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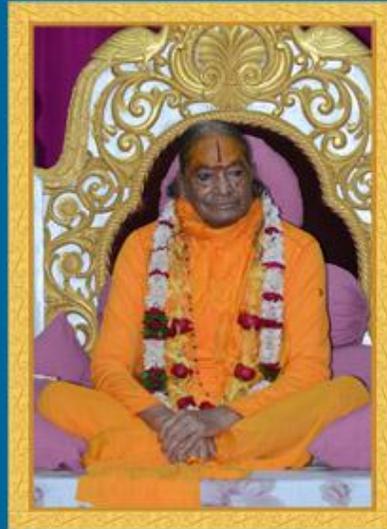
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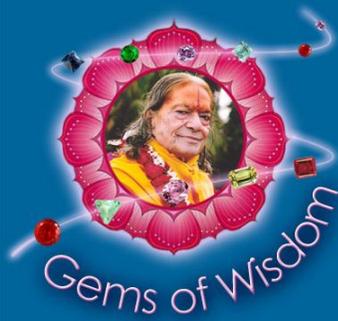
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Welcome to the Jagadguru Kripaluji Yog e-Magazine

Two Kinds of People by Jagadguru Shree Kripaluji Maharaj



Continuing with the previous article....



One of the most graceful ways to show our love for God is to trust Him, in His ways, His wisdom, and His will.

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.

All that we are today is a result of the choices we made in the past. What we become tomorrow will be determined by what we choose today.

God's Divine Names are so exceedingly filled with sweet nectar, that devotees who have relished them wish to chant them day and night.

Contentment is a joyful treasure to possess; but it must be purchased at the cost of ten thousand desires.

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.

Jesus Christ said, "It is easier for a camel to pass through the eye of a needle than for a rich man to enter the Kingdom of God." The more wealth one possesses, the further he goes away from God, and true happiness. It would be fine if his wealth would make him a happy man. But, this does not happen. It cannot happen. Material wealth and objects are for the body, but what about the soul? How can we satisfy the soul? The soul's nourishment is devotion to God, the true wealth.

It is worth noting that even the topmost materialist has not found happiness in the material world. The truth is that wealth can purchase temporary joys, but not everlasting happiness. Money can buy medicine, but not health. It can purchase security in the form of an alarm system and guard dogs, but not fearlessness.

While the topmost materialist is still trying to catch the elusive butterfly called happiness, even the beginner on the spiritual path starts seeing wonderful changes within. He feels a sense of peace and contentment, and the more involved he gets with practicing a spiritual discipline, the more joyful and radiant he becomes. His happiness is a result of his newly found treasures: faith in God, love for God, knowledge of God and shelter of a Guru.

Kabir Das ji says:

*kabirā sab jag nirdhanādhanvantānahimkoya
dhanvantāsoijāniyejāhipremdanhoya*

The good news is that following the spiritual path does not demand that you renounce home and family. It simply means taking some steps and precautions:

First of all, spend some quiet time with God every day, even if it is just one hour out of twenty four. During this time, do not pray for better health, more wealth, better job, success in your business, to get a better grade, a more understanding spouse, or more obedient children. Pray that you may accept everything in life as a sign of God's Grace. Moreover, your prayer should not be motivated by fear of hell or greed for heaven, but by pure selfless love for the Divine Beloved.

Secondly, make it a routine to visit a place of worship on a Sunday, and take your children also. Drag them if you have to. When you go there, do not socialize and do not leave your children unattended to run around and play. Teach them at a young age. This is the

Announcements
Prem Mandir Inauguration
Feb 15-17, 2012



One of the biggest and most beautiful temples of Shree Radha Krishna is currently nearing completion in Vrindavan, India. It is made purely of Italian marble, with traditional Indian architecture and special carvings of Shree Krishna *leelas* around the walls, which is one of the most unique features of this magnificent temple.

Creative Writing Contest
Hurry! Registration closes on Jan
31st, 2012



Bal-Mukund is proud to announce the launching of the "Chhote Philosopher Contest 2012" designed for children residing in US between the ages of 5 and 15 years (1st grade to high school seniors). Chhote Philosopher Contest is designed to inspire youth to develop their creativity, writing skills and analytical abilities and also to encourage study of Vedic culture and instill pride in it.

biggest favour you will be doing to them. Do not be concerned whether or not your best friend or neighbours are there. One who wants to reach the destination does not look for company on the way. Do not look at what so-and-so is wearing or how so-and-so is behaving. Pray sincerely when you visit a place of worship. Your worship should come from the heart.

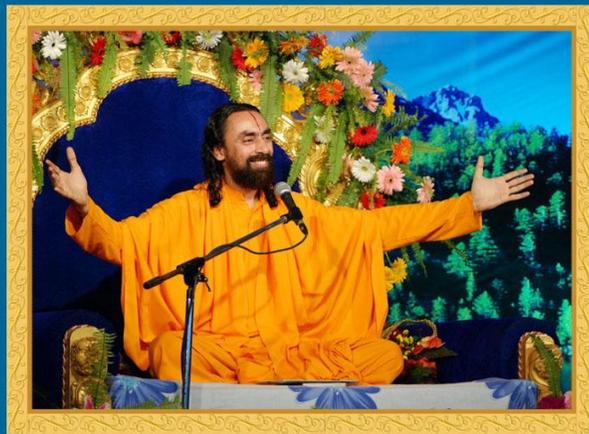
Thirdly, always have good association. Seek the company of those who will help and inspire you on the spiritual path. Tulsidasji had instructed Meera to renounce the company of even loved ones if they obstruct the path leading to God.

Fourthly, do not read garbage. Do not watch garbage on television. After all, you would not put garbage in your mouth. Why would you put it in your mind?

Next, donate at the very least 10% of your earnings. Every religion instructs its followers to give 10% of their earnings to God. The reason is so that you should not become overly attached to the material world. And lastly, be committed on your path. Do not allow others to contaminate you.

The choice is yours to make. You can either take the material path downward to destruction or the spiritual path upward to perfection. May you choose wisely.

Bhakti Shatak
by Swami Mukundananda



Continuing with the explanation of the next verse:

antarang hai parā jo, sarva samartha kahāya

[View Details](#)
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[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](#)



There are various centers of BM running in different cities in USA. Weekly personality development classes for children are being held in these centers, where they get to learn about character building values, yoga & meditation, bhajan, shlokas & prayers and inspiring stories. To enroll or start Bal-Mukund classes in your center, please contact:

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

[JKYog Satsang Centers](#)

Various satsang centers have been established to help devotees continue their *sadhana* and stay in

ati vichitra gati parā kī, māyā patihum nachāya

God has infinite energies. Nobody can describe these innumerable energies. No Saint will be able to tell us about all of these powers, nor will we be able to understand it. In order to make it simpler to comprehend, Jagadguru Shree Kripaluji Maharaj has divided all the energies of God into three categories. First is the *Jeev Shakti*, which we have discussed in the previous verses. Second is the *Para Shakti* and third is the *Maya Shakti*. Shree Kripaluji Maharaj further explains the second energy called *Para Shakti*. This *Para Shakti* is His internal shakti, also called *Yogmaya Shakti*. It is His All-powerful *shakti* (power). In otherwords, it is by virtue of this power that God is considered All-powerful, who is able to do anything and everything. Nothing is impossible for Him.

*ambhodhiḥ sthalatām sthalam jaladhitām dhoolṭlavah
śhailatām śhailī merurmṛitkaṇatām tṛiṇam kuliśhatām
vajram tṛiṇaprāyatām*

If He wishes, He can convert dust into the mountains, mountains to dust, extract fire from ice, turn ice into fire and so on. He can make a blade of grass as hard as stone; turn an ordinary person to a king of the world and turn a king to a beggar. How does God do all these things? By virtue of that Supreme power of His, which is called *Para Shakti* or *Yogmaya Shakti*, or *Antarang Shakti*, or *Swaroop Shakti*. Now, the amazing thing about *Para Shakti* is that God Himself is enchanted by it. In other words if somebody receives this *Shakti* (power), God becomes his slave. One of the essences of this *shakti* is His Divine Love or *Prema Shakti*. This *Prema Shakti* has the ability to make God dance. Just like *Maya shakti* makes us dance through anger, greed, envy, etc. and we are all dancing to the tunes of *Maya*, similarly, the *Yogmaya Shakti* makes God dance. If any devotee receives it, God becomes his servant. The Gopis used to make Shree Krishna dance for buttermilk. This is the power of *Yogmaya*. Whoever receives the *Yogmaya Shakti* can make God dance and God become a slave of that soul.

There are so many stories in all the different traditions. There was one great Saint about five hundred years ago in Maharashtra called Saint Ekanath. He has written the "Naath Bhagavat". He translated Bhagavat into Marathi language and it is even more nectarine than the original Sanskrit Bhagavatam.

touch with Swamiji.

View all satsang centers in USA

**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.

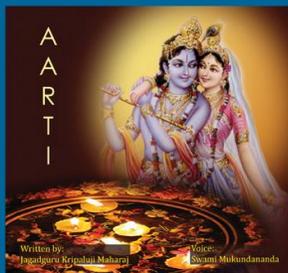
View Details

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

Aarti



Do visit **online gift shop** and place your order now!

Shree Krishna Himself descended in an ordinary form as Shrikhandiya and went to the house of Saint Ekanath and requested him, "Can you please employ me in your house?" Saint Ekanath was a household Saint. He had wife, children and used to worship Shree Krishna in his house. Saint Ekanath said, "I have no money to pay you." Shrikhandiya said, "I will serve you free of cost and help in your worship." The Saint did not recognize God. He said, "Alright, I am willing because there is so much of work." He used to perform all kinds of work like cleaning, fetch water from well, etc. In this way, the Lord served Ekanath as his servant for twelve years.

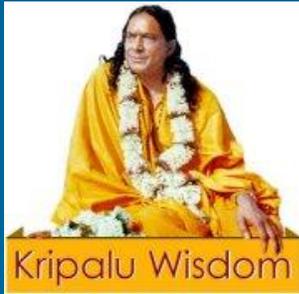
There was a devotee of Shree Krishna who used to worship Him in Dwarka. He requested the Lord, "O Shree Krishna! Please give me Your Divine vision. Please give me your Divine vision." Finally, Shree Krishna spoke to Him and said, "You want to have my *darshan* (vision)? Go to the house of Ekanath. I am working there under the name of Shrikhandiya." That man was amazed. He came to the house of the Saint Ekanath and he had a vision of Shrikhandiya and was overjoyed. He caught His feet, wept and said, "O Lord! What is this! You are working as a servant in the house of Your devotee?" He went and announced this secret to Saint Ekanath. In the mean time the Lord disappeared. Saint Ekanath said, "What a sin I have committed! I have taken service from my Lord for twelve years."

However, God finds it so Blissful and so wonderful to serve His devotees that He looks for such opportunities. So, there are so many such stories abounding in all the different traditions and cultures which reveal to us that Divine energy called Yogmaya, the essence of which is Divine Love, is such that God Himself is enslaved by it. That is why when Naradji came to the land of Braj, the holy land of Shree Krishna and saw the devotees, the Gopis, and the cowherd boys and their state of absorption in Divine Love, He started crying. The Gopis said, "Naradji, we are crying for our Krishna, but why are you crying?" He said, "I am crying for the gyanis and yogis, who have no appreciation for the personal form of God and who are totally left out of this wonderful Bliss that is flowing in the streets of Braj. I am crying that how will they attain Divine Love?" This is the greatness of the Divine *Para Shakti* or *Yogmaya Shakti*.

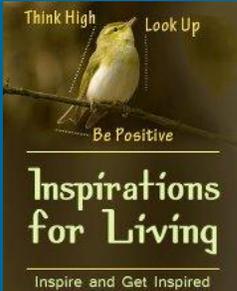
New Facebook Pages

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.

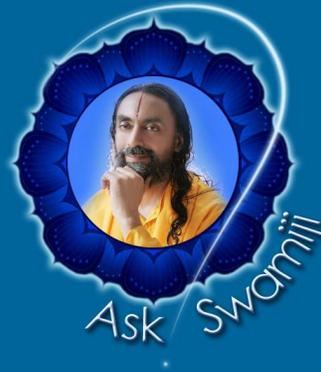
Make sure to click on
Like button!



"Kripalu Wisdom" is a humble attempt to present invaluable knowledge 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.



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-here 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:

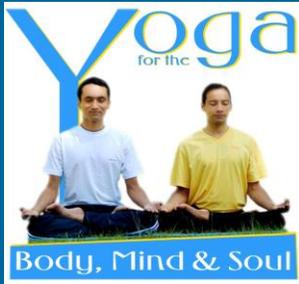
*āhāra nidrā bhaya maithunam cha sāmānya metat
paśhubhirnarāṇām (Hitopadeśh)*

"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.

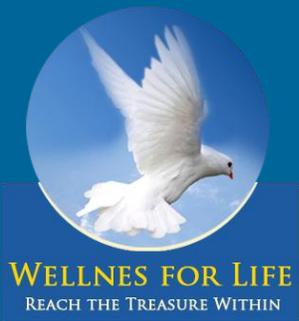
Another factor determining our next life is the Law of Karma. The Garuḍ Purāṇa states:

urdhvāgatistu dharmeṇa adharmeṇa hyadhogatiḥ

(Garuḍ Purāṇa 2.46.35)



"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.



"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.

Current News



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

Makar Sankrathi Celebration



VA Center



CT Center

Stories written by kids based on KRIPALU value-
 Perseverance - CT Center

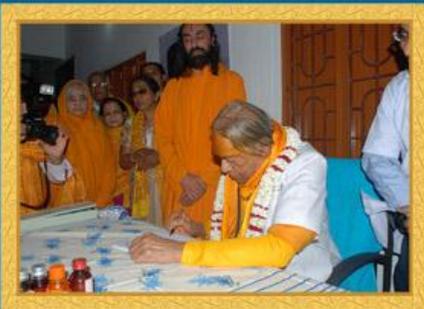
One day I worked hard on a lego house I was building. It was really hard. The lego blocks were for seven years but I was five years old when I was fixing it. Because I was trying hard I could do it. I didn't give up and my lego house came out great.

-By Devesh

One day we were playing a basketball match. Our team got 27 points but the other team got 30 points. There was only a few minutes left for the match to end. My



Under the Gracious presence of Jagadguru Shree Kripaluji Maharaj, Bhakti Yog Sadhana Shivir (week long retreat) concluded on Jan 18th at Jagadguru Kripalu University, Banara, Cuttack-Odisha. Jagadguru Divas was also celebrated on January 15th, 2012.



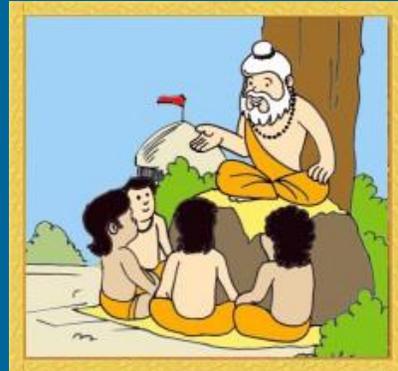
Shree Maharajji inaugurated Acharya Niwas, Meditation Hall and a hospital, which is part of the university project and opened for the benefit of local villagers.

friend said "We have to win the match." We all discussed and found a new strategy to win. Our team work and attitude to win played a major role in winning the match.

-By Ashwin

[View More Contributions](#)

Good Manners and Good Habits



Good manners and good habits are important for a healthy mind and body. Good health is very important for doing well in school, and later, when you grow up. Moreover, everyone likes people who have good manners and good habits. That is why children must work hard to develop good habits at a very young age.

Can you imagine what would happen to your teeth, if you did not brush them daily? Germs and bacteria would decay your teeth and they would fall off quickly. Brushing teeth is an example of good habit. Some other examples of good habits you need to develop for yourself are:

- Wash hands before eating anything.
- Take a bath daily for cleansing the body, and wearing clean clothes.
- Eat many green vegetable and do not waste food.
- Do yoga, pranayam and other exercises to keep yourself physically fit.
- Practice devotion to God. Make time to pray to Him at least twice a day and thank Him for everything you have.
- Sleep well-early to bed and early to rise.



Shree Maharajji inaugurated Bal-Mukund program in which BM books were showcased. He also distributed Bal-Mukund T-shirts to the devotees.

[View More Photos](#)



Swamiji successfully completed his enlightening lecture series on Bhagavad Geeta chapter 6 in Cuttack with over hundreds of people attending the lectures every day.

[View More Photos](#)

Did You Know?



Receive Daily Inspirations

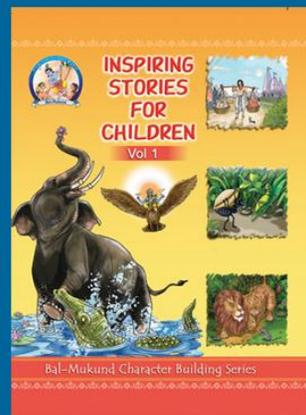
You can receive inspiring messages from Swamiji himself by configuring your mobile on Twitter.

Through good habits, you show respect to yourself and to people around you. Examples of good habits you should develop to show respect to others are:

- Be polite to others, especially your elders.
- Use the magic words "Please" and "Thank you".
- Share what you have with others, especially with those who are needy.
- Always speak the truth.
- Say "Sorry," if you are wrong.
- Do not hurt others, even animals or insects.
- Do not fight with friends and family members. Learn to love others.
- Try to help others, at home, in school, in your immediate surroundings and the community.

These are some of the important habits you need to develop. These habits will make you a healthier and better human being. You will then be liked and respected by all.

This lesson is selected from the book,
Bal-Mukund Character Building Series - Vol 1
A collection of 33 inspiring stories with beautiful illustrations



A must have for all kids!

Get your collection of Bal-Mukund books TODAY!

[Visit Bal-Mukund Shop](#)

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

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

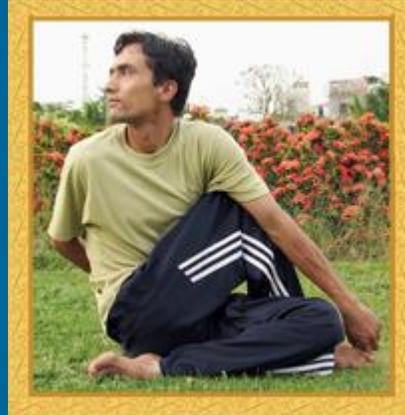
Bal-Mukund Centers

The Editor
Jagadguru Kripaluji Yog
XVII/3305, 1st Floor,
Ranjit Nagar,
Near PUSA,
New Delhi - 110008
India

7405 Stoney Point Dr
Plano, TX 75025
USA

Jagadguru Kripaluji Yog

Ardha Matsyendra Asan



Method

Sit in dandasana. Bend the right leg and place the foot outside of the left knee. Bend the left leg and place the sole of the foot near the right buttock (In Pourn Matsyendra Asana the left foot will rest above the right thigh). Left knee will be touching the ground and right knee will be facing up. Try to touch the right foot, by interlacing left hand with right knee. Bend the right elbow and place it around the back. Turn from right side and look back. Repeat in opposite direction.

Benefits

It tones the spinal nerves and makes the back flexible. Relieves backache and helps in preventing adjoining vertebrae to develop osteophytes. It helps alleviate digestive ailments. It is beneficial for diabetics as it helps regulate the secretion of adrenaline and bile. It is useful in cervical spondylitis, colitis, menstrual disorders, bronchitis, constipation and sinus until it done comfortably. It is useful in curing Sciatica, peptic ulcer, hernia, hyper thyroid and slipped disc, if done carefully.

Contra-indications

Women who are in the 2nd and 3rd month of their pregnancy should not practice this asana.