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Dada Bhagwan Parivar

Ramayana for Youth

Part - 1



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Editorial

Dear Friends,

You all are familiar with our two ancient epics of Ramayana and Mahabharat. During the start of the lockdown period, the Ramayana and Mahabharat T.V series, which were produced many years ago, were broadcasted once again on Doordarshan (TV channel). Almost everyone must have enjoyed watching them with great interest. However, these grand epics are not meant for the sole purpose of entertainment and then forgotten about later. If these stories and characters are studied in detail, then you will find that these stories teach us what we should do and what we shouldn't do in order to live an ideal worldly life. Additionally, admirable qualities such as obedience, submission, patience, discipline, love, devotion, among others can all be found in these stories as well.



In this issue, we will examine the great characters of the Ramayana and analyze their life experiences; and we will get inspiration from them to strengthen our goal to live an ideal worldly life. So, are you all ready?

Jai Sat Chit Anand
- Dimple Mehta

Note: This issue was edited based on information regarding the Ramayana that were collected from the available religious scriptures, literature, and other such mediums. The sole purpose of this is to provide appropriate guidance for today's youth.



Bharat's Submission

When it comes to the topic of submission, Lord Ram's younger brother Bharat comes to mind. Why? Come on let's see what Bharat did to become the epitome of the word adhinta (submission).

When Bharat returned from his mother's homeland and discovered the news of his beloved older brother, Ram, having been sent to the forest, he became deeply saddened. Immediately, Bharat took Guru Vashishta and King Janak to Ram to convince him to return and take charge of the kingdom of Ayodhya. Everyone sincerely requested for Ram to return. However, Ram was heartily bound to his father's command and could not go against it. With utmost reverence, Bharat honored and accepted Ram's decision. Along with this, Ram gave the responsibility of ruling the kingdom for 14 years to Bharat.

Upon departing, Bharat asked Ram, "Please give me something in remembrance that will help me fulfill my duty to serve this kingdom for the next 14 years." Ram gave his wooden sandals to Bharat. Bharat took them happily, touched them on his head, bowed down to Ram, and departed afterwards.

Subsequently, Bharat went to the kingdom of Ayodhya, symbolically placed Ram's sandals on the throne during an auspicious moment, and ruled the kingdom according to Ram's orders.

The patient and religious Bharat always looked up to his brother Ram. He thought, "If Dear Ram is suffering the



pain of living in the forest, how can I enjoy the pleasures of living in this palace?” Therefore, he took blessings from Ram's sandals and started living a simple life in a Nandigram hut. He dug a hole into the ground at a lower level than Ram and made a bed out of dry grass. Everything from eating to clothing, he adopted the strict principles of sage's life to his own.

He easily gave up all other accessories, clothes, pleasures, through his mind, speech, and body. He did not have any attachments to the large

kingdom or the mountain of wealth. With penance, his body grew weak, however the glow from his face was increasing. With utmost love in his heart, he continued to worship and bow to Ram's sandals every day and carry on his duties to govern the kingdom. Ram was in his heart, his name was in his words, and in his eyes filled with tears of longing for Ram. Upon listening to Bharat's routines and principles, even saints were feeling embarrassed seeing Bharat's divine and brilliant state.

Like this, Bharat beautifully ruled Nandigram without taking any of its glory for 14 years, all while having reverence and submission to Ram. He ruled so well that even the civilians said “Bharat is one to be praised in all aspects.” Even today, everyone remembers Bharat for his reverence and submission.

So let's see what Pujyashree has to say about submission...

The Gnani's Scientific Solution

Questioner: During the lockdown on the Ramayana T.V series, I saw that King Bharat stayed subservient to Lord Ram and ruled the kingdom for 14 years. We saw subservience, love, and naturalness within him. In the same way, you have been subservient to Dada and Niruma. What is the benefit of subservience?

Pujyashree: The benefit of subservience is that you stop acting on your own will/impulsiveness. Subservience means that if you follow their special directives (agna), then we can make future progress with their grace. You can then complete your work all the

way until ultimate liberation. Subservience is such that it will bring salvation to everything. 'I am something. No one can tell me anything. I will live life however I want.' 'I want to live my life.' Hey, then you will have to wander about. That is to act according to one's own will and intellect (swachchhand), which leads to wandering

aimlessly. The other is subservience. If you say, "Whatever you say, I will follow in accordance to whatever you say," then they will only do that which is in your benefit. That will bring us salvation. Do you understand? Submission is the ultimate. People become celibate and become subservient in order to protect their celibacy. They say we can make progress in the understanding of the knowledge of the Self and we can bring salvation to the world through our mind, speech, and body. However, it can only be done if one remains subservient.

If one thinks, "I will practice celibacy on my own. I will go to satsang on my own. I will take care of everything and understand everything on my own. I will follow the special directives on my own." If one tries to do it all on his own, he will get lost somewhere. There's no telling [what will happen] because he is unfamiliar with this track. Without submission... Simply, if one wants to go to the station and you don't know the way, then submission is needed. What if you want to go to the airport? If you know someone who is familiar with the route, then they will get you there. Otherwise, you

would just wander. Do you understand?

Submission is huge. It is such that if one stays subservient to the Guru, regardless of what happens to the Guru, your salvation will be secured. That's how big the benefit of submission is. Dada Bhagwan and Niruma are Gnani Purush (the ones who have realized

the self are able to the same for others). Salvation is guaranteed to those who are submissive to them. Do you understand?

Questioner: Yes, I understand. What benefit did King Bharat gain by maintaining submission?

Pujyashree: Yes, all this will complete the important link [required for] ultimate salvation. And he stayed subservient even after 14 years. And that is necessary. There is no point if you can only be submissive for one day. It must stay for the entire lifetime.



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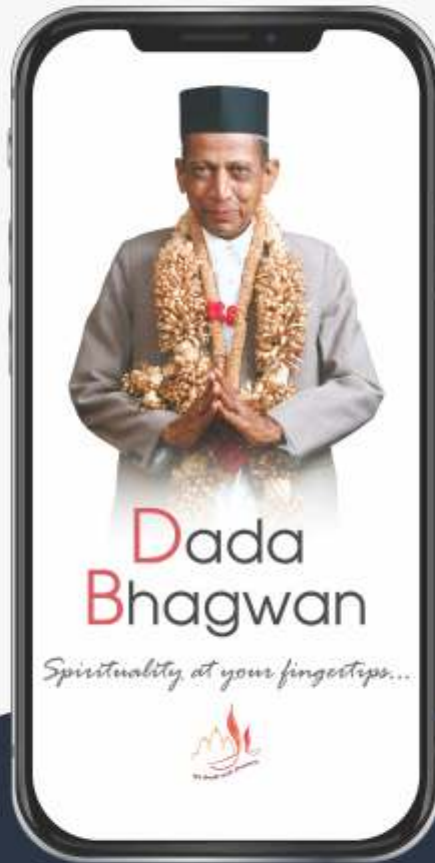
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SADHANA



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A Glimpse of
One of



Dadashri's Books



Questioner: What happens when a person dies by committing suicide?

Dadashri: One may die by committing suicide, but he will have to come back here again to fulfill his duties. As a human being, one is bound to suffer pain, but can he commit suicide over that? The consequences of committing suicide are extremely painful. The Lord has said no to that, because very grave consequences arise. One should not even think of committing suicide. One should nurture the intention to pay off whatever outstanding debts he has, but he should not commit suicide.

Lord Ramchandrajī faced tremendous pain and suffering. He sacrificed his kingdom and was exiled for fourteen years in the forest. His misery of one day in the forest is equivalent to an entire life's misery of these people. And yet these people do nothing but complain about their imagined sufferings!

Pain and pleasure are like invited guests. Instead of pushing them away, one has to receive them, as one would welcome an invited guest. The worldly life is an ocean of misery. One should not be afraid of carrying out the worldly interactions (vyavahar). If you do not like to receive slaps, and if you want to close the book (of the karmic account), then while slapping others, think, 'When this comes back to me, then how will I be able to take it?'

There are three kinds of painful suffering. Physical suffering is called 'kasht'; it is direct and real suffering. Toothaches, eye aches, paralysis, etc., are all bodily pains. The hurt suffered from harsh words is a 'ghaa'. It hits the heart and will never leave. And the third suffering is of the mind, which is called 'dukh'. The effect of pain due to the mind or speech should no longer remain. However, the effect of bodily pain will remain. Whatever is to be tolerated, that is all called 'kasht'. But you should suffer it by remaining as the Knower and the Seer of the suffering. You should not have suffering of the mind and speech. When an income tax officer tells you, "You are to pay so much tax," it is just a 'record' [that is speaking]; therefore, you should not have any suffering from that speech.

Suffering in Exile Explained



★ One must walk on thorny, rocky paths.

★ One must live with the fear of poisonous snakes, scorpions, insects, and wild animals day and night.

★ One must sleep on stones or the bare ground.



★ One must eat whatever you can find. If nothing can be found, one must stay hungry and thirsty for days.

★ One must wear dirty, ripped clothes without changing or showering for many days.



★ If one has any physical problems, there is no one to take care of him or her. One must bear through the pain.

★ One must live amongst demons who steal, destroy, kidnap, rape, and attack.

★ One may get lost in unknown paths and be separated from family.





Pujyashree Our Jambavan

My Experience

The start of the lockdown period for me was spent watching the Ramayana T.V series. While watching this, I had many moments of awe and amazement.

After working hard to bring together an army in search of Sita, Jambavan and Hanuman reached the ocean shore on the South end of India. At that time, they realized that Sita was actually on the opposite side of the sea shore in the city of Lanka. While there, a wave of melancholy washed over them that was stronger than the waves of the seashore. It was not possible for anyone to cross the vast ocean to the other side.

When no one was able to solve this problem, Jambavan uncovered the puzzle at the right time. Jambavan then went over to the perplexed Hanuman. He reminded Hanuman of his childhood memories, where he used his infinite strength during various activities along with times where he was mischievous resulting in a sage putting a curse on him that made him forget the power of his strength. Only when someone reminds him of his strength, will he be able to unlock these powers.



During this time, Jambavan reminds Hanuman of his strength. After which, Hanuman jumps and crosses over the entire ocean to the other side. We know all the feats Hanuman completed.

After watching this entire episode, I experienced a new feeling of gratitude that even in our life, we have a living Jambavan. Through the Gnan Vidhi, Pujiyashree reminds us that in reality we are pure souls. He reminds us of our infinite knowledge, our infinite strength, and frees us from our infinite bondages of the past life; and allows us to cross the worldly life to grant us ultimate liberation.

- Rutvij Patel, Simandhar City

Gnani With Youth



Questioner:

On the day of Dussehra, why is the statue of Ravan (King of Lanka in Ramayana stories) burned? Is that right?

Niruma: One time we were coming along a road, and then some people said “Today, Ravan's statue will pass through here, so this road will be closed.” Many people burn Ravan's statue on Dussehra Day (the day that marks Lord Ram's victory over Ravan). However, Ravan was a great man. He was a Gnani (One who is Self-Realized). And based on the Jain scriptures, he is predicted to become an absolutely enlightened Lord (Tirthankar Bhagwan) and will attain ultimate liberation (moksha). He will take millions of people to ultimate liberation. In the next life, Sitaji (wife of Lord Ram) will be his main disciple. Even if it is said only in one scripture, we will still give importance to it. Even the Ramayana series regards Ravan to be a great person saying, “Ravan is the knower of all the scriptures, and the nine planets stay nearby him.” This is not said about anyone else; it is only stated for Ravan. Even after all of this, people still burn his statue. Where is the state of Hindustan headed if people burn the



statue of a Gnani? Regardless of how Ravan was, he was great. He was Gnani. Ravan, Sitaji, were all travelers on the path to ultimate liberation. He never saw Sitaji from a negative viewpoint. He never did anything bad to her. It was simply a result of the past life karma, which he inevitably had to finish. He never saw her in a negative perspective, but kidnapped Sitaji with his ego.

Today we all remember Ravan as a Gnani, and should greet him with salutations.





Sabari

Glimpses of Great Men

Our scriptures speak of great ascetics with Mother Sabari being at the top of the list. She became well known as the true worshiper of Lord Ram. She was born to the Bheel ethnic group; however she was determined to discover true knowledge and religion.

After meeting Saint Matang on Rushimukh mountain, she served him for many years. With the intention of surrendering herself, she served, worshiped, and did spiritual practices for many years. When Saint Matang was about to pass away, Sabari expressed her desire to go to heaven with him. Saint Matang explained to her, “You stay here because our Lord Shree Ram will come here during his journey, and His blessings will be upon you.” Following her Guru's order, she stayed in the ashram and with utmost worship everyday, she awaited Rams' visit.

Years later, Lord Shree Ram one day comes with his brother Lakshman to Sabari's hut. At the time, Mother Sabari, falls to Ram's feet and cries tears of joy.

Let's go listen to their lovely conversation..

I have been collecting jujubes for you for many years, and I put the sweet ones aside after tasting them. Please eat these sweet, sweet jujubes, dear Lord! Please eat them. They are very sweet. I've picked the sweet ones after tasting them.



After eating Sabari's sweet jujubes, Lord Ram says...

I feel as if my mother Kausalya is feeding them to me herself. These sweet fruits would not even be found in heaven.

May we have the same love and feelings for the living the Gnani (One who is Self-Realized) as Mother Sabari had for Lord Ram with her unique love and devotion!

The Nine Forms of Devotion



Lord Shree Ram explains the nine types of worship to Sabari:

1. Maintain company of saints.
2. Keep an interest in discourses and stories related to God.
3. Leave the ego behind, and selflessly be at the service of the lotus feet of a guru.
4. Leave behind cheating others, deceit, and pretentiousness, and heartily, sing the praises of God's qualities.
5. In accordance with the Vedic scriptures, chant the name of God with utmost resolution.
6. Maintain dispassion during various karmic events, and keep interest in religious activities. Follow saiyam (A state of self-control that is absent of anger-pride-deceit-greed and attachment-abhorrence) and sheel (conduct that is characterized by the intent to not hurt any living being, even in the slightest extent, is free of sexuality, and is characterized by sincerity, morality, straight-forwardness, humility, naturalness, and numerous other such qualities).
7. See the world as a form of God. Saints lead the path to the Lord. Therefore, give saints even more importance than the Lord.
8. Be satisfied with whatever you receive without having desires; and even in your dreams do not find fault in others.
9. Leave behind pretentiousness and deceit and become simple. Have strong faith in God. Don't keep happiness or sorrow come into the mind.



The Gnani

Is an Idol of

Wonder

The Worship of the Gnani Purush in Nine Ways!

We have tried to compile sentences from Dadashri about Niruma's nine ways of worship with service in various events.

- § Since three years Niruben is with me-the Gnani Purush-every second by second. There is no difference in opinion whatsoever. Leave alone difference in opinion, she has never raised her voice even. Has such a seva bhaav-the pervasive desire to serve-has it happened to anyone else amongst so many here? This is the result of tremendous punyai-past life merit karma.
- § This is the expression of tremendous navadha bhakti-devotion and worship in nine ways and folds. Niru has developed a great bhaav-intent coming to fruition-of arpanata-surrender of all that is not the Self. With the prevalence of such good surrender, the fruits-results are indeed very great.
- § (Dadashri addresses Niruma) This service to me that has come to you (in this life) is a punyai-merit karma of very high order. No one else has received it.
- § Service to us-the Gnani Purush and the enlightened Lord within-and the bhaav-continued inner intent-of jagat kalyan-salvation of the world-is the only thing worthy for you to do. That much encompasses everything.
- § (On completion of seven days of service to Dada at Dr. Pujari's place) No one will get such a sanjog-circumstance-and you have received it. Even I am surprised. Seven days of constant company with me in my service will get the work-ultimate spiritual goal-done and the Gnan comes into exactness. I have 'seen' that of yours (inner state of Niruben), no one will get such an intense concentrated circumstance (of spiritual progress).
- § She wants to attain purnahuti-completion of the spiritual journey-through the mode of seva-service-of Dada and it will happen. She has gained the amazing opportunity of these seven days. One does not attain the fully enlightened state of the Self by constant study of scriptures, or listening to the same. It can only happen through service (of the Gnani). Only through silent service. There is no need at all to ask or question anything.

Gnan Humility

Acquired Through



Lord Ram's arrow hit Ravan in the belly button. Ravan collapsed and fell to the ground. Ravan was counting his last breaths. Ram's army was celebrating. Ravan's death was approaching. Shree Ram called Lakshaman, "We have to complete a particular task very quickly." Lakshaman asked "What is that task? Command me."

Ram said "You need to quickly reach Ravan. He is a great Gnani. Acquire the Knowledge of the Self from him, because if he dies, his knowledge and experience will be lost with him."

Hearing this Lakshaman with a laugh says to his brother, "Brother, Ravan, the one who is pretentious, egoistic, who kidnapped your wife, is the same Ravan from whom you are asking me to acquire the Knowledge of the Self?"

Lord Ram said "This is my order." Lakshaman's mind was not convinced. However, obeying his elder brother's order, he went to Ravan and stood next to his forehead. He said to Ravan, "Hey Ravan, my brother has sent me to you during your final moments and asked you to give me your Knowledge of the Self prior to dying." Ravan did not like the anger and

harshness that was in Lakshman's voice so he turned his head away. When Lakshman saw this and got angry. He returned to Ram and said “Brother, I told you from the beginning he is egoistic and pretentious. What kind of knowledge are you going to gain from him?”

Lord Ram asked, “Where were you standing?”

Lakshman says, “It is final moments. I was afraid that I would not be able to hear anything he said properly so I stood next to his head.”

Lord Ram, without saying anything, went and sat next to Ravan's feet.

He offered his salutations and said, “Hey Ravan, King of Lanka. You are a great Gnani. However, you have made a mistake. You kidnapped my wife, for which you have suffered the consequence. You have lots of knowledge. Please share some knowledge that will help this world before you go.

Ravan said, “I am glad you taught your brother proper ethics and manners.” Then Ravan shared his life experience with Ram and Lakshman.

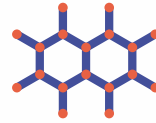
“If you go to get knowledge from your Guru, then you should not stand next to his head, you should sit down next to his feet.”



The best way to get knowledge from your Guru is to become humble in every way, not just physically.

In order to receive the **grace of the Gnani**, reverence is extremely necessary.

Experiment



Let's do a scientific experiment to explain this concept.

Items Required:

1 large bucket, Water,
1 plastic glass



Process:

1. Fill the large bucket with water
2. Throw the plastic cup in the water as follows:
 - (1.) Throw the glass in the vertical position
 - (2.) Throw the glass in the horizontal position



Observation and Conclusion:

The vertically placed glass will not fill up even after 10 minutes of being placed in the water, while the horizontally placed glass will fill up shortly after being placed in the water.



Spiritual science: We have to bow down to our Guru and Gnani, only then will their knowledge, similar to the water, fill within us. 'Everyone likes the one who bows, while the one who is rigid will wander in the world.'

#Poem

Ek viraat kathaa che, Bharatni bhavyataa che,
Juo Ramayan, e sanskaaroni saritaa che.

Purushottam, Shri Ramni mahaantaa che,
Nisvaarth premi, Bharat tani aadhintaa che.

Bhaktithi bharelaa, shabrinnaa borno svaad che,
Shirodhaarya guruni aaganaa, jaane prasaad che.

Chirsevakni, Swami maate ananya bhakti che,
Param vinaythi shobhti, Mahaabalini shakti che.

Sadaatvathi lai, aatmaabhaav sudhini gaayaa che,
Shri Ram vandan kare Ravanne, aloukik **laghutaa** che.

Mokshe gayaa Shi Ram, tyaa javaani aa vaat che,
Setu baandhe bhavsaagar par, je Gnani saakshaat che.



By Dada's Youth

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Vashishta Muni: Hey Ram! You are not the son of Dasharatha. You are not the King of Ayodhya. You are not the husband of Sita. You are the Self. You are the absolute Self!

Send your suggestions and feedback at: akramyouth@dadabhagwan.org

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