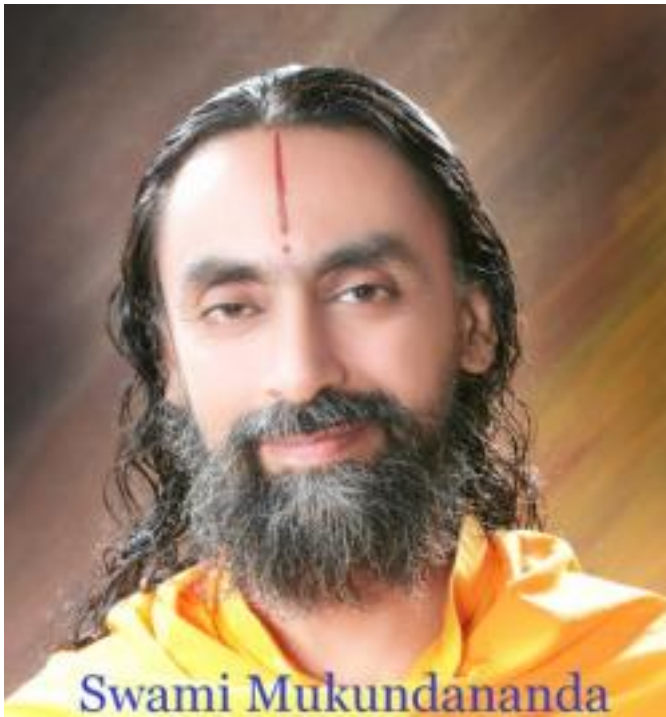


Yoga, Meditation & Discourses on 'The Science of the Soul, Path To Self Realization & God-Realization By Swami Mukundananda In Houston, TX, Between 1-7 August, 2009

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Category: [Science & Education](#)

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



Swami Mukundananda, the founder of Jagadguru Kripalu Yog, is to organize week-long Sessions on Yoga, Meditation & Lecture Series on 'The Science of the Soul & God-Realization' in eleven cities across the US; one of which will be organized between 1st-7th August, at Sanatan Shiv Shakti Mandir, 5645 Hillcroft Avenue; Ste 701, Houston, TX 77036

Swami Mukundananda, after obtaining Engineering & Management degrees from two of Asia's premier institutes (IIT & IIM resp.), renounced a high profile corporate career to embrace Spirituality. He is one of the foremost Disciples of Jagadguru Shree Kripaluji Maharaj, and has been preaching the Divine Vedic-Wisdom across the Globe for more than past twenty-five years.

"Wellness for life: Reach the Treasure Within" is a holistic Life-style revealed by the 'Jagadguru Kripalu Yog'. This Complete Life-style has been intelligently designed by synthesizing different schools of ancient Yoga such as Ashtang Yoga, Samkhya Yoga etc., rejuvenating the body, mind and soul.

The Pioneer of this Unique Art is the Fifth Principal & Original Jagadguru or the Universal Guru, Shree Kripaluji Maharaj. Jagadguru Shree Kripaluji Maharaj is only the Fifth Such Divine Personality in past five-thousand years to have been honored with this prestigious Title.

There will be conducted Two Separate Events One after the other. The First being The Lectures on 'The Science of Soul and the God-realization', followed by Sessions on Yog-Meditation.

- Address: Sanatan Shiv Shakti Mandir, 5645 Hillcroft Avenue, Ste 701, Houston, TX 77036

• Contact: Shreya Bhat- (972) 527-6195, Pravin Vyas- (281) 495 1856

• Timings: 1st & 2nd August, 2009- Yog & Meditation Classes-1100 To 1200 Hrs., Lectures on Science of God Realization-1200 To 1330 Hrs.

3rd to 7th August, 2009- Yog & Meditation Classes -1800 Hrs. To 1900 Hrs., Lectures on Science of God Realization-1900-2030 Hrs.

• E-mail: secretary@jkyog.org;

• Web-site: For Registration, visit:

www.JKYOG.org/events_houston.html

Find the Event-Flyer:

jkyog.org/share/local-flyer-houston.jpg

•JAGADGURU KRIPALU YOG•

• Yoga Meaning & Purpose: Ancient Vedic Scriptures define Yoga (actually Yog) as Union between the individual soul (jeevatma) and the Cosmic Being (Paramatma). Yoga is a science revealed by God Himself known as the Vedas. The Yoga is actually more than just Asanas and Pranayam...these two are very fledgling stages of Yoga. Unfortunately the present yoga fails to go beyond the Asanas and Pranayams... Yoga Practice Authentically begins with Yam and Niyam (sensory and habitual abstinence for deeper purification of mind), but most of the yoga schools start right away with Asanas and Pranayam.

• Physical, Psychological, Parapsychological and Spiritual Benefits of Yoga: while the Asanas and Pranayam can, to an extent, help us maintain a fit body and a healthy mind, they fail to address our finer components such as habits, tendencies, desires etc. As these finer components remain unattended, our innate diseases such as lust, anger, pride, jealousy, passion etc. fail to be healed, resulting in depression and number of other psychological and other diseases. Jagadguru Kripalu Yog elucidates practical means to tackle our innate diseases sown deep within our mind.

While there have been multiple schools of Yoga around the world, there is not only a confusion as to which one is complete but there also hovers a doubt in one's mind as to which one is adoptable to his/her life-style.

Jagadguru Kripaluji Maharaj, the Pioneer of JKY suggests that Yoga be:

• Authentic: Corresponding to the Vedic Texts and not merely a new-age modification.

• Absolute: The Yoga practiced should be absolute in nature. It should meet its definition of uniting the individual soul with the Supreme Soul.

• Comprehensive: Yoga should be wholesome in nature. A human personality is made up of five layers. Physical body, vital-air plexus, desires, contemplations, intelligence, mind, ego and of course, the soul. However, the Vedas Real that we are not these layers, we are soul. The True Yoga, corresponding to the Scriptures addresses and heals all these finer components of being, and not just physical body or mind. Jagadguru Shree Kripaluji Maharaj has revealed this unique JKYog Techniques through Simplified and Wholesome exercises such as SBR, Creative-Meditation, Di-Vibe Asanas and Pranayam which are comprehensive in nature.

• Simple & Practicable: In to-day's ever changing world, the general mass has no time for Esoteric and Idealistic Yogic Techniques. But Jagadguru Shree Kripaluji Maharaj has elucidated (so to speak) those Esoteric Yoga Doctrines in a way the layperson can understand it fully and practice it in its daily life.

Jagadguru Kripalu Yog (JKY) is a set of Composite Yoga Techniques based on the revelations of Jagadguru Shree Kripaluji Maharaj. JKY conglomerates all the ancient schools of Yoga such as Ashtang Yoga, Hatha Yoga, Kundalini Yoga, Dhyan Yoga 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, Path to Self-Realization and God Realization'.

This Composite set of simple exercises, designed by synthesizing all the ancient Yoga systems such as Ashtanga yoga, Dhyana yoga, Samkhya Yoga etc. correspond to all the finer components of a human being, recharging and rejuvenating the body, mind, intellect and the Soul.

Jagadguru Kripaluji Maharaj suggests that merely a fit body cannot offer a healthy state of mind and a healthy state of mind cannot prevent innate diseases of human consciousness such as death and rebirth. While the body mechanism primarily functions through vitamins, proteins (acids and chemicals), the mental system is based on thoughts, desires, karmas, intentions, intelligence, instincts and much more complex and subtle codes of parapsychology.

- **The Science of the Soul:** As stated earlier, the human personality is composed of various components. They are called the Panch-Kosh, or Five Sheaths over the soul. The first one is the layer of our physical body, second, layer of ten kinds of breaths within our body and the seven kinds of chakra; the third layer over Atma is that of our desires and thoughts; the fourth layer is that of the information that we might have gathered over our past innumerable births, our tendencies and biases based on such information. The much talked about Kundalini also is covered within this layer of Vigyanmaya kosh. And finally the fifth layer is that our very instinct to always hunt for material sense-gratification. Our actual Identity is dumped way under these five sheaths.
- **Offering Perpetual Solution through the Self Realization:** 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, its social image, its desires etc., it tends restricts itself to the limit of its identifications. This clips its wings of its real nature and abilities.
- **Nurturing the Soul with Proper Dietary Guidance:** The Sessions will also include a detailed guidance on what to and what not to eat and how to maintain a diet that would incur minimal karmic bondage and nurture the soul along with the body.
- **Nature of Material Pleasure and Spiritual Bliss:** 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 the soul is eternal. So, after a point in time, the soul stops deriving any pleasure from the desired object, resulting in dejection and depression and/or anger.
- **God Realization:** Swami Mukundananda the Founder of JKY, 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 that is what has been the main endeavor of Jagadguru Shree Kripaluji Maharaj and His disciple, Swami Mukundananda.

[N.B. - Jagadguru Kripalu Yog (JKY) is Altogether a Unique Yoga Consciousness Movement, based on the Teachings of Jagadguru Shree Kripaluji Maharaj. Please do not mistake 'Jagadguru Kripalu Yog' for 'Kripalu Yoga'.]

Disclaimer:

Yoga is a Vedic, Scientific and Proven Technique for Spiritual Elevation & Mental and Physical Rehabilitation. However, JKY advises all the participants to seek a qualified physician's advice/permission prior to attending the Yog-Meditation Sessions.

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Jagadguru Kripalu Yog

Jagadguru Kripalu Yog is a Non-Profit Organization, founded by Swami Mukundananda under the Graceful Guidance and Order of his Guru, Jagadguru Shree Kripalu Jee Maharaj. JKY is committed & dedicated to 'Spiritual -Elevation' of the souls of the entire world.

Having Her origins from Jagadguru Kripalu Yog Trust in India, JKY, U.S.A. strives to achieve Her mission of Effecting Spiritual Rehabilitation of the World, through correct Yoga Science that corresponds to its Original Texts.

Jagadguru Shree Kripalu Jee Maharaj, Who has sown & nurtured the seed of this Missionary Movement, is the Fifth Principal & 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 Founder of the JKYog, is one of the foremost disciples of Jagadguru Shree Kripalu Jee Maharaj and under His Guru's Grace, Guidance and Divine Orders has been preaching the Vedic Science since more than past twenty five years.

Along with endeavoring to achieve the Missionary Goals, JKY conducts multiple philanthropic activities such as feeding the poor and less privileged, Financial Aid in Calamity-hit areas, conducting eye-cataract removal camps, blood-donation camps and more.

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