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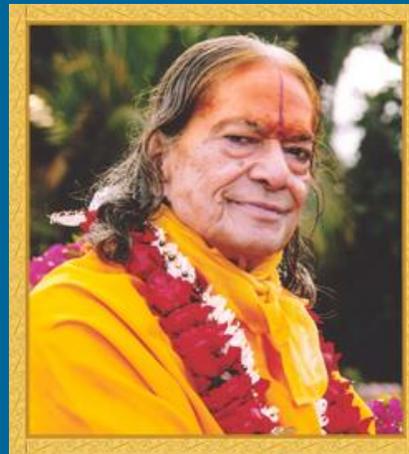
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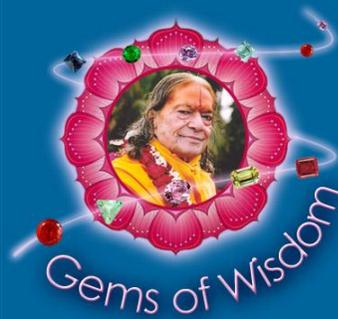
[Jagadguru Kripaluji Yog](#)

## Welcome to the Jagadguru Kripaluji Yog e-Magazine

### Desires

by Jagadguru Shree Kripaluji Maharaj





External wealth will be "eaten by moths, corroded by rust and stolen by thieves." But inner treasures will remain with us even after death.

\*\*\*\*\*

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

\*\*\*\*\*

A blind man would walk three miles daily to have *darshan* (vision) of God in the temple. Someone asked him, "You cannot see. Why do you go all the way?"

\*\*\*\*\*

He replied, "I cannot see God, but he can see me. He is pleased that I am endeavoring so much to meet him, and he bestows his grace on me."

\*\*\*\*\*

Shri Aurobindo said: "Live always as if you were under the very eye of the Supreme and the divine Mother. Do your actions for his pleasure."

\*\*\*\*\*

*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.*

Continuing with the previous article.....

Until we become God-realized souls, no one can wish or work for the happiness of others. Once a soul reaches the stage of Saints like Tulsidas, Surdas, Merabai or Kabir, then that soul thinks of helping others since that soul has nothing left to achieve. These people can now work for the happiness of others or not do anything because their motive is fulfilled. The desire to reach God has been fulfilled and eternal happiness has also been attained. Material desires were destroyed in the beginning itself. A God-realized soul has no more desires! Now, they will desire to give happiness to others.

*par upakār vachan man kāyā, sant svabhāv man kāyā*

What can God or God-realized Saints do? There is nothing that they wish to achieve further for themselves. They can only work for the benefit of others. The desire for God will arise once we let go the desire for this material world. We have only one mind. If we had two minds, one could desire to achieve God and the other could desire the material world. But since we have only one mind, we can desire only one of these things.

Due to this confusion, the intellect is not able to make decisions. When we get disappointed with this material world, the desire for God arises. But again when we start receiving happiness from the material world, we start desiring for it. Our condition is very similar to that of a dog. If you beat a dog, it will run away from you. It stares at you from a distance with anger. If you now give the dog something to eat, it will start shaking its tail and come back to you. Again if you beat it, the dog will run away and if you give it something to eat, it will again come back to you. Similarly, when we are disappointed with our mother, father, brother, wife, husband or son, we start thinking that Saints are true and God is everything. But when we start receiving happiness from them again, we again get attached to the material world. Like toys, we dance to the tune of other people. Our mothers, sons, wives and husbands make us hop to their tunes. We get detached from the material world many times and again get attached.

When we realize the true knowledge that the material world is made for the body, the soul is divine and a part of God and that he is the real subject of the soul, we will then desire God. Here is another example. Till the age of 18 years, a girl stays at her father's place. She considers her father's property as her- the car, house

## Announcements



### Spiritual Retreats with Swamiji! Register Now!

Fresno, CA: May 25th to 27th

Newark, NJ: July 4th to 6th

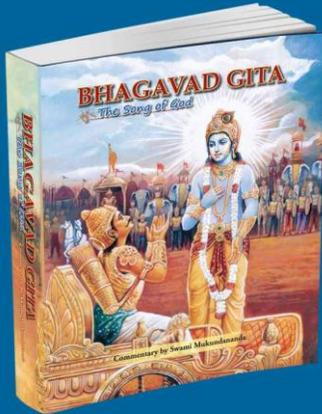
Dallas, TX: Aug 23rd to 25th

Chicago, IL: Sep 20th to 22nd

[Click for Registration](#)

\*\*\*\*\*

### Bhagavad Gita- Commentary by Swami Mukundananda



In this authoritative commentary, Swamiji reveals the original meanings of the verses with crystal clear explanations and perfect logic. Adopting a comprehensive and holistic approach not attempted hitherto, he intersperses his purports with illustrative stories and real-life examples to make the teachings easy to comprehend and implement in everyday living. He quotes authoritatively from all the Vedic scriptures and many other sacred texts, opening up a panoramic view to help us see through the window of

and all the luxuries at home. If anything is lost, she feels equally bad, as her father does. When she brings her friends at home, she tells them that everything is hers. Now, when she gets engaged and gets married to a person she never knew before, and goes to his place, she claims that his house is hers and his car is also hers! How is this possible? We get attached to objects where we perceive our happiness. We do not have to try hard or practice, it happens automatically. If a theft occurs at her husband's place, the new bride will get equally tensed about this, as she considers his possessions to be hers. Hence, the moment our intellect decides that this material world is not ours and only God is ours, and that we are souls and the soul's subject is God, the desire for this material world will end, and the desire to know God arises.

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

## Bhakti Shatak by Swami Mukundananda



Continuing with the explanation of the verses:

*sarvaśhakti saṅyukt ho, nām roop guṇ hoyā  
līlā parikar rahit ho, paramātmā hai soya*

*sarvaśhakti prākāṣya ho, līlā vividh pukār  
viharat parikar saṅg jo, tehi bhagavān pukār*

The Supreme Lord resides in everyone's heart and takes care of us. He is far more compassionate than a worldly mother. A worldly mother takes care of us for one lifetime while the Supreme Lord has been journeying with us lifetime after lifetime. Whichever species of life we entered, God accompanied us. According to our *karmas* (past actions), if we took the form of dog, God did not say, "Ok, you

the Bhagavad Gita, the whole Absolute Truth.

### Preview and Order Now!

\*\*\*\*\*



### 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.
- 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

\*\*\*\*\*



### Winners of Chhote Philosopher Contest, 2013

Bal-Mukund is proud to announce the

go alone." He went along with us into the dog's body and he kept giving the results of our deeds. What kind of dog should he be? Should he be a dog in streets in Delhi beaten by sticks, running here and there? Or should he be a dog in Hong Kong sitting and living in an Air-Conditioned room. In 2007, I had gone to Hong Kong for a short while and I found a Chinese lady who had placed her dog on a pram. She was taking the dog for a ride. I was wondering, "What *karmas* (past actions) the dog has performed! It eats dog biscuits and lives in an Air-Conditioned room!"

So there is a difference from dog to dog. How does this difference come about? The reason is the Supreme Lord is seated inside each dog and he is giving them the results of their past *karmas* (actions). Thus, the Lord, our eternal father always remains with us.

That aspect of God, which is seated within all of us, is called *Paramatma*. That *Paramatma* is in the formless aspect within us and outside of us he manifests in the four-armed form as Shree Vishnu. Shree Vishnu, whom we worship, he is the *Paramatma* seated within. In Hindi there is a saying:

*mārana vāle ke do hāth, bachāne vāle ke chār hāth*

"Why do you worry? The person who is coming to kill you has two hands and the person who is there to protect you has four hands." The four-handed protector is Vishnu. Now that is the *Paramatma*. Now in the *Paramatma*, the form and name have manifested. However, the *Paramatma* does not do any *leelas* (pastimes). Vishnu ji does not do any *leelas* (pastimes). He just takes care of all the souls. There is also a third manifestation of God, which is called as *Bhagavan*. As *Bhagavan*, he manifests all his energies - the bliss of his personal form, the bliss of his pastimes, the bliss of his flute-all these energies are manifested in abundance. *Bhagavan* is non-different from *Paramatma* and *Brahman*. They are the one and the same God. However, he is being realized from a greater closeness. What does it mean? Once, you see a train approaching. You stand on a railway track and watch it from far. It seems to you like light, "Oh! There is a source of light." When the train comes closer, you realize there is not only light, but there is some kind of shimmering form that is attached to it. And when the train comes closer and stands in front you say, "Oh! This is the Rajdhani Express. This is S1 coach." Now you can see the train as it is. And that same train when perceived from far was a shimmering image and when perceived from even further it was mere light.

In the same way when God is perceived from far he is perceived as light, as the formless *Brahman*. This is how the *gyanis* (one who

winners of the "Chhote Philosopher Contest", 2013.

[View Winners!](#)



TV Asia (English)

Mon - Fri: 10:30 am EST

Sat - Sun: 12:00 Noon 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

[Tune in to Radio JKYog LIVE!](#)



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

[Click here to listen](#)

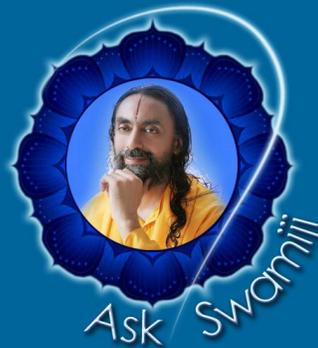
[Radio JKYog on your mobile](#)

[Register Now: Bal-Mukund Children's Classes](#)



Bal-Mukund centers for children have been started in various cities across

practice the path of knowledge) look upon God. Through the path of *gyan* (path of knowledge) they worship the formless *Brahman*. But, their realization of God is a distant realization and they negate all personality to God. They say that he doesn't have any form, any virtues, and any qualities. If we love God in his formless aspect, the affinity and closeness with God is lost. You would only try to concentrate on some source of light. It is not possible to experience the sweet divine nectar, which one can get from his personal form.



**Question:** When the astrologer tells us our destiny, we can prepare ourselves for it. So it seems to be advantageous to know what destiny has in store for us. Isn't it very beneficial to go to astrologers?

**Answer:** Even if the astrologer's predictions are accurate, they are usually disadvantageous to be told. Let us suppose the astrologer informed you that after two years your business will increase manifold. On hearing this, your natural response will be, "Oh is that so? Then I do not need to work very hard. I am going to succeed in any case." In other words, if you come to know of a good destiny, you will reduce your efforts for success.

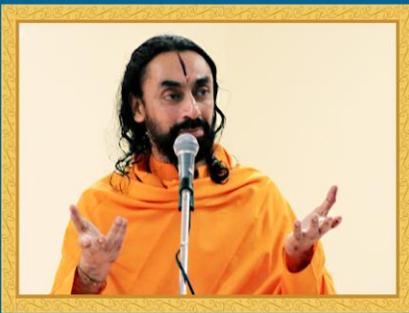
Now consider what will happen if the astrologer says that your business will crash after ten years. On hearing this, you will think, "Really, my business is going to crash? O God, what will I do? What will I do? What will I do? ..." Whether the business crashes or not, premature worries will make your heart crash.

In this way, on being told a good destiny, you will become lazy, and on being told a bad destiny, you will become worried. So there is no advantage in knowing your destiny. Whatever is written in it, will come by itself. The present is in your hands, and your duty is to put in your best efforts now. Focus on making your destiny rather than knowing it.

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

### Upcoming Events



5/25 to 5/27: Fresno Retreat  
6/1 to 6/7: Pittsburgh  
6/8 to 6/14: Hicksville  
6/15 to 6/21: Kearny  
6/22 to 6/27: Newington  
6/28, 6/29: Boston

[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 keertan CD](#)

[Aarti](#)

Besides, the astrologer's predictions are only partially accurate. In *Kaliyug*, the present age, there are hardly any expert astrologers. With their rudimentary knowledge, they make guesses. A small portion of their predictions turn out right, and their business keeps running. I remember a joke about this. Khushwant Singh, was the Editor of "Illustrated Weekly" in the 1970's, which was India's number one news magazine at that time. He confessed later that his astrologer, who wrote the Zodiac predictions of the week, had left the job. Thenceforth, for the next three years, Khushwant Singh did not hire another astrologer; he would write the predictions himself. Unaware of this, people would often pay compliments about the accuracy of the astrological predictions of his magazine.

So a good policy is to take the predictions of astrologers with a pinch of salt, and instead focus on your efforts. A famous Urdu poet put it very aptly when he said:

*khudī ko kara bulanda itanā ki hara takadīra se pahale  
khudā khuda bande se puchhe batā terī razā kyā hai*

"Make your efforts so strong that before giving you the results of your destiny God Himself asks you what you want."

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](#)

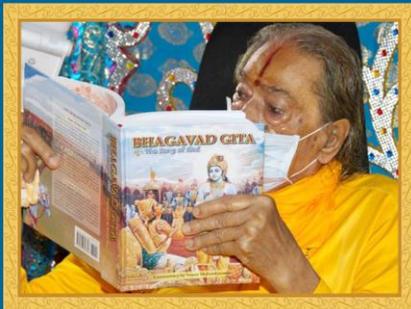
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### Bal-Mukund Center Activities



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

### Current News



Shree Maharaji graciously reviewed and released the much awaited commentary on Bhagavad Gita by Swami Mukundananda during Mangarh-Barsana retreat - April 1st to 5th, 2013.

[View More Photos](#)



**Plano Bal-Mukund** center organized a "Painting with a Purpose" class for kids. On mothers day, we took a watercolor painting class. In this class kids learned about primary colors and secondary colors. The painting project coincided with the KRIPALU value of Integrity. The children read a story where the moral focused on restraint from greed. Learning that we do not always need more, to be able to have more. They could experience this in real life in their painting class as they could prepared a beautiful card for their mothers by using just 3 primary colors. Now they know that from 3 colors, they can create many different colors in their painting world.



**CT Bal-Mukund** kids received prizes for their participation in Chotte Philosopher Contest 2013.

## Jagadguru Kripaluji Yog

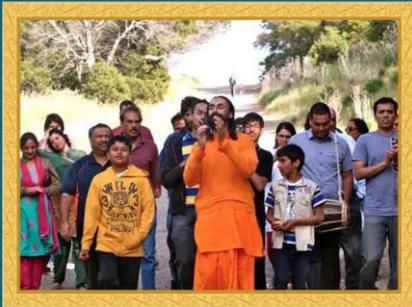
### Sarvang Asan



Swamiji successfully completed his enlightening discourses at Sunnyvale, Fremont, Northridge, and Scottsdale. Yoga and Meditation program were conducted by Swamiji in Northridge and Scottsdale cities.

[View More Photos](#)

[Spiritual Picnic with Swamiji](#)



Devotees of Fremont spent a funfilled spiritual day with Swamiji at Coyote Hills Ranch Park.

[View More Photos](#)

The Editor

Jagadguru Kripaluji Yog

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### Method

Lie on your back. Keep your legs together. Hold your waist from behind. Inhale (*Radhey*) in this position and raise your legs, buttocks and back with the help of your elbows. In the final position the weight of the body is on the neck, head and arms.

### Benefits

It develops immune system by stimulating thyroid gland. It increases blood circulation in the brain, which helps in relieving mental and emotional stress. It is helpful in asthma, diabetes, thyroid disorders, menstruation troubles, cough, cold and flu.

### Contra-indications

People with high blood pressure, hernia, cervical spondilitis, slipped disc, heart problems, weak eye vessels, impure blood, ongoing menstruation, pregnancy should not do this asan.