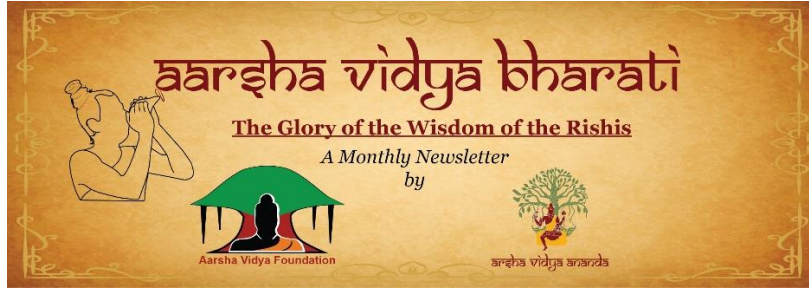

Aarsha Vidya Bharati - Apr 2022

Chaitra - Vaisakha 2079

A monthly newsletter that will bring you more happiness, more wisdom and more freedom



This is one of many articles from our monthly newsletter. Access the [Apr 2022 issue](#) or read any of [the articles](#).

Living Our Traditions - Rama Navami

By Bina Nangia, Delhi

and Swamini Brahmajnananda

We celebrate Rama Navami to honour the birth of Lord Rama, the 7th avatar of Lord Vishnu. This spring festival is celebrated on the 9th day of Shukla Paksha or the bright phase of the lunar fortnight. The word Rama comes from the root 'ram' which has the meaning of playing,



reveling, being joyful. The one in whom people discover joy is Rama – *ramante yasmin iti rāmah*. The word Rama was there long before Lord Rama came.

As a person, Rama personifies the characteristics of an ideal person (*puruṣottama*). He had within him all desirable virtues that any individual would seek to aspire, and he fulfils his Dharma in all his roles – as a student, son, brother, friend, husband and the prince of the land. If Dharma had to take a form it would be Rama - *Dharma vigrahvān Rāma* – A manifestation of Dharma, the universal values that contribute to peace, welfare, happiness and growth for all.

How to celebrate Ram Navami

- You can bathe and dress up miniature murti-s of Lord Rama and place them in a cradle to mark his birth.
- Perform puja and include the offering of *pānakam* drink as *naivedyam* (made in water with lemon juice, jaggery, ginger powder, cardamom powder and black pepper.)
- Meditate on Lord Rama in your heart.
- Chant mantra "Sri Ram jaya Ram jaya jaya Ram" (for 9 days or on the day of Rama Navami). The mantra which is a sound form of Rama brings and establishes his presence into your life.
- Perform a simple Sri Rama homa yourself. [Please check here for details](#).

Rama Navami

10th April 2022

- Invoke Lord Rama's grace and blessings to follow Dharma.
- Do *pārāyaṇam* (chant) or [listen to pārāyaṇam of Ramayana](#). Composed of 24000 shlokas which are divided into seven *kāṇḍam*-s(sections) there are many options to do this, depending on the time available and one's inclination and commitment.

People begin chanting from Gudi Padwa (day 1) to Rama Navami (day 9). One can plan the listening or recitation such that one only does one/some/all *kāṇḍam*-s.

Some people start listening to or chant Sundara *kāṇḍa* on Rama Navami day and complete by Hanuman Jayanti. Sundara *kāṇḍa* can take upto 10 hours. [Here is a good resource to listen and chant along](#).

Either way, we are getting started by sharing the opening verses. As you will experience, the verses make us want to be like Sri Rama. Such is his blessing. Such is his greatness even after thousands of years.

[Saint *Nārada* visits the hermitage of Valmiki -- Valmiki queries him about a single perfect individual bestowed with all good qualities enumerated by him -- *Nārada*, knower of past, present and future, identifies such a man -- describes the virtues, qualities of Sri Rama -- and narrates briefly the story of his life.]

तपस्वाध्यायनिरतं तपस्वी वाग्विदां वरम् । नारदं परिपप्रच्छ वाल्मीकिर्मुनिपुङ्गवम् ॥1.1.1॥

tapassvādhyāyanirataṁ tapasvī vāgvidāṁ varam /

nāradaṁ paripaprccha vālmīkirmunipuṅgavam ॥1.1.1॥

Sage Valmiki, being engaged in religious austerities, asked *Nārada*, who revels in study or contemplation, the most exalted of the sages, the one who is best among the eloquent.

कोन्वस्मिन्साम्प्रतं लोके गुणवान्कश्च वीर्यवान् । धर्मज्ञश्च कृतज्ञश्च सत्यवाक्यो दृढव्रतः ॥1.1.2॥

konvasminsāmprataṁ loka guṇavānkaśca vīryavān /

dharmajñśca kṛtajñśca satyavākya dṛḍhavrataḥ ॥1.1.2॥

Nowadays, in this world, who is that person who has all the virtues and who is also a person of valour, who knows what dharma is and who is most grateful, truthful and of firm resolve?

चारित्रेण च को युक्तस्सर्वभूतेषु को हितः । विद्वान्कः कस्समर्थश्च कश्चैकप्रियदर्शनः ॥1.1.3॥

cāritreṇa ca ko yuktassarvabhūteṣu ko hitaḥ /

vidvānkaḥ kassamarthaśca kaścaikapriyadarśanaḥ ॥1.1.3॥

Who lives an illustrious life, who is committed to the welfare of all living beings? Who is the one who is a scholar and a wise person? Who is powerful and at the same time very pleasing to see?

आत्मवान्को जितक्रोधो द्युतिमान्कोऽनसूयकः । कस्य बिभ्यति देवाश्च जातरोषस्य संयुगे ॥1.1.4॥

ātmavānko jitakrodho dyutimānko'nsūyakaḥ /

kasya bibhyati devāśca jātaroṣsya saṁyuge ॥1.1.4॥

Who has mastery over his body and sense organs and has mastered his anger? Who is well-known and not fault finding? Who do the very Gods dread when his wrath is provoked in the battle?

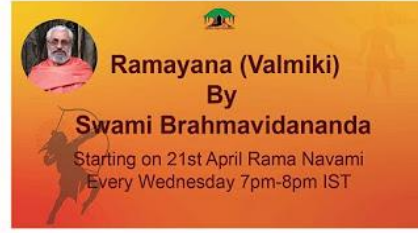
And the verses continue...

Much like the heart that pumps blood to all the parts of your body through the network of blood vessels, the joy of Rama in your heart will bless the flow of actions in all areas of your life with dharma.



Bhagavan Rama - His greatness and the
mantra

Through the opening verses of Ramayana we see his greatness and in chanting his mantra we invite grace and more dharma in our lives



Ramayana (Valmiki)

Swamiji brings alive Sri Rama's story in a way that applies to the contemporary context, enriching our lives with meaning and happiness

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