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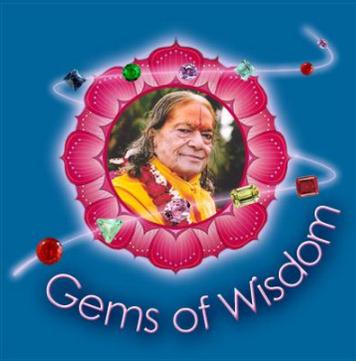
[Jagadguru Kripaluji Yog](#)

## Welcome to the Jagadguru Kripaluji Yog e-Magazine

**Who is Radha Rani?**  
by Jagadguru Shree Kripaluji Maharaj



As this is the most auspicious and important day of Radhashtami (Shree Radha's appearance day), many questions enter the mind. Who is the entity called Radha? Where does she stand in relation to Krishna? Why does her name always come before Krishna's? Why should we celebrate her birthday?



Before God-realization pride exists in everyone because it is the first flaw created by Maya and the last flaw to leave.

\*\*\*\*\*

If we find our mind repeatedly going towards & dwelling upon others faults, we should know that our ego has swollen, and we must be careful.

\*\*\*\*\*

Look on the human form as a rare opportunity granted to the soul, and consider its every moment as very precious for reaching the goal.

\*\*\*\*\*

If we are conscious of our own shortcomings, and see others as better than ourselves, it is a sign that we are progressing in humbleness.

\*\*\*\*\*

The Bhagavad Geeta states: "You have the right to work, but not to the fruits of your actions." Offer the fruits of your actions to God.

\*\*\*\*\*

*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.*

Radhapanishad states that the personality, whom Shree Krishna worships, is known as Radha. And the personality, whom Radha worships, is known as Krishna. Both worship one another.

The Radhaopanishad states:

*ye yaṁ rādhā yaśhcha kṛṣṇo rasābdhirdeheśhchaikaḥ  
kṛṭḍanārthaṁ dvidhā bhoo*

"Radha and Krishna are one, but have assumed two forms for the purpose of performing loving pastimes." Again, the Radhapanishad states:

*rādhā kṛṣṇayora ekāsanarṁ ekā buddhiḥ ekam manaḥ ekam  
gyānarṁ  
ekam padam eka ātmā ekā ākṛitiḥ  
ateva dvayor na bhedaḥ kāla māya guṇātītātāt*

"Radha and Krishna have one intellect, one mind, one soul, and even one face. They are one in knowledge. This is why there is no difference between these two. It is a spiritual offence to think them to be different." It is altogether a different matter that someone says it from the point of view of the sweetness of the bliss of devotion. But, to actually think that Radha is greater, or Krishna is greater, leads one to a hell named "Kalasutra," for as long as the sun and the moon are in existence, in other words, till the dissolution of the universe. Differentiating between Radha and Krishna is such a serious offence. So, both are the same.

Narad Pancharatra, an ancient scripture says:

*devī kṛṣṇamayī proktā rādhikā paradevatā*

"She is the Supreme personality, beyond whom there is no other."

*vṛṣhabhānu sutā devī moola prakṛiti rīshvarī*

Vrishbhanu's daughter, Radha, is the primordial nature, from whom everything came into being.

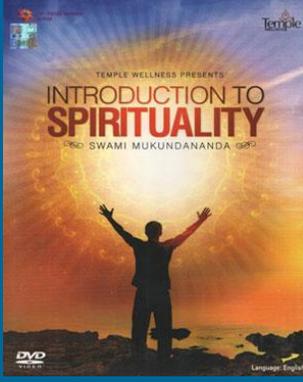
*yato vā imāni bhootāni jāyante yena jātāni jīvanti  
yatprayantya bhisam viśhanti tad brahmeti  
uttarajane rā śhabdo dhārane pośhaṇe cha dhā*

'Ra' and 'Dha' means, one who creates, one who preserves, and one in whom creation merges.

Narad Pancharatra again states:

*harerardha tanu rādhā tādihikārdhatanu hariḥ*

## Announcements



Leading Indian music company Saregama and Temple Wellness have released a SPECIAL video of Swamiji on "Introduction to Spirituality". Watch the video, shot aesthetically in and around Barsana and Vrindavan with Swamiji. It is embedded and grounded in science and logic in spirituality, backed by techniques and practices. A tight capsule giving an overview with methods, meditation and sadhanas which are true to the subject.

[Click here to watch the video](#)

[Purchase the DVD of the video](#)

\*\*\*\*\*

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Swamiji's Podcasts



JKYog brings to you Swamiji's Audio and Video Podcasts. Subscribe and get them directly on your Laptop/PC or iPhone/iPod/iPad or any other

Shree Krishna's half part is Radha, and Radha's half part is Krishna. Shree Krishna says, "I have assumed the form of Radha." Radha says, "I have assumed the form of Krishna."

*mamaiva pauruṣhaṁ roopam gopikā jana mohanṁ (Brahma Vaivarta Puran)*

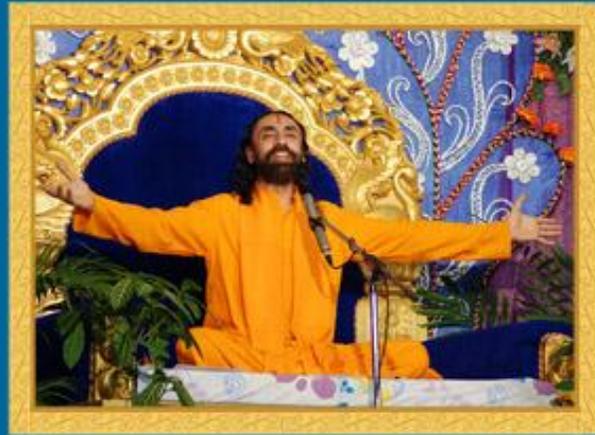
Radha says, "The form of Krishna is none other than myself. When I assumed the male form, people started calling me Shree Krishna."

So, again, Narad Pancharatra says that just as milk and its whiteness are the same, likewise Radha and Krishna are the same. The whiteness of milk cannot and should not be separated from milk itself. In the same way, no one can separate the moon from its moonshine. Both are the same.

Again, Narad Pancharatra says that Mahalakshmi, the consort of Mahavishnu, the creator of countless universes, was manifested from Radha's left side. Durga, Jayanti, Kali, Bhadrakali, Kapalini, Durga, Kshama, Shivadhatri, Svaha, Tvadha, and Vaishnavi are all born from fractions of Radha Rani. Countless Vishnus are born from the toenails of Radharani, not just one.

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

## Bhakti Shatak by Swami Mukundananda



Continuing with the explanation of the verses:

*jag virāg ho titanoi, jitanoi hari anurāg  
tab ho hari anurāg jab, guru charanan man lāg*

*jag soñ vimukh hoyā jab, sāñcho sadguru pāya  
karat satat satsaṅg tab, hari sanamukh hvai jāya*

Smart phone.

Click to subscribe to  
**Audio | Video** Podcast

\*\*\*\*\*



**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.

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**Last Retreat of the year with Swamiji!!**



Celebrate Thanksgiving Weekend  
with Swamiji!!

Radha Madhav Dham  
Austin, TX

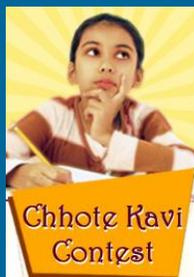
Nov 22nd to 25th, 2012

**View Details**

\*\*\*\*\*

**A Poetry Contest for Children**

Hurry! Last date:  
Sept 30th, 2012



Prahlad Maharaj has said in the Bhagavatam:

*naiṣhām matis tāvad urukramāṅghim spriśhaty  
anarthāpagamo yad-arthaḥ  
mahīyasām pād-rajo-bhiṣhekaṁ niṣhkinchanānām na  
vṛiṇīta yāvāt*

Chanting with beads, practice of austerities, fasting etc. at the highest level cannot help you reach your goal. Just practicing these paths is not enough. You must attain the foot dust of your Guru." What does this mean? Does this mean that we must take bath in the foot dust of our Guru? No. This is not the connotation. Prahlad Maharaj wants to say that we must aim to get the grace of our Guru. You can see that many people are always waiting eagerly to hold the feet of a Guru. They think that by holding the feet of the Guru they might attain something. This will not help a devotee. Shree Maharajji has written a very nice couplet on this topic:

*hari guru charaṇo meṁ govind rādhe, sir ko hi nahi man ko  
bhī jukhā de*

"We must surrender our mind to the lotus feet of our Guru and not just our head." No matter how much you hold the feet of the Guru and bow down, it will not work. The important thing is to surrender our mind, intellect. So, the meaning of Prahlad's verse is that till we receive the grace of our Guru we cannot progress in the spiritual realm. By ourselves, we cannot even understand this material world properly, then how can we comprehend God

So, we have to understand that love for God will develop when we surrender our mind our Guru. When we sincerely and continuously practice *satsang* (good association) under the guidance of our Guru, he gradually helps us so to turn concentration of the mind will turn away from the material world (*vimukh*) and towards God (*sanmukh*).

Once, a devotee asked me, "Swamiji, you said earlier that since eternity the soul has turned its back towards God. But, when a child is in the mother's womb, it prays to God. This means that at that time the mind of the child was attached to God." No, that is not the correct meaning. What is the actual meaning of *vimukh* and *sanmukh*?

That person is *sanmukh* who has his face towards God and is filled with God's endless divine knowledge, bliss, and grace. As long as we souls are under the influence of Maya, our back is turned towards God, which is called *vimukh*. Because of turning our back towards God, we souls are in this material world and are rotating in

Bal-Mukund is proud to announce the launching of the "**Chhote Kavi Contest, 2012**" designed for children residing in US between the ages of 8 to 15 years. Chhote Kavi Contest is designed to inspire youth to harness their inner talent and creative writing skills and also to instill love for God in the minds of our young generation.

[View Details](#)  
[Click for Free Registration](#)

[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 USA and India. Weekly personality development classes for children are

the cycle of 8.4 millions species of life. Sometimes our mind is a little favorable to God, and we say, "God, please grace me," and so on. Sometimes our mind is disturbed and we say, "There is no such thing as God!" So, this drama is going on because we are under the influence of Maya.

Where there is God, Maya cannot enter. And the moment God goes away, Maya overpowers the soul. This is just like the Sun is the source of light, and stars are also a source of light. Both are sources of light, but the difference is in their quantity of light. As long as the Sun is present, night cannot occur. And the moment the Sun sets, no matter how many candles you light, or switch on thousands of bulbs, darkness will not disappear. It means the rays of a faint light cannot dispel the darkness of the night.

Similarly, we souls are a part of God. If we turn our face towards Him then we will be filled with God's infinite energies. This is like a spark within the fire. If it is within the fire then it sustains itself, but if it comes out of the fire, it gets extinguished. Similarly, if we have our face towards God, we receive God's endless energies. We cannot come under the clutches of Maya and it cannot overpower us. But, if we turn our back towards God, we become engulfed by Maya.

Lord Chaitanya Mahaprabhu said:

*kṛiṣṇa bhuli seī jīv anādī-bahirmukh, ataeva māyā tāre deya  
saṁsār duḥkh  
kabhu svarge uṭhāy kabhu narake ḍubāy, daṇḍyajāner rājā  
yen nadīte chubāy*

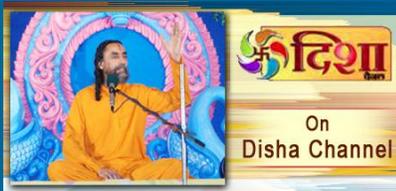
Since eternity, the individual soul has turned its back towards God. Thus, the material energy is giving it endless miseries. Under its influence, the poor soul sometimes goes to heaven and sometimes to hell." In the olden days, kings used to punish culprits by drowning their head into a tub of water forcefully and then when it becomes difficult to breathe, they used to take out their head from water after some time. They immerse the head again and remove it as punishment. In the same way, we can think about our situation. Maya takes us to swarglok (heaven), and sometimes to narak (hell). Sometimes, we come to *mṛityulok* (earth). We must contemplate that this has been happening since eternity. Because of Maya we took the form of cats, dogs, donkeys, ants etc in our past lives, though we have forgotten now. Why did this happen? This is all because we turned our back towards God. And how will it get corrected? When we turn our face towards him.

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**

**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 well as children.

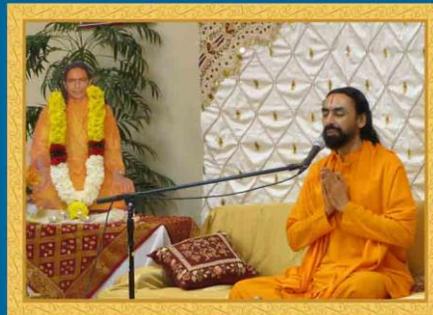
**This month featured kirtan CD**

Mero Radhe Govind

## Temple Retreat with Swamiji

### A Divine Experience!

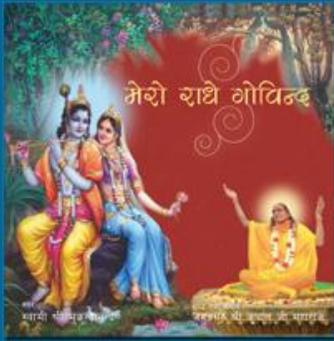
Retreats with Swamiji have always been TREAT for the body, mind and soul. It is a complete package to nourish, nurture, refresh and rejuvenate ourselves. Three-day of stress free, spiritual getaway with Swamiji at Hilton Garden Hill, Temple, TX was one of such retreats where people learnt the secrets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



*It was unique, special, precious & blissful experience for me. As always, Swamiji's simplification, his logical flow, his analogies, his clarity of instruction, his self-devotion, and above all the Guru kripa he has, makes it all very effective and purposeful.*

Pooja & Abhishek Bansal, Irving





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

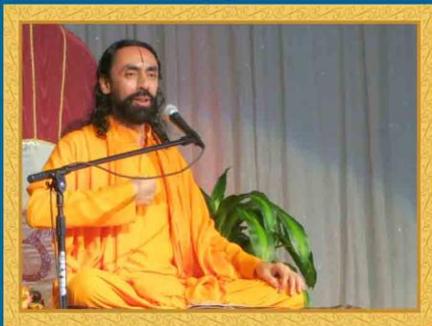
### Featured Video:

#### 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.

### Upcoming Events



#### Swamiji's Program Schedule

New Cumberland, PA  
Sept 23rd to 29th

Orlando, FL  
Sept 30th to Oct 6th

Tampa, FL  
Oct 7th to 13th

Chciago, IL  
Oct 20th

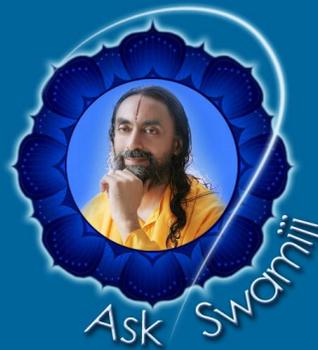
[View Details](#)

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

*I liked the retreat very much. I loved doing craft work and learnt how to sing a bhajan.*

Rohin Agrawal, Irving

[View More Testimonials](#)  
[View Retreat Album](#)



**Question:** I have a question about relationships with other souls while on the spiritual path. My business partner swindled the business, and drove me into the toughest two years of my life. Today I am settled again, but I am unable to forgive him. How to get peace of mind when someone has wronged us to no end?

**Answer:** This material world is like the prison house of God; souls who have turned their backs towards him have been put here. So, we cannot expect the people of this world to behave like Saints. There will always be persons who will come to cheat us, and on some occasions they may even succeed. That is life; we all get cheated once in a while. But the important thing is to learn to take it in our stride. That is where the quality of forgiveness comes in. If we continue to harbor resentment towards those who have wronged us, we will be unable to progress spiritually. Resentment acts like poison on the mind, filling it with bitterness. And we keep reliving the sour experience within, pinned down to the past. Someone aptly said: "Resentment is like taking poison and waiting for the other person to die."

On the spiritual path we must be careful not to nurture ill feelings towards anyone, realizing that they will harm us more than anyone else. Jagadguru Shree Kripaluji Maharaj says:

## Current News

### JKYog establishes its first ashram in USA!!



JKYog USA was established three-and-a-half years ago, to fulfill Jagadguru Shree Kripaluji Maharaj's instruction to Swamiji for preaching the philosophy of divine love in USA. In a short while, JKYog has extended its influence all over the country, with 20 congregational centers and 12 Bal-Mukund centers functioning actively. This wonderful pearl necklace received a crown jewel in the form of a spacious duplex building-cum-basement for the propagation of JKYog activities. This will deluxe facility in South Ozone Park, Queens, will serve as the JKYog ashram in NY, the first of many many more to come... The building is being renovated speedily for the purpose. Presently the second floor has begun functioning. Here are some pictures of Swamiji with the devotees.

### Travel Adventures... [In Swamiji's Words]



Travelling is never dull, and a frequent traveler like myself gets to

"Even in your dreams, do not make the mistake of harboring ill-will towards anyone."

Forgiveness is a sublime personality trait that immediately releases all bitterness from the mind. It is a favor we do, not to the other person, but to ourselves. The lives of saintly people are full of inspiring stories of how they forgave their wrongdoers, and even succeeded in winning them over by their love.

A person made an attempt on the life of Mahatma Gandhi, while he was living in South Africa. Mahatma Gandhi refused to hate the man. He said, "I shall love him, and win his love." One year later, that same man came and apologized to before Mahatma Gandhi, and wept for forgiveness. This is the characteristic of great personalities; they refuse to allow their minds to dwell on hatred towards anyone.

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

Ganesh Chaturthi Craft Work



CT Center

experience a fair share of adventures. Yesterday, I checked in at the Reagan airport in DC. But once inside the airport, I came to know that a tornado had hit NY and the weather was very bad. My 5.25 pm flight was postponed twice, and then cancelled. There was another flight at night but the chances were that it would also be cancelled. So, they rebooked me for the 6 am flight next morning...

[Click here to read all & view photos](#)

\*\*\*\*\*

**United Nations SRC SEAT invited Swami Mukundananda**



Swamiji visited the United Nations to deliver an enlightening talk on "World Peace through Peaceful Pieces" on Sept 12th. The talk was organized by the Employees Enlightenment Society.

[View More Photos](#)

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**Janmashtami Celebration at Houston**



All the Hindu organizations of Houston area together celebrated



Belle Mead Center Center



Bridgewater

\*\*\*\*\*



Welcome to our special section, 'Yog for Youth', a unique character building program aimed at today's young generation.

You must have heard the word 'Yoga' many times before. You may have seen it on TV or heard your friend talking about it or you could have seen someone practice one of those twisting postures.

What is 'Yoga'?

Some of you may think it is a set of physical exercises to strengthen your body. You might also believe that yoga involves living and meditating in the forest for years. People also think that yoga involves performing miracles, such as walking on water or sitting next to a burning fire for many months and so on.

Is this really Yoga? Do you want to know what yoga actually is?

Most of us are familiar with the word yoga, but have you ever heard of "yog"? The word yoga comes from the Sanskrit word 'yog' which means, 'to join'. Hence, the

Shree Krishna Janmashtami at the mammoth George Brown Convention Center. The program was attended by 5000 people from the Indian community. As the Guest of Honor, Swamiji gave the keynote address on the significance of Janmashtami. He also gave away the prizes for the children's competitions and mementos to the volunteers.



Swamiji successfully completed his enlightening discourses at Plano, Houston, and Flushing, and Wappingers Falls.

[View More Photos](#)

Swamiji's discourses on the topic, "The Path to Happiness" is currently going on in New Cumberland, PA and will conclude on Sept 29th.

[View Details](#)

[Charitable activities by  
BM Berhampur Center](#)

correct word to be used is yog and not yoga.

Now, what is to be joined with whom? True yog is the union of an individual soul with the Universal Soul, God. Yog describes a way of leading an ideal life. By practicing yog sincerely, we can develop and enhance the health of our body, mind and soul. As we learn and practice yog, we will gain more knowledge about the soul, the world and God.

You can ask, "Why should we join the soul with God?"

To answer this question, we must understand our goal in life. What is our goal? Why are we born as humans? The Vedas and all the holy scriptures say, "Our goal in life is to unite with God". But, we have all forgotten this important truth. That is the reason we see and hear so many bad events all around the world. We see many people getting angry, jealous, greedy and violent.

Even we kids get angry, don't we? If the teacher scolds us for not completing our homework, we get annoyed or sad. If our parents ask us to stop play and study, we get angry. Sometimes, we fight with our friends for silly reasons and hurt them. There are times we cannot control our anger. Some youngsters start fighting and hit each other.

Dear friends, the problem is with a weak mind. A weak mind commits a lot of mistakes and easily falls prey to bad things like anger, jealousy and greed. Yog teaches us how to strengthen our mind and control our anger, greed, jealousy and all other bad things. With yog, we can be happy and smiling all time. It also gives us a lot of confidence to face challenges at school, home and play.

By practicing the various asans (physical exercises), we can become supremely fit and excel in all games. We will not fall sick easily, and can protect our body from many of the ailments and diseases that affect humans. Yog will help us increase concentration which is of great help in our studies. Better concentration means we can study well and for long hours. This in turn will give us better grades



'Bal-Mukund' conducted a charity and donation program for orphaned children in Berhampur district of Odisha on September 11th, 2012. More than 100 carpets, books and sports equipment were distributed free of cost to the under privileged children aged between 6 and 14. A special Yoga camp was also conducted for all the children to teach them the benefits of Yoga and Meditation. A food distribution program was also held as a part of the program.

[View More Photos](#)

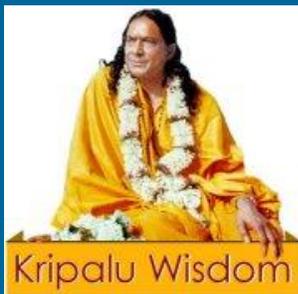
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## New Facebook Pages

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

at school!

So, Yog can really help us kids grow strong in our mind and body.

## Jagadguru Kripaluji Yog

### Padavritasan



#### Method

Lie on your back, with your hands by the side and palms on the floor. Raise your right leg and make a big circle in the air from your right foot. Inhale (*Radhey*) during upper half of the circle and exhale (*Shyam*) during lower half of the circle. Repeat clockwise and anti clockwise with both legs. This asan can be done with both legs together .

#### Benefits

It lessens the extra fats accumulated in thighs and buttocks. It makes your waist slender.

#### Contra-indications

High blood pressure and heart disease should not practice this asan.

The Editor  
Jagadguru Kripaluji Yog

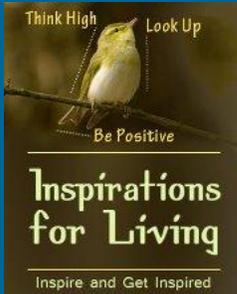
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Near PUSA,  
New Delhi – 110008

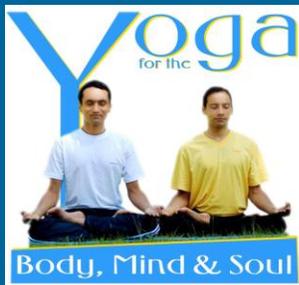
#### USA:

7405, Stoney Point Dr  
Plano, TX 75025

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.



"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.

## Quick Links

### Suggestions

### Regional Satsang Centers

### Bal-Mukund Centers



**WELLNES FOR LIFE**  
REACH THE TREASURE WITHIN

"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.