



In This Issue

[Gems of Wisdom - Shree Maharajji](#)

[Announcements](#)

[Upcoming Events](#)

[Current News](#)

[Did You Know?](#)

[Happy Guru Poornima!](#)

[Guru Tattva - Jagadguru Shree Kripaluji Maharaj](#)

[Secrets of Spiritual Sadhana - Swami Mukundananda](#)

[Ask Swamiji](#)

[Danbury Retreat with Swamiji](#)

[Bal-Mukund](#)

[Jagadguru Kripaluji Yog](#)

Welcome to the Jagadguru Kripaluji Yog e-Magazine

HAPPY GURU POORNIMA!



*jayati guruvar jayati guruvar, jayati guruvar pyāre
All glories to beloved Gurudev, all glories to beloved
Gurudev.*

*tu hī brahmā tu hī viṣṇu, tu hī śhankar pyāre
Beloved Gurudev! You are Brahma; You are Vishnu and
you are Shankar.*

*tere pāchhe chalat naṭavar, chahat pad raj pyāre
Even Shree Krishna walks behind you, beloved Gurudev,
desiring the dust of your Lotus Feet.*

*harihiṁ bhāveṁ śhuddha man, tohiṁ patit bhāveṁ pyāre
While God accepts only pure-hearted souls, beloved
Gurudev accepts even sinful souls.*



When we learn to surrender to the Will of God, and accept ourselves as His servants, life becomes a festival and a continuous celebration.

For our spiritual growth, negative people are often placed in our path, so we may learn selfless love, forgiveness & surrender to God's will.

Techniques of mind-management are great, but will-power is insufficient to implement them. Through devotion, we enhance our spiritual power.

The Saints developed such an intense desire for God that worldly desires automatically fell away, and thus they became God-realized.

The firm decision that we can never get happiness from the material realm no matter how much we try, will save us from innumerable miseries.

The three essential means to reach our ultimate aim of God realization are - the human life, proper association with a true Saint and intense longing to attain the Divine Love.

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

*tu karāve gyān hari ko, śhruti purānan pyāre
Beloved Gurudev! You bestow knowledge of God as
revealed in the Vedas and Purans.*

*tu batāve hari milan kī, sādhanā bhī pyāre
Beloved Gurudev! You also teach the method of uniting
with God.*

*śhuddha man ho jāye to tu, prem bhī de pyāre
And once the heart is pure, you bestow Divine love to the
surrendered soul.*

Guru Tattva

by Jagadguru Shree Kripaluji Maharaj



The Vedas declare:

*yasya deve parābhaktiḥi yathā deve tathā gurau
(Shwetashwataropanisad)*

"To that disciple who worships the Guru as he worships God, by the grace of God residing in the heart, all the knowledge of the scriptures is automatically revealed."

You must love your Guru as you love Shree Krishna. Only then you will you benefit spiritually and progress in the spiritual path and attain God. Narad ji, who is the greatest scholar in *bhakti* (devotion) said:

tasminstajjane bhedāvābhāt

"There is no difference between God and *Mahapurush* (God-realized Saint). Both are one." After God-realization, God Himself is seated inside the *Mahapurush* and governs his activities. Thus, God performs every action of a *Mahapurush* and that is why God and the *Mahapurush* are considered one. Therefore, all the Vedas and Shastras collectively declare God and Guru as one.

You must be clearly aware of the fact that God-realization or

Kripaluji Maharaj.

Announcements

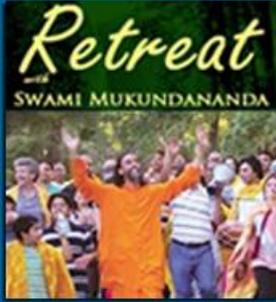
New Video Released!

On the occasion of Guru Poornima, watch a beautiful video with the glimpses of Shree Maharajji and Swamiji together.

[Click here to watch the video](#)

Final Retreat of Year 2011!!

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



(Valley Ranch & Plano
Locations)

New registration starts from
Aug 7th

Bal-Mukund program offers

liberation from *Maya* will take place only through *bhakti* (devotion). What do we have to attain? The ultimate entity. Who is that? Shree Krishna. How will we attain Him? By devotion. Then, what is this Guru entity? From where and why has it come? The Chandogyopanishad states:

āchāryavān puruṣho hi veda

"Only that person can understand the importance of the Vedas who surrenders and takes guidance from a Guru." This is the statement of the Vedas. Not everybody can read the Vedas and understand them, because:

vedā brahmātmaviṣayāḥ

"The Vedas are Divine like God". Just as no one can know God directly, nobody can attempt to read the Vedas and aim to understand them. Even the very learned celestial gods, Sarasvati and Brihaspati get confused while listening to the Vedas and are not able to conclude anything. Even the creator of this universe, Lord Brahma, could not understand the Vedas. What is your ability to understand? The Vedas contain many contradictory statements which cannot be reconciled by the human intellect. Not even the most learned of scholars can fully comprehend these apparently contradictory meanings. The literal meaning is different from the actual meaning.

Therefore, without the help of a practical person, nobody in this universe can understand and acquire knowledge of the Vedas and other holy scriptures.

*tadvijñānārtham sa gurumevābhigachchhet
samitpāṇih śhrotriyam brahmaniṣṭham*

It means one needs guidance of a person with theoretical knowledge as well as practical experience i.e. who has a thorough knowledge of the scriptures and also has practical realization of God. Only then, will your problem be solved. Hence, the Kathopanishad says:

uttishṭhata jāgrata prāpyavarānnibodhata

"O souls sleeping in *Maya*! Arise and awake. Seek the lotus feet of a *Mahapurush*."

By surrendering to a *Mahapurush* (God-realized Saint), one will get knowledge of the scriptures, and through the Guru's guidance, one will attain God. The Bhagavad Geeta states:

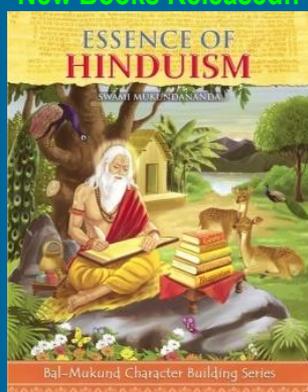
tadviddhi praṇipātena paripraśnena sevayā

Shree Krishna says to Arjun: "Surrender yourself to a Guru and serve him faithfully. Learn the secrets of devotion from him by asking him spiritual questions with a curious mind. Question him

personality development classes for children ages 5 to 15. The program includes character building, festivals and saints stories, keertan, yoga, meditation, games, and much more!

[View Details](#)
[View Bal-Mukund Centers](#)

New Books Released!!



JKYog is pleased to announce the release of many new books this year. Some of them have just come from the press.

Essence of Hinduism - This book has been written with the goal of teaching perennial principles of *Sanātan Dharm*, or the Eternal Religion by covering the important teachings of all the Vedic scriptures. The subject matter is presented in a manner, which is comprehensible to everyone, including westerners and youth. At the same time, each concept is treated with philosophic depth for the satisfaction of the more learned and erudite readers.

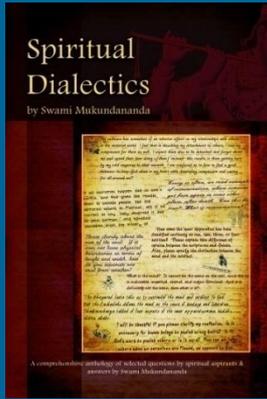
with a thirst to learn, and serve him with dedication." Questions such as: Who is God? What is a soul? What is *Maya*? What is the mind? What is the intellect? Why are we under *Maya*? What is the goal of our life? How will we attain God? What should we do to attain God?

Only a God-realized personality can help you reach God. He may have been like one of us some time back. But now, he has reached God. Go to him, and he will impart all the scriptural knowledge. He will explain all the required knowledge and eliminate ignorance. Only a Guru will teach us how to do spiritual practice and guide us in the path of God-realization by removing all the doubts that arise in our minds, so that we progress speedily in our path. Only a Guru can make a soul a God-realized one. That is why there was a need of the entity called Guru. Therefore, all the Vedas and Shastras and other holy scriptures unanimously say that only with the guidance of a Guru, one will progress speedily in the spiritual path. Only a Guru can help us.

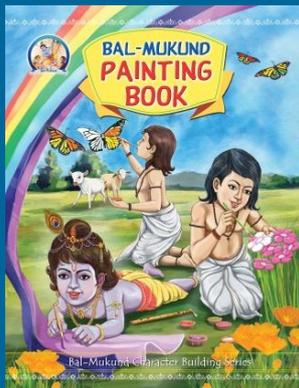
It is an indisputable rule of God that He does not grant anything to the soul directly. It is only through the Guru that God graces the soul, and through the Guru, one can know God and attain Him.

Once, a king asked his Guru to teach the prince all the knowledge required to be a king. The Guru imparted knowledge of many kingly sciences to the prince. He told the king that the prince's education was complete, but one lesson was left to be taught. The next day, Guruji took the Prince to a room, locked it and started beating him with a stick. The Prince was shouting, but Guruji never stopped. He kept on beating him till the time he became unconscious. The king came to know about this and he got angry. He ordered to bring the Guru to the court and he was asked why he beat the Prince. The Guru replied, "In future, the Prince will become a king and sentence punishments to culprits. Unless he has experience of the punishment himself, he will not be able to dispense the appropriate punishment to the culprit, according to the crime. It may happen that for a minor crime he may give a severe punishment and vice versa."

Similarly, before God-realization, the Saint was like one of us, an individual soul who experienced miseries and unhappiness in this material world. Hence, he understands very well the condition of souls under *Maya*. On the other hand, God is Bliss personified and is seated always in his abode. A person can treat others only when he has undergone that disease and pain. Therefore, the Saint has experienced everything before. That is why he feels pity on us. He will understand our condition, treat us and help us accordingly.



Spiritual Dialectics - This book is a compilation of the doubts lingering in the minds of people across the world regarding life, duty, philosophy and the scriptures. Thus, making the discussions available as a reference source for sincere seekers worldwide, who are looking for answers to their own questions.



Bal-Mukund Painting Book - Add colours to child's life with the brand new Bal-Mukund Painting Book. It contains Shree Krishna's and many devotional stories illustrations for painting.

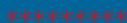
Order your copy NOW!!



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



When our heart and mind become purified and we surrender completely, then God says, "Now, I will come in your heart." The Guru did all the work before this point. Just like a father and mother give birth to a daughter, care for her, educate her in various subjects, and groom her in every way till the age of eighteen. After that, a gentleman arrives, takes an interview and finding her qualified, takes her away by marrying her. So, God is like the husband and Guru is like the father or mother.

Also, the Guru has a higher and more important position with respect to the fulfilment of our self-interest. We will not meet God in the initial stage of our spiritual path. The Guru will teach and make us learn how to practice devotion. It is the Guru who will reveal to us the Divine knowledge of God. Without having correct understanding of the philosophy, an individual soul cannot move forward in the spiritual path. If we have any ill feelings towards our Guru then also he happily tolerates it and thinks, "He is a child. One day, he will acquire the knowledge and will become all right." The Guru is always with us and helping us. And when our heart will be completely pure, then that same Guru will make our heart Divine and will help us meet God. Thus, although God and Guru are one, for the spiritual practitioner, the Guru has a more important position than God. Hence, there is no entity higher than the Guru.

pratham naman guruvar puni giridhar

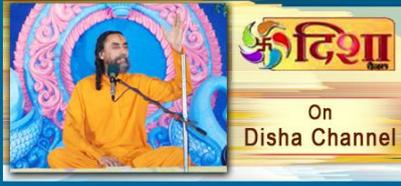
One should bow down to the Guru first and then to God Shree Krishna.

Secrets of Spiritual Sadhana by Swami Mukundananda



Continuing with the next line of 'Sadhana Karu Pyare' series....

[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

[Watch Maharaji's lectures on TV](#)
Aaj Tak Channel



India: Daily 6:30 am (IST)

USA: (available on Dish Network)

Daily 9.00 pm EST

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:
Mero Radhey Govind



granth padhu jani bahut sunu jani, sant mat bahu pyāre

Jagadguru Shree Kripaluji Maharaj is asking us to engage in loving God, rather than spending our time in reading numerous scriptures. These scriptures mention various ways of sadhana, such as, awakening the Kundalini, practice of Panchagni Kriya, concentration on the agya chakra and so on. Moreover, in our Hindu religion there are many scriptures. If someone wants to read them all, it would take 500 years to complete. And suppose if someone completes reading them, doubts will arise in one's mind, "Here, it is written like this. There it is written in another way." So, Ved Vyas says:

*shrutirvibhinnā smṛitayaśhcha bhinnā naiko muniryasya
vachopramāṇam
dharmasya tattvam nihitam guhāyām mahājano yen gataḥ
sa panthāḥ*

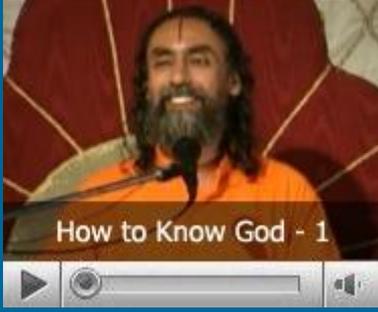
There are several scriptures. The more you read them, the more you will get confused and entangled. When you attempt to find the answer to one question from the scriptures on your own, you will end up tormented by a thousand other questions.

These days, there are many devotional TV channels, which show discourses of several different saints. The viewer gets confused as everybody tells different ways to practice devotion. One saint says to read Hanuman Chalisa, the other says to perform austerities. The person wonders and thinks what to do, and ends up doing a little bit of this and a little bit of that, a little he learns wrongly, and a little he forgets. All together, it becomes a mess, and even more confusing. Your goal cannot be realized in this way.

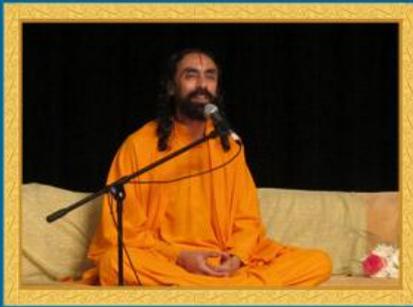
There have been innumerable ways and means propounded by innumerable sages and Saints since many years. We should have a strong belief that the devotion that we are practicing, taught by our Guru is right and will lead to God-realization one day. A firm decision should be there that God will be attainable only through this path. There is no need of any other path. So, what is this easiest way of attaining God? The path is *bhakti marg* i.e. the path of devotion or love. God will be attained only by love.

Ved Vyas ji wrote eighteen Puranas, which contain four hundred thousand verses. He also wrote the Mahabharat, which consists one hundred thousand verses. Each Purana contains eight lakhs shlokas. He embedded the Geeta in the Mahabharat. However, after writing so many scriptures Ved Vyas thought, "What is the summary of all these scriptures? All humans should learn

Featured Video:
How to Know God - Part I



Upcoming Events



Swamiji's Program Schedule

Plano, TX

July 17th to 23rd

Tampa, FL

July 24th to 30th

Redmond, WA

July 31st to Aug 6th

Chicago, IL

Aug 7th to 13th

[View Details](#)

Current News



Guru Purnima was celebrated at Rangeeli Mahal, Barsana on July 15th, 2011. Thousands of devotees from all over India and abroad gathered to have darshan of Shree Maharajji.

[View more photos](#)

something. Nobody has the time and lifespan of 500 years to read all these scriptures." So, Ved Vyas said:

*āloḍya sarvaśhāstrāṇi vichaārya cha punaḥ punaḥ
idamekaṁ suniṣhpannaṁ dhyeyo nārāyaṇo hariḥ*

"I have churned all the scriptures several times and contemplated upon them. I have come to a conclusion that one should just love God."

Kabir ji also said the same thing in his simple language way:

*pothi paḍi paḍi jag muā, pandit huā na koi
dhāi akshar prem ke paḍe so pandit hoye*

In this world, nobody has become a scholar by reading these scriptures. The one who has actually learned to love God is the real scholar. Till today, all Saints who descended in this world told only one thing, which is to love God. But, when those Saints left this world, individuals, under the influence of *Maya*, forgot this philosophy. Everybody started to practice the path of *karma kand* (to perform Vedic ritualistic actions/duties prescribed by the scriptures). We start fighting over simple issues like, "You are not wearing the *tilak* in the right way. You are committing a sin." Another person says, "You are not wearing the *kanthi mala*, (beads necklace) around your neck. It is wrong." In this way, we souls are tied up in the physical and ritualistic aspects of *karma kand* and have completely ignored the main philosophy, which is to love God.

There was a Russian writer, Leo Tolstoy. Mahatma Gandhi considered him as his mentor. Tolstoy has written a very excellent book - The Brothers Karamazov. In this book, he writes that once Jesus Christ returned back to this world. He thought, "When I came to this world 2000 years back nobody accepted me and they nailed me to the cross to death. Now, half of the world is Christian and following my teachings, and now everybody will welcome me." This is the reason why he came back to the world. He stood in front of a church. Everybody started to come out of the prayer hall after their prayer was finished. They saw that man standing outside the gate of the church. One person said, "Look at that person. He resembles Jesus Christ." The other person commented, "He has dressed just like Jesus Christ. What a joker! He looks like a joker!"

On hearing to this, Jesus Christ replied, "Neither I am a fake person nor I am a joker. I am your own Jesus Christ." Everybody laughed loudly and said, "Look at this mad man. He calls himself Jesus Christ." Suddenly, the father of that church came out. Jesus Christ said, "He is my priest, dedicated to following me. He belongs to my order, He will definitely recognize me. The priest



Guru Purnima was also celebrated at various satsang centers of Swamiji in India. In Cuttack, there was a special performance by Bal-Mukund children.

[View more photos](#)



The Bal-Mukund India team organized a highly successful charity program for an orphanage Arya Bal-Griha, New Delhi. More than 1100 Bal-Mukund T-Shirts, Notebooks, Pencils, as well as 100 Bal-Mukund Books were donated to children. The program was aimed at educating children with moral and spiritual values that Bal-Mukund project has to offer. Children were thrilled to interact with our volunteers, and enjoyed the Yoga & Pranayam and Moral education sessions presented by the team.

[View more photos](#)

said, "Who is this rascal? Tie him up with a rope and put him in a jail." Jesus was tied up and put in a jail.

Late at night, the Father came to the jail to meet Jesus Christ. He bowed down to His feet and said, "O Lord! Please forgive me." Jesus asked, "You recognized me?" The priest replied, "I recognized you in the morning itself." Jesus asked, "Then why did you lie in the morning and locked me in this jail? The father said, "O Lord! Why did you come back to this world again? We were running such a great business in your name. Everything was going on smoothly and we were earning well. It was not necessary for you to come again in this world. Now, you will hamper our status and reveal our deceit again as you did 2000 years ago!"

Just see, when a *Mahapurush* descends on this world, he advises only one thing, which is to love God. When they leave this world, we end up fighting over external rules, and forget the essence of his teachings. So, all these scriptures say only one thing: To love God.

The Koran Sharif says:

mā khalatkal insavajin illale avadoon

It states: "God made human beings so that they may love and worship God."

The Bible says: "The first and foremost instruction is to love the Lord, thy God with all thy heart and all thy might and all thy soul."

The Bhagavad Geeta states:

bhaktya mamabhi janati

"I am known by devotion alone." Hence, only through love we can attain God.

Now, one can say that if God is attainable only by love then why there are so many different difficult paths to realize God? Like awakening the kundalini, practicing panchagni kriya, concentrating on the agya chakra, etc.

Ved Vyas ji gives the answer to this question and says:

*tāvat karmāṇi kurvīt na nīrvidyēt yāvātāmat kathā
śhravaṇādou vā śhraddhā yāvan na jāyate*

"There is no doubt that we can attain God only through devotion, but people don't have faith in devotion." People are unable to appreciate the beauty of the simple path. If someone asks, "How do you practice pranayam?" "See first make the nasarya mudra and then while keeping your right nostril closed, inhale from left



Swamiji successfully completed his enlightening discourses at New York, Boston, Connecticut, Pittsburgh, and Princeton. Yoga and Meditation programs were also conducted by Swamiji in most of these cities.

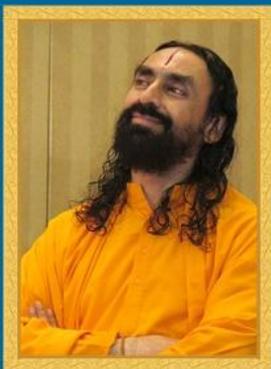
[View more photos](#)

Swamiji's discourses on the topic, "The Path to Happiness" and Yoga & Meditation program are currently going on in Dallas, TX and will conclude on July 23rd, 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](#)

nostril and then while keeping your left nostril closed inhale from the right nostril." You will probably comment, "This saint does not know anything." Instead, if I complicate things, "I will tell you the correct method of practicing pranayam. First, twist your right hand from the back and touch your right nostril and then twist your left hand from the front. With fourth and fifth fingers, close the nostrils and inhale and exhale." On hearing this, people will say, "Yes, this is a great method of doing pranayam."

It shows that the intellect does not appreciate the importance of the easy way. For example, why do people climb mountains and walk miles in a queue to visit Tirupati Balaji Temple, Vaishno Devi temple? They say, "It is a temple of Lord Vishnuji." "So don't you have Lord Vishnuji's temple in your city as well?" "Yes, we have a temple. But, that Vishnuji is small. And the Vishnuji at Tirupati is big. That Vishnuji's is placed on a mountain and this Vishnu ji is on sea level. So, that Vishnuji must be a more powerful Vishnuji compared to the one near my house!"

People visit the *Charm Dham* (the four sacred pilgrimage sites of Hindus). Shree Kripaluji Maharaj says:

*chāro dhām kāhe kare govind radhe
terā hari tere ur baiṭhā hai bata de*

"You visit the four pilgrimage sites looking for God, while He resides in your hearts." Our intellect does not accept this fact. Unless, one visits these places, they will not begin to have any devotional feelings and believe that they are connected with God. Similarly, the Vedas have given various complex paths, for people who are not able to have faith that God can be attained merely by devotion.

However, the first and foremost we have to understand that the essence of all the scriptures is only one thing i.e. to love God. There will be no use of reading so many scriptures. It will just lead to confusion: "This book says like this; that scripture says other thing." This will result in doubts, which will be obstacles in your devotion. Then you will think, "When we meet Swamiji and clear our doubts, then we will progress in our spiritual path." So, don't indulge yourselves in this fight. Understand the philosophy thoroughly from the Guru and then implement it practically. This is what Shree Kripaluji Maharaj explains in this line.

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

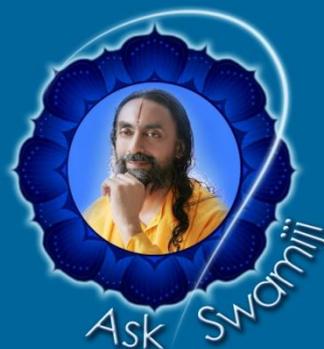
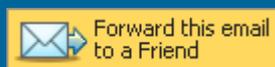
Regional Satsang Centers

Bal-Mukund Centers

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

USA

The Editor,
Jagadguru Kripaluji Yog,
7405, Stoney Point Dr
Plano, TX 75025
USA



Question: Why did God create souls and bring us into the world, where there is so much of suffering and misery?

Answer: To answer your question, let me tell you a story. There was once a very rich man, who had a fifteen-year old son. One day, the son was alone in his father's office, when he saw a fifteen-year old newspaper. It had an article titled, "Billionaire adopts orphan child." The boy was stunned to see his father's name mentioned there. When his father returned, the son accosted him, "Father is this article true?"

The father replied, "My son! It is true."

"Does that mean I am not your child?"

"That is right, you are not my child."

The son was shocked. "Then why did you adopt me?"

The father explained, "Son, I am a billionaire. I had no shortage of money, and everything that money could buy. However, I did not have anyone with whom I could share my wealth. I adopted you so that I could give you everything I possess."

Similarly, God is perfect and complete in Himself, and the possessor of unlimited opulences. He creates us so that He may be able to share all that He possesses with us. However, He can only do so when we truly love Him.

Those souls, who have learnt to love God, are with Him in His eternal abode. We conditioned souls are here in the material realm because we have turned our backs towards Him. God hopes and waits for the day when we too will perfect our love for Him and attain Him for the rest of eternity.

Swamiji answers selected questions related to Yog, Spirituality and Philosophy every month on our e-Magazine.

[Submit Your Questions](#)
[Ask Swamiji Q&A Archive](#)

Danbury Retreat with Swamiji! A Divine Experience!!



The Danbury Retreat was yet another enlightening, rejuvenating and blissful experience for everyone. Devotees were immersed in devotional chanting, lectures, yoga and meditation all day long. It was an experience to remember! This is what they had to say!



"The JKYog Retreat at Danbury, CT was really a rejuvenating and heart melting experience. My objective of participating in The Retreat was to enhance my spiritual consciousness to attain my ultimate goal of uniting with The Almighty God.

I am sure Swamiji's divine messages communicated in the Danbury, CT retreat has definitely implanted sincere desire for attaining God Almighty in each & every hearts of those who were present at the retreat. I totally believe that the seed of devotion that we received in the retreat, by watering it daily through sadhana, will blossom into the garden of flowers.

I am eagerly waiting for the next retreat to acquire more & more immense Divine knowledge to be propagated by Swamiji; and just cannot wait to go to Texas in the Sept first week."

- Sangeeta Santani, MD

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

Do try to attend the Trinity Retreat and be a part of the special

spiritual holiday with Swamiji.



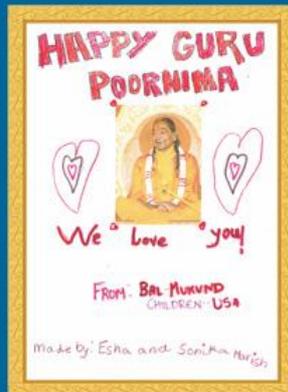
Bal-Mukund Showcase

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

Irving Center



Connecticut Center



Bal-Mukund Program at Danbury Retreat



Bal-Mukund Program at the retreat was a highly motivating and a wonderful spiritual experience for all the children. Under the divine presence of Swamiji, children enjoyed every moment of it.

This is what children had to say:

"The Bal-Mukund Program was nice and fun. I enjoyed making T-shirts because we got to color it however we wanted. I also learned following the Kripalu values."

- Mini Pant, CT

"Bal-Mukund was pretty fun. It was very good and relaxing. We played games. I didn't know a lot about Krishna, until I took this class."

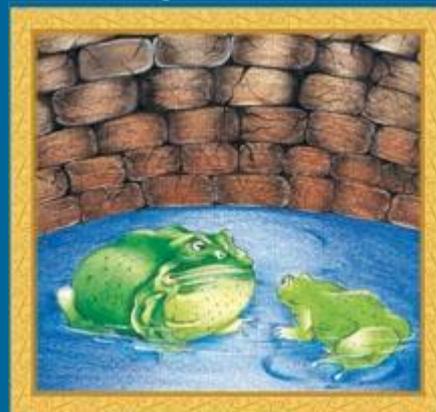
- Ahan, NJ

[View More Testimonials](#)

[View Retreat Album](#)

Moral Story

The Proud Frog Who Lived in a Well



Swami Vivekananda narrated this story to the

world during his speech at the Parliament of Religions, which took place in Chicago on September 15, 1893.

Once upon a time, there lived a frog in a deep well. That was the only home he had ever lived in. Every day he ate lots of worms from the well. He was a fat strong frog with an abundance of energy.

One day, a frog that lived in the sea fell into the well. The well frog asked, "Where have you come from?" The sea frog answered, "I came from the sea and fell in to this well."

The well frog did not know about the size of the sea. So he asked, "How big is your sea? Is it as big as my well?" He leaped from one side of the well to the other. He wanted to show the other frog that his well was very big.

The sea frog replied, "You cannot compare your small well with my gigantic sea." The well frog jumped again from side to side. He asked again, "Is your sea ten times the size of my well?"

The sea frog shook his head, and said, "No it is much bigger than that."

Again the well frog asked, "Is your sea one hundred times bigger than my well?" The sea frog replied, "What are you saying? You must be out of your mind. The sea is much, much bigger than that."

The well frog did not believe the sea frog. He shouted, "Nothing can be so big. You are a liar. You must go away from here. There is nothing bigger than my well in this world."

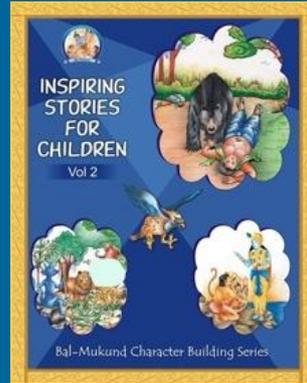
The well frog could not see beyond his small world.

Swami Vivekananda wanted people to understand something important. He wanted them to know what makes one man hate another. People do not understand that every human being is different. They think they are always right and this causes hatred and jealousy. People cannot live peacefully and they create divisions amongst themselves.

This story also teaches us the value of respect for all religions. Even though we believe and participate in our own religion, we must understand that God is one. He is remembered by different names: Ishwar, Allah, Christ, Yahweh, Ahura Mazda, Alakh Niranjana, Ikomkaar, etc. He is present everywhere - in Temples, Mosques, Churches and Gurudwaras. To be a good human being, we must learn to respect everyone, whether they are a Hindu, a Muslim, a Christian, Jew, Parsee, Jain or a Sikh. We should never think that our religion is the only one.

Moral: In life, we will come across people who have views different from ours. This does not necessarily mean that they are wrong. Instead of judging others, we should respect their point of view. This acceptance of others will help us to maintain peace and harmony in our surroundings, making this world a better place to live in.

This story is selected from the book,
Bal-Mukund Character Building Series - Vol 2
A collection of 27 inspiring stories with
beautiful illustrations



A must have for all kids!
Get your collection of Bal-Mukund books TODAY!
Visit Bal-Mukund Shop

Jagadguru Kripaluji Yog Matsyasan



Method

Sit in Padmasan. Inhale (Radhey); slowly bend backwards with the help of elbows. Raise your chest a bit and place the crown of your head on the floor. Grasp your toes from your hands and rest your elbows on the floor. Breathe normally in this position. While exhaling (Shyam), slowly come back to the initial position.

Benefits

Helpful in alleviating diabetes. It is effective in curing asthma and other respiration related problems. It is useful in treating piles. It helps in curing various abdominal ailments.

Contraindications

People with heart disease, peptic ulcer, hernia, back problem and pregnant women should not practice this asan. It is prohibited till 6 months, after throat or leg operation.