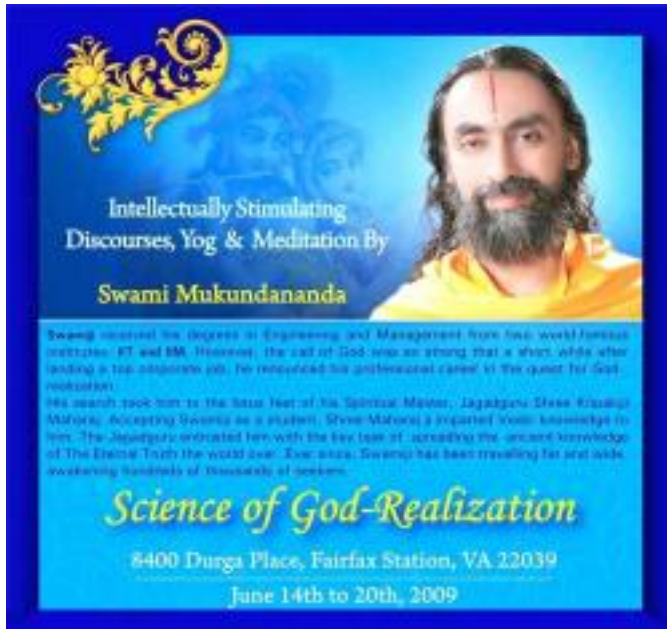


Yog Sessions & Discourses on 'The Science of the Soul & God-Realization' by Swami Mukundananda

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Category: [Associations & Organizations](#)

Press release from: [Jagadguru Kripalu Yog](#)



Swami Mukundananda, a renowned saint from India is conducting week-long of Yog Sessions with Series of Lectures on 'The Science of the Soul & God-Realization' in eleven cities across the US.

Swami jee, after attaining Engineering and Management degrees from two of Asia's premier institutes (IIT, Delhi & IIM, Calcutta resp.), renounced a high profile Managerial Job in his early twenties to embrace Spirituality. He is one of the foremost Disciple of Jagadguru Shree Kripaluji Maharaj and since more last twenty-five years, he has been spreading the Message of His Guru across several continents.

He is to organize a week-long session between 14th to 20th of June, 2009, at Shree Durga Temple, 8400 Durga Place, Fairfax Station, VA 22039. Jagadguru Kripalu Yog (JKY), headed by Swami Mukundananda is offering free online registration for attending these yoga and Discourses classes.

•JAGADGURU KRIPALU YOG•

Jagadguru Kripalu Yog (J.K.Y.) is a set of Composite Yogic Techniques based on the revelations of Jagadguru Shree Kripaluji Maharaj. J.K.Y. conglomerates all the ancient schools of Yoga such as Ashtang Yog, Hatha Yog, Kundalini Yog, Dhyana Yog etc. into various physical, breathing, psychic and consciousness-related exercises such as Subtle Body Relaxation (S.B.R.), Creative Meditation (Rup Dhyana), Divine-Vibration Asanas and Pranayama, Dietary Guidance to nurture the soul and also an in-depth analytical series of lectures on 'The Science of the Soul & God Realization'.

Jagadguru Kripaluji Maharaj suggests that merely a fit body cannot offer a healthy state of mind and merely a healthy state of mind cannot prevent innate diseases on consciousness of humans such as death and rebirth. While the body mechanism is based on the acids and chemicals, the mental system is based on thoughts, desires, images, karmas, intentions, intelligence, instincts and much more complex and subtle codes of para-psychology.

The root-cause to all the problems of our lives is due to our oblivion to our real identity. When a soul identifies itself with

body, mind, qualifications, society, desires etc., it tends limit itself to the limit of its identifications. This clips its wings of its real abilities and powers.

Being part and parcel of the Supreme Being, a soul naturally hankers after bliss. But nature of material pleasure is both limited and diminishing, whereas soul is eternal. So, after a point in time, the soul stops getting any pleasure from the object, resulting in dejection and depression. Swami Mukundananda the Head of J.K.Y., through deep Science of Vedic Wisdom, teaches a soul how to identify its real abilities and unlock the treasure within. The Vedas Reveal that the Spiritual Bliss is not only unlimited but is also ever increasing; and this corresponds to the nature of soul also.

So, the only way out is to know our Hidden Identity and means to achieve the pure consciousness. To make the mass achieve this has been the main endeavor of Jagadguru Shree Kripaluji Maharaj and His disciple Swami Mukundananda.

We invite you to attend this Session and hope to see you there.

Jagadguru Kripalu Yog is a US (Santa Clara, CA.) registered Non-Profit Institution presided over by Swami Mukundananda. The Institution is incorporated on the Teachings of Jagadguru Shree Kripalu Jee Maharaj to spread the Yog Consciousness across the globe.

Having its origins from Jagadguru Kripalu Yog Trust, India, JKY, US strives to achieve Her mission of spreading Vedic Yog consciousness across the North America.

Jagadguru Shree Kripalu Jee Maharaj, who nurtured the seed of this Missionary Movement, is the Fifth Principal and Original Jagadguru of the Sanatan Vedic Dharm. He is only the Fifth Person in past five-thousand years to have been honored with this Divine Title of Jagadguru (meaning the Universal Teacher of the Vedic Science.)

Swami Mukundananda, the all in all of the JKYog is one of the foremost disciples of Jagadguru Shree Kripalujee Maharaj and under His Grace, Guidance and Divine Orders has been preaching this Vedic Science since more than past twenty five years.

Along with endeavoring to achieve the Missionary Goals, JKYT conducts multiple philanthropic activities such as feeling the poor and less privileged, Financial Aid in Calamity Hit areas, conducting cataract removal camp, blood-donation camp and many more.

- Address: Shree Durga Temple, 8400 Durga Place, Fairfax Station, VA 22039.
- Timings: Sunday (14th June): 16:00-17:00, Yog Sessions. 17:00-18:30, Spiritual Discourses on The Science of the Soul and God Realization.

Monday-Friday (15-19th June: 17:30-18:30, Yog Sessions. 18:30-20:00, Spiritual Discourses on The Science of the Soul and God Realization'.

Saturday (20th June): 10:30-11:30, Yog Sessions. 11:30-13:00, Discourses on the Science of the Soul and God Realization.

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- Web-site: Please have your free register online at: www.JKYOG.org/events_virginia.html

For further information as to Swami jee's US Tour itinerary and preaching please visit: www.JKYOG.org

[You can find this press release here](#)