

## SHRI SITA RAM FOUNDATION BLOG POSTS

*Date: 21/10/2020*

*Blog No: 09*

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**Blog Heading: Ramayana—An Eternal Bliss**

Ramayan is an allegory written very intelligently based on an historical event.

**The more you meditate, the more you understand Ramayan.**

**The entire universe is within our body.** What is inside will appear outside. The pure soul or light of consciousness is infinite, neither male nor female or God and the external symbol of the soul is **Mount Kailasha which means Crystal or The Soul in Sanskrit.**

**When we meditate, we concentrate on the breath using the mantra “Hare Rama”.** A bridge is formed in the spinal chord between the Manipura Chakra — Navel Center and The 4th Chakra, the Heart Chakra or Heart Center. This is called **Rama Setu Bridge.** The external symbol is present between India and Sri Lanka. Only **after continuous practice of this meditation and burning all ignorance (ego), you see the infinite love within you or light within your heart called Rama.**

The origin of the word Rama is Sanskrit and Vedic. **‘Ra’ means radiance, ‘Ma’ means myself. Rama means ‘the light inside me’.** Rama was born to Dasharath and Kaushalya. **Dasharath means ‘Ten Chariots’.** The ten chariots symbolize **the five organs of perception (the five senses) and five organs of knowledge and action (For instance: reproduction, legs, hands and so on).**

**Kaushalya means ‘skill’. Ayodhya means ‘a society in which there is no violence’.** If you skillfully observe what goes on inside the body, light dawns inside you. That is meditation. You need some skill to relax the tension. Then you start expanding.

You know you are here now, yet you are not. With this realization, there is a certain lightness that comes spontaneously. **Rama is when the inner light shines through. Sita the mind or the intellect was robbed by the ego, Ravana.**

Ravana had ten heads. Ravana (ego) was one who wouldn’t listen to others. He was too much in the head. Hanuman means breath. **Pavan Putra means “Son Of The Wind Or Breath”.** With the help of Hanuman (the breath), Sita (the mind) was able to go back to Rama (the source).

**In Sanskrit Ramah, Ramo, Rama.**

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Rama with his wife Sita and brother Lakshmana during exile in forest, manuscript, ca. 1780

**Ramayana happened more than 7,500 years ago.** It had an impact on Germany and many other countries in Europe and Far East. Thousands of cities are named after Rama.

**Ramallah is a Palestinian city in the central West Bank located 10 kilometers north of Jerusalem.** Cities like Rambaugh in Germany, Rome in Italy have their roots in the word Ram. **Indonesia, Bali and Japan were all influenced by Ramayana.** Though Ramayana is history, it is also an eternal phenomenon happening all the time.

Islamic festival Ramadan or Ramzan or Hindu festival Ram Navami is the celebration of the light within the heart (Ramah).

**Ramayana is an allegory written by Valmiki before Rama was born and Rama had to enact it. The book has been written in such a brilliant manner that one has to become Hanuman and meditate on Rama and Valmiki to receive the direct truth in meditation for each verse.**

Initially concentration on the verse and meditation will take time but gradually it will become very fast. One learns how to use the nutcracker of intuitive perception to crack open the hard shell of language and ambiguity to get to the kernels of truth in scriptural sayings. **We can easily travel in time and know the truth.** In fact all the scriptures in the world should be read in the same way to get direct truth from the omnipresent instead of understanding it via ignorance.



Rama- seated with Sita, fanned by Lakshmana, while Hanuman pays his respects.

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**When in worldly activity, keep attentive between the two breaths, and so practising, in a few days, be born anew.**

**When in worldly activity, keep attentive between the two breaths...** Forget breaths — keep attentive in between.

One breath has come: before it returns, before it is exhaled out, there is the gap, the interval.

One breath has gone out; before it is taken in again, the gap.

**In worldly activity, keep attentive between the two breaths, and so practising, in a few days, be born anew.** But this has to be done continuously

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That is why this is mentioned: **When in worldly activity**... Whatsoever you are doing, keep your attention in the gap between the two breaths. But it must be practiced while in activity.

Do not practice it in isolation. This practice is to be done while you are doing something else.

You are eating — go on eating and be attentive of the gap.

You are walking — go on walking and be attentive of the gap.

You are going to sleep — lie down, let sleep come, but you go on being attentive of the gap.

### **Why in activity?**

Because activity distracts the mind, activity calls for your attention again and again. Do not be distracted, be fixed at the gap. And do not stop activity, let the activity continue. **You will have two layers of existence — doing and being.**

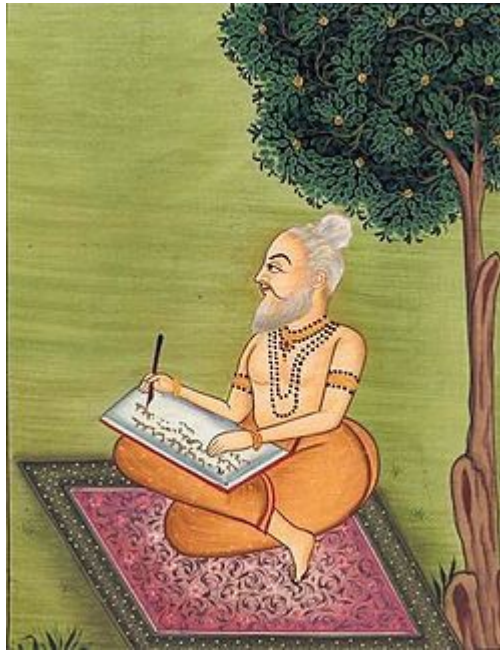
Krishna has many names. Krishna is one of the greatest actors. He is constantly centered in himself and playing — playing many roles, many games, but absolutely non serious.

**Seriousness comes from identification. If you really become Ram in the drama then there are bound to be problems.** Those problems will come out of your seriousness. When Sita is stolen you may get a heart attack, and the whole play will have to be stopped. If you really become Ram, a heart attack is certain... even heart failure.

But you are just an actor. Sita is stolen, but nothing is stolen. You will go back to your home and you will sleep peacefully. Not even in a dream will you feel that Sita is stolen. When really Sita was stolen, Ram himself was weeping, crying and asking the trees, "Where has my Sita gone? Who has taken her?" But this is the point to understand. **If Ram is really weeping and asking the trees, he has become identified. He is no more Ram; he is no more a divine person.**

This is the point to remember, that **for Ram his real life also was just a part.** You have seen other actors playing Ram, but Ram himself was just playing a part — on a greater stage, of course.

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An artist's impression of sage Valmiki composing the Ramayana

**India has a very beautiful story about it. I think that the story is unique; nowhere else in any part of the world does such a thing exist.** It is said that Valmiki wrote the Ramayana before Ram was born, and then Ram had to follow. So really, the first act of Ram was also just a drama. The story was written before Ram was born and then Ram had to follow, so what can he do? When a man like Valmiki writes the story, Ram has to follow. So everything was fixed in a way. Sita was to be stolen and the war had to be fought. **Everyone who acted in it were divine souls including Ravan.**

If you can understand this, then **you can understand the theory of destiny, Bhagya — fate.** It has a very deep meaning. And the meaning is, if you take it that everything is fixed for you, your life becomes a drama. If you are playing the role of Ram in the drama you cannot change it, everything is fixed, even your dialogue. If you say something to Sita it is just repeating something that is fixed. **You cannot change it if life is taken as fixed.**

For example, you are going to die on a particular day — it is fixed. When you will be dying you will be weeping, but it is fixed. And such and such persons will be around you — it is fixed. **If everything is fixed, everything becomes a drama.** If everything is fixed, it means you are just to enact it. You are not asked to live it, you are just asked to enact it.

**This technique is just to make yourself a psychodrama — just a play.** You are focused in the gap between two breaths and life moves on, on the periphery.

**If your attention is at the center, then your attention is not really on the periphery — that is just “sub-attention”.** It just happens somewhere near your attention. You can feel it, you can know it, but it is not significant. It is as if it is not happening to you.

I will repeat this...

If you practice this technique, your whole life will be as if it is not happening to you, as if it is happening to someone else.

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Take Shri Sita Ram Foundation's heartfelt thank you to all concerned for the decision to let you all know about "Ramayana" at this juncture. But let us be responsible, safe and yes, compassionate.

**Jai Shree Ram!!**

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