

Dada Bhagwan Parivar's

May 2019

Price per copy : ₹ 20/-

AKRAM Express

Lord Shri Ram and Shri Hanuman



Editorial

Dear Friends,

Lord Ram needs no introduction. In the eyes of the entire universe he is the prime example of the perfect son, brother, husband, father, disciple and king. Ultimately he cleared all his karmas and is now liberated from the cycle of birth and death. That is the reason why the entire world worships him as a god.

Hanuman, the supreme devotee of Lord Ram, is also widely worshipped and revered, because of his exceptional devotion to Lord Ram.

Last month we celebrated the birthdays of Lord Rama and Shri Hanuman. So let us appreciate some beautiful events from their lives and become immersed in their devotion.

Shri Ramchandra ki jai...

Pavanputra Hanuman ki jai...

-Dimple Mehta



Lord Shri Ram and Shri Hanuman

Editor : Dimple Mehta

Printer & Published by

Dimple Mehta on behalf of
Mahavideh Foundation
Simandhar City, Adalaj - 382421,
Ta & Dist - Gandhinagar.

Owned by
Mahavideh Foundation
Simandhar City, Adalaj - 382421,
Ta & Dist - Gandhinagar.

Printed at
Amba Offset
B-99, GIDC, Sector-25,
Gandhinagar - 382025.

Published at
Mahavideh Foundation
Simandhar City, Adalaj - 382421,
Ta & Dist-Gandhinagar.

**Akram
Express**

Subscription (English)

Yearly Subscription

India: 200 Rupees

U.S.A.: 15 Dollars

U.K.: 12 Pounds

5 years Subscription

India: 800 Rupees

U.S.A.: 60 Dollars

U.K.: 50 Pounds

Send D.D./M.o.in the
name of 'Mahavideh
Foundation'.

Vol.: 10, Issue : 10

Contl. Issue No.: 118

May 2019

.....

Contact at:

Balvignan Department

Trimandir Sankul,

Simandhar city,

Ahmedabad-Kalol Highway, Adalaj,

Dist.Gandhinagar-382421,Gujarat.

Phone:(079)39830100

email:akramexpress@dadabagwan.o
rg

Website: kids.dadabagwan.org

© 2019, Dada Bhagwan Foundation
All Rights Reserved

॥ Dadaji Says... ॥

Questioner: Is it true that Lord Ram was known as *maryada* (staying within the boundaries of decency, good character) *purushottam* (supreme among men) and Lord Krishna was a *purna purushottam* (Absolute Supreme Being)?

Dadashri: Truly speaking Lord Ram is a *purnapurushottam* as he has attained *moksha* (fully liberated). Lord Ram has become *parmatma* (Absolute Self)

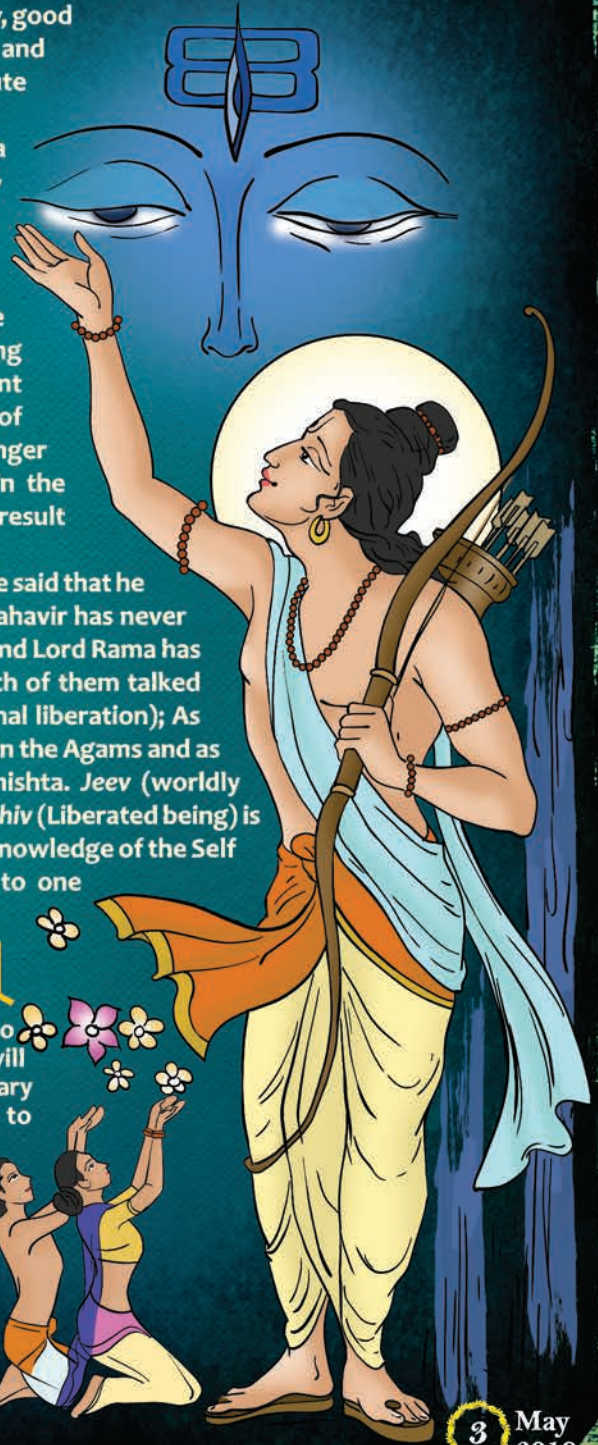
From time immemorial whenever the *muda purush* (Enlightened person) is present, like Lord Mahavir, Lord Krishna, Lord Ram, they bring together people of diverse opinions from different religions and they unify them in the one religion of the Self. Over time when the *muda purush* are no longer present, gradually differences of opinion arise in the world and different religious sects are formed. As a result people lose their inner peace and happiness.

In their entire lives Lord Krishna never once said that he is *Vaishnav* or that his religion is *Vaishnav*, Lord Mahavir has never said that he is *Jain* and that his religion is *Jainism*, and Lord Rama has never said that his religion is that of *Sanatan*. Each of them talked about realizing the Soul and achieving *moksha* (final liberation); As Lord Krishna did in the *Gita*, as the *Tirthankars* did in the *Agams* and as Sage *Vashishta* told Lord Rama in the *Yoga Vashishta*. *Jeev* (worldly beings) are in a state of ignorance about the Self. *Shiv* (Liberated being) is the embodiment of salvation. After receiving the Knowledge of the Self that person becomes *Shiv*. *Shiv* does not refer to one specific person.

॥ 63 Shalakhya Purusho ॥

Shalakhya Purusho are the best of those who are worthy of going to *moksha* (liberation). Others will also go to *moksha* but these men are extraordinary because they achieve great glory and then go to *moksha*. These includes the 24 *Tirthankars* (the absolutely enlightened Lords who can liberate others) and 12 *Chakravartis* (King of kings). Then *Vasudevs* (Those who have evolved from being an ordinary human into becoming God), *Prativasudevs* (rivals of *Vasudev*) and *Balrams* (the righteous elder brothers of the *Vasudevs*. *Balram* and *Vasudev* are always step brothers).

Lord Ram is known as a *Balram*, *Laxman* is known as a *Vasudev* and *Ravan* is known as a *Prativasudev*.

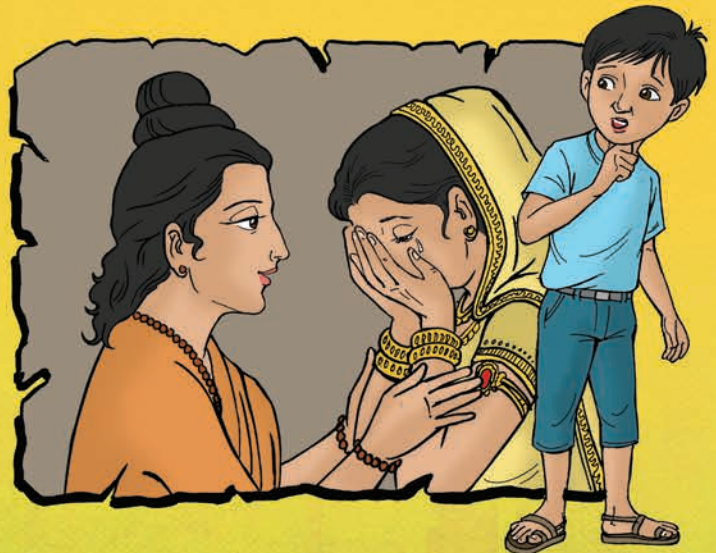


\\ Absolutely New And Different ! \\



Raavan was truly a great soul. He is going to be a Tirthankar in the next cycle of 24 Tirthankars. Lord Rama has never held a grudge against him, then why should we?

Mother Kaikeyi repented a lot after sending Rama to exile. Rama never saw any faults in her. So why should we have negative thoughts about her?



Shri Ram's devotion for his father

"Son Ram..." On the day of Ram's coronation, Dashrath called out to him.

"Yes father," Rama went to his father.

"Son, please have a seat. The thing is that many years ago I had granted Kaikeyi two boons which she said she will ask for when the time was right."

Lord Ram was listening carefully.

"She has asked for them today. Bharat to be the King of Ayodhya and 14 years of exile for you."

There was no change of expression on Rama's face.

"Son, you are the rightful owner of the throne. But to get out of this debt I have to give the throne to Bharat. Son, do you agree?"

King Dashrath kept on looking at Rama. The king's heart was breaking on having to reveal such a dreadful decision to his beloved son. But he had no other option.

Ram was saddened on hearing what his father had to say.

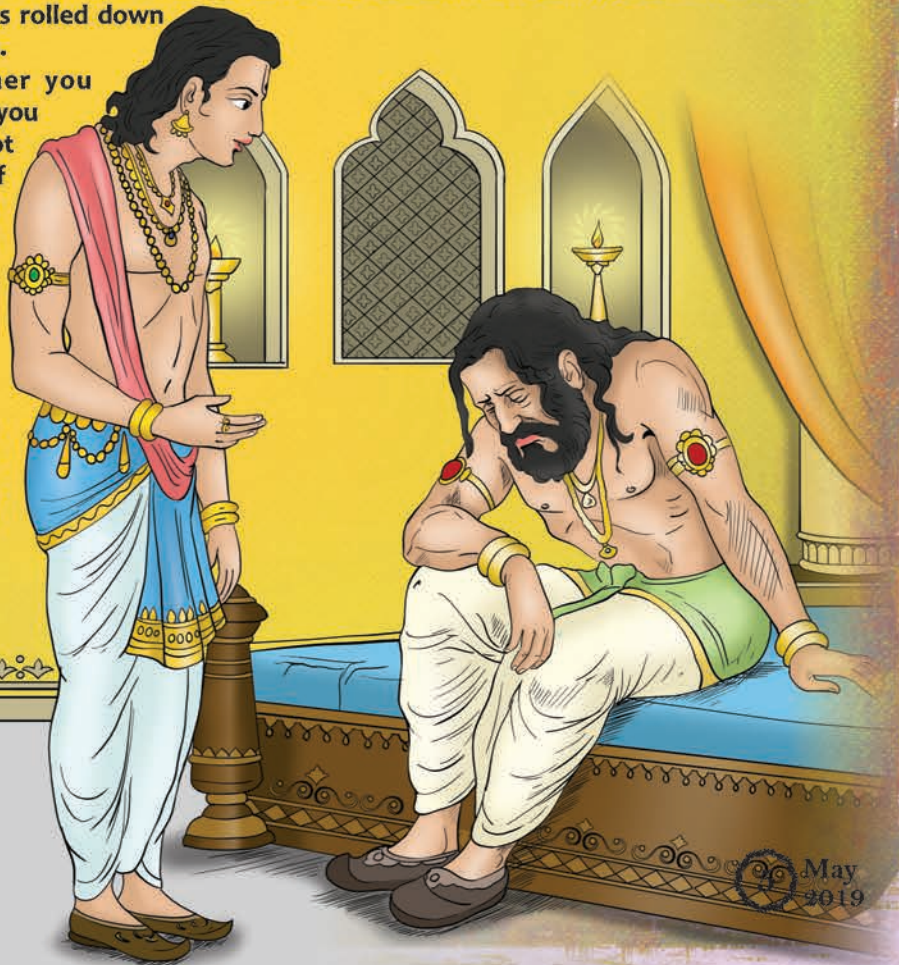
King Dashrath thought, "Ram must be so hurt... and why not... the throne that is rightfully his, I have taken it away from him and given it to Bharat."

He put his hand on Ram's head and said, "Son, I know that I have not done the right thing. I have taken this decision without your consent. Son, please forgive me."

Immediately Ram folded his hands and said, "Father, what are you saying? Why are you asking for forgiveness from me? I am sad because today I understood that I am not a truly devoted son. Otherwise you would not be feeling the need to ask for my consent before taking a decision for me."

Hearing this tears rolled down from King Dashrath's eyes.

"Father, whether you give me the kingdom or you give it to Bharat, is it not one and the same? Even if it is not Bharat, if you feel that you want to give the kingdom to the guard who is guarding the palace, then why should it matter? Do you think that Ram will go against any decision taken by you? No... never... for me, whatever you do is the same as God doing it."

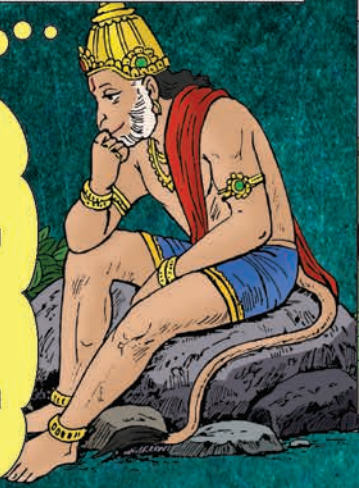


Such a devoted
son was
Lord Ram!

|| Mother Sita's chastity ||

Shree Hanuman is getting ready to go and search for Mother Sita in Lanka.

I have not even seen Mother Sita so how will I recognize her and if I don't recognize her how will I find her?



He goes to Lord Ram.

Lord, please tell me some distinct characteristics of Mother Sita to make it easy for me to identify her.



Sita is extremely beautiful. Her colour is very fair. Her eyes...

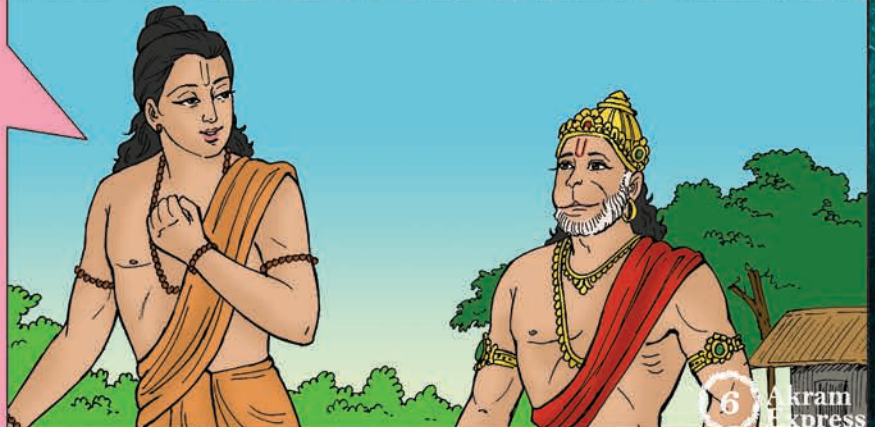
Lord, This description will not help me. I have never looked upon the beauty of a woman and will never do so. So please tell me about such a characteristic that when I see it, I will know without a doubt that she is my Mother Sita.



Wherever Sitaji is whether it is a hut or a prison, there will be a sound of "Shri Ram - Shri Ram" coming out from the walls. Pay close attention to it and listen. You will definitely hear it.



Sitaji will constantly be chanting my name and there is so much power in her chanting that everything around her, both inanimate and animate, will have become influenced by the name 'Shri Ram'.



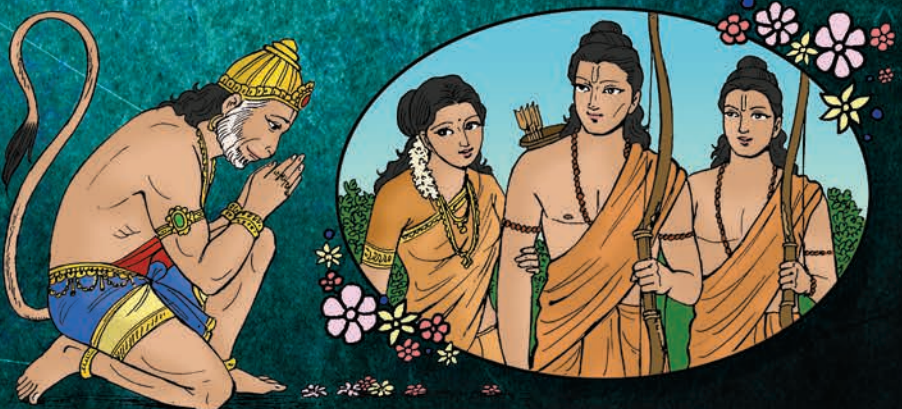


Hanuman, if Sitaji is held captive in a forest or jungle then all the trees and leaves will constantly be emitting the sound of 'Shri Ram... Shri Ram'.

Wherever all the five elements – earth, water, light, air and space - are buzzing with the sound of 'Shri Ram' then you must believe that Sitaji will be close by. You will have no trouble in finding Sitaji in this way.



This is the power of mother Sita's chastity. And Hanumanji is known for his outstanding devotion for his Swami. He has no other thoughts except for Lord Ram. Ram, Laxman and mother Sita are always in his heart - that is Pavanputra (son of the Wind) Hanuman.



Devotional worship and service with no expectations of reward, just like Hanuman's, is essential to move towards the Soul.

|| Whomsoever Ram forsakes ||

One day Ram and Hanuman were walking in the forest. While walking they came to a river. There were a lot of stones beside the river. With curiosity Ram asked Hanuman, "Hanuman! Will a stone float in water?"

Instead of answering Lord Ram's question, Hanuman took a stone in his hands and loudly shouted "O Ram!" and threw it in the river and the stone floated. Ram was very surprised.

Even he picked up a stone and with all his strength threw it in the river.

But alas! The stone sank!

This startled Lord Ram. "Oh Hanuman! How is this possible? When I threw the stone it sank! If a stone would float by saying 'Ram' then why would it not float if the actual Ram threw it?"

Hanuman chuckled and said,

"Lord! That is the wonder. What Ram forsakes will sink for sure. They will never float!"



[[Shri Ram's humble intent]]

When Raavan was killed his army was stunned and sorrow pervaded the whole camp. Vibhishan, Raavan's younger brother saw Raavan's dead body, and his grief reached the last limit.

"Kill me as well! I do not want to live." Saying that he pulled out a dagger from his waistband.

At that moment Ram arrived and snatched the dagger from Vibhishan's hand. Weeping, Vibhishan sat down with his head in his hands.

In the meanwhile Raavan's son Indrajeet, his younger brother Kumbhkaran and Queen Mandodari also arrived there. Shri Ram like an elder sat with all of them and consoled them. (As per Jain Ramayan)

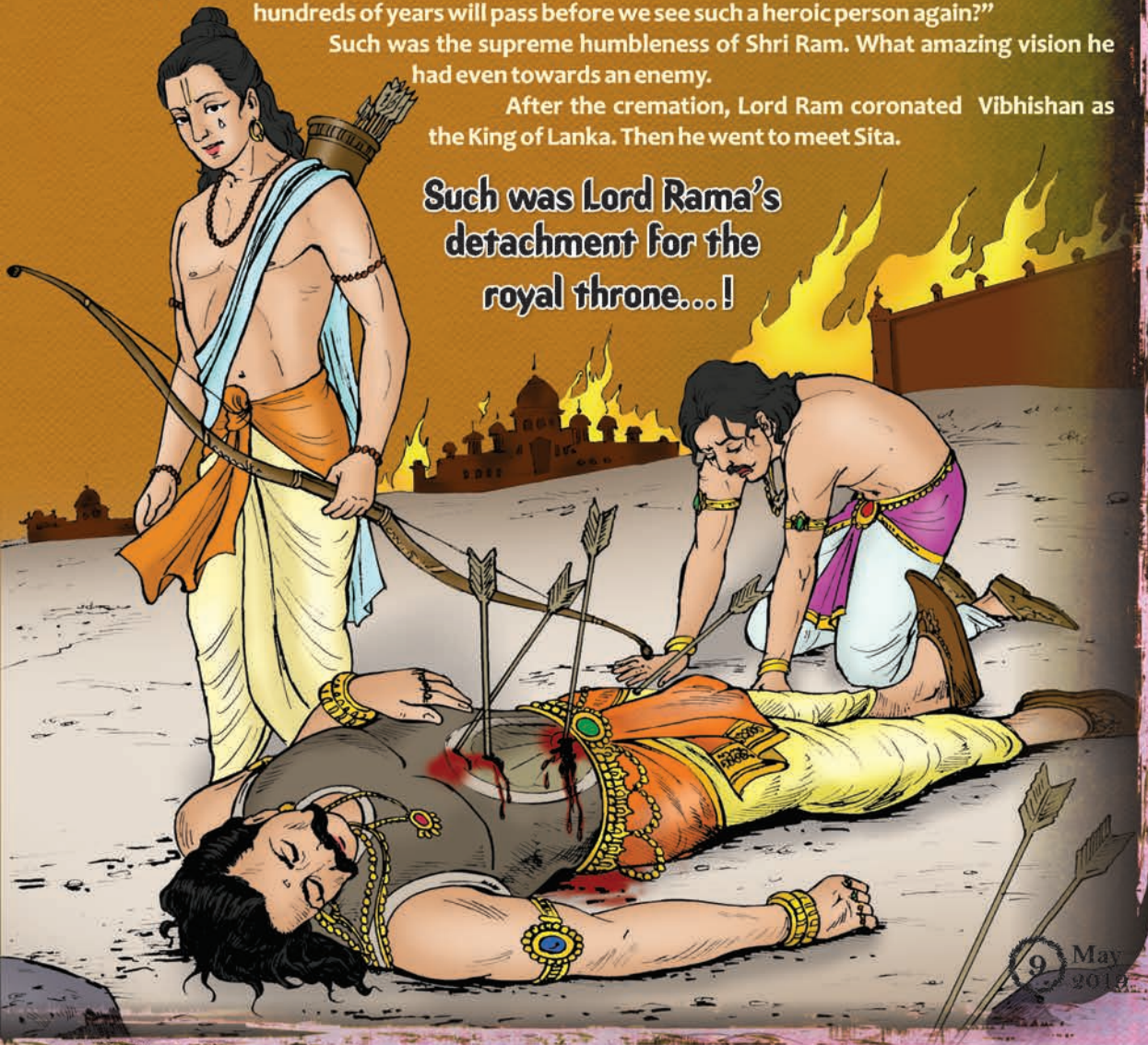
After a little while, Raavan's cremation rites began. Mandodari, Vibhishan, Kumbhkaran, Indrajeet and everyone else had tears in their eyes upon seeing the funeral pyre.

Even Shri Ram had tears in his eyes. He thought, "Such a magnanimous great soul... supreme devotee of the Absolute Lord... but bound to the bondage of karma... how many hundreds of years will pass before we see such a heroic person again?"

Such was the supreme humbleness of Shri Ram. What amazing vision he had even towards an enemy.

After the cremation, Lord Ram coronated Vibhishan as the King of Lanka. Then he went to meet Sita.

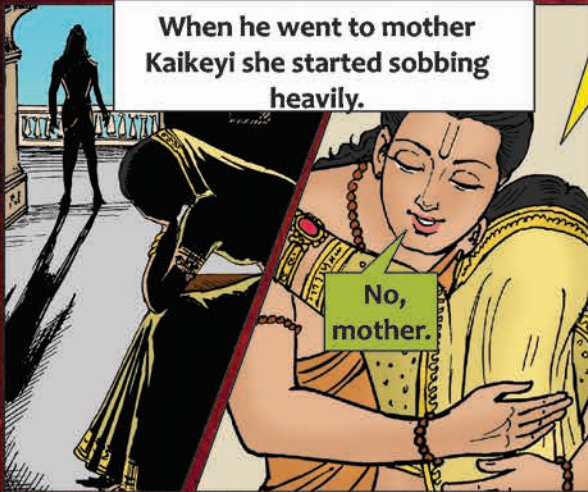
**Such was Lord Rama's
detachment for the
royal throne...!**



Lord Ram's positive vision



When Lord Rama completed his 14 years of exile and returned to Ayodhya, he first went to meet his mothers.



When he went to mother Kaikeyi she started sobbing heavily.

No, mother.

Son Ram! Please forgive me! I have punished you a lot.

I am the reason for your exile. I am extremely remorseful for that.


Mother! Please don't cry. You have bestowed unlimited favours on me.




Mother! What immeasurable love father had for me! How did I get to know this? Only because of the exile!



What a great soul is Bharat! How impartial is he! Wasn't the exile instrumental in proving this?



The exile was also instrumental in bringing to light Hanuman's pure devotion, Sugreev's sincere friendship, Laxman's incomparable brotherly love and Sita's greatness.



The exile also led me to realize the full extent of my strength during the war with Ravan.



And most important... at a young age I received the priceless opportunity for service to saints and gurus, all because of the exile. This exile was an auspicious blessing for me resulting from your worship.



Mother! Now do you have any reason to mourn?

Such was Lord Ram...! During his entire life he has never said that because of mother Kaikeyi I had to suffer so much. Instead he has always been grateful to her.

Let's Play...

1. Let's identify the person'



- 1) He picked up Lord Shiva's arrow. _____
- 2) He stayed in Lanka's Ashokvatika. _____
- 3) Lord Ram and Sita were very close to his heart. _____
- 4) Shree Hanuman went to get the herbs for him. _____
- 5) He disguised himself as a monk and kidnapped Sita. _____
- 6) He was Ravan's younger brother who always saw positives of Lord Ram. _____
- 7) He used to eat for six months and sleep for six months. _____
- 8) He was the king of Ayodhya and he sent his two sons to live in the jungle. _____
- 9) He was the king of Mithila and father of Sita. _____
- 10) She was King Dashrath's first wife and Lord Ram's mother. _____

2 ■ Find the words hidden in the grid.

N	B	H	Y	I	E	L	T	T	A	B	M
A	A	I	D	C	W	N	S	A	O	P	B
Y	M	N	O	O	T	L	P	I	U	T	X
A	D	R	A	M	U	E	R	J	T	Q	V
M	O	D	Y	N	T	D	R	K	L	A	I
A	A	C	O	U	R	A	G	E	N	R	C
R	D	V	D	G	L	O	K	N	A	B	T
N	Y	R	H	N	A	H	Y	E	M	X	O
D	C	C	Y	A	A	R	J	L	U	P	R
O	P	U	A	Z	E	V	D	S	N	D	Y
K	N	Q	R	C	T	S	A	Q	A	G	Y
A	K	N	A	L	V	S	A	R	H	M	B

॥ AYODHYA ॥

॥ RAMAYAN ॥

॥ RAM ॥

॥ VICTORY ॥

॥ SITA ॥

॥ HANUMAN ॥

॥ RAVAN ॥

॥ LANKA ॥

॥ COURAGE ॥

॥ BATTLE ॥



॥ Hanuman's devotion ॥

Hanuman was a huge contributor in the war with the King of Lanka, Raavan. The whole of Ayodhya was dancing with joy for the victory.

Lord Ram called for an audience at the royal court. He was going to gift everyone who had done an outstanding job during the war. One by one he gave gifts to everyone. But for an un-known reason only Hanuman was forgotten!

This matter could not be kept concealed from mother Sita. After the dissolution of the court she called Hanuman to her and said, "I am very surprised and upset that Aryaputra (Lord Rama) forgot you. Aryaputra and I are one and the same. Whether I give or Aryaputra gives, it is the same thing. Here, take this precious necklace with nine strings as your gift..."

Without saying anything Hanuman took the necklace. Each bead of the necklace was as big as a plum. Without saying a word Hanuman broke the necklace. Sitaji was surprised upon seeing this. But without questioning anything she just wondered what Hanuman would do next and kept quiet.

Hanuman took a bead in his hand. With one fist he broke the bead into two pieces. He seemed to be looking for something within the two pieces and then placed them on the side.

He took the second bead and did the same to it.

He took the third bead and did the same as well.

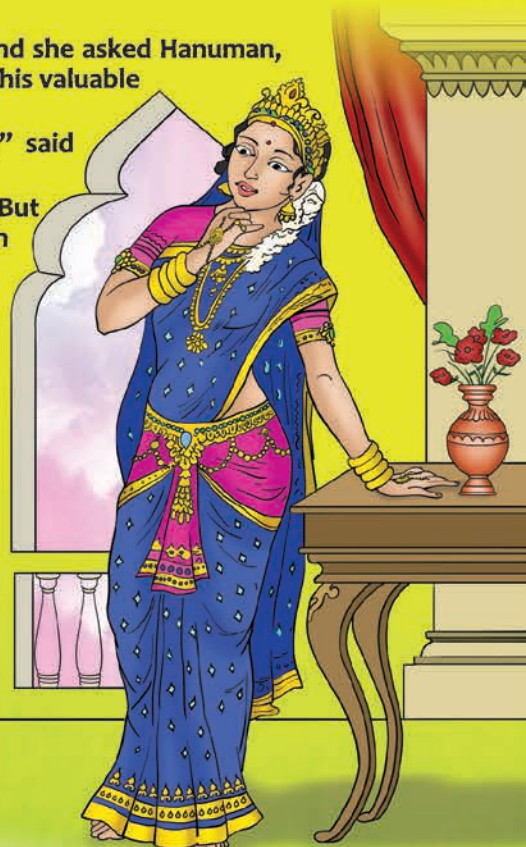
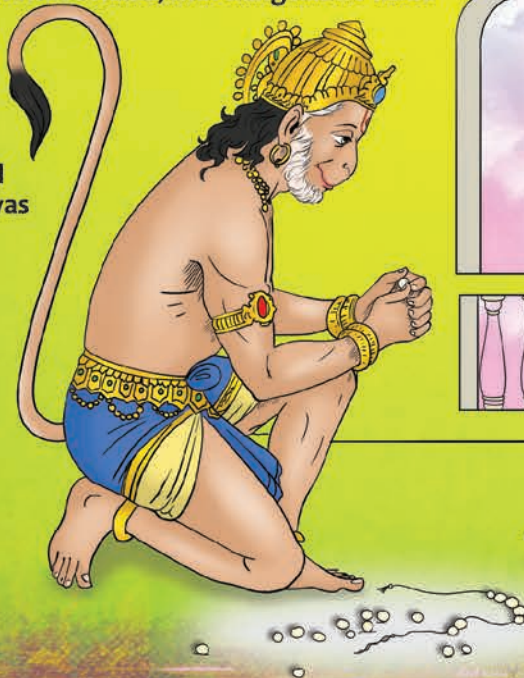
All the beads went through the same thing.

After that Sitaji could not keep quiet anymore and she asked Hanuman, "Oh Hanuman! What are you doing? Look at the state of this valuable necklace? What is this madness?"

"Mother! Please be calm. Please listen to me," said Hanuman.

"I was looking for 'Ram' in each piece of the bead. But I did not see 'Rama' in any of these beads. Mother! In anything that does not have Rama, that thing has no value for me. Please take this back!"

Seeing Hanuman's devotion for Ram, Sitaji was surprised for a moment and was also satisfied.



Significance of Sindoor

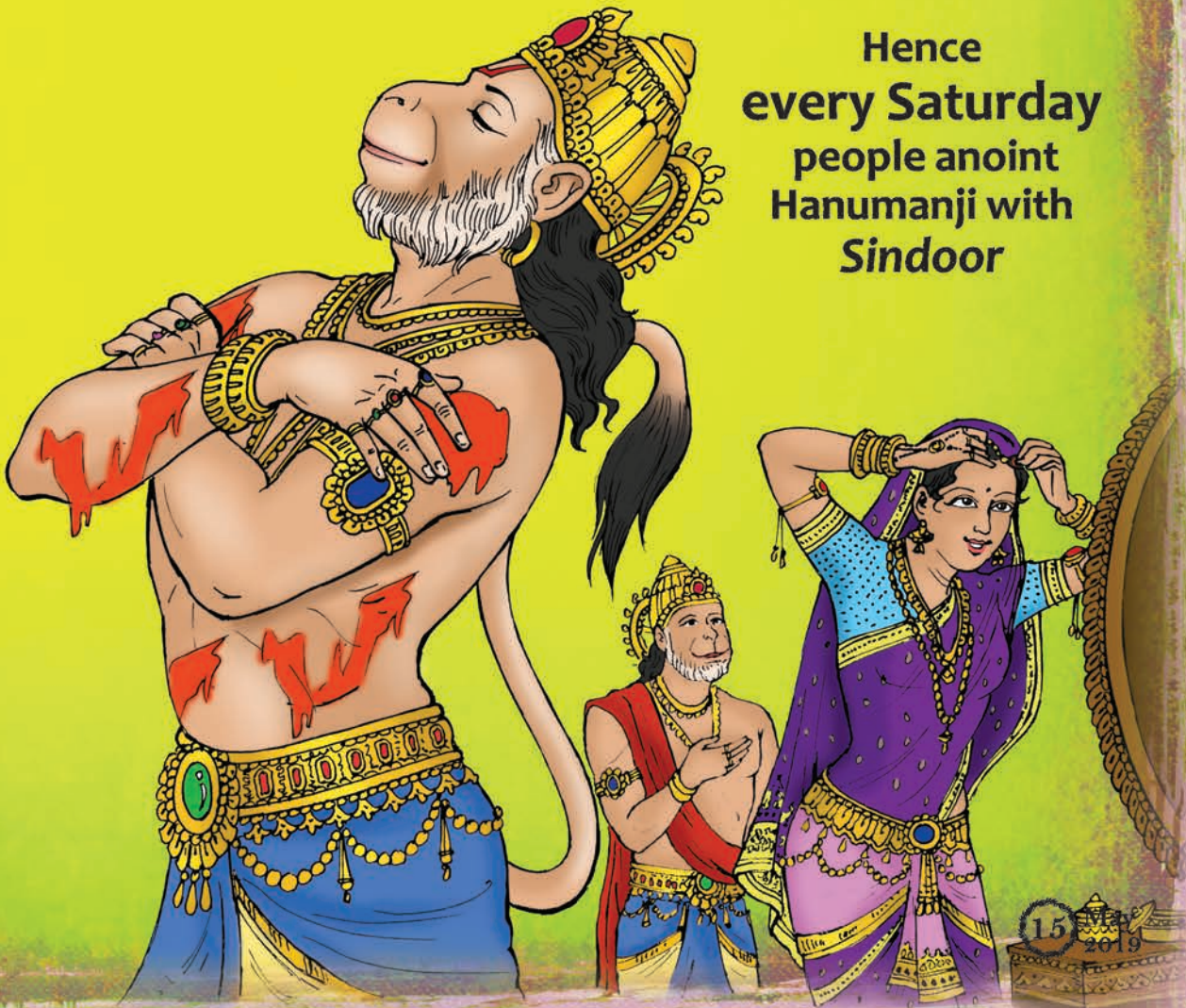
Once when Hanuman saw *sindoor* (vermillion bright red powder) in mother Sita's hair, he asked her rather surprised, "Mother, why have you put this vermillion powder on your head?"

Feeling delighted with this very simple and innocent question asked by *brahmachari* (celibate) Hanumanji, Mother Sita answered, "Son, by applying this powder it blesses my Lord with long life, and it also makes him pleased with me."

Hearing this Hanumanji was very glad and thought that if only one pinch of vermillion powder can increase his life expectancy then why don't I put red powder all over my body and make my Lord immortal?"

And he did exactly that. After putting vermillion all over his body Hanumanji went to Lord Rama who laughed at him and was also delighted. This made Hanumanji have even more faith in Mother Sita's words.

Hence
every Saturday
people anoint
Hanumanji with
Sindoor



Extraordinary Service

One morning after Lord Rama had finished his bath, Hanuman is about to hand him his yellow silk dhoti, but Mother Sita refuses and says, "No that is my service." During some other service, Laxman refuses as well, saying that it was his service.

Hanuman asks Sitaji, "Mother, are you upset with me? Why are you not letting me do any service?"

Sitaji says, "All the different duties were distributed yesterday and there is no service left for you."

After some thought, Hanuman says, "One important task is still left. Mother, when Lord Rama yawns then who will click fingers? I will do this service of clicking fingers."

Sitaji says, "Well ok, then you can do the service of clicking fingers."

With his clever thinking, Hanuman got the wonderful opportunity to be in the service of Shree Rama. The entire day passed. Night fell. Hanuman did not show any signs of leaving his Lord's side.

Hence Sitaji said, "Son, now you can leave."

Hanuman responds, "Mother, mine is a 24 hours? How else will I know when the Lord has a yawn? That is why I must stay here."

Sitaji requests Rama, "Please, tell your worshipper to go out."

Ram responded with a smile, "I cannot say anything to Hanumanji. I am indebted to Hanuman. Even if I give one life for each of his good turns to me, the debt will not be fulfilled.

Sitaji stood her ground and insisted that Hanuman should leave.

Hanuman came outside and thought how the one service that was given to him has also been taken away. He is unhappy that no one wants to give him any service.

However, he resolves to keep the finger clicking ritual on until the next morning. 'In case if the Lord yawns then at least my service will be done'.

In the terrace of the royal palace, Hanuman dances in praise of his Lord while clicking his fingers again and again.

On the other side Rama thinks, "Hanuman is clicking his fingers in order to complete his service. My Hanuman will be awake the entire night, and it is not right that he stays awake and I sleep."

He thinks of a way to respect his devotee's sense of duty.

"Until Hanuman keeps clicking, I will keep on yawning. I will also stay awake the whole night like Hanuman."

The lord is always concerned about his devotees.

Shree Ram yawns again and again. Seeing this Sitaji gets worried. Is my lord short of breath or something? Why is he not saying anything?

She informs Mother Kaushalya who calls Vashishth Muni and explains to him

Shree Rama's condition. Vashisht Muni senses that whenever a devotee is unhappy, Shree Rama cannot sleep.

He asks, "What happened today?"

Sitaji thought for a moment and said, "There was no service assigned for Hanuman today and as a result he was deeply unhappy."

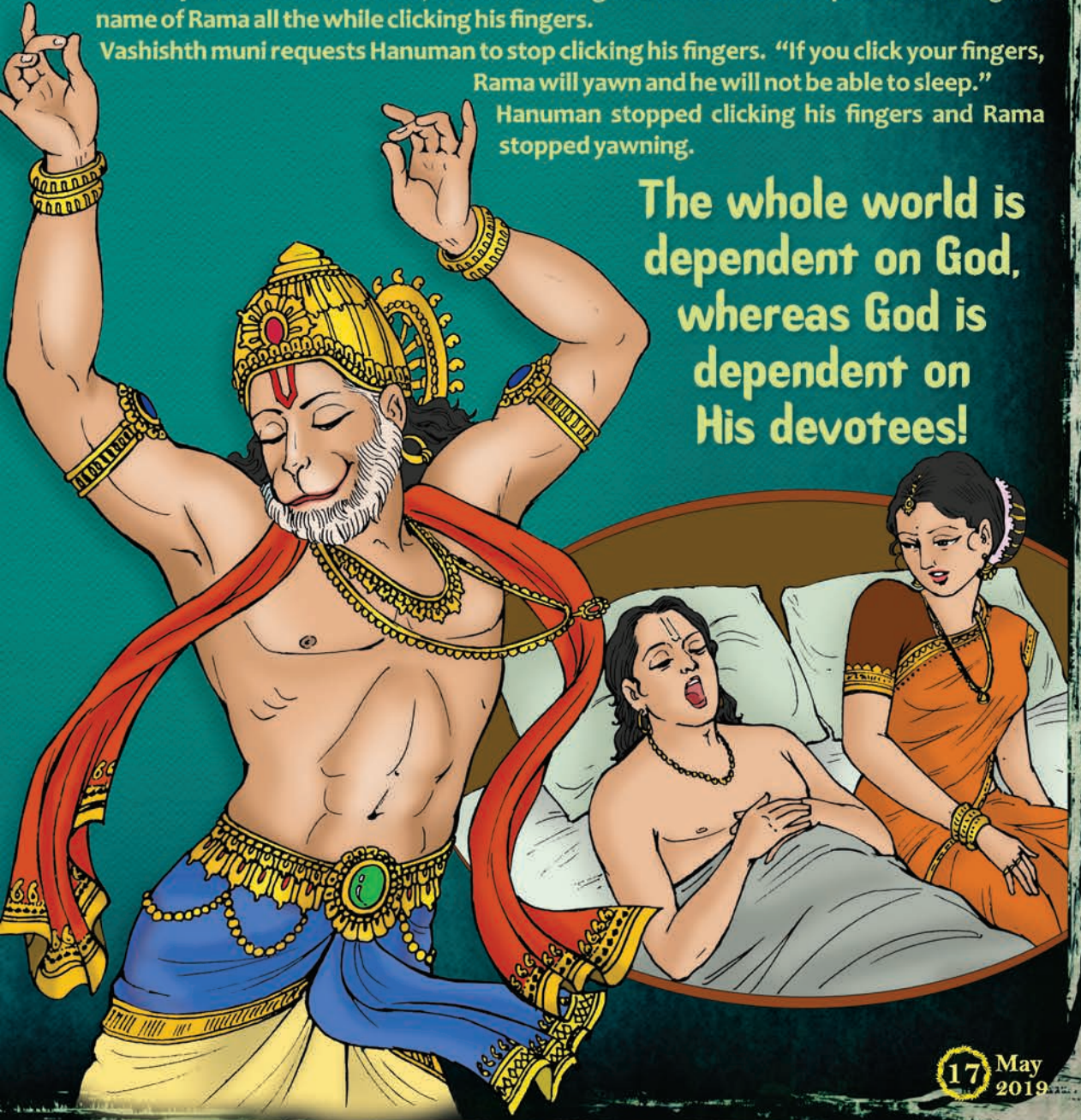
Sitaji then explains to Vashishth muni about his new service of clicking fingers each time Lord Rama yawned.

They all went to Hanuman, who was sitting in the terrace of the palace chanting the name of Rama all the while clicking his fingers.

Vashishth muni requests Hanuman to stop clicking his fingers. "If you click your fingers, Rama will yawn and he will not be able to sleep."

Hanuman stopped clicking his fingers and Rama stopped yawning.

The whole world is dependent on God, whereas God is dependent on His devotees!





Germany & U.K

The book "Where does God live" in German language - launched by Pujyashree



Summer Camp 2019

Summer Camp for 4 to 7 years old children



Puzzle Answer:



2)

1)

- 1) Ram
- 2) Sita
- 3) Shree Hanuman
- 4) Lakshmanji
- 5) Ravan
- 6) Vibhishan
- 7) Kumbhkarna
- 8) King Dashrath
- 9) King Janak
- 10) Queen Kaushalya

N	B	H	I	(E)	L	T	A	B	M			
A	A	I	D	C	W	N	S	A	O	P	B	
Y	M	N	O	O	T	L	P	J	U	T	X	
A	D	R	A	M	U	E	R	J	T	Q	V	
M	O	D	Y	N	T	D	R	K	L	A	I	
A	A	C	O	U	R	A	G	E	(N)	R	C	
R	D	V	D	G	L	O	K	N	A	B	T	
N	Y	R	H	(N)	A	H	Y	E	M	X	O	
D	C	C	Y	A	A	R	J	L	U	P	R	
O	P	U	A	Z	E	V	D	S	N	D	V	
K	N	Q	R	C	T	S	A	Q	A	G	Y	
(A)	K	N	A	L	D	V	S	A	R	H	M	B





\\ And Finally... \\

Why Lord Ram is called a God?



Is it because Rama renounced the throne?
Is it because he obeyed his father's orders and
went to the forest? Is it because he did not see
any faults in Mother Kaikeyi? or it is because of
all of the above that he is called a God?

No

Lots of kings have renounced the throne.
Many kings were humble to their parents

So then?

Lord Ram obtained the Knowledge of the Self
from his Guru Vashishth. A person can get to
the state of God only after attaining
knowledge of the Self. Shri Ram is known as
purna purushottam (Absolute Supreme Being).



Information for Annual Subscribers of Akram Express

How would you know if your annual subscription is about to expire? If there is a # besides the member id number on the label which appears on the cover of your current month's Akram Express, then you should know that this is your last issue e.g. AGIA4313#. If there is a ## besides the member id number on the label which appears on the cover of your current month's Akram Express, then you should know that this is your second last issue e.g. AGIA4313##.

Details on how to renew your Akram Express subscription can be found on the editorial page.



Publisher, Printer & Editor - Dimple Mehta on behalf of Mahavideh Foundation
Printed at Amba offset :- B-99 GIDC, Sector - 25, Gandhinagar - 382025