



JAGADGURU KRIPALUJI YOG

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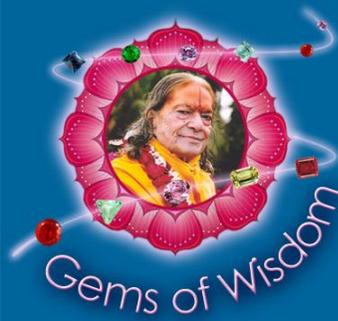
Welcome to the
Jagadguru Kripaluji Yog
e-Magazine

HAPPY JANMASHTAMI

Why does God Descend on Earth?
by Jagadguru Shree Kripaluji Maharaj



There are innumerable descensions of God that take place. Yet, a



If we allow bitterness, resentment, unforgiveness, etc to reside in our heart, they will eat away our peace and calm, and block our progress.

If the troublesome mind is trained to love God, it becomes one's best friend. Similarly, if the senses long for God, they become big assets.

Get out of the blaming mode of holding people and situations responsible for your feelings. Be concerned only with removing your negativity.

Devotion is the most powerful spiritual practice. It destroys un auspiciousness of past karmas & creates auspiciousness by cleansing the mind.

Knowledge of the nature of the self is the basis for the spiritual path. When we are the soul, not the body, our goal is God, not the world.

“Look upon hurts as opportunities that helps us overcome our self-seeking nature and deepen our understanding of the meaning of selfless Love.”

These tweets were sent by Swamiji from his Twitter account, to remind us of the eternal spiritual principles, as taught by Jagadguru Shree Kripaluj Maharaj.

question arises in everybody's mind that God is All-mighty *satya sankalp* (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 Shastra declares:

prayojanamanuddiśhya mandōpi 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 bhavasyeśha bhavasya kāraṇ 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 Geeta. He says:

paritrāṇāya sādhoonām vīnāśhāya cha duṣkṛitām dharmasaṁsthāpanārthāya sambhavāmi yuge yuge

In the Bhagavad Geeta, Shree Krishna states: "For the protection of virtuous, for the extermination 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.

martyāvatārastivaḥ martyaśhikṣhaṇam rakshovadhayaiva na kevalaṁ 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,

Announcements

Watch Maharajji's Lectures on TV

Aastha Channel

India: 6: 20 pm (IST)

UK: Sky Ch 849, 6:30 pm BST

USA: Dish Network,
Ch 648, 6: 30 pm EST

Canada: Rogers Digital Cable
Ch 584, 6: 30 pm EST

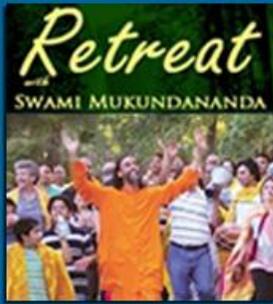
Aaj Tak Channel

India: Daily 6:30 am (IST)

USA: (Available on Dish Network)
Daily 9.00 pm EST

Join Swamiji for The Labor Day Weekend Retreat

Do not miss this golden
opportunity!!



Trinity, TX

Sept 3rd to 5th, 2011

[Register Now](#)

[View Details](#)

*Rejoice the special moments
spent in devotion and Divine
satsang*

**Watch Unforgettable Retreat
Moments**

Bal-Mukund Children's Weekly Classes



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 munīnāmamalātmanām
bhakti yogavidyānārtha katham paśhyem hi striyaḥ*

The Shreemad Bhagavatam states that God descends repeatedly on earth with a Form and Qualities in order to attract the *paramahansas*, who worship the formless, attributeless and abstract Brahm, to the superior Bliss of Divine Love. Even this reason is not adequate enough for some people because *Mahapurush* (God-realized Saint) can grant Divine Love to *paramhansas*. God does not bestow Divine Love directly. There is no need of God to descend on this earth merely for this reason.

*bhave'smin klišhyamānānām avidyākāmakarmabhiḥ
śhravaṇasmarāṇārḥāni kariṣhyanniti kechana
(Bhagavatam)*

The reason for God's descension on earth is to attract and Grace the individual souls, who are 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.

Every individual soul is an eternal part of God. Therefore, being an eternal part of the ocean of happiness, every soul naturally seeks happiness. Since infinite lifetimes the soul is disinclined towards God and therefore is unhappy and discontented. The individual soul can attain unlimited happiness and eternal Bliss from God alone. This is the main self interest of every living being. Due to this reason, the soul is wandering and seeks happiness in this material world. The summary is 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.

Those who do not have any desires in seeking happiness, (God and *Mahapurush*) can never perform any task for their own happiness or self-interest. A God-realized Saint also does not perform any action for himself, then how can God perform anything for Himself? God Himself has said in Geeta:

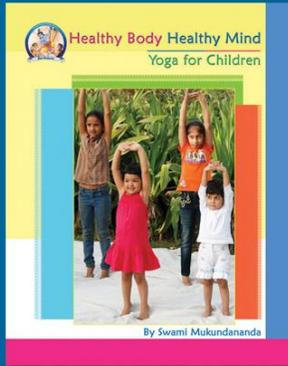
(Bridgewater and Belle Mead)
New registration starts from
Sept 11th, 2011

Bal-Mukund centers for children have been started in various cities across USA. Weekly classes for children, in the age group of 5 to 15 years are offered. We now have Bal-Mukund centers in New Jersey, Chicago, Connecticut, Dallas, Irving, Los Angeles, Maryland, Virginia. To enroll or start Bal-Mukund classes in your center, please contact:

info@bal-mukund.org
View Bal-Mukund Centers

New Books Released!!

JKYog is pleased to announce the release of two more books that have just come from the press.



Healthy Body Healthy Mind - Young ones need especial care and guidance for enrooting multiple facets of their personality, which includes healthy body and virtues like concentration, perserverance, memory power, patience, etc. This book explicates simplified yogic techniques like Yogasans, Meditations, Pranayams, Shatkamas, Mudras, etc, to help cultivate a wholesome growth of multiple dimension of a growing child. The book also makes them aware on the

nānanāptamavāptavyaṁ 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:

*poorṇamadaḥ poorṇamidaṁ poorṇāt poorṇamudachyate
poorṇasya poorṇamādāya poorṇamevāvaśhiṣhyate*

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 of descension?

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 *Mahapurush* have a kindhearted nature of being merciful. There is their causelessly graceful nature.

*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, a *Mahapurush* and God, who are beyond Maya, perform all the types of actions because of their causeless merciful nature.

Ved Vyas ji clearly states:

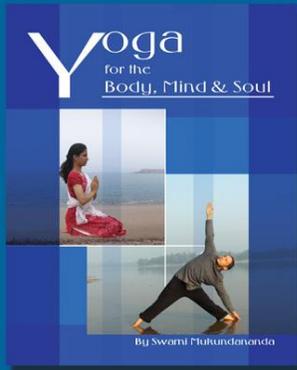
*na hyasya janmano hetuḥ karmaṇo vā mahīpate
ātmamāyām vineśhasya parasya draṣṭurātmanah*

"There is no selfish reason for God's Divine birth (descension) and actions. The only reason is to causelessly Grace the souls." The truth is that God or *Mahapurush* 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 *Mahapurushas* 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 put a touchstone next to a piece of

remembrance of Divine Names of God while performing the aforementioned yogic techniques.



Yoga for the Body Mind & Soul - With over 250 Meditative Asans, 13 Pranayams, 24 Mudras, several Roop Dhyān and Subtle Body Relaxation Models, Shatkarmas, Bandhas, this book enshrines Vedic techniques to heal and harmonize the body and mind with the soul. It also has a dedicated section on the science of healthy diet. Corresponding to the JKYog Sciences, the book emphasizes on mental and spiritual dimensions, especially through Meditation and Subtle Body Relaxation, thus helping an aspirant to embark on a genuine spiritual journey.

Order your copy NOW!!

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

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 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.

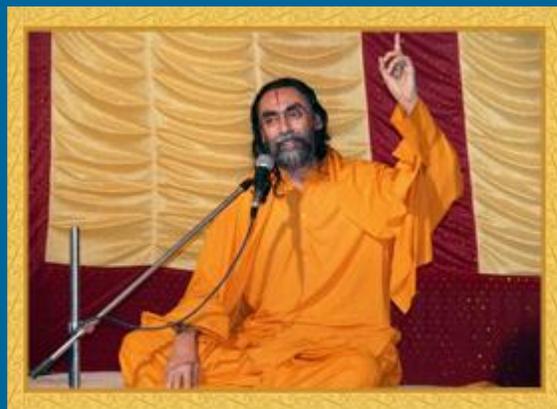
When God's descension takes place, He leaves behind His Divine Name, Form, Qualities, Pastimes and Abodes so that innumerable souls can remember them and attain Him. For example, if Shree Krishna's would not have descended then Sukhdev Paramahans would have never heard of the merciful nature of God. 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 humans beings, influenced by *Maya*, attain God and Divine Bliss? That is the reason God descension takes place on earth.

*kāran hari avatār ko, kṛipā 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.

Secrets of Spiritual Sadhana by Swami Mukundananda



Continuing with the next three of 'Sadhana Karu Pyare' series....
*gaur ras aru śhyām ras dou, ek kari piu pyāre
ras kī śhīśhī mem yugal ras, bhar ke pī nita pyāre*



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

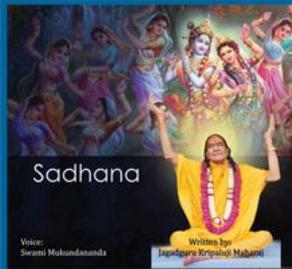
Volunteering with JKYog

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](#)

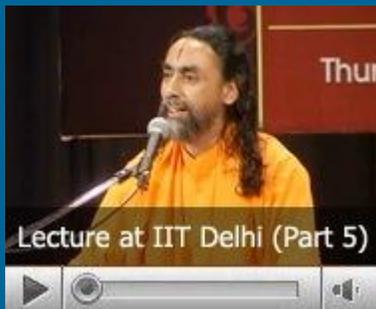
Featured CD:

Sadhana



Featured Video:

Lecture at IIT Delhi



nā bhare nā khālī ho ras, ras kī pyālī pyāre

The devotion that we practice should give us happiness and fill us with Bliss from within. Only then our mind will be attached. Our mind longs for Bliss. If one does not feel the inner contentment or receive the Bliss while practicing devotion, then it is natural that one gets disappointed. The person will say, "Why should I meditate upon God? It gives me no joy. I find joy when I think about my grandson's innocent talk." So, the *sadhana* (devotion) that we practice should give us the Bliss we seek. For that purpose, Shree Kripaluji Maharaj tells us that God is the ocean of Bliss and happiness.

God has declared in the Vedas:

raso vai saḥ, rasam'hyevāyam labdhvā" nandī bhavati

God Himself is Bliss personified and is the embodiment of Bliss. God showers Bliss on the devotees, and then He Himself relishes the Bliss that the devotee receives, by residing in the heart of the devotee.

In the spiritual realm, there is unlimited variety in everything. In the material world too, we have immense varieties. No two persons have the same face. If they are twins, we ask their parents, "Do you recognize your twins?" The parents say, "We can easily differentiate them." This implies that we think that they are same, but the mother and the father can make a distinction. Similarly, God has created a world where no two leaves of a tree look identical. The population of this world is over 7 billion. Everybody's thumb impression is different. Everyone has a different body odor. A dog recognizes a person by smell. Just see how variegated this world is. This is the world that God created, the world of *Maya*. The Divine Abodes of God like Golok, Saket, Vaikunth, etc. are beyond the realm of *Maya*. They are made by a special power of God called *Yogmaya*.

Shree Krishna says to Arjun in the Geeta:

*na tadbhāsayate sooryo na śhaśhāṅko na pāvakaḥ
yadgatvā na nivartante taddhāma paramam mama*

"O Arjun, My Divine abode is beyond the realm of *Maya*. Once a person reaches My abode, there is no question of returning to this world of misery." Just imagine, how powerful *Yogmaya* is in comparison to *Maya*! The spiritual realm of God is made from *Yogmaya*. In the spiritual realm, there are various types of Bliss of God. One is the Bliss of the formless aspect of God, which is attained by the *gyanis* (those who worship the attributeless *Brahm* and practice the path of knowledge). But, those who mediate on the personal form of God say, "The Bliss of formless aspect of God

Upcoming Events



Swamiji's Program Schedule

Houston, TX

Aug 27th to Sept 1st

Retreat: Trinity, TX

Sept 3rd to 5th

Riverhead, NY

Sept 8th to 10th

Morrisville, NC

Sept 11th to 17th

Riverside, CA

Sept 18th to Sept 24th

View Details

Current News



Janmashtami was celebrated in different centers of JKYog. In the Cuttack Ashram, devotees took part in the celebration with great enthusiasm. A lovely swing of baby Krishna was placed in the Satsang Hall, and everyone had the opportunity to have *darshan* and swing the Divine child. Throughout the day, and up to midnight, devotional programs were held, which included special dramas and

is inferior compared to the Bliss of the personal form of God."

We are habituated to interacting and relating to the form of all objects and living beings. If in the Divine realm there is form of God, we will find it boring. That is why, even devotees who worship the formless aspect of God also meditate on some form. They meditate on the form of their Guru. Once, Swami Vivekananda stayed at the palace of the King of Alwar in Rajasthan. The King was a member of the 'Arya Samaj', and was completely against the personal form of God and the worship of deities. He was a staunch protagonist of the formless aspect of God. Members of 'Arya Samaj' strongly propound that God does not exist in His personal form, but they have a photo of Swami Dayanand Saraswati, their guru, in their homes.

Swami Vivekananda saw a big photo of Swami Dayanand Saraswati, the guru of the king, hanging on the wall. He removed the photo, threw it on the floor and placed his feet on it. On seeing this, the king got angry and prepared to slap Swami Vivekananda. Swamiji asked the king "Why are you upset? You are against deity worship. Then this photo is not your Guru; this is just a piece of paper. Your Guru is different. However, you felt like slapping me because you see your Guru's presence in this photo. Hence, even you are doing deity worship."

God always notes the sentiments we have in our heart.

*na kāṣṭhe vidyate devo na śhīlāyām na mṛitsu cha
bhāve hī vidyate devastasmāt bhāvaṃ samācharet*

God does not reside in stone or in wood; He resides in a devotional heart. If you meditate upon any deity with the sentiments that it is God, He will give you Divine results, in accordance with your feelings.

Without the support of a form, it is not possible to concentrate or fix the mind. It is easy to practice devotion towards the personal form of God. There are many forms of God, such as Ram, Vishnu, Shiv, etc. These are not different Gods; they are different forms of the same God. We should never consider any one of them as bigger and another as smaller. Still, the Bliss that the devotee relishes from these forms is different. There are mainly four types of Bliss that manifest in Shree Krishna's form, which do not manifest in any other form of God.

First, is the extremely nectarine 'Bal Leela Madhuri', or the pastimes of Baby Krishna, which entice the heart of the devotee. Second is the 'Murali Madhuri', or the Divine melody of the flute of Shree Krishna, which attracts even the minds of the *paramhansas*

dances related to the *leelas* of Radha Krishna.

[View more photos](#)



Devotees in USA also celebrated Janmashtami with great zeal. Chanting of Shree Krishna *leelas* and *padas*, special *arati* of Baby Krishna were the main highlights of the celebration in JKYog centers across USA.

[View more photos](#)



On the auspicious occasion of Shree Krishna Janmastami, Interscholar competition was organized by Bal-Mukund Cuttack on Aug 13th and 14th. Students from more than thirty schools participated in different types of competitions like Bhajan competition, Quiz, Shree Krishna leela, drawing competition, story writing competition, public speaking.

[View more photos](#)

(liberated souls). Third is the 'Prem Madhuri', or the pastimes of Divine love, in which God forgets His Godliness and comes to the level of the devotees, who love Him. And lastly, 'Roop Madhuri', or His exquisitely beautiful form, on which infinite cupids can be sacrificed. These four types of Divine sweetness, the nectar of Divine Bliss are unlimited in the Divine form of Shree Krishna. So, it is easier to do our *sadhana* (devotion), when we meditate on Shree Krishna.

If we place Shree Radha Rani alongside Shree Krishna and meditate, our *bhakti* (devotion) further increases and becomes sweeter. Although, Shree Radha and Shree Krishna are one, God made two forms for the purpose of performing pastimes. One is the *shaktimaan* (the Energetic) and the other is the *shakti* (the Energy). This Energy (Radharani) has great importance. The nectar of the Bliss that we obtain is by the Grace of this *shakti*. Grace is also one of the powers of God, and it is subservient to Radharani, the Supreme Divine Energy. That is why we pray, "O Radha Rani! Please bestow your Grace and take me to Shree Krishna." A devotee can attain the nectar of Divine Love by practicing devotion to Radha Krishna.

Even though, Radha Rani and Maa Durga are one and both are powers of God, there is a difference in the sweetness of their Divine nectar. Understand the difference through this example. A child while returning from school was thinking, "At home, my mother will be waiting for me; she will put me in her lap; she will love me very much and will ask me about what happened in the school." The child was contemplating this while going home. When he reached home he saw his mother in a different mood. She was holding a stick in her hand and beating her elder child. The child got scared and thought, "My mother is not in a good mood today. It is better that I go straight to my room. When she is normal, I will talk to her." Now see, the mother is the same, but she has a fierce form and a sweet and lovable form. Similarly, the Divine Mother has two forms. Firstly, She has an Almighty form in which she kills demons and Her second form is the sweet form, which grants *bhakti* (devotion) to devotees, showers Divine Love, relishes and participates in the eternal pastimes. So, this is the form and nature of Shree Radha Rani.

All rasik saints instructs us that all Gods are one, but by practicing devotion of Shree Radha Krishna we will get the Bliss that we want. So, we should consider them as our *ishtadev* (chosen forms of God worshipped by the devotee), and worship them with a sincere heart. Thus, Shree Kripaluji Maharaj tells us to drink *gaur ras* (the nectar of Shree Radha) and *shyam ras* (the nectar of Shree Krishna). And



A charity program was organized by the Bal-Mukund India team at Aska, Orissa. Bal-Mukund T-Shirts, Notebooks, Pencils, Bal-Mukund Books were donated to children. Children were overjoyed to interact with our volunteers, and enjoyed the Yoga & Pranayam and Moral education sessions presented by the team.

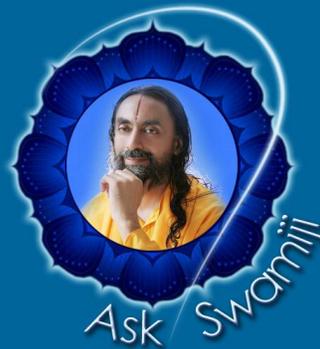


A Yogic awareness program was arranged in Berhampur and Hinjalicut, Orissa on the topic, "The yogic way of managing health". In this two day program, information on the concept of disease, how it occurs and the yogic way to manage it were taught. The following day, there was a practical session on how to achieve good health using these techniques.

this nectar is such that the more you drink it, the more you will feel thirsty.

This is totally opposite of the material world. Let us say you watched a movie at the theatre. You enjoyed it thoroughly and feel very happy. Your friend arrives the next day and asks you to take him to the same movie since he has not seen it. You go with him but do not enjoy the movie the second time. After a few more days, your uncle from another city visits your home. He too requests you to go with him to the watch the same movie. You accompany him unwillingly, but get totally bored the third time. After you return, you say, "I cannot watch this movie again." Just see, the pleasure has slowly reduced and finally finished. The so-called happiness has dried up.

Shree Kripaluji Maharaj says that the Bliss of devotion is different. The more you relish it the more you long for it.



Question: I am fond of hearing the lectures of saints through the TV channels. Mostly, they all teach us to develop our relationship to God and detach ourselves from the world. My question is why shouldn't we love father, mother, wife, and children, since God is sitting in them?

Answer: You must first of all understand that you are not the body; you are the soul, and hence your eternal relationship is with God. The worldly relationships are all temporary, and will cease at the end of this life, or even before. You have had unlimited such relatives in your endless past lives. At present, you have no information where the relatives from previous lives have gone. Similarly, your relatives of this life will also leave you one day, and go wherever their *karmas* determine. But God is eternally seated in your heart, and does not leave you for even a minute. He is your eternal Father, Mother, Friend and Master, and that is why the scriptures and Saints teach us to love Him and develop our eternal



Swamiji conducted a highly motivating workshop on the topic, "Stress Management in 21st Century" at Hinsdale, Chicago on Aug 7th, 2011. Swamiji delved into the causes of stress and revealed practical techniques of stress management by applying ancient Indian philosophies to daily life, and explained the healing art of subtle body relaxation.

[View more photos](#)



Swamiji successfully completed his enlightening discourses at Dallas, Tampa, Seattle, Chicago, and Chantilly, Sugar Land. Yoga and Meditation programs were also

relationship with Him.

Besides, the irrevocable principle of the Bhagavad Geeta is that wherever we attach our mind, that is what we will attain after death. If we attach our mind to the world, we will continue to rotate in the cycle of life and death; and if we learn to love God, we will attain His eternal service in His Divine abode. So the goal of spiritual practice is to detach the mind from the world, and attach it to God.

Once we are established in the platform of love for God, we will then see everyone as parts of the Lord, and experience oceanic love towards all living beings. Our love for others will be pure love, on the platform of knowledge; it will be liberating, not binding. However, the way to reach that platform is to first practice detaching the mind from the world and attaching it to God. At present, if we try to love worldly relatives, it will be on the platform of ignorance-we will see them as are our bodily relatives and be attached to them as such. That will further increase our illusion of being the body. Hence, learning to detach ourselves from worldly relatives is an important aspect of spiritual *sādhanā*.

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

Connecticut Center: Shree Krishna Leela's

Shree Krishna and Kaaliya by Yogini
Radha Kund and Shyama Kund by Mini

conducted by Swamiji in these cities.

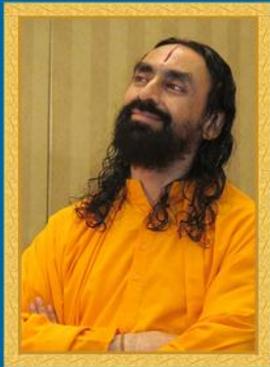
[View more photos](#)

Swamiji's discourses on the topic, "The Path to God-realization" and Yoga & Meditation program are currently going on in Houston, TX and will conclude on Sept 1st, 2011.

[View Details](#)

[Yoga & Meditation Registration](#)

Did You Know?



Receive Daily Inspirations

You can receive inspiring messages from Swamiji himself by configuring your mobile on Twitter.

[Steps to Configure Your Mobile](#)

Become Swamiji's Friend

Stay connected, get the latest updates on Swamiji, JKYog events and much more on Facebook.

[Steps to Join Swamiji on Facebook](#)

Watch Swamiji's Lectures

Watch Swamiji's Lectures, Yog & Meditation, and melodious Kirtans on our Youtube channel.

[Steps to watch Swamiji on Youtube](#)

Shree Krishna by Sakshi

Our Festival - Raksha Bandhan

Raksha Bandhan or Rakhi is the festival of brothers and sisters. This festival falls on Shravan Purnima, the full moon day of the Hindu month Shravan (August - September). It is a festival that belongs primarily to the northern and western regions of India but is celebrated throughout the country. It is an occasion for family members, who may be physically far apart, to come together and confirm their bond of love with each other.

India is famous all over the world for deep family bonds and family support systems. Many festivals reinforce this attachment, and Rakhi is one such festival. The name Raksha Bandhan means "bond of protection," and it celebrates the sacred relationship between brother and sister.

Origin

The Bhavishya Puran refers to a war between the celestial gods and the demons. The demon King Brutra was advancing and the gods led by Indra were on verge of defeat. Indra approached Brihaspati, the Guru of the celestial gods to find a solution to the situation. Brihaspati asked Indra to tie a sacred thread on his wrist while chanting sacred mantras on Shravan Purnima. Indra tied it on to his hand on the decided day. The power of the sacred thread called "Raksha" helped the celestial gods to victory. The tradition of tying the sacred thread has continued since then.

According to another story, the demon King Bali was a great devotee of Lord Vishnu. Shree Vishnu was enchanted by his devotion and had taken up the task to guard his kingdom leaving his own abode in Vaikunth. Goddess Lakshmi desired Her Lord to be back in His abode. She went to Bali disguised as the wife of a priest, to seek refuge until Her husband came back. During the Shravan Purnima celebrations, Lakshmi tied the sacred thread to the King. Upon being asked what she wanted, She revealed who She was and why She was there. Having

Discussion Group

You can interact with other devotees and Swamiji in the discussion forum.

Steps to Join Discussion Group

Quick Links

Suggestions

Regional Satsang Centers

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The Editor,
Jagadguru Kripaluji Yog,

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Or

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USA



When the king's wife was tied the sacred thread on her, the king felt obliged to help her, and requested the Lord to accompany Her. He sacrificed all he had for the Lord and his devoted wife.

Thus, the festival is also called Baleva that is Bali Raja's devotion to the Lord. Since then, it has been a tradition for brothers to invite sisters on Shraavan Purnima for the thread tying ceremony, and offer them protection.

Another story relates to Yamraj and Yamuna. It is said that the Raksha Bandhan was a ritual followed by Lord Yamraj, the god of death and his sister Yamuna. Yamuna tied a *rakhi* to Yamraj. Yamraj was so moved by the serenity of the occasion that he declared that whoever gets a *rakhi* tied from his sister and promises her protection would become immortal.

Raksha Bandhan is also mentioned in Mahabharat. Lord Krishna advised Yudhishtir to perform the ceremony to protect himself and the army from the dangers of the war. It is said that Draupadi tied a *rakhi* to Lord Krishna. He felt bound by her sisterly love, and promised her protection.

Celebration

As per the traditions, the sisters on this day prepare the *pooja thali* with *diya*, *roli*, rice and *rakhis*. They worship the deities, tie *rakhis* to the brothers, apply *kumkum* on their foreheads, and pray for their wellbeing. The *rakhi* thread is a symbol of love and affection of sisters for their dearest brothers. The brothers in turn acknowledge the love of the sisters, with a promise to be by the sisters' side through the thick and thin. Brothers give their sisters a gift as a token of their love.

Any festival in India is incomplete without the typical Indian festivities, the gatherings, celebrations, exchange of sweets and gifts, singing and dancing. This festival has been celebrated in the same way with the same traditions for centuries. Only the means have changed with the changing lifestyles. Rakhi festival is the celebration of togetherness, love and trust between the family members, especially the siblings. This is the day that still

pulls the siblings together. The increasing physical distances evoke the desire to be together even more. They try to reach out to each other on the Raksha Bandhan day. The joyous meeting, the rare family get-together, that erstwhile feeling of brotherhood and sisterhood all create the atmosphere for a joyous celebration.

The festivity of Rakhi has been highlighting the sublime love and care between brothers and sisters. This festival of Rakhi is seen as a way of expressing your love for those who are always there in the dark days of your life.

This story is selected from the book, “Bal-Mukund Character Building Series - Festivals of India.” It has a collection of 18 festivals celebrated across India, with beautiful pictures.



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Jagadguru Kripaluji Yog Bhujangasan



Method

Lie flat on your stomach. Place your hands on the floor beneath the shoulders. Elbows should face upwards and arms by the side of the chest. Legs should be together and feet stretched backwards. Chin rests on the floor. Inhale (Radhey), raise your head, shoulders and chest, and bend your neck backward. Navel is 3 cm above the floor and pelvic area is on the floor. Wait for 5 seconds in this position, exhale (Shyam) and lower your body. Repeat 3 times.

Benefits

This asan makes your spine flexible. It is useful in curing spine related problem like slipped disc, cervical spondilitis etc. It is specially useful for women. It corrects menstruation disorders. It helps in curing thyroid. It activates liver and kidney. It alleviates constipation and intensifies fire in the stomach.

Contra-indication

People with hernia, intestinal tuberculosis, peptic ulcer and hyper thyroid should not practice this asan.