

SHRI SITA RAM FOUNDATION BLOG POSTS

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By: Priyanka Gupta

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Shri Ram / Bhaktisagar

The Ramayana is one among the two greatest Hindu epics. It revolves around the life of Rama and his loved ones. Upon reading the Ramayana, one will realize that it portrays many ideal characters like the ideal wife, the ideal brother, the ideal servant, the ideal king and the ideal father. In the story, Rama's beautiful wife, Sita, gets abducted by the King of Lanka, Ravana. From this point is where the most essential events unfold. **The text consists of 24,000 verses in a total of seven books and 500 cantos. It is best known to spread knowledge about dharma and explores the concept to a great length.** The Ramayana has influenced Sanskrit poetry and Indian culture. It is a tale that is told to every Hindu child during their growing years so as to make them aware of their religious roots and its strong values.

The Ramayana has a philosophical, spiritual significance and a deep truth to it. It tells the story of Rama (**an avatar of the Hindu preserver-God Vishnu**), whose wife Sita is abducted by the king of Lanka, Ravana. Thematically, **the Ramayana explores human values and the concept of dharma.**

Verses in the Ramayana are written in a 32-syllable meter called **anustubh**. The Ramayana was an important influence on later Sanskrit poetry and Indian life and culture. Like the Mahābhārata, the Ramayana is not just a story; **it presents the teachings of ancient Hindu sages(Vedas) in narrative allegory, interspersing philosophical and devotional elements.**

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Lord Ram and Sita

Traditionally, the **Ramayana is attribute to Valmiki**, regarded as India's first poet. The Indian tradition is unanimous in its agreement that the poem is the work of a single poet, the sage Valmiki, a contemporary of Rama. The story's original version in Sanskrit is known as **Valmiki Ramayana**, dating to approximately the 5th to 4th century B.C. While it is often viewed as a primarily devotional text, the Vaishnava elements appear to be later accretions possibly dating to the 2nd century BC or later. **The main body of the narrative lacks statements of Rama's divinity, and identifications of Rama with Vishnu are rare and subdued even in the later parts of the text.**

According to Indian tradition, and according to the Ramayana itself, the Ramayana belongs to the genre of **itihāsa**, like the Mahabharata. The definition of itihāsahas varied over time, with one definition being that **itihāsa is a narrative of past events (purāvṛtta) which includes teachings on the goals of human life.** According to Hindu tradition, the Ramayana takes place during a period of time known as **Treta Yuga**.

Some cultural evidence (the presence of sati in the Mahabharata but not in the main body of the Ramayana) suggests that the Ramayana predates the Mahabharata. However, the general cultural background of the Ramayana is one of the post-urbanization period of the eastern part of North India, while the Mahabharata reflects the Kuru areas west of this, from the Rigvedic to the late Vedic period.

By tradition, the text belongs to the Treta Yuga, second of the four eons (yuga) of Hindu chronology. **Rama is said to have been born in the Treta Yuga to King Daśaratha in the Ikshvaku vamsa (clan).**

Coming to the four sons of King Dashrath, the eldest son "Ram" which symbolizes the light within us. **Ram denotes the soul itself, the light inside us.**

Ram had three brothers, "Lakshman", who is aware and awake full. "Shatrughan", who has no enemies and "Bharat", who is brilliant and talented.

"Ayodhya" means that which cannot be destroyed. Our mind-body complex can be understood as Ayodhya, the king of which is Dashrath.

When Sita(the mind), stayed away from Ram(the soul), then Ravan(the ego) kidnapped Sita. Then, Ram and Lakshman(soul and awareness) with Hanuman's(life's force) help, bring Sita back home to the self.

Their homecoming is celebrated with lights as Diwali, where each lit lamp represents the light within us.

Rama, the hero of the Ramayana, is one of most popular deities worshipped in the Hindu religion. Each year, many devout pilgrims trace his journey through India and Nepal, halting at each of the holy sites along the way. The poem is not seen as just a literary monument, but serves as an integral part of Hinduism, and is held in such reverence that the mere

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reading or hearing of it, or certain passages of it, is believed by Hindus to free them from sin and bless the reader or listener.

According to Hindu tradition, Rama is an incarnation (Avatar) of the God Vishnu. The main purpose of this incarnation is to demonstrate the righteous path (dharma) for all living creatures on earth.

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!!