorrow cannot overcome it, just as

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



Retreats With Swamiji!

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

Ramada University, Fresno

May 26th to 28th, 2012

View Details

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

darkness cannot overcome light. So, where is this kind of happiness? The answer to this question can be categorized into two areas (which are intensely debated) - materialism and spirituality. According to materialism, there is no entity or authority called God and one will get happiness through material objects. Whereas, according to spirituality, only God is Bliss and by attaining God we can be happy for eternity. There is no other way to the attainment of happiness and removal of pain and suffering.

The materialists deny the existence of God, but they can only claim that there is no entity called God if they practically follow the procedure laid out in the scriptures, and do not attain God even after surrendering to a Guru and performing devotion. The Vedas declare that even the most intelligent person cannot comprehend God because He is beyond our material senses, but by the Grace of God even a fool can know God. So He is not knowable by the material intellect.

Thus, every individual seeks happiness and since God is Bliss, everyone is a seeker of God. Every person will work continuously till he attains true peace and happiness. Here another question arises: What is our purpose of worshipping Him? Yes, there is a purpose. We are all selfish in nature, and whoever satisfies our self-interests, we get attached to that person. We all long for unlimited, everlasting happiness and that happiness is only in God. Our self-interest will be fulfilled by loving God, and without Him we cannot attain true happiness.

Bhakti Shatak by Swami Mukundananda



Continuing with the explanation of the next verse:



Bal-Mukund Summer Camp

June 3rd to 24th, 2012

BM Plano Center has organized a Summer Camp for children, which will provide them with a great opportunity to understand Hinduism in a unique way.

[View Details](#)

"Jo Piya Ruchi" Lecture on Youtube



Last year, Swamiji gave an explanation of the keertan "Jo Piya Ruchi" at Diwali Retreat. This lecture is now available on YouTube.

[View Lecture](#)

Tune in to Radio JKYog LIVE!



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

[Click here to listen](#)

*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 every individual soul is a part of God and its true identity is that it is an eternal servant of Shree Krishna. Since we have turned our backs towards Him, we have been engulfed by the darkness of Maya, the material energy of God. Therefore, we have to turn our face towards Him. For this, we have to do devotion. That devotion is divided into two categories. The first is *siddha bhakti*, which we will receive by the Grace of Guru and the second is *sadhan bhakti* that we need to practice for the purification of heart. But, to practice *sadhan bhakti*, we must understand the nature of the material world.

Once you detach your mind from the material world, only then you can think of attaching it to God. We have only one mind and there are two areas where it can be attached-either in this material world or in God. There is no third realm where it can get attached. If our mind is engrossed in the thoughts of this material world, how it can love God? We listen in the lectures, "Practice devotion," but we do not follow. Our Gururji says, "We must not procrastinate in practicing devotion." We say, "Ok Gururji, but I don't get time." We apply "but" and are unable to progress spiritually. We consider this material world more important than God and hence are not able to take time out for Him.

Just like a water pump that is filled with air. No matter how much you try to pull up the water, it does not get lifted cannot flow since the pipe is full of air. We have to put water into the pipe and remove the air. Only then the pump can start working and lift water. Similarly, when we detach our mind from the world, remove worldly thoughts, only then we will be able to attach the mind in God. And for this purpose, we have to understand and make a firm decision, through constant reflection, that there is not a trace of true happiness in the material world.

The mind is attached to the world, because it is the firm decision of the intellect that there is definitely happiness in the material world. In order to detach it, our intellect should make a resolution in every possible way and accept the fact that there is no happiness here. Now a question arises: What is the source of happiness?

Does happiness lies in wealth? If we ask a millionaire, "Are you happy?" He will say, "No. I am not happy." If we ask the most highly designated politician, like the President, "Are you happy?" He will also confess, "I am not happy." If we ask the same question to celebrities, film stars, etc. who have achieved great fame, they will also deny that they are happy. They will answer that they have to

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

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

take sedatives to sleep well. This proves that there is no happiness in the world. Yet, all of us are looking for happiness here. Vidur ji says in the Bhagavatam:

sukhāya karmāṇi karoti loko na taiḥ sukhārṇ vānyadupāramarṇ vā

The strange thing about this world is that everyone is running for happiness, but they are getting the reverse - misery and suffering. So, in this duality we are all getting squashed. We want something but we get something else.

Once, a Russian scientist carried out an experiment. In a mouse trap, he put two terminals and left the mouse inside. If the mouse touched one terminal, it would get an electric shock. If it touched the other terminal, it would get a piece of bread.

Accidentally walking along, the mouse touched one terminal, and it received a piece of bread. Then it touched the other terminal, and it received an electric shock. Slowly, with its little intellect, it became clear to the mouse which one to touch to get a piece of bread.

Now, when the mouse understood this, it would very conveniently go on touching that terminal to get its bread. When the scientist realized that the mouse has learnt the trick, he reversed the terminals. If it would touch the first terminal it would get an electric shock and if it would touch the second one, it would give a piece of bread. The mouse continued to go to the terminal which gave bread, but received a shock. For some time, the mouse was all confused as to what has happened, and thought, "I was getting bread, now I am getting a shock."

But, again it figured out which terminal would give bread and which one would give a shock. So, again it was using this knowledge to its advantage to get the bread. The scientist saw that the mouse had learnt the trick once again. The scientist again reversed the terminals. In this way, he went on reversing them until the mouse became totally confused. It was surprised with the strange behavior of the terminal and it suffered many electric shocks along with the pieces of bread it received.

Finally, the scientist opened the gate of the mouse trap. The mouse was so charmed by the whole game. If it wished it could have just walked away to its freedom. However, the mouse lost interest in its freedom. This game was so fascinating to it that it just went on running around in the mouse trap, hoping for the bread. So, like that mouse we are entrapped in the cage of Maya. This is our exact situation in the material world today. We constantly endeavor for happiness from a material object, but experience sorrow in return.

Hence, we have to decide firmly that there is no happiness in this

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 well as children.

This month featured kirtan CD

Mero Pyaro Pyaro Muralivaro



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

Upcoming Events



Swamiji's Program Schedule

Northridge, CA
May 19th to 24th

world. The search for happiness can be compared with a mirage. In summer, the deer gets an illusion of water due to reflection of sunlight on distant objects. With the illusion of water, the deer keeps on running. The further it runs towards it, the further away the illusion recedes. In the same manner, we think that some object will give happiness in future, and we keep running after it. Due to this misconception, we are unable to take a decision and select the right path to happiness, which is devotion to God. Hence, Jagadguru Shree Kripaluji Maharaj lays emphasis in these lines to make us understand firmly that there is not a trace of happiness in this world.

To be continued in the next edition....



Question: Everyone says that *Bhakti Yog* is easy, while *Gyān Yog* is difficult. What is the reason for this?

Answer: Understand this by comparing a baby kitten and a baby monkey. The kitten is tiny in size and delicate in build. Yet if it is to be moved from one place to another, it does not need to worry. Its mother holds the kitten with her mouth and carries it. On the other hand, in the case of the baby monkey, the onus is not taken by the mother. While she jumps from one branch of the tree to another, it is the baby monkey's responsibility to hold its mother tightly, else she will fall.

In the above analogy, the path of *Gyān Yog* is comparable to the monkey and its baby. It is based on self-effort. Since the premise is that the soul itself is the ultimate Supreme Entity, there is no concept of surrender to God or dependence upon His Grace. Hence, the aspirant strives on his or her own strength.

Bhakti Yog is comparable to the cat and its kitten. In *Bhakti Yog*, the aspirant learns to surrender to the Lord, and thus attracts His Grace. Through Grace, God assists and protects the devotee. Thus, the path of *Bhakti Yog* becomes easy compared to *Gyān Yog*.

Fresno
Retreat
May 26th to 28th

Middletown, CT
May 31st to 2nd

Kearny, NJ
June 3rd to 9th

Morrisville, NC
June 10th to 16th

Hicksville, NY
June 17th to 23rd

[View Details](#)

Current News



Swamiji successfully completed his enlightening discourses at Adelphi, Sunnyvale, Fremont, and Norwalk. Yoga and Meditation programs were conducted by Swamiji in Adelphi and Norwalk cities.

[View More Photos](#)

Swamiji's discourses on the topic "Bhagavad Geeta for Everyday Living" are currently going on in Northridge,

In *Gyān Yog*, the danger of pride is enormous. The poor conditioned soul gets trapped in the ego of being God. In comparison, the path of *Bhakti* involves practicing humbleness before God, and hence the pitfall of pride becomes marginalized.

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

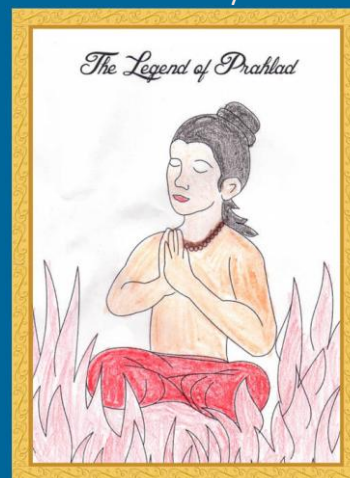
Bal-Mukund welcomes all contributions of creative works from children in different areas including poetry, moral stories, art work, etc.

[Submission Guidelines](#)

Bal-Mukund Contributions

CT Center

Bhakt Prahlad by Sristi



Mother's Day Craft Work

CA, and will conclude on May 24th.

[View Details](#)

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

[View Details](#)

New Facebook Pages

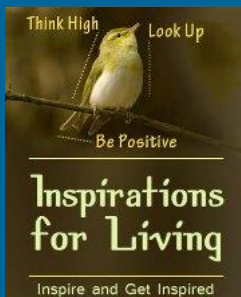
JKYog is proud to present four new Facebook pages. Do take advantage and visit these pages as it will help all of us to grow successfully in our path to spirituality and humanity.

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



By Senior Kids



By Junior Kids

[View More Contributions](#)

The "KRIPALU" Values Ancient Pearls of Wisdom for the Kripalu Values

K for Kindness

*nyāyopārjita vittasya daśhamānśhena dhīmataḥ
kartavyo viniyogaśhacha īśhvaraprītyartha meva cha*

From whatever you have earned lawfully, take out one-tenth and give it away in charity. Do it as your duty, for the pleasure of God. (Skandh Puran)

R for Respect

*guru te hi hari gyān govind rādhe
guru binu ka, kha, gha, gyān na batā de*

Only the Guru can bestow Divine knowledge of God on you. Without the Guru, you cannot even learn the basics (a,b,c,d) of any of a language. (Jagadguru Kripaluji Maharaj)

I for Integrity

*yathā chittam tathā vācho yathā vāchastathā kriyāḥ
chitte vāchi kriyāyām cha sādhoonāmekaroopatā*

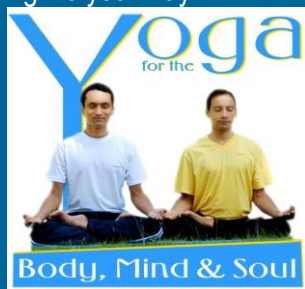
As is their mind, so are their words; as are their words, so are their deeds. Great men maintain uniformity of thought, word and deed.

P for Perseverance

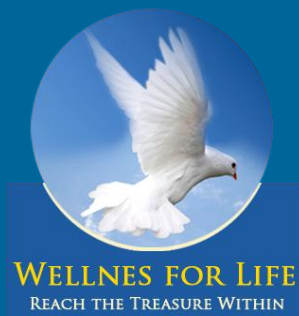
*dhīre dhīre re manā, dhīre sab kuchh hoyā
mālī sīnche sau ghaṛā, ṛitu āye phal hoyā*

With patience, every work gets completed. Just as a gardener waters with hundreds of pots, but the tree bears fruit only when the season comes. (Saint Kabir)

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.



"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](#)

A for Accountability

*dharmasya phalamichchhanti phalam nechchhanti mānavāḥ
phalam pāpasya nechchhanti pāpam kurvanti yatnataḥ*

People wish to enjoy the results of pious deeds, but they have no desire to perform such deeds. People do not desire the fruits of sinful deeds, and yet they try hard to do sin. (However, they will only get the fruits of their actions). (Narad Muni)

L for Love for God

*jitānā jo pyār kare govind rādhe
utanā hi pyār kare śhyām bhī batā de*

God loves you as much as you love Him. (Jagadguru Kripaluji Maharaj)

U for Unassuming

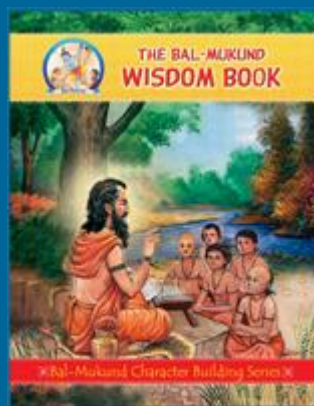
*ṭṛiṇādapi sunichena tarorapi sahiṣṇunā
amāninā mānadena kīrtanīyo sadā hariḥ*

Be humbler than a blade of grass, and more tolerant and forgiving than a tree. Give respect to others, but do not desire respect in return. While living like this, always chant and remember Shree Krishna. (Chaitanya Mahaprabhu)

These verses are selected from the book,

The Bal-Mukund Wisdom Book

Ancient Pearls of Wisdom for the Kripalu Values



A must have for all kids!

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Uththanpadasan



Method

Lie on your back. Hands by the side of the body on the floor. Inhale (*Radhey*); raise both legs at 30 degree, knees should be straight. Remain in this position for 5 seconds. Exhale (*Shyam*); lower the legs gently. Repeat with both leg, 3-5 times.

Benefits

It strengthens the abdominal muscles and back. It stimulates fire in the stomach.

Contra-indications

People with high blood pressure and heart problems should practice with one leg at a time.