

# Introduction to Jagadguru Kripalu Yog

**Y**oga" is one of the most popular exports from modern India although it is an ancient and eternal path prescribed in the Vedas. Along with the path of knowledge (*Gyan*) and pure Devotion (*Bhakti*), Yog (or Yoga as it is commonly known), is one of the three paths available to humans for God-realization.

However, in the name of "Yoga", merely asanas, or physical exercises, are being taught. There is no doubt that exercises are helpful, but without emphasis on the purification of the mind, their effectiveness in curing physical diseases is limited, and mental diseases remain ignored and untouched.

Jagadguru Kripalu Yog incorporates both material and spiritual knowledge for the complete physical, mental, intellectual and spiritual health of humankind. It is based upon the timeless wisdom of the Vedic scriptures. The techniques of Jagadguru Kripalu Yog are not something new; they have been practiced by 'true' yogis in India for centuries. They are the authentic scriptural form of the various techniques - Yogasans, Pranayam, Dhyan (Meditation), Subtle-body Meditation, Divine Love, and healthy diet - all in one place. For anyone desiring to learn the holistic science of healthy living, sincere practice of these techniques will definitely bring about well-being from within.

A healthy body and a composed mind are the building blocks for attaining our goal in this life. Without their support, life itself becomes a painful experience. No matter how successful we are in our field of work, if the body is ailing and the mind is disturbed, we will remain unhappy. Hence, our most valuable possession is not our wealth, but our own body and mind. The old adage states: "Health is wealth". Realizing the truth in this statement, an intelligent person should spend time and effort to learn the science of healthy living for physical and mental wellbeing.

'Wellness for Life' is based entirely on the techniques of Jagadguru Kripalu Yog, and helps people come closer to God by developing an affinity for him while continuing with the tasks of daily life.

Jagadguru Shree Kripaluji Maharaj, the Supreme Jagadguru of this age, explains that the attainment of a healthy mind in a healthy body requires a synthesis of material and spiritual knowledge. The body, which is made from the five material elements and sustained by what we eat and drink, has to be kept in good shape with the help of material science. Moreover, the mind must be cleansed and elevated through spiritual science.

Simplistic spiritual practitioners sometimes proclaim that since we are the soul and not the material body, we must only cultivate the spirit and pay no attention to the body. However, if the body falls sick, the mind is filled with the sensation of physical pain, and one cannot even think of God. A healthy body is our boat for crossing the ocean of material existence. Conversely, materialists often proclaim spiritual science as a waste of time and an impediment to material progress. This is also naïve, for without the help of spiritual knowledge; material science has no means of eliminating the negative propensities of the mind. We may harness external nature through modern technology to multiply our bodily comforts, but how will we harness the forces of our internal nature, such as lust, anger, greed, envy, and illusion?

Sincere and regular practice of all the five arms of Jagadguru Kripalu Yog is the best method of attaining the inner peace and tranquility; we so eagerly seek from all quarters.

Swami Mukundananda's extensive tour of USA in 2009 - 'Wellness for Life', is aimed at empowering people with the rock solid techniques of Jagadguru Kripalu Yog in their daily lives to eliminate stress, anxiety, and strife. The greatest benefit that you can take home from this association is the Divine knowledge of the eternal path to God realization and being closer to God, wherever you are.

## Radhey Shyam Yog Asans:

These specially selected simple set of yogasanas, are highly effective for keeping all the systems of the body healthy-digestive system, circulatory system, endocrine system and respiratory system.

## Radhey Naam Pranayam:

It is a very special set of breathing exercises imbued with Divine Grace, for enhancing the dormant pran shakti, or vital energy within the body.

## Roop-Dhyan Meditation:

This is a unique and esoteric process of meditation for bridling the restless mind. It cleanses the mind from within, bringing about peace, concentration and purity.

## Subtle Body Meditation:

This is an easy technique to relax and recharge your body and mind. It rejuvenates the body and brings peace of mind.

## Science of Proper Diet:

It teaches us about the nutritive constituents in vegetarian natural foods & the proper eating habits that are beneficial for the body.

