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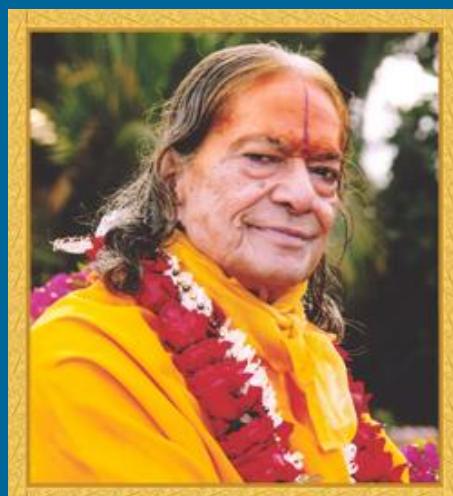
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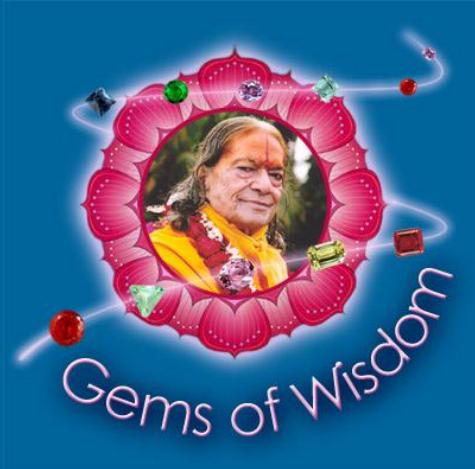
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Welcome to the
Jagadguru Kripaluji Yog
e-Magazine

HAPPY SHARAT POORNIMA!!



*nācho gāo sab sādhak samudāy
Sing, dance and celebrate, O aspiring devotees!*



Engage your mind in selfless loving devotion for Shree Krishna. That is the sovereign recipe for removing the defects of this obdurate mind.

Knowing the harm that negative emotions cause, we should carefully weed them out, or like poison, they will gnaw us from inside.

In the spiritual realm, never be contented with what you have accomplished. In the material realm, always be contented with what you have.

By repeated contemplation, strengthen the decision of the intellect that God and Guru alone are mine, not the world.

If we make spiritual progress our priority, then material setbacks will not disturb us, for they only speed up our spiritual journey.

Strive daily to tame the five horses (the senses); see that they don't run wild, for the unbridled senses will repeatedly make us fall.

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

āju gurudev janm din puni āya
Today our Beloved Gurudev's birthday has come once again.

ham sab ki umar inhein lag jāya
May he be given the age of all of us!

yug yug jiyeṁ aise sādhanā karāya
May he live for countless ages and teach devotion.

puṇya punj se hī sab nar tanu pāya
Human birth is attained only as a result of many virtuous actions.

puni puṇya punj se hī sadguru pāya
And then, it is due to more virtuous actions that one attains a true Guru.

puṇya punj se hī to ur śraddhā upajāya
It is due to virtuous actions that one attains faith.

sacchī ur śraddhā hī to sacchī sādhanā karāya
True faith leads one to practice true devotion.

man te to hari guru smaraṇ karāya
Make your mind meditate on God and Guru.

tan dhan se jo bane sevā bhī karāya
Use your body and wealth to serve them as much as possible.

bhukti mukti dākinī ko muñh na lagāya
Do not go near these two witches: Bhukti (material desires) and Mukti (liberation).

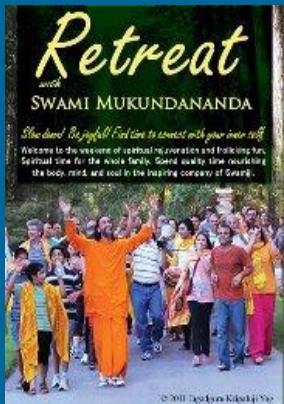
māṅgo divya prem nitya sevā balabhāya
Ask only for Divine love and eternal service of God and Guru.

aśhru niṣhkām man śhuddha karāya
Always remember that selfless tears purify the heart.

tab dem 'kṛipālu' guru prem balabhāya
It is then that the merciful Guru bestows Divine

Announcements

Last Retreat of the year 2011
Celebrate Diwali with Swamiji!



Radha Madhav Dham, Austin, TX
Oct 28th to 30th, 2011

Do not miss this golden opportunity and be a part of the special spiritual holiday with Swamiji!!

[View Details](#)

Tune in to Radio JKYog LIVE!



Start your day with devotional chantings, enlightening discourses and soul-stirring keertans.

[Click here to listen to
Radio JKYog on mobile](#)

Register Now: Bal-Mukund Children's Classes

Love of Shree Krishna.

Transience of Human Life by Jagadguru Shree Kripaluji Maharaj



*ek to na bholo hari govind rādhe
doojo tanu kṣhaṇa bhaṅgura nā bhulā de*

You must be careful in keeping two points in mind at all times. One of these you already know. You hear about it, you read about it, and you are aware of its importance. It is the remembrance of God. Constant remembrance of God! It is said in Bhagavatam:

*sa vai puṇśāṁ paro dharma yato bhaktir adhoksaje
ahaitukyapratihatā yayātamā samprasidati*

There is only one thing for a human to know; there is only one duty for a human to fulfill; one decision to take; one action to perform. What is that? Practicing devotion to God; remembering God. To practice devotion means to remember God.

Now, let us discuss something more important than this. What is that? The human body, which is the means of practicing devotion, is temporary. In other words, it may be snatched away at any time. A baby is born. It is a healthy baby. It cries and then becomes quiet. What happened to that child? He died. Another one survives one day and then dies. A young man writes his I.A.S. exams. He meets with an accident on the way home and dies. A couple is getting married. The young man and woman are circling around the fire for the seventh and the last time. The bridegroom feels faint, he falls down. He dies. How strange this is! Death does not look at what is going on in life; it comes at whatever time. And it does not care

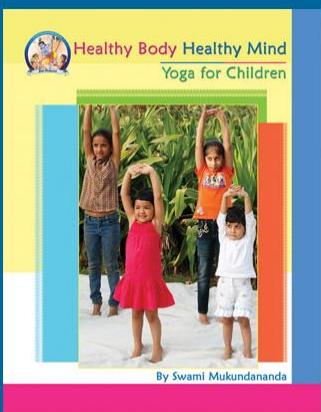


Bal-Mukund centers for children have been started in various cities across USA. Weekly classes for children, in the age group of 5 to 15 years are offered. We now have Bal-Mukund centers in New Jersey, Chicago, Connecticut, Dallas, Irving, Los Angeles, Maryland, Virginia, North Carolina. To enroll or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



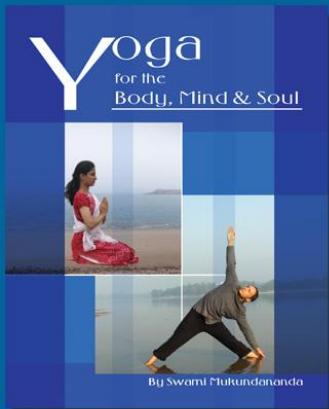
Healthy Body Healthy Mind - Young ones need especial care and guidance for enrooting multiple facets of their personality, which includes healthy body and virtues like concentration, perserverance, memory power,

whether one is a king or a beggar. It does not discriminate between a scholar and an illiterate man. It visits both the beautiful and the ugly. There is no concession for anyone. Everyone's time is fixed. The exact amount of seconds you have been granted in the human body are already fixed. Death is certain. But, we tend to forget this. We say, "Oh, I am only ten years old; I am only 25 years old; I am only fifty." This is how we think. We never think that we may or may not live to see the next moment. What if this body is snatched away from us? And after death you will attain the result according to the thoughts in your mind in the final moments of your life.

This is why both the points must be kept in mind simultaneously and very carefully. God must be remembered at all times, but you must not procrastinate. You must not wait for even the next moment to remember God. If we constantly reflect upon the transitory nature of human life, we will cease to be careless. We will always be careful. After all, you are always careful to keep your clothes on; you do not take them off and throw them away. You are careful at all times. You are driving on the road. While driving you are always mindful of the traffic in front of you, behind you and on your side. You are careful all the time, otherwise you will meet with an accident and die. Similarly, we must be very careful in life at all times. In other words, we must keep death in mind at all times. Who knows when Death may come! Everyone is powerless before death. No yogi, no ascetic, no meditator, no God-realized saint can avoid it. Everyone has to leave at the right time. Jagadguru Shankaracharya left his body at the age of 32. He passed away at such a young age. Though a great Saint, yet he could not conquer death. Saints do not interfere with God's rules. They leave their body when they are meant to leave. King Dashrath, who had Lord Ram as his son, died, but Lord Ram did not save him. The Almighty Lord Ram did not save his own father. Abhimanyu died. The Kauravas killed him by trickery. He was the son of Arjun, one of the greatest Saints; he was the nephew of God Shree Krishna. Moreover, Ved Vyas ji, a descension of God, had performed His marriage to Uttara. Three divine personalities could not save Abhimanyu and his wife Uttara became widow at the age of sixteen.

So, death is very powerful. God does not interfere when it comes to death, and His Saints also do not interfere. Ram stayed on earth for 11,000 years. At the end of His designated time on earth, Yamraj approached Him. Yamraj cannot take God by force; he merely comes as a reminder. He said, "Maharaj! Your time on earth is finished. I have come to merely remind You." Yamraj approaches Saints as well. He sits down before them, and then the Saint places his lotus feet on Yamraj's head. Then he sits down in the Pushpak

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 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 Dhyan 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

Viman. Yamraj fulfills his duty. When he pays a visit to the sinners, who are controlled by *Maya*, he drags them away by force to punish them. And when he pays a visit to the God-realized souls, he seats them respectfully on a vehicle and takes them away. One thing is for certain; all will have to go.

These days, many people fool themselves by reciting the *Mrityunjaya Jaap*, which is in fact a mantra from the *Vedas*:

*trayambakam yajamahe sugarandhim puṣṭivardhanam
urārukamiva bandhanānmṛityor mukṣhiyamāmritāt*

This is a mantra from Rig Veda. People want to conquer death by merely reciting this mantra. An ordinary person, whom people call a 'pandit' sits down and recites this mantra and assures the family that the ailing family member will not die. Just imagine. God is not saving His own father from death, and these people think they will make the impossible happen by simply rotating the beads. What a joke!

Thus, no one has any control over death. For this reason we must be cautious at all times. Think: What if I die the next moment? What will happen then? Be prepared; be ever prepared. Always remain in the remembrance of God so that you may think of Him in the final moments of life and reach His Divine abode after death. Let us say that you are remembering God all the time, but forget about Him for a couple of minutes and start thinking about your mother, father, child, and wife or husband instead. Let's say that you die while thinking of your family members. What will happen to you after death?

*yam yam vāpi smaranbhāvaṁ tyajatyante kalevaram
tarī tamevaiti kaunteya sadā tadbāva bhāvitah*

After death, you will attain the one about whom you were thinking. Jada Bharat was a *Paramhans* (liberated soul). He got attached to a deer and at the time of death, he remembered the deer. As a result, he had to become a deer in his next life. This is the condition of a *Paramhans*. What to speak of someone ordinary!

This is why you must reflect on both points simultaneously. The only clever one; the only wise one, the only intelligent one is the person who succeeds in doing this. The rest are all foolish and careless. They understand the philosophy, they have met with a genuine Saint, who has explained the true knowledge to them; they have understood the philosophy, and yet they are careless. They chant



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

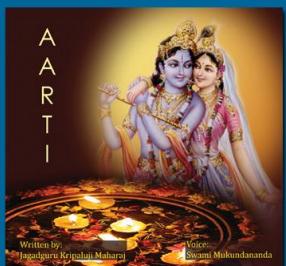
Volunteering with JKYog

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](#)

Featured CD:

Aarti



Featured Video:

Talk at NEIU, Chicago



'Hare Ram Hare Ram' for half an hour or an hour in the evening and that is all. That's it. The rest of the time they are entertaining wrong thoughts. They are thinking of the world. So, you must keep both points in mind at all times.

Bhakti Shatak by Swami Mukundananda



This scripture, 'Bhakti Shatak', composed by Jagadguru Shree Kripaluji Maharaj, is one his principal works. In these hundred verses he has put down the essence of all the holy scriptures. It is an amazing composition, full of poetry and philosophy, which is very very deep. If we understand these hundred verses, then there is nothing else in terms of philosophy that we need to understand.

*advitya ek tatva hai, rādhā tatva pradhān
yāko doojo roop hai svayam Kṛishṇa bhagavān*

Shree Kripaluji Maharaj begins by saying that our scriptures say there is only one Supreme entity in existence.

*tam iśvarāṇāṁ param maheśvaram tam devatānāṁ
param cha daivatam patinām patinām param parastāt
vināmadevām bhuvaneśhmīdyām*

That ultimate entity is the God of all gods, God of all the celestial Gods, Soul of all the souls. He is All-Mighty and this whole world is His creation. This truth has been accepted by all the religions. What is this ultimate entity? He is the All-powerful, Almighty and All-Knowing God. He is full of good qualities. There is no question of bad qualities in Him.

Current News



The Annual month-long sadhana program is currently going on at Mangarh, Allahabad. It started on the auspicious day of Vijaya Dashami, which was on October 6th, and will continue till November 11th. Thousands of devotees pour in from all over the world to drown themselves in a devotional and spiritual environment, filled with Divine nectar showered by Shree Maharajji's Grace and presence.



Shree Maharajji's 90th birthday was celebrated on Sharat Poornima, Oct 11th in Mangarh ashram, with great zeal and enthusiasm. Shree Maharajji's birthday was also celebrated in different centers of JKYog.

Swamiji's Programs at MIT and Stanford

Now, the philosophers raise a question that if goodness is created by God then who created bad things? Who created all the bad qualities in people like, corruption, crime, evilness, and sins that take place in this material world? If God is good then why will He create evil or bad things? In history, innumerable philosophers of the world have pondered over this very question -- from where did evil come into this world?

Many years ago, there was a priest called Kushnar, who wrote a famous book. He was a Jewish priest and had a child, who suffered from a disease called 'Progeria' that causes premature aging. Because of this disease, in front of his own eyes, the priest saw his child grow to an eighty year old man and pass away. So, the priest started thinking, "I never did anything bad in my life. Why did this happen to me? And suppose I did so, what about my son? What sin did my son commit that he got this dreadful disease right from birth?" He contemplated again and again about this and wrote his conclusions in a book named, "Why do bad things happen to good people?" The Judaic religions say that all the good things come from God and all the evil things originate from another entity called Satan. This is the belief in Islam, Judaism, and Christianity also. They believe all the evil things come from Satan, and there is a war going on between God and Satan. Therefore, whatever crime and corruption we see in the world, the Hindus say that it is the influence of Kaliyug, but the followers of these faiths say that the influence and power of Satan is increasing.

The priest thought, "There are two possibilities. The first possibility is that God is not all-good, and that is why he has done this to me. The other possibility is that God is in fact all good, but he is not all-powerful. He wishes to do good, but the Devil is stronger than God and sometimes God loses before the Devil." This answer was his personal thought.

However, the Vedic scriptures do not agree with the concept of Satan. if we accept that there is a Satan, then it gives rise to the question--where has Satan come from? Who has created him? If God has created him, why did God create something so terrible? So, the Vedas say that there is only one entity called God, and what you are calling as Maya or Evil is merely the absence of God. For example, there is light and darkness. But actually, darkness is no separate entity. There is only one entity called light. Then what is darkness? There is

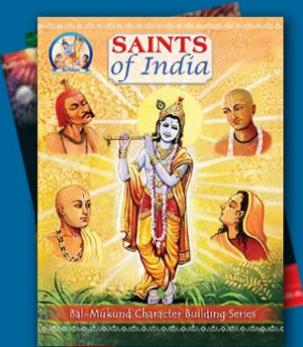


Swamiji visited the prestigious Massachusetts Institute of Technology and Stanford University. Both the programs were filled with young students and academia and they were enlightened with the captivating lectures delivered by Swamiji there. The talks were followed by Q & A session, which were very inspiring for the students.

[View more photos](#)

Bal-Mukund reaches the shores of England

The Indian Consulate in UK has chosen the BM series of books for their program to introduce Hindu culture to school students.



There are eight books in the Bal-Mukund Character Building series, which are specially designed to educate young minds in the knowledge of Vedic wisdom.

Order your set now!

Visit Bal-Mukund Gift Shop

only light and the absence of light is darkness. Light and darkness are not two separate entities. When there is no light, there is darkness. When you bring light into darkness, the darkness disappears. Similarly, there is only one supreme entity named God. As we go further away from God we get covered by evil or Maya.

So there is only one supreme entity called God.

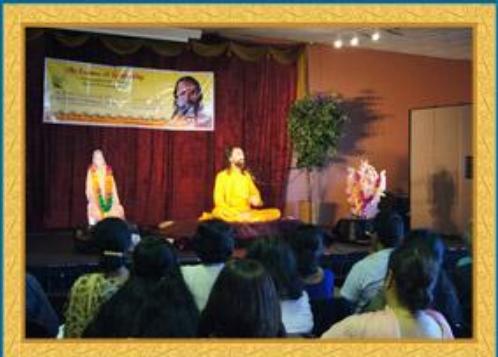
ekamevā dvitīyam brahm ekām sadviprā bahudhā vadanti eko hī rudro na dvitīyāya tashura ya imānillokā niṣhata ikṣhanibhi

Our scriptures are filled with this truth that there is only one supreme entity, which is beyond comparison.

Now, Shree Kripaluji Maharaj says that this supreme entity has taken two forms by His own wish for the sake of relishing the sweet nectar and Bliss.

*anādirayaṁ puruṣhaṁ ekamevāsti tadeva roopa
dvidhā vidhāya
samārādhana tatparobhoota tasmā tāṁ rādhāṁ
rasikānandāṁ vedavado vadanti*

That Supreme entity has taken two forms. One is the shaktimaan (the energetic) and the other is shakti (the energy). One is Krishna and the other is Radha. One is Ram, the other is Seeta. One is Vishnu, the other is Lakshmi. Both are two forms of that Supreme entity. Now there is no difference between the energetic and the energy. Just as there is no difference between the fire and its heat and light. They are one. Similarly, Radha and Krishna are one. However, when they take on two forms they increase their relish, their Bliss even further. Because it gives scope for so many wonderful Divine *leelas* (pastimes) that they have been playing amongst themselves since eternity.



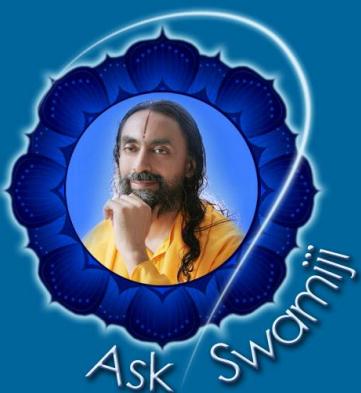
Swamiji successfully completed his enlightening discourses at Riverside, Wappingers Falls, and Flushing. Yoga and Meditation programs were also conducted by Swamiji in Riverside and Flushing.

[View more photos](#)



A special session for children with Swamiji was conducted during his visit to Flushing, NY on Oct 22nd, 2011.

[View more photos](#)



Question: You teach us that we should increase our tolerance, but if someone is doing wrong with me, should I practice forgiveness, or should I oppose him and stop the atrocity?

Answer: On the spiritual path, we naturally learn to practice tolerance, forgiveness and humility. However, this does not mean that we should knowingly allow others to exploit us. The scriptures instruct us to take whatever action is necessary, for protecting ourselves in self-defense, when attacked.

There is a charming story in this regard. In a neighborhood, there lived a venomous and foul-tempered snake. The children of that locality were scared of it to death. The moment they would spy it in the distance, they would run for their lives

One day, Sage Narad Muni happened to come to that neighborhood. As was the snake's habit, he approached Narad ji, with his hood raised menacingly and eyes fiercely red. Narad ji stood his ground peacefully, with a benevolent and serene smile on his face. The snake was astonished. "Everyone runs from me in fear. How come you are not scared of me and what is the secret of your peacefulness?"

Narad ji taught the snake the process of devotion, whereupon the snake became his disciple and began practicing Bhakti. He shunned violence, giving up his old ways of scaring the neighborhood children.

Soon the children came to know that the snake was harmless and did not bite anyone. Now their fear vanished. They would not leave it alone. On sighting it, they would bombard it with a battery of stones and sticks. They would even come close and kick it with their heeled shoes. The poor snake was badly bruised.

A spiritual picnic with Swamiji was organized at Flushing Meadows Corona Park on Oct 23rd, 2011. Keertans, Leela explanation, sports & games and Q&A session were the highlights of the picnic.

[View more photos](#)

Navratri Celebration at Bal-Mukund Irving Center



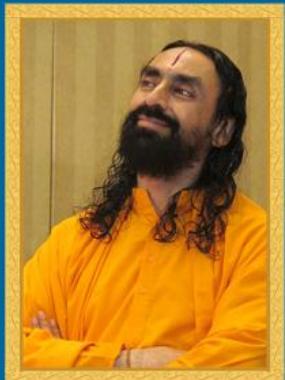
BM Irving celebrated Navratri with great enthusiasm. Children made different colorful rangolis to mark the occasion.

[View more photos](#)

Special Dholak and Hindi Class for Children!

[View Details](#)

Did You Know?



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One year later, Narad ji was visiting that area again. He thought, "Let me see how my disciple is doing." He was dismayed to see the snake badly bruised, with a plaster cast on a portion of his body. "What happened to you, my dear disciple?" he asked.

The snake replied, "O Gurudev, this is the result of the Bhakti that you taught me. The people of the world, knowing I will not retaliate, do not let me live peacefully."

Narad ji said, "I asked you to stop biting people, but I did not ask you to stop spreading your hood. Whenever the children attack, you should simply raise your head and hiss loudly; then no one will come near you."

Henceforth, whenever the children came close to the snake, it would hiss loudly and frighten them all away. Soon, it was living peacefully again. Similarly, on the path of devotion, we should shun actions and thoughts directed at harming others, but we definitely have the right to perform legitimate actions in our self-defense.

[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

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

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

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Near PUSA,

New Delhi - 110008

India

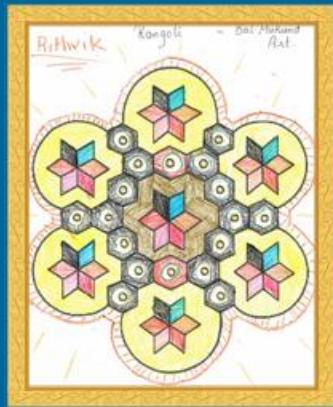
OR

7405 Stoney Point Dr

Plano, TX 75025

USA

Irving, TX Center



Rangoli Art by Rithvik

[View More Contributions](#)

Belle Mead, NJ Center



Lord Ganesha Craft Activity

[View More Contributions](#)

Our Festival - Diwali

Diwali or Deepavali, the festival of lights, is amongst the most famous of all the Indian festivals. It falls on the amavasya, no moon day, of the Hindu month of Kartik (October - November). This festival, which is so unique to India, is celebrated for different reasons and in multiple forms all over the country, as well as in Indian communities across the world.

Origin

In North India, Diwali celebrates the return of Shree Ram from His exile. Shree Ram went into exile for

fourteen years, to fulfill the word of His father. During this period, the demon king Ravan abducted His wife and eternal consort, Mother Seeta. Shree Ram, along with an army of monkeys and bears, waged war against the powerful demon and killed him. When Shree Ram at last returned to the capital of his kingdom, Ayodhya, His citizens were thrilled to see Him back. They decorated every part of their homes, illuminated the entire city with lamps, and burst firecrackers to exhibit their joy. This tradition, handed down through time, came to be known as Diwali - the festival of lights. People also pray to Goddess Lakshmi on this day, welcoming Her into their homes, just as the people of Ayodhya had welcomed Mother Seeta.

In the South, the day is celebrated in the memory of Narakasur. He was the son of Bhudevi, the goddess of earth, and Lord Vishnu. However, he turned to wrongdoing and terrorized people, waging war against the celestial gods and righteous kings, and capturing women. In response to the pleas of the Gods, Shree Krishna went to fight Narakasur, taking along His wife Satyabhama. When Shree Krishna was rendered unconscious by an arrow of Narakasur, Satyabhama took up the battle and killed Narakasur. Shree Krishna later explained that Bhudevi had sought a boon that she should be the one to punish her son. Satyabhama was an incarnation of Bhudevi, and Narakasur was destined to be killed at her hands. When she learned about this, Satyabhama requested that the day not be spent in mourning, but be celebrated as the dawn of a new era. From then onwards, this day is celebrated as Diwali. Shree Krishna took an oil bath early in the morning to cleanse Himself of the blood of Narakasur, which had splattered on Him, and this tradition continues to this day, with the morning being heralded by an oil bath.

Celebration

The name "Diwali" is a contraction of the word "Deepavali", which means a row of lamps. On Diwali day,

Hindus light rows of lamps around houses, and draw elaborate sand paintings called rangolis outside their homes. They wear new clothes and celebrate the occasion by bursting firecrackers. As this is a day of rejoicing, people have very elaborate meals, visit neighbors and friends, and seek the blessings of elders.

In Northern India, Diwali celebration lasts over five days, beginning two days prior to the main festival. The first day of Diwali is celebrated as "Dhanteras" which falls on the thirteenth day of the dark fortnight in the Hindu month of Ashwin. This is considered to be an auspicious day, bringing in wealth and prosperity. It is especially auspicious to buy gold on this day, and people flock to jewelry shops to buy gold on this auspicious day.

The second day is Narakasur Chaturdashi, also known as "Choti Diwali". This is a precursor to the next day, which is the main Diwali, and a small number of lamps are lit, especially in the darker corners of the house, to ward off evil.

The third day is the main festival of Diwali. The house is cleaned well in anticipation, and plenty of oil lamps, candles and electric lights are lit to keep every corner of the house bright and shining. In the evening, prayers are offered to Lord Ganesh and Mother Lakshmi, the Goddess of wealth. This Lakshmi Pooja is one of the most important aspects of Diwali. For the traders, Diwali marks the beginning of the new financial year, and they pray to the Goddess to bless them with prosperity and good fortune. They keep new ledgers and account books at the altar of Goddess Lakshmi, and only then taken for use. People burst firecrackers all night long, and the dark night takes on the appearance of day with the bright lights and the crackers.

The fourth day is celebrated as "Govardhan Pooja", commemorating the event of Shree Krishna lifting the Govardhan Hill on his little finger.

The fifth and final day is "Bhai Dooj". This is an occasion where sisters pray for the well-being of their brothers. Married women visit their brothers on this day and celebrate the day in togetherness.

In Southern India, Diwali is mainly celebrated on Narakasur Chaturdashi, the fourteenth day of the dark fortnight in the Hindu month of Ashwin. People wake up well before dawn, and take a purifying bath. They anoint themselves with oil and have a bath with the sacred water from the river Ganga. This is known as "Ganga Snan". Some believe that taking a bath before sunrise, when the stars are still visible in the sky is also equivalent to taking a bath in the holy Ganges. On this day, devotees perform a special pooja, with offerings to Krishna or Vishnu, as He liberated the world from the demon Narakasur on this day.

The festival of Diwali is among the most widely celebrated by Indians all over the world. It symbolizes the triumph of good over evil, and lights up our lives, just as a lamp lights up the world.

This is selected from the book,
Bal-Mukund Character Building Series - Festivals of India
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Jagadguru Kripaluji Yog

Sarpasan



Method

Lie flat on your stomach. Legs together and feet stretched backwards. Place your hands on the buttocks and interlock the fingers. Chin rests on the floor. Inhale (Radhey), taking the help of abdominal muscles, raise your chest from the floor. Push the shoulders backwards and raise your hands from the buttocks. Wait for 5-10 seconds in this position, exhale (Shyam) and lower your body. Place the hands by your side and relax. Repeat 3 times.

Benefits

It strengthens the muscles of the spine which helps in treating back problems. It is very useful in asthma. It massages the heart.