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Gem of Wisdom

Finding faults with people and circumstances in the world is a mental trap that distracts us from seeing and removing our own faults.

Introducing JKYog App

Doorway to spiritual treasures



The JKYog app is your doorway to spiritual treasures to help rejuvenate your body and mind. It navigates you through a collection of books, audio, and video CDs of bhajans and discourses to provide invaluable knowledge about yoga, meditation, healthy diet, and stress free living.

The app also provides information about JKYog events and activities. You can view videos and listen to enlightening discourses by Jagadguru Shree Kripaluji Maharaj and Swami Mukundananda, download interesting eBooks, and learn about Bal-Mukund children's program.

[Click to Download](#)

Lectures

Secret of God's Descension

by Jagadguru Shree Kripaluji Maharaj

There are innumerable descensions of God that take place. Yet, a question arises in everybody's mind that God is All-mighty and (whatever he resolves comes true). He can perform all actions even without his descension. So, why is there a need for God to descend on the earth to kill demons, protect holy men and establish righteousness?



The Darshan Shastras declare:

prayojanamanuddishya mando pi na pravartate

Even the most foolish person does not perform an action without a cause. So, why will God perform an action without any purpose? There are innumerable reasons for the descension of God. Important among them are listed below:

na te bhavasyeSha bhavasya karaṇ vinā vinodaṁ bata tarkayāmahe

Descensions of God are for the sake of his personal enjoyment. Just like a king makes a garden for his enjoyment, and then visits them for entertainment; similarly, God has made this world, and descends in it to have a nice time. But, common people are not satisfied by this reason. A king is under the clutches of Maya. He is sometimes sad. But, God is self contented and complete. God does not require any external pleasure. What is the need for God to enjoy such pleasures? Besides, what does this dirty material world have to attract God?

The second reason for his descension is explained by God himself in Bhagavad Gita. He says:

*paritrāṇāya sādhoonām vināshāya cha duṣkṛitām
dharmasaṁsthāpanārthāya sambhavāmi yuge yuge*

In the Bhagavad Gita, Shree Krishna states: "For the protection of the virtuous, for the annihilation of evil-doers and for establishing Dharma (righteousness) on a firm footing, I manifest myself from age to age."

This answer is also not satisfactory as God can perform all these three tasks without descending in the world.

*martyāvataṛastivaḥ martyaśhikṣhaṇam rakshovadhayaiva na kevalam vibhoḥ
kuto'nyathā syādramataḥ sva ātmanaḥ sītākṛitāni vyasanānīśvarasya*

In other words, God can kill the demons by just thinking it to happen. And the protection of the virtuous will take place automatically when demons and evil-doers are destroyed. Moreover, God resides in every devotee's heart and takes care of them from within. As regards, establishing righteousness, *Mahapurushas* (God-realized Saints) come to the earth and re-establish *Dharma*; there is no need for God to descend himself.

In reality, God descends on this earth to impart knowledge to humans, but this teaching can also be done by a *Mahapurush*. Then what is the need for an Avatar?

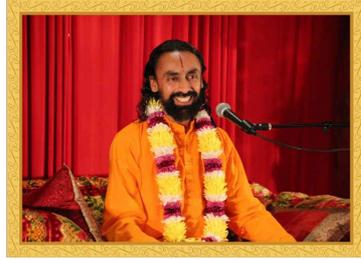
*tathā paramahansānām munināmamalātmanām
bhakti yogavidyānārtha katham paśhyem hi striyaḥ*

The Shreemad Bhagavatam states that God descends repeatedly on earth, with a personal form and qualities, in order to attract the *paramahansas* (liberated soul), who worship the formless, attributeless and abstract Brahman, to the superior bliss of divine love. But even this reason is not adequate enough for some people because people because God does not have to bestow divine love directly; the *Mahapurush* (God-realized Saints) can grant divine love to *paramahansas*. There is no need of God to descend on this earth merely for this reason.

*bhave'smin kliśhyamānānām avidyākāmakarmabhiḥ
śravaṇasmaraṇārḥāni kariṣhyanniti kechana (Bhagavatam)*

The reason for God's descension on earth is to grace and attract the souls under the clutches of Maya towards his divine name, qualities, forms, pastimes, and to make them eternally gratified. Constant contact with this world of form and qualities has caused living beings to have a natural inclination towards forms and qualities. So, God descends on earth to provide a divine form and divine qualities for living beings to absorb their minds in. This very important reason is my favorite too. Therefore, let us pay more attention to this reason.

To be continued in the next edition....



Bhakti Shatak

by Swami Mukundananda

Continuing with the explanation of the verses:
*kṛiṣṇa-kṛīpā binu jāya nahin, māyā ati balavān
śharṇāgat para ho kṛīpā, yaha gitā ko jān*

*jimi ho śhīta nivṛita tina, jina dḥing agini sidhār
timi ho kṛīpā tinahin jin, mana jāye hari dvār*

God states in Gita:

sarvadharmān partityajya māmekam śharaṇam vraja

"Abandon all kinds of righteous and unrighteous actions and surrender to me, and then I will forgive all your sins of infinite past lifetimes." God, who acts as a judge dispensing justice for all, becomes merciful for those who surrender to him. In the material world, if a criminal surrenders to the law, the court still punishes him for the past crimes. However, God is so merciful that the moment a soul surrenders to him completely, he forgives it, i.e. he liberates it from the bondage of countless lifetimes of good and bad deeds and also bestows the ultimate bliss upon the soul.

If somebody is not surrendered to God, Maya takes the guarantee that the person cannot be happy. Sometimes people come and ask, "Swamiji, those people who are good, they are unhappy and those who do bad things they are very happy." But actually this is not the case. You should never harbor such doubts in your mind or you will go on the wrong path. Remember, it's only appearing to you like that. It is because you are seeing the externals, "This person is driving a big car and wears a three piece suit, he appears to be happy." And if you look within, you will be very surprised to see the real state.

Hence, no matter what you may get in this world, Maya ensures that if you are not surrendered to God, you cannot be happy. Most worldly people suffer from a very great delusion. People think, "I am not happy but that person must be happy; my wife is terrible but that person's wife must be nice." And if you found out that they are all the same, you will say, "O God! I was in a big illusion."

There was once one person who was always complaining, "O God! You have given me all the miseries of life. My friends and neighbors are so happy. I am the only miserable fellow in this world." God said, "Alright. Let me reveal something to him." At night while he was sleeping, at 4 o' clock God came in his dreams. God said, "You think that you are the saddest person in this world? Fill all your miseries in a bag and bring them to the temple." He woke up and said, "What a dream that was? It was as if God had entered my head and was speaking to me. Alright, I must follow it." So he got hold of a gunny bag, put all his sorrows and stuffed them into the bag.

It was dark as yet and with the bag on his shoulder he left home. He suddenly found out that his neighbors were also coming out with a bag on their shoulders! He thought, "What is this? Have they all got the same dream? Did God give the same dream to everyone? That means they are also miserable. I thought they were very happy. Look at the size of their bags. Their bags size is even bigger than mine." So each person was carrying their bag and going. They all came into the temple and gathered there. God announced, "There are nails driven into the walls, hang your bags from these nails. And standing by the side of your bag, observe the other bags. Select any one bag. The light will be off for ten minutes. While it is gone, you can swap the bag. You can go and stand by the side of the bag that you have selected. And when the light comes, whoever standing close to whichever bag, can walk away with it. It will be a fair exchange."

Now the lights went off. After ten minutes, the lights came back. It was found that each person was standing by the side of his own bag. Everybody said, "My bag is the best. At least I know what is there in it. I have a little cholesterol and blood pressure has increased, but who knows what is in the other's bag." So, each person walked back home with his own bag. And their illusion, "I am unhappy but everybody else is happy" was dispelled and realized the truth that nobody is happy in this world.

This is because of the material energy of God, Maya. Once the soul surrenders to God, Maya says, "My job is done the moment you are surrendered to God." Again, Kripaluji Maharaj is quoting the Gita:

*tameva śharaṇaṁ gachchha sarvabhāvena bhārata
tatprasādāt parāṁ śhāntiṁ sthānaṁ prāpsyasi śhāśhvataṁ*

"Arjun! Surrender to God, and then you will receive his grace by which you will attain the divine abode and everlasting peace."

Jagadguru Shree Kripaluji Maharaj gives the second analogy of grace. When someone goes near the fire, he gets rid of the cold of the body. In the same way, those, who faithfully surrender and lovingly establish their mind in Shree Krishna, receive his grace.

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

Featured Items

 <p>Bhagavad Gita Ch 7 [ENG] Episodes: 11 12 13 14</p>	 <p>Taittiriya Upanishad [HIN] Episodes: 11 12 13 14</p>	 <p>Hamarey Man Base Yugal Sarakar</p>
View our videos on YouTube		Books Gift Shop

Braj Dham Yatra with Swami Mukundananda [Videos]

 <p>Shreeji Mandir</p>	 <p>Maan Mandir</p>	 <p>Kusum Sarovar</p>
 <p>Prem Mandir</p>	 <p>Madan Mohan Temple</p>	 <p>Kesi Ghat</p>
 <p>Nidhi Van</p>	<p>Swami Mukundananda conducted a 5-day retreat in India from April 1st to 5th, 2013. The retreat that began from Rangeeli Mahal Basana, UP ended at Bhakti Dham, Mangarh, UP. It was a complete package retreat for a spiritual aspirant, as it took them from Braj Dham to Guru Dham in one shot. We will be showcasing the entire retreat in a series, beginning with the "Braj Dham Yatra".</p>	

Current News

Swamiji successfully completed his enlightening discourses at Troy, Canton and Chicago. Yoga and Meditation program were conducted by Swamiji in these cities.



[Click here for more pictures](#)



Cutting Edge Consciousness Radio Interviews Swamiji

When we are connected to a sense of meaning and purpose derived from an inner understanding of our true nature, anything can be an expression of service to the divine. Swami Mukundananda joins Barnet Bain and Freeman Michaels for a delightful and enlightening conversation about living vocationally.

[Click to Listen](#)

Ask Swamiji

Question: Who encourages the mind to do all bad karmas? Is it Maya? If yes, then why? Please elaborate on these questions.

Answer: The material energy - Maya definitely presents an option for the soul to act in forgetfulness of God. But at the same time, Maya plays another role as well. When we are allured by its temptations and endeavor to embrace it, Maya punishes us and gives us distress. In this manner, it teaches us to love God and nothing else.

Although Maya does offer temptations for us to indulge in, it is not an enemy of God. The Ramayan says:

*so dāsī raghubīra kī samujheñ mithyā sopī
chhooṭa na rāma kṛpā binu nātha kahaūñ pada ropī (Rāmāyaṇ)*

Maya is a servant of God, and its service is to torment souls who are forgetful of him. Hence, Maya will only release us when we surrender to its Master, Shree Krishna.

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



Centers in USA



BM Books & CDs

Showcase:

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

CENTER ACTIVITIES

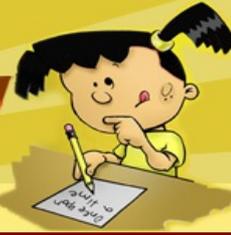


Ganesh Chaturthi Celebrations at BM CT Center and [Shravan & Janmashtami](#) Celebrations at Ahmedabad

Bal-Mukund proudly presents

Chhote Kavi Contest

A poetry contest for children



Chhote Kavi Contest is designed to:

- Inspire youth to harness their inner talent and creative writing skills.
- Promote sound understanding of Vedic-culture.
- Instill love for God in the minds of our young generation.

[Click here to view topics and other details](#)

Click for **FREE**
registration

GROUP 1 Age: 8-11 yrs | **GROUP 2** Age: 12-15 yrs

Contestants can send their entries, any time from the day they have registered till the last submission date.

Last date for
submission:
Oct 15th, 2013

Yogasan of the Month

Balasan



Method

Lie flat on your stomach. Stretch your arms in front. Bend your left arm and place your head over your left elbow. Place your right palm above your left hand. Bend your right leg and bring it near to the chest, keeping the knee on the ground. You can adjust the position according to your comfort. Inhale (Radhey) and exhale (Shyam) normally and relax in this position. Repeat on the other side.

Benefits

It relieves sciatic pain and backache. Those with back problems who are not supposed to do forward bending asans should do Balasan as a counter pose for backward bending asans.

RADIO

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24X7 ONLINE Radio
JKYog

TELEVISION

WATCH Swamiji's
Lectures on Television

ITV Asia (ENG)
Mon-Fri: 10:30 am EST
Sat-Sun: 12:00 Noon EST

ITV (ENG)
Mon-Fri: 5:30 pm EST

Disha Channel (Hindi)
INDIA: 6.10 am IST
USA: 8.40 pm EST

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