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Gem of Wisdom

Let's practice feeling deep gratitude towards God for all the graces we have received from him. "Thank you God for your infinite compassion" As we progress in our appreciation of all the graces he bestows upon us, we will automatically enhance love for God in our hearts.

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Lectures



Secret of God's Descension by Jagadguru Shree Kripaluji Maharaj

Continuing with the previous article....

Till now we have understood that till the time the soul does not receive divine bliss, every action of the individual, who is under Maya, will be with the self-interest of attaining happiness. However those who are already situated in happiness, (God and Mahapurush) can never perform any task for their own happiness or self-interest. Even God-realized

Saints also do not perform any action for their own happiness, then how can God perform anything with the motivation of self-interest? God himself has said in Gita:

nānanāptamavāptavyam varta eva cha karmaṇi

"I don't have anything left to acquire. And also, nothing left to perform." Then why there is a descension?

The Vedas state:

*poornamadah poornamidam poornāt poornamudachyate
poornasya poornamādāya poornamevāvashishyate*

God is infinitely complete and fulfilled in himself. Hence, if you remove a part out of an infinite entity, what is taken out is complete, and what will remain is also infinite and complete. So, there is no question of any selfish motive behind these actions of God. Then what is the need for God to descend on the earth?

The one and only reason behind any action of God or Mahapurushas (God-realized Saints) is the welfare of humankind. One may say that why is God worried about wellbeing of others? He is without any desire. The answer is that God and the saints have a kindhearted nature. They are causelessly merciful.

par upakār vachan man kāyā sant sahaj svabhāv khagarāyā

According to the Ramayan, God is causelessly merciful, and desires the welfare of others. Hence, it is proved that a person who is under Maya does every action with a motive behind it. But, the saints and God, who are beyond Maya, perform all the types of actions motivated by their causeless merciful nature.

Ved Vyas ji clearly states:

*na hyasya janmano hetuḥ karmaṇo vā mahīpate
ātmanāyām vineśhasya parasya draṣṭurātmanah*

"There is no selfish reason for God's divine birth (descension) and actions. The only reason is to bestow grace upon the souls." The truth is that God or *Mahapurushas* cannot think of anything else except the spiritual benefit of humankind. Therefore, the main reason for the descension of God on earth is to causelessly grace the souls.

You may say that God killed many demons. Not only God, but many saints like Hanuman and Arjun got angry and cursed people. Then how can we talk of gracing souls? Where is the grace behind such actions? However, this anger and curse is also a grace of God.

krodho'pi te'nugraḥ eva sammataḥ

The demons that were killed finally got united with God. Let us understand it this way. You can touch a philosopher's stone to a piece of iron in anger or with care. The result is the same - you will get gold. It is a different thing that the demons don't receive the same sweet nectar of Braj that the devotees receive by virtue of their love for God. Attachment with negative feelings (like that of demons) does not give rise to love for God.

When God's descension takes place, he leaves behind his divine name, form, qualities, pastimes and abodes so that innumerable souls can remember them and attain him. For example, if Shree Krishna's would not have descended then Shukadev Paramhans would have never heard of the merciful nature of God. But when he heard that Putana, the demoness had attained Shree Krishna's divine abode even after feeding him with poisoned milk. His longing to meet Shree Krishna increased rapidly.

Hence, without God's descension, we would never know the greatness of God's divine names, pastimes, associates, forms, qualities and abodes. Then how would human beings, influenced by Maya, realize God and attain divine bliss? That is the reason why God descends on earth.

*kāran hari avatār ko, kṛpā akāran jān
apar jite kāran kahe, tinahim gauṇ kari mān (Bhakti Shatak)*

Thus, the secret of God's descension is that it takes place for the welfare of humankind. The other reasons mentioned in the scriptures are also correct. But, the prime reason of his descension is to causelessly grace the souls.

Bhakti Shatak by Swami Mukundananda

Continuing with the explanation of the verse:

*Mana! 'main' ko mata chhoṛa too, dāsa joṛa de aura
'merā' bhī rakha sātha meṅ, so rasikana ko siramaura*

You may have heard or read that there are three paths to reach God. The first is *karm marg*, (the path of action), the second is *gyan marg* (the path of knowledge) and the third is *bhakti marg* (the path of devotion). Amongst these three paths, the path of *karm*, to perform Vedic ritualistic actions, is a very difficult path.

God states in Gita:

*deśhe kāle upāyena dravayaṁ śhraddhāsamanvitam
pātre pradīyate yattatsakalam dharmalakṣhaṇam*

If you want to follow the path of *karm* (action), then there are six associated rules. The place should be appropriate, it cannot be performed anywhere. An auspicious time has to be chosen. The materials used should be pure and of the highest quality. The money spent must be obtained by honest means. The priest performing the Vedic rituals should be highly knowledgeable, and the host should be humble and sincere. The incantation of the *mantras* should be perfect. It is almost impossible to get all these six elements right in the present age of *Kaliyug*, and then, even if you perform those rituals perfectly, one does not attain God-realization but only the celestial abodes.

Let us now consider the second path, *gyan marg* (the path of knowledge). The conditions laid down in this path are:

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. A *gyani* says that the self is *Brahman*, and one should realize the presence of *Brahman* within. Moreover, there are varieties of rules and regulations that are impossible to implement. Thus, both the paths - path of *karm* (action) and



path of *gyan* (knowledge) are extremely difficult to follow.

So, the easiest is the *bhakti marg* (the path of devotion), which is simple and straight forward. In this path nothing is required except to keep increasing your love for God.

*kahahu bhakti pañth kavan prayāsā
yog na makh jap tap upavāsā*

There is almost nothing to be done in this path. You just have to love God.

*saral sukhad mārg yah bhāi
bhagati mori purān śhruti gāi*

Hence, for us individuals, the saints and the scriptures have instructed that we should follow the easy path, which is the path of devotion. This is *Kaliyug*. And in *Kaliyug*, our body is weak and full of imperfections, the atmosphere is polluted, and the mind is restless and unsteady. With all these difficulties, it is better to walk the easier path, which is just to love God.

Now, what if someone finds the path of devotion also difficult? Is there any other path which is simpler than this? But what is so difficult about the path of devotion?

What is the meaning of *bhakti*? *Bhakti* means to serve God. How will this tiny soul serve God? Just as a child does not serve the mother; rather, the mother takes care of and serves the child. Similarly, how can we human beings serve the almighty God?

In *bhakti* (devotion) it is easy to say that one should constantly contemplate upon God, but it is difficult to practice. Even while hearing lectures your mind thinks of a *samosa* (an Indian snack) and *pizza*. We think, "Where has my child gone; has my child eaten or not?" You all experience how difficult is to absorb your mind completely in God. Thus, it's one thing to say to keep the mind focused on God, and another thing to practically do it all the time.

What if someone finds *bhakti marg* (path of devotion) also difficult? Is there any fourth path? I explained earlier, that according to the Vedas there are only three paths to attain God. Well, there is a fourth path, which is infact the best path. What is this? It is the path of humbleness, *deenata* (humility). What do we mean by the path of humility? It means to think and consider ourselves as destitute, and to think of God as the savior of the destitute. You admit and think, "O God! I am destitute. Please save me. I am totally fallen. You are the savior of the fallen. Please uplift me." If you think yourself as fallen, then God, who is the redeemer of fallen souls, will purify your heart.

One should realize one's limited means and capabilities, and feel helpless in all respects in front of God. By considering ourselves to be helpless and miserable, we should pray to God for his mercy and grace by saying, "O God, I used all of my strength and means to reach you, but I could not succeed. However, you are an ocean of mercy, so please accept me." Humble yourself before God and you will receive his grace. Now, there is nothing more to do in this path. You have to believe in the name *deenabandhu*, 'The friend of humble souls' and consider yourself to be helpless and humble. So this path is the easiest of all.

People ask, "You say that God is the savior of the fallen and we are fallen. Then why is God not saving us? Why are we not receiving his grace?"

To be continued in the next edition....

Featured Items



Bhagavad Gita
Chapter 7
ENGLISH

Bhagavad Gita Ch 7 [ENG]
Episodes: [15](#) | [16](#) | [17](#)



Taittiriya Upanishad

HINDI

Taittiriya Upanishad [HIN]
Episodes: [15](#) | [16](#) | [17](#) | [18](#) | [19](#)

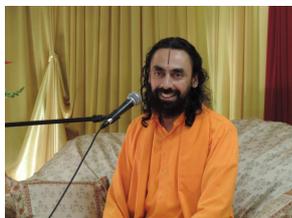


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Chicago Retreat with Swamiji A Blissful Experience!



Lectures



Yoga & Meditation



On the Eating Table



Photo Sessions



Parikrama



Bal-Mukund Activities



Outdoor Satsang

Retreats with Swamiji have always been TREAT for the body, mind and soul. It is a complete package to nourish, nurture, refresh and rejuvenate ourselves. Three-day of stress free, spiritual getaway with Swamiji at Clarion Inn, Elmhurst, IL was one of such retreats where people learnt the secrets of spiritual sadhana, engaged in devotional meditation, keertan and yoga sessions. Over all it was an experience never to be forgotten.

Children also had a wonderful experience at the special Bal-Mukund sessions.

Current News

Thousands of devotees from around India and abroad celebrated Shree Maharajji's birthday at Bhakti Dham, Mangarh, UP on the auspicious day of Sharat Poornima on Oct 18, 2013.



[Click to see more pics.](#)

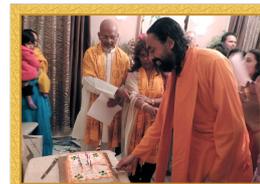
Swamiji successfully completed his enlightening discourses at Jacksonville, FL. Swamiji visited various centers in his short tour. He covered New York, New Jersey, Connecticut, Los Angeles, Bay Area, Maryland, Denver, Boston, Phoenix, Tampa. [Click here for more pictures](#)



Falls in Detroit



Denver, CO



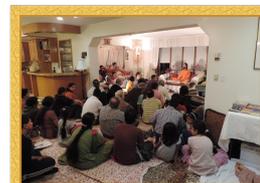
Shree Maharajji's B'day



Jacksonville, FL



Huntington Beach, CA



Watertown, CT



Phoenix, AZ

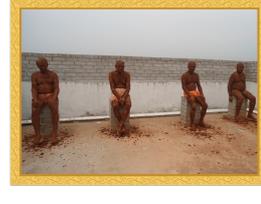


Bay Area, CA



Pasadena, CA

Dr. Babu Joseph, Director of National Institute of Naturopathy, Pune visited the Naturopathy Hospital at JK University campus in Banara, Cuttack between 30th and 31st of Aug, 2013. He inspected the various facilities on the campus and was impressed with the infrastructure and capabilities of such a young and budding hospital.



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Ask Swamiji

Question: The Bhagavatam teaches us that the human birth is very rare. The Ramayan also says the same thing. How is the next birth decided, and what should we do to get a human birth again in our next life?

Answer: There are 8.4 million species of life in existence. In the species below human beings—animals, birds, fishes, insects, birds, etc.—there is no free will. Hence, upon death the soul is naturally and sequentially promoted to the next species. But human beings possess the free will to act according to their volition, and hence, they are responsible for their actions. Their next birth is decided by their *karmas* in the present life.

The facility to do *karmas* is given to the human species, not for animal-like activities, but for God-realization. The scriptures state:

*āhāra nidrā bhaya maithunam cha sāmānya metat
pashubhīmarāṇām (Hitopadeśh)*

"Eating, sleeping, defending and mating are activities that animals can do as well as humans." The human form is special because in it we can attain God. If however, some human being focuses his or her consciousness merely on eating, then the body of a pig becomes more suitable for such a person, and the soul is allotted that body in its next life. If someone makes sleeping the goal of life, God says that the body of a polar bear is more suitable for such a consciousness and allots it in the next life. In this manner, one of the factors determining our next birth is our consciousness at the time of death.

Another factor determining our next life is the Law of Karma. The Garuḍ Purāṇa states:

urdhvāgatistu dharmeṇa adharmaṇa hyadhogatiḥ (Garuḍ Purāṇa 2.46.35)

"One who performs pious deeds goes to the higher abodes in the next life; one who does sinful activities is demoted to the hellish abodes." "As you sow, that shall you also reap" is what the Bible also says.

However, the Law of Karma and the determination of our consciousness are so complex that we cannot analyze and determine our next birth by ourselves. The all-knowing God alone has the ability to determine and allot it to us.

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 Children Program



JKYog Presents Bal-Mukund

Personality Development Classes for Children

Bal-Mukund is a specially designed personality development program for children, envisioned by Swami Mukundananda. Time spent in inculcating noble values steeped in Vedic culture in our children is an investment into the future. It is the finest gift of love from parents to their children. Bal-Mukund endeavors to:

Highlights:

- Character Building Values
- Yoga & Meditations
- Bhajans, Shlokas & Prayers
- Inspiring Stories

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



Centers in USA



BM Books & CDs

CENTER ACTIVITIES



Pictures of AMAZING days at Bal-Mukund North Carolina Center.
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Yogasan of the Month

Janu Chakra



Method

Sit in dandasan. Bend your right leg (knee facing up). Interlock the fingers and place under the right thigh or cross the arms and hold the elbows. Pull the right leg towards the chest.

Now, keeping the upper part of the leg stagnant rotate the lower part of the leg in a circle. Repeat 5-5 times clockwise and anticlockwise, with both legs.

Benefits

It strengthens the quadricep muscles and the ligaments around the knee joints. It helps in overcoming knee problems.

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