

Shubh Vilas Pr | Life Lessons from Ramayana

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Topic - **Life Lessons from Ramayana**

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- **There 3 parts of Ramayana -**
 - 1st is names of character of Ramayana and how they are relatable in our own lives
 - 2nd part of ramayana from one incident from ramayana that how is relatable to us in our own lives
 - 3rd part of ramayana that entire ramayana is relatable to us
- Each character of ramayana is relatable to us and Ramayana is not the age old book but the presently applicable book
- Word rama means one who gives pleasure to others and the moment you take the word of Rama then you feel like smiling and there are some people in our own lives that as soon as we look at them we feels like smiling, happy and inspired
- Another character is Ravana which means one who makes other cry and the moment you look at such person you feel like crying. Rama and Ravana is not gone but they are still present in this day and age
- Another personality is dashrath which means rath means chariot and dashrath means one whose chariot moves in 10 directions.
- The Word dashrath also means or the concept of rath is actually mean the body. And we have 10 senses (5 knowledge acquring and working senses) and dashrath means one whose 10 senses are under his control
- Dashrath stays in ayodhya and ayodhya comes from the word yudha and ayodhya means where there is no yudha or no fights which essentially means ayodhya represents mind or it represents the place which is peaceful
- And someone whose 10 senses are under his control and mind is peaceful for such a person's life, Rama or God is born and it means if you have all the 10 senses are in control and our mind is peaceful then we will definitely give birth Rama in our lives
- In Ramayana, there is dashananda who has 10 heads refers to Ravana or it means all his 10 senses are out of control and dashrath means one who has controlled all his 10 senses and dashananda means one whose 10 senses are out of control and dashananda lives in lanka and lanka is the place where there is no peace and in lanka no one sleeps at night because in MB explains 6 reason why people don't sleep at night -
 - If we are stolen someone else's property then you don't get sleep at night
- And nothing in lanka is belongs to people of lanka but it was all stolen from here and there and therefore there is no sleep at night
- In bombay, specially we don't generally sleep at night that it just mean is something that there is lot of disturbance in our own lives which we unable to get sleep at night
- Another personality known as vali and these Vali has an ability to get a half strengths of his enemy and vali exist in our lives and he represents temptations of our life. Suppose someone has diabetes and if you bring gulab jamun to that person then the temptation to say a NO becomes decreases and gulab jamun becomes double powerful.
- Don't think the character of Ramayana is told and gone. Character of Ramayana is still there and Every character of ramayana is represent in our own life. And if we understand Ramayana then we can able to understand the real life lessons in our own life or it can bring impact in our own personal lives
- In Ayodhya, everyone is very perfect and pure but there are two types of diseases in this world - physical and mental diseases. And Physical diseases are sometimes contagious and sometimes not,

- Suppose you sit next to cancer patient then you will not will affected. Some diseases are contagious and some are not Or if you sit beside of mental diseases then you will also get that disease. If you associate with envious, you become like envious or if you associate with fault finders, you will become like that..
- In ayodhya, no one has mental diseases, except one. That was Mahntra who comes from afghanishta and in ayodhya is suffering from mental diseases of envy in her mind and spend time with kaikai and transferred all mental disease to kaikai and then kaikai also suffering from mental disease just by association of mahntra.
- Dashrath came to know and he went to help kaikai and he was thinking that I will help her to come out of disease and Lot of times we have the tendency that we will solve the problems instead of taking doctor along with you. And started talking with kaikai and just a 10mins scene changed, Like Dashrath was lying on the floor and kaikai was standing. So, dashrath was infected by mental diseases.
- When a Normal person get diseases then 4 person in family get sick but when a leader get sick and entire country get sick and when entire country get sick then sita and rama walks out from place i.e peace and God walks out from their place
- Now whole ayodhya was total messed but there is only one person who was alright and that was vashishta muni
- And vaishishta muni thinks that how will I treat them alone? I need help and decided to call one more person from someone else's and that was bharat.
- And when bharat came to ayodhya and bharat saw that everyone was crying in ayodhya and bharat said I am not capable to deal with problems to everyone and bharat took everyone to chitrakoot when associate with Rama then everyone felt very satisfied.
- As preachers we tend to think that we can solve everyone's problems but actually fact is that no one solves anyone's problems and only a person will solve everybody's problem is God and best way preacher can do is Just connect to the person with God all problems in our life get rid from all problems.
- Every single episode of ramayana is powerful relevance in our own lives
- Ramayana takes place in 3 cities - ayodhya, kishkindha and lanka and these cities represents 3 different mindsets
- Ayodhya represents mind set of sanskriti or culture and people of ayodhya are highly culture people. And in ayodhya, there is no shops who sell locks and no person who gives charity because there is no beggar.
- People of lanka is exactly opposite - here people are in lanka are like vikruti and which means vulture. People of lankas are like vultures and they just snatches from others and their principles is to eat, sleep, drink and merry. And that's what a culture of today's day and age
- We all saw the ads of nike - just do it and that is the principle of lanka
- **Ayodhya** - People are avyodhya are very grateful and someone does something then they remembers forever and express gratitude unto them
- During the celebration of sitadevi marriage and sita devi was crying tears and rama asked her why do you crying and sita told rama that during celebration someone who was throwing colors in air and someone threw red powder in air and sita remembers the sacrifice of jatayu and when ravana tries to abduct sita, jatayu came and was trying to save her and ravana slashed out the wings of jatayu and blood of jatayu splashed off all over the air and when red powder thrown on the air then sita remembers jatayu's sacrifice and started crying
- Sita devi is in the peak of success and she is remembering someone's sacrifice and this is called gratitude and people of ayodhya is very grateful
- **Lanka** - People in lanka they have no gratitude for anyone and Ravana was meditating on Shiva and finally shiva appeared to fulfill his desires and ravana asks 2 boons - aatma lingam and your wife parvati.
- **Kishkindha** - People of Kishikinda are the person who are not grateful and it is not that they are ungrateful but they just forget to be grateful and if they reminded then they will again become grateful.

- When Rama kills Vali and made sugriva as a king of kishkindha, sugriva was so grateful to Rama for helping him
- Problem of enjoyment is that it is never enough and When you enjoys it just get over very soon and one hour lecture doesn't get over but one hour movie get over quickly and you didn't remember how one hour gets over.
- When you enjoys, time passes quickly and when you suffers, time doesn't pass
- Rama told Laxman to scare sugriva in such a way that he will come running towards Me and don't scare in such a way that he will run away from me.
- Fear is important part of spiritual life and without fear spiritual life doesn't work
- all of us need some fear but fear should not be so much that we run away from lord but it is called healthy fear that makes us closer to God and remembers to be grateful and they become grateful
- People of Kishkinda are like us that they are not grateful but they only need a reminded to be grateful
- People of ayodhya have a very high level of integrity - b/w brothers they won't fight at all and if there is fight b/w brothers then that fight is not b/w right and wrong but fight is b/w what is right and what is more right
- In Lanka, brothers won't fight for different reasons because in lanka, if any brothers fight with ravana then he will kill them directly, so , no fight happens with brothers in lanka, So, in lanka if the fight won't happen then it not because of love but due to fear
- When fights happens, fight never happens b/w wrong and right but fight is always happen b/w what is wrong and what is more wrong
- When sita is in Lanka and kidnapped by Ravana, Ravana's minister were telling him sita here in 10months and why don't you do anything to her, and Ravana says, if I tries to do anything without her sanctions then I will die - I got a curse.
- In kishkinda, the two brothers vali and sugriva's fight and the fight between was right and wrong.
- These are the 3 different countries are the 3 different mindset of Ramayan
- And in kishkinda, there are 3 types of monkeys.
 - One is hanuman type, and hanuman's type of monkeys are like almost like an ayodhyavasis and their mindset is almost like ayodhyas of high integrity and highest level of purity
 - 2nd type of monkey is like vali and the mindset of vali is exactly like ravana and he have no difference b/w ravana
 - 3rd type of monkey is like sugriva which is in between lanka and ayodhya and sugriva's mindset is like sometimes he will be with ayodhya vasis and sometimes he will behave like lankavasis. Just like us.
 - In morning someone comes in our home and they sees we are chanting and they say wow and as a day progresses we slowly becomes demons and in night, we are 100\$ demons
 - We can relate to sugriva a lot because he is sometimes good and sometimes bad. Monkeys is kishkinda are known as vanara. Nara means human and vanara which means are you human?
 - Ramayana is a journey from Lanka towards Ayodhya and we are somewhat reached to kishkinda and not yet reached to ayodhya
 - We shouldn't reached lower and we should try to reach upwards and Journey of Ramayana is the most apt place for us is kishkinda that we are not in lanka and we are not in ayodhya. We have a choice to go either to ayodhya or lanka
 - Ramayana is the interesting way which asks us very pertinent questions of life to solve our problems
- In ramayana there is HNS category which is Ham Nahi Sudhroge - and there are some people no matter what they doesn't change
 - Ravana is the same person who is actually in HNS category

- Just during a war when Rama's army attacked, Ravana goes to Bali maharaj who is the king of sutala loka and he tells bali maharaj that I need help and two monkeys who attacks me and having some problems and one monkey came and burns entire lanka
- and 2nd monkey came just before war when ravana was appreciating his own beauty while looking at mirror, suddenly, he felt wet on his head and he look up and saw that sugriva was spitting on ravana's head
- And 3rd monkey came just before war Rama sent angad to Ravana to give last warning that if you don't return sita then we will fight and angad goes and crashes the hole in ravana's room
- Rama's arrow enters into Valis body just like a pin enters in ripe banana. And Angad said, if you don't return sita then same arrow Rama has also filled and he will kill you also with it.
- Ravana is not interested to leave sita and angad said, I will give demonstration of my powers and stands on ground and if you really thinks that you are strong, then I am putting my leg on ground and shake my leg and show me and ravana sents indrajeet to lift his leg but could not and all the strength gone in vein and nothing happens
- And when Ravana comes to shake his feet and No matter how hard ravana tries but he just could not and now Angad just given something easy to ravana just shake my one toe from ground and Ravana failed to move
- Angad said to Ravana - Because of Lord Rama's name is so powerful and I just took the name of Lord Rama and held my breath and just because of that you were not able to shake my feet. So, just imagine if Rama's name is so powerful, then How powerful Rama could be?
- Bali maharaja said - won't you return back sita? Ravana said, I didn't came for advice, I came for help. And if you want to help then help
- Bali maharaj took him in palace and there was a huge mountain made of pure gold and Ravana is mad for Gold and tries to pick up the mountain of Gold and no matter how he tried but not able to picks it up.
- Bali maharaja said that this not mountain of gold but a gold earring and bali maharaja said this earring is belongs to hiranyaksha and he was such a powerful person who was fighting with Lord Varahadev and that fight was so intense that varaha slapped hiranyakshya tightly and that slap was very powerful that hiranyaksha died and his earrings fell over here
- Bali maharaja said Ravana that you were hiranyakshya in your previous lives and these earring is yours and in this lives, your strength is so less that you cannot even lift your own earring and then he said that same varahadev came as Lord Rama in this yuga and his strength is exactly like a same like varahadev and bali maharaj said, return back sita and ravana said NO
- Therefore, Ravana comes in HNS category and this kind of people no matter how much you gives logic and understanding, they will never understand
- Ramayana is a king of wisdom and so profound and so powerful that has power to change our life and makes us understand our life from this scriptures

Thank you very much
Hare Krishna