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JKYog

welcomes you to

2022

West Coast Retreat



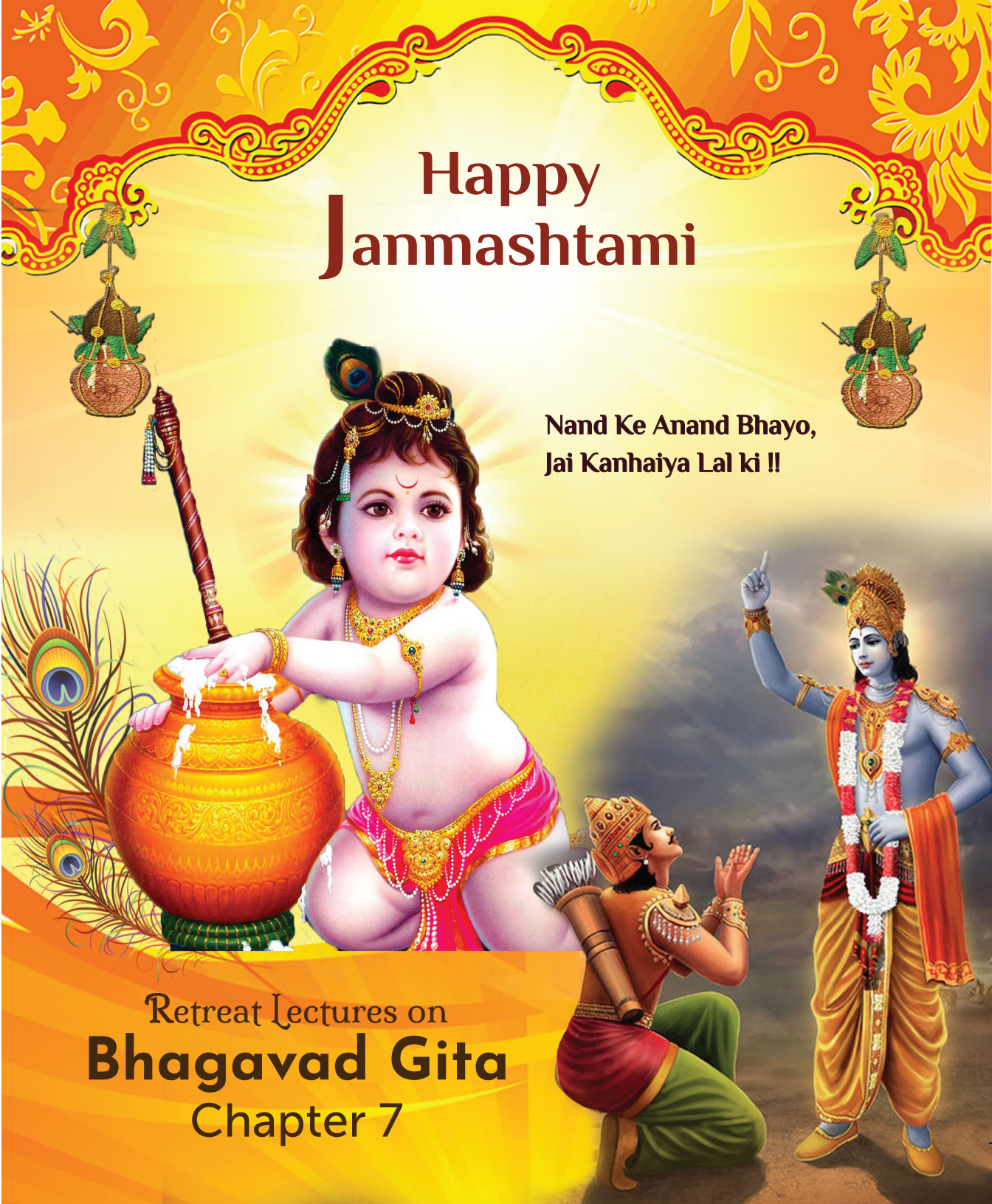
A Spiritual Celebration for the Whole Family!



Happy Janmashtami

Nand Ke Anand Bhayo,
Jai Kanhaiya Lal ki !!

Retreat Lectures on
Bhagavad Gita
Chapter 7





Dear Devotees,

We welcome you to JKYog's 2022 Retreat and Shree Krishna Janmashtami celebrations in Fresno, CA! We are looking forward to a wonderful devotional experience with you and all the participants.

Radhey Radhey,
JKYog Team

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Shree RadhaKrishnabhyam Namah

Retreat Schedule

Day 1: Friday, July 29th

Time	Program	Children's Program
11.00 am to 12.00 pm	Check in at the Registration desk	
12.00 pm to 1.00 pm	Lunch	
1:00 pm to 2:00 pm	Prayer, Aarti and Sadhana	Join main program
2:00 pm to 3:00 pm	Orientation & Discourse by Swamiji	Bal-Mukund
3:00 pm to 3:30 pm	Break	
3:30 pm to 4:20 pm	Sadhana and Meditation	Bal-Mukund/Youth Club
4:20 pm to 5:20 pm	Yogasans & Pranayam	Join main program
5:20 pm to 7:00 pm	Janmashtami celebrations + Q&A	Join main program
7:00 pm to 8:00 pm	Dinner	
8:00 pm to 9:00 pm	Lecture by Swamiji	Bal-Mukund
9:00 pm to 10:00 pm	Sadhana	Bal-Mukund/Youth Club
10:00 pm to 5:00 am	Lights Out (Sleep)	Lights Out (Sleep)

Day 2: Saturday, July 30th

Time	Program	Children's Program
6:00 am to 7:00 am	Yogasans & Subtle Body Relaxation	
7:00 am to 7:30 am	Prayer/Aarti/Radha Govind Chanting	
7:30 am to 8:30 am	Breakfast	
8:30 am to 9:30 am	Lecture by Swamiji	Bal-Mukund
9:30 am to 10:30 am	Sadhana	Bal-Mukund/Youth Club
10:30 am to 11:25 am	Bhajan Competition	Join main program
11:25 am to noon	Q&A Session	Join main program
12:00 pm to 2:00 pm	Lunch & Rest	

Retreat Schedule

Day 2: Saturday, July 30th (continued)

Time	Program	Children's Program
2:00 pm to 3:00 pm	Sadhana	Bal-Mukund/Youth Club
3:00 pm to 3:30 pm	Shree Maharajji's Video Lecture	Bal-Mukund/Youth Club
3:30 pm to 3:45 pm	Memorable Moments	Bal-Mukund/Youth Club
3:45 pm to 4:45 pm	Interactive Activity	
4:45 pm to 5:00 pm	Break	
5:00 pm to 7:00 pm	Parikrama and Q&A	Join main program
7:00 pm to 8:00 pm	Dinner	
8:00 pm to 9:00 pm	Lecture by Swamiji	Bal-Mukund
9:00 pm to 10:00 pm	Sadhana	Bal-Mukund/Youth Club
10:00 pm to 5:00 am	Lights Out (Sleep)	Lights Out (Sleep)

Day 3: Sunday, July 31st

Time	Program	Children's Program
6:00 am to 7:00 am	Yogasans & Subtle Body Relaxation	
7:00 am to 7:30 am	Prayer/Aarti/Radha Govind Chanting	
7:30 am to 8:30 am	Breakfast & Checkout	
8:30 am to 9:00 am	Sadhana	Bal-Mukund/Youth Club
9:00 am to 10:00 am	Lecture by Swamiji	Bal-Mukund
10:00 am to 10:30 am	Maharajji's Charan Poojan & Bhajans	Join main program
10:30 am to 10:50 am	Bal-Mukund & Youth Club Awards	Join main program
10:50 am to 11:30 am	Testimonials	Join main program
11:30 am to 12:30 pm	Lunch & Checkout	

Making the Most of Your Retreat Experience!



This retreat is your opportunity to learn and practice powerful spiritual secrets, get your doubts clarified, and absorb your mind in spiritual bliss through a variety of programs. The retreat schedule has been carefully designed to help you derive the most benefit in the shortest amount of time. In order to help you maximize your spiritual benefit, we recommend that you follow these guidelines during your time at the retreat:

- Attend all the retreat sessions and make a sincere effort to be on time to every session.
- Please switch off your cell phone while inside the retreat hall.
- Make a sincere effort to keep your mind in God at all times. Avoid non-spiritual conversations. Utilize spare time for your personal study, silent contemplation, or to volunteer and render service. This will intensify your spiritual progress.
- Abstain from activities that hinder spiritual progress - such as smoking, drinking, or eating non-vegetarian food.
- This booklet contains *Bhagavad Gita Chapter 7* verses with translation. Bring this booklet to all the lecture sessions.
- Bring the kirtan books (*Sankirtan Madhuri* and *Sankirtan Sudha*) to all the kirtan sessions. They can be purchased at the bookstall, or during check-in.
- Use the *Radhey Shyami* shawls to remind you and your fellow devotees of the presence of God. Wear them during kirtan sessions, and as often as possible during other retreat programs.
- Please note the Bal-Mukund and JKYog Youth Club retreat schedule and ensure that your children report on time to the respective rooms at the hotel for all retreat activities.
- We encourage you to have discussions whenever possible with your children about their retreat experience and what they are learning in-between retreat sessions over the weekend and in the evenings before bedtime, rather than turning on the television, radio or video games.

BHAGAVAD GITA

Chapter 7

Karm Sanyas Yog

1. श्रीभगवानुवाच |

मय्यासक्तमनाः पार्थ योगं युञ्जन्मदाश्रयः |

असंशयं समग्रं मां यथा ज्ञास्यसि तच्छृणु || 1||

śhrī bhagavān uvācha

mayyāsakta-manāḥ pārtha yogam yuñjan mad-āśhrayah

asanśhayam samagram māṁ yathā jñāsyasi tach chhṛiṇu

The Supreme Lord said: Now listen, O Arjun, how, with the mind attached exclusively to Me, and surrendering to Me through the practice of bhakti yog, you can know Me completely, free from doubt.

2. ज्ञानं तेऽहं सविज्ञानमिदं वक्ष्याम्यशेषतः |

यज्ज्ञात्वा नेह भूयोऽन्यज्ज्ञातव्यमवशिष्यते || 2||

jñānam te 'haṁ sa-vijñānam idam vakṣhyāmyaśheṣataḥ

yaj jñātvā neha bhūyo 'nyaj jñātavyam-avaśhiṣhyate

I shall now reveal unto you fully this knowledge and wisdom, knowing which nothing else remains to be known in this world.

3. मनुष्याणां सहस्रेषु कश्चिद्यतति सिद्धये |

यततामपि सिद्धानां कश्चिन्मां वेत्ति तत्त्वतः || 3||

manuṣhyāṇām sahasreṣhu kaśchid yatati siddhaye

yatatām api siddhānām kaśchin māṁ vetti tattvataḥ

Among thousands of persons, hardly one strives for perfection; and among those who have achieved perfection, hardly one knows Me in truth.

4. भूमिरापोऽनलो वायुः खं मनो बुद्धिरेव च ।

अहङ्कार इतीयं मे भिन्ना प्रकृतिरष्टधा ॥ 4॥

bhūmir-āpo 'nalo vāyuh kham mano buddhir eva cha

ahankāra itīyaṁ me bhinnā prakṛtir aṣṭadhā

Earth, water, fire, air, space, mind, intellect, and ego—these are eight components of My material energy.

5. अपरेयमितस्त्वन्यां प्रकृतिं विद्धि मे पराम् ।

जीवभूतां महाबाहो ययेदं धार्यते जगत् ॥ 5॥

apareyam itas tvanyāṁ prakṛtiṁ viddhi me parām

jīva-bhūtāṁ mahā-bāho yayedam dhāryate jagat

Such is My inferior energy. But beyond it, O mighty-armed Arjun, I have a superior energy. This is the jīva shakti (the soul energy), which comprises embodied souls who are the basis of life in this world.

6. एतद्योनीनि भूतानि सर्वाणीत्युपधारय ।

अहं कृत्स्नस्य जगतः प्रभवः प्रलयस्तथा ॥ 6॥

etad-yonīni bhūtāni sarvāṇītyupadhāraya

aham kṛitsnasya jagataḥ prabhavaḥ pralayaḥ tathā

Know that all living beings are manifested by these two energies of Mine. I am the source of the entire creation, and into Me it again dissolves.

7. मत्तः परतरं नान्यत्किञ्चिदस्ति धनञ्जय ।

मयि सर्वमिदं प्रोतं सूत्रे मणिगणा इव ॥ 7॥

mattaḥ parataram nānyat kiñchid asti dhanañjaya

mayi sarvam idam protam sūtre maṇi-gaṇā iva

There is nothing higher than Myself, O Arjun. Everything rests in Me as beads strung on a thread.

8. रसोऽहमप्सु कौन्तेय प्रभास्मि शशिसूर्ययोः ।

प्रणवः सर्ववेदेषु शब्दः खे पौरुषं नृषु ॥ 8॥

raso 'ham apsu kaunteya prabhāsmi śhaśhi-sūryayoḥ

praṇavaḥ sarva-vedeṣhu śhabdaḥ khe pauruṣhaṁ nṛiṣhu

I am the taste in water, O son of Kunti, and the radiance of the sun and the moon. I am the sacred syllable 'Om' in the Vedic mantras; I am the sound in ether, and the ability in humans.

9. पुण्यो गन्धः पृथिव्यां च तेजश्चास्मि विभावसौ ।

जीवनं सर्वभूतेषु तपश्चास्मि तपस्विषु ॥ 9॥

punyaḥ gandhaḥ pṛthivyām cha tejaśh chāsmi vibhāvasau

jīvanam sarva-bhūteṣhu tapaśh chāsmi tapasviṣhu

I am the pure fragrance of the earth and the brilliance in fire. I am the life force in all beings and the penance of the ascetics.

10. बीजं मां सर्वभूतानां विद्धि पार्थ सनातनम् ।

बुद्धिर्बुद्धिमतामस्मि तेजस्तेजस्विनामहम् ॥ 10॥

bījaṁ mām sarva-bhūtānām viddhi pārtha sanātanam

buddhir buddhimatām asmi tejas tejasvinām aham

O Arjun, know that I am the eternal seed of all beings. I am the intellect of the intelligent and the splendour of the glorious.

11. बलं बलवतां चाहं कामरागविवर्जितम् ।

धर्माविरुद्धो भूतेषु कामोऽस्मि भरतर्षभ ॥ 11॥

balam balavatām chāhaṁ kāma-rāga-vivarjitam

dharmaḥviruddho bhūteṣhu kāmo 'smi bharatarṣhabha

O best of Bharatas, in strong persons, I am their strength devoid of desire and passion. I am sexual activity not conflicting with virtue or scriptural injunctions.

12. ये चैव सात्त्विका भावा राजसास्तामसाश्च ये |

मत्त एवेति तान्विद्धि न त्वहं तेषु ते मयि || 12||

ye chaiva sāttvikā bhāvā rājasās tāmasāśh cha ye

matta eveti tāt viddhi na tvaham teshu te mayi

The three states of material existence—goodness, passion, and ignorance—are manifested by My energy. They are in Me, but I am beyond them.

13. त्रिभिर्गुणमयैर्भावैरेभिः सर्वमिदं जगत् |

मोहितं नाभिजानाति मामेभ्यः परमव्ययम् || 13||

tribhir guṇa-mayair bhāvair ebhiḥ sarvam idaṁ jagat

mohitaṁ nābhijānāti māmehbhyah param avyayam

Deluded by the three modes of maya, people in this world are unable to know Me, the imperishable and eternal.

14. दैवी ह्येषा गुणमयी मम माया दुरत्यया |

मामेव ये प्रपद्यन्ते मायामेतां तरन्ति ते || 14||

daivī hyeṣhā guṇa-mayī mama māyā duratyayā

mām eva ye prapadyante māyām etāṁ taranti te

My divine energy maya, consisting of the three modes of nature, is very difficult to overcome. But those who surrender unto Me cross over it easily.

15. न मां दुष्कृतिनो मूढाः प्रपद्यन्ते नराधमाः |

माययापहृतज्ञाना आसुरं भावमाश्रिताः || 15||

na mām duṣhkṛitino mūḍhāḥ prapadyante narādhamāḥ

māyayāpahrita-jñānā āsuram bhāvam āśhritāḥ

Four kinds of people do not surrender unto Me—those ignorant of knowledge, those who lazily follow their lower nature though capable of knowing Me, those with deluded intellect, and those with a demoniac nature.

Volunteering (Seva) Opportunities

Seva done with the right intention and feelings of servitude enhances our devotional experience and greatly helps in our spiritual progress. There are many opportunities for you to do seva, both during and after the retreat.

During the Retreat

- Food serving
- Arrangement of seating and other items
- Photography/Video
- Removing setup at end of retreat

After the Retreat

- Social media promotion
- Video/Audio editing
- Graphics editing
- Creative writing
- Volunteering at Satsangs
- Volunteering at Bal-Mukund

Volunteer your time and talents, as per your interest.

Contact Shreya Bhat at (972) 757-8069 to learn more!

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