

Hanumaan with Raam, Seetaa, and Lakshman



॥ Jai Hanumaan ॥
Secrets of how to receive his best blessings!



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***Dedicated to my late father Shri Parmanand Purohit
and late mother Shrimati Indradevi Purohit***



श्रीगुरु चरन सरोज रज, निज मनु मुकुरु सुधारि। बरनऊं रघुबर बिमल जसु, जो दायकु फल चारि॥
बुद्धिहीन तनु जानिके, सुमिरौं पवन-कुमार। बल बुद्धि बिद्या देहु मोहिं, हरहु कलेस बिकार॥

Lord Hanumaan was born in the Treta Yuga as an incarnation of lord Shiva. His mother was Anjana and therefore he is also called Anjneya. His father was Kesari who was a monkey king of the city of Sumeru. Hanumaan is also called Pavan putra (son of Vayudeva) because Vayudeva (windgod) was his godfather.

Hanumaan was blessed with supreme intelligence, strength and divine powers. He received many boons from various devas including Indradeva, Brahamdeva, Agnideva, Vayudeva, Varundeva, Suryadeva, and Yamraj. He can fly over anywhere in the universe, he can lift a mountain, he cannot be killed by anyone because he has a boon of immortality. He can increase or decrease his size and take any form at his will. He is undefeatable.

During his childhood he was very mischievous and played pranks on many people. One day he decided to eat the sun thinking that it was an attractive colorful fruit. With this in mind, he swiftly leaped into the sky, increased his size, arrived close to the sun and swallowed it into his mouth (Figure 2).



Figure 2 - Hanumaan approaching Suryadeva

That caused a terrible havoc (haahaakaar) in the entire universe as it was enveloped with darkness. Despite warnings from Indradeva, Hanumaan did not release Suryadeva from his mouth. At last, Indradeva lost his patience and hit Hanumaan with his Vajra injuring Hanumaan's jaw, thus he was called Hanumaan. Hanumaan's primary duty was to serve Raam which he performed in a superb manner. He always made his best efforts to serve Raam even at the cost of his own life. He performed his duty without expecting any reward in return. He did not care

for worldly pleasure. He was a brahmchari (celibate), he did not care for wealth, nor for power, nor for any recognition or praise. Every task he performed was for Raam. Thus, he was a true Karmayogi. He used his free time chanting Raam's name with great devotion and shradha (faith). Thus, he was also a bhakti yogi. Hanumaan was a vedic scholar taught by Suryadeva himself. Thus, he was a gyanyogi as well.

Lord Hanumaan is worshiped by millions of Hindus all around the world for his blessings to fulfil their wishes such as recovery from sickness, safe journey, better health, passing examination, getting jobs, protection from enemy, protection from evil spirits (bhoot pisach), business profits, winning lottery, and various other reasons. People pray to Hanumaan by chanting Hanumaan chalisa, visiting Hanumaan temples, reading Sunderkand of Raamaayan, doing aarti for Hanumaan, observing fast on Tuesday, and singing bhajans in his glory. Let us ask a question to ourselves. Can we please Hanumaan or receive his blessings by these techniques alone? To understand this point let us consider some of the real-life practical examples.

- A. A teacher may become happy for a day or two if students offer him/her namaskaar and shower praise, but his/her real happiness will come when they learn the subjects taught to them and get good grades in their test. By only offering namaskaar and touching feet, students cannot get good grades from their teachers.
- B. You may please your parents for a moment by touching their feet or offering namaskaar in the morning. This happiness will be only short-lived. They will become truly happy when you help them in daily chores, take care of siblings, get good grades in your tests, be a good citizen, and fulfil their dreams.
- C. A wife will be happy if her husband expresses love for her and praises her, but this happiness will soon evaporate if he does not earn money for living. Similarly, a husband might be happy for a while if his wife does aarti for him and praises him, but this happiness can be transformed into arguments if she does not take care of household responsibilities, especially if food is not ready when he is hungry. However, if wife is a working person, every responsibility, including household, is expected to be shared.

- D. A businessman may become happy for a short time if his employees offer namaskaar and praise him, but his ultimate happiness will come when they help him in making money. In fact, only offering namaskaar and praise might make him unhappy and he might get rid of those employees.
- E. A farmer may become happy for a day if his children offer namaskaar every morning and evening, but his ultimate happiness will come when they learn farming techniques and help him to increase farm income. Similarly, he will not like his employees if they don't work in the field and spend their time only in chanting bhajans.

In summary, you cannot please anyone by only doing namaskaar or pranaam, by showering praises, by glorification, or by flattering. Therefore, you cannot please Hanumaan by only chanting Hanumaan Chalisa, or doing arti for him, or singing bhajans in his glory. Hanumaan is a perfect Vedic scholar taught by Suryadeva. He is more intelligent than all of us. He is an antaryaami, capable of reading our mind. He can differentiate between real bhakti and flattery. Does he care for flattery? Certainly, Hanumaan chalisa will make him happy but we can get his full blessings only if we do the deeds which he did for the mankind during Tretayuga. His accomplishments are summarized below:

Hanumaan Provided protection to a helpless person:

Baali was the king of Kishkindha city and his younger brother Sugriva lived with him. Because of some misunderstandings, Baali became angry with Sugriva, banished him from the kingdom, and took his wife Ruma. Upon the advice of Suryadeva, Hanumaan went to meet Sugriva who lived in Matang Rishi's ashram in Rishiyamukh mountains (Figure 3). Hanumaan became Sugriva's friend as well as an advisor. When Sugriva was helpless, Hanumaan provided him full protection. Baali dare not touch Sugriva in the presence of Hanumaan. While looking for Seetaa who was kidnapped by the demon Raavan, Raam and Lakshman came to the area where Sugriva lived. Hanumaan met them in disguise but revealed his identity when he came to know these two strangers were none other than Raam and Lakshman (Figure 4).



Figure 3 - *Hanumaan meeting Sugriva*



Figure 4 - Hanumaan in disguise meeting Raam and Lakshman

Hanumaan was extremely happy to meet them as he has been looking for Raam for a long time. Hanumaan paid his obeisance (pranaam) to Raam and since that time he became a staunch Raam Bhakta. Hanumaan introduced Raam to Sugriva whereby they became friends of each other. Due to this friendship Raam killed Baali, rescued Sugriva's wife, and made Sugriva the king of Kishkindha.

Here Hanumaan provided protection to a friend who was helpless and victimized by his own brother. Hanumaan did not expect anything in return. He was happy that Sugriva got the justice he deserved and Baali got the punishment he deserved. Like this, Hanumaan provided protection to many helpless people and restored their dignity. Hanumaan will be very happy if we help helpless people and do not make people helpless. With Hanumaan help Sugriva was able to reunite with his wife. Can we please Hanumaan by chanting Hanumaan Chalisa daily and at the same time behave like Baali? The answer will be no! In fact, Baali-like behavior might make Hanumaan angry and we may have to face consequences.

Hanumaan Provided help in the treatment of a sick person:

During the war fought between Raam and Raavan in Lankaa, Raam's brother Lakshman was seriously wounded by the arrows of Raavan's son Meghnath. Lakshman was unconscious and every effort to revive him failed (Figure 5).

A Lankan doctor (Vaidhya) Sushena prescribed sanjeevani booty (an herb) for treatment which was available only in the mountains of Himaalay, thousands of miles away from the Lankaa. It was only Hanumaan who could accomplish this formidable task. He flew for Himaalay, overcame several obstacles on the way, and finally reached to his destination. Though Hanumaan was able to locate the mountain he could not identify the herb. Therefore, he lifted the whole mountain



Figure 5 - Wounded Lakshman

and brought it to Lanka (Figure 6), again overcoming several obstacles. The Lankan doctor identified the herb that saved the life of Lakshman. Hanumaan will be happy if we help to treat a sick person or save person's life. Can we please Hanumaan by chanting Hanumaan Chalisa and at the same time be involved in manufacturing and supplying fake medicines? Will Hanumaan be happy if doctors and hospitals let patients die because they are unable to pay in advance?



Figure 6 - Hanumaan carrying a mountain with Sanjeevani for Lakshman

As we all know, Hanumaan did not charge a penny from Raam or Lakshman for getting the herb from Himaalaya.

Hanumaan Provided help in rescuing an abducted/kidnapped person:

After Seetaa was abducted by the demon Raavan, Raam and Lakshman were looking for her desperately all around the forest of Panchvati they inhabited. At one point they met Hanumaan who not only agreed to help them but also became an ardent bhakta of Raam. In the search of Seetaa, Hanumaan, Sugriva, Angad and other monkeys spent several days in the various parts of Bhaarat without any trace.

They crossed wild rivers, dense forests infested with deadly animals, and formidable mountains. Finally, Jatayu's brother Sampati informed them that Seetaa was abducted and held as a captive in Lankaa by the demon Raavan. Hanumaan flew over the ocean to reach Lankaa but in the middle, he was blocked by Nagmaata Sursa who wanted to test his ability to perform the intended task.

She had a boon that anyone who comes before her must pass through her mouth. However, when she wanted to swallow Hanumaan, he became bigger and bigger and in order to match his size she had to increase her size too.

At that moment, Hanumaan shrank his size to that of a mosquito and before Sursa could match up to that size he entered her large mouth and quickly slipped out (Figure 7).



Figure 7 - *Micro Hanumaan entering into the mouth of Sursa*

After fulfilling the condition of Sursa, Hanumaan continued on his journey. Soon Hanumaan encountered another demon named Simhika who was able to kill her preys by grabbing their shadows. Hanumaan killed this demon and resumed his journey to Lankaa. Upon arriving at Lankaa, he faced another obstacle when he was stopped by a ferocious demoness Lankini who was guarding the main gate of the city of Lankaa (**Figure 8**).

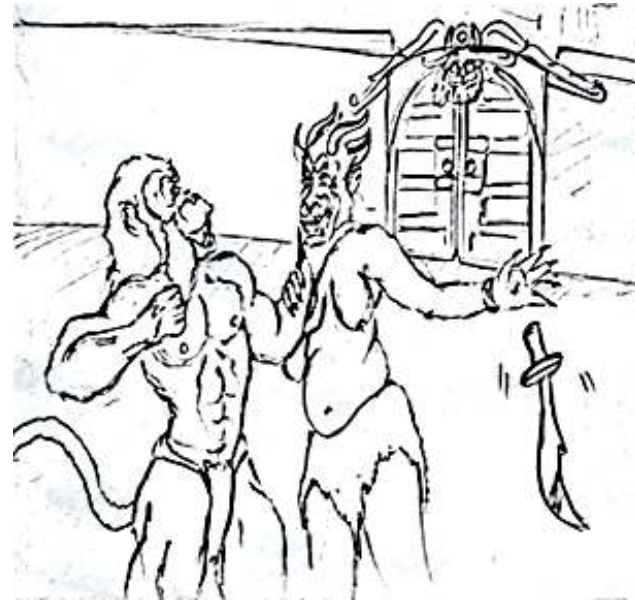


Figure 8 - Hanumaan fighting with Lankini

Lankini was very powerful and no one was allowed to enter Lankaa without her permission. When she challenged Hanumaan, he hit her so hard that she could not bear the pain. This way he was able to subdue her and enter the city of Lankaa. Despite looking everywhere, Hanumaan could not find Seetaa for a long time. Finally, with the help of Raavan's brother Vibhishan, he was able to locate Seetaa sitting under a tree in Ashokvatikaa (Figure 9).



Figure 9 - Hanumaan meeting Seeta

There, Hanumaan fought and killed many demons, including one of Raavan's son Akshayakumar. However, Raavan's other son Meghnath captured Hanumaan with brahmashtra and took him to Raavan for punishment. There in the court, Hanumaan tried to persuade Raavan to release Seetaa and ask for forgiveness from Raam (Figure 10).



Figure 10 - **Captured Hanumaan before Raavan**



Figure 11 - **Hanumaan burning Lankaa**

However, Raavan responded with anger, showered insults on Hanumaan and ordered his soldiers to put fire on Hanumaan's tail. After burning a greater part of Lankaa with his burning tail (Figure 11), Hanumaan flew back to other shore of the ocean and informed whereabouts of Seetaa to Raam. Raam, Lakshman, Hanumaan, Sugriva, Angad, and other monkey warriors crossed the ocean through a bridge built with the help of two monkey soldiers – Nal and Neel- who were blessed with a boon that stones thrown out by them into water will not sink. They built a bridge by throwing stones into the water. Recently, NASA of USA discovered the presence of this bridge submerged in the water between current

India and Srilankaa. After arriving in Lankaa, they waged a ferocious war with Raavan. Ultimately Raavan was killed and Seetaa was rescued. Here Hanumaan played a major role in defeating Raavan and rescuing Seetaa. Hanumaan will be very happy if we provide help in preventing kidnapping or rescuing kidnapped people. Here is another example of Hanumaan helping a helpless person.

Even today millions of women are suffering in this world. They are harassed, kidnapped, raped, and forced to prostitution business. Girls are killed before they are born. Here we can please Hanumaan by preventing or minimizing the sufferings of women. This can be done through various approaches including, education, enforcement of laws for the punishment of offenders, providing financial support to the victimized women, or by direct intervention as Hanumaan did. Help widows to make them self-sufficient and restore their dignity. Prevent killing of girls before they are born by educating people that girls are as important as boys are and killing of girls is not only criminal but also a cruel act that Hanumaan will not tolerate. After reciting Hanumaan Chalisa or Sunderkand, we should take some action to helping victimized women in some ways regardless of their religion, cast, color, nationality, or language. If we are involved in the victimization of a women, not only Hanumaan Chalisa will not help us, but we will be punished by Hanumaan.

Hanumaan Rescued Raam and Lakshman from Ahiraavan :

During the war in Lankaa many of the commanders of Raavan were killed by Raam and his army. Disparately, Raavan sought help from his brother Ahiraavana who lived in Patalloka (the underground world). To help Raavan, Ahiraavana entered the battlefield in the disguise of Vibhishana, abducted Raam and Lakshman while they were asleep, and took them to Patalloka. In the morning, Hanumaan and others were shocked to discover that both brothers were missing even though they were guarded by Hanumaan. After Vibhishan expressed his suspicion that it could be the job of Ahiraavan, Hamaumaan ventured into Patalloka to rescue both brothers.

Hanumaan was faced with many hurdles along the way, including fight with many powerful soldiers. While Ahiraavan was planning to kill Raam and Lakshman in front of his kuldevi (Godess), Hanumaan was able to kill him and brought both brothers safely to Lankaa in the battlefield. Thus, Hanumaan put his own life in danger to rescue Raam and Lakshman. This further proves that he was a true Raam Bhakta totally dedicated to the service of the lord without any expectations in return. It is because of his bhakti he was bestowed with unlimited power even sometime greater than that of Raam. Therefore, it is believed that worshiping Hanumaan brings the same reward or even greater than worshiping Raam. Evidently, Hanumaan got this much power by being a true devotee of Raam.

Hanumaan Provided help to Raambhakta:

While looking for Seetaa in Lanka, Hanumaan heard the chanting of Raam's name from one direction. He could not believe it. Chanting of Raam's name in the city of demon Raavan! He wondered if was he dreaming or it was his wishful thinking, but the chanting persisted and it became louder and louder as he moved in that direction. Finally, he reached to a mansion from where Raam chanting came. It was the residence of Vibhishan, a brother of Raavan (Figure 12). Hanumaan was extremely happy to know that a brother of demon Raavan was an ardent bhakta of Raam which was beyond his imaginations. Since Hanumaan himself is a Raambhakta, he loves and admires those who are also Raambhaktas. Thus, if you want the best blessings from Hanumaan, become a Raam devotee. With Hanumaan's help Vibhishan became the king of Lankaa. Vibhishan was not only a sincere Raambhkta but also strongly opposed to the injustices and undharmic activities of his brother Raavan. He tried his best to persuade Raavan to release Seetaa respectfully and ask for forgiveness from shri Raam. When he was not successful in his noble efforts, he left Raavan with heavy heart to join Raam. He did not join Raam to become the king of Lanka nor for any other selfish reasons. He did not want to hurt or kill Raavan. If Raavan had released Seetaa, Vibhishan would not have left Raavan to join Raam. A proverb, Ghar ka bhedi Lankaa dhahe is a misrepresentation of Vibhishan's character since he did not join Raam for any

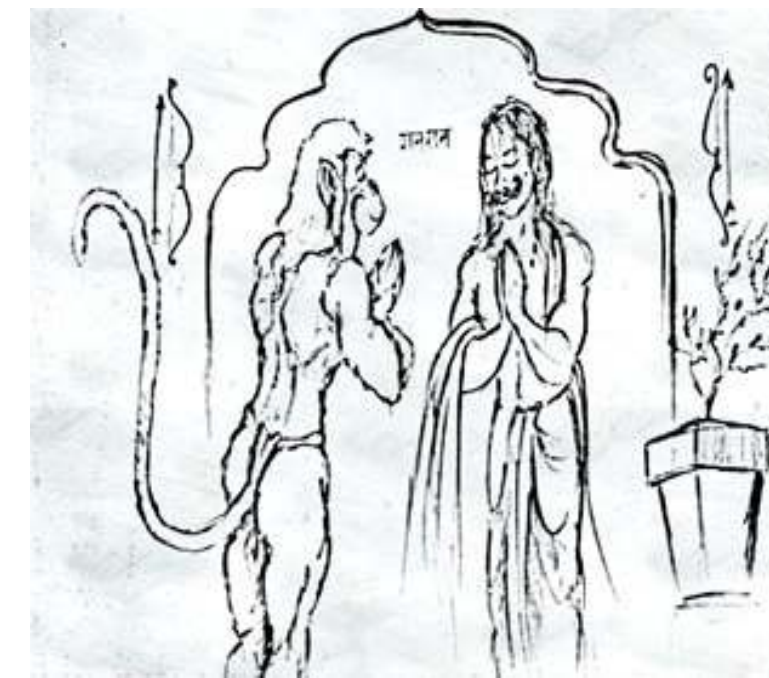


Figure 12 *Hanumaan meeting Vibhishan*

selfish reasons. I think Vibhishan did the right thing and he should be commended for his courageous decision which was perfectly in line with dharma. I think that people can get some of their wishes fulfilled if they become sincere Raam Bhaktas and provide help in the release of kidnapped people.

Did Hanumaan accomplish anything by only chanting the name of Raam?

The answer is no!

Hanumaan always started his mission by chanting Jai Shri Raam, but he did not accomplish his tasks only by chanting. He did not cross the ocean by chanting alone. He did not overcome Lankini in Lanka by chanting alone. He did not find Seetaa in Ashok vatika by chanting alone. He did not kill Raavan's son and his soldiers in Ashok vatika by chanting alone. In the battle, he did not defeat or kill many demons by chanting alone. He did not find and bring sanjivani herb along with mountain by chanting alone. He did not rescue Raam and Lakshman from Ahiraavan by chanting alone. Along with chanting, he carried out his mission with hard work and proper strategic planning. If Hanumaan did not accomplish any task by chanting alone, how can we please Hanumaan to fulfill our wishes by only chanting Hanumaan chalisa or sunderkaand?

Other qualities of Hanumaan

Hanumaan was/is humble and devoid of false ego :

Despite possessing immeasurable powers of many types, Hanumaan decided to be a servant of Lord Raam. He is very humble down to the earth and devoid of false ego. Hanumaan was humble and courteous even to Raavan when he was taken as a prisoner by Meghnath. He never praised himself, nor did he desire to be praised by others. If we want to please Hanuman, we should become humble like him.

Hanumaan was/is a Superb a Team Player:

Hanumaan is an outstanding example of team player and collegiality. He worked very well with his colleagues including, Jaamvant, Sugriva, Angad, Nal, Neel and many other monkey soldiers. He always respected them, he took their suggestions positively, he provided them protection whenever needed, and he never tried to show off his power. Hanumaan never tried to put his fellow monkey down, nor was he angry at any time on them. This teamwork played an important role in the defeat of Raavan and his demonic forces in the liberation of Seetaa and finally victory of Raam. We can easily guess that in addition to chanting his glory, Hanumaan will be happy if we copy him as a team player for a noble cause. We all know very well that a positive teamwork can accomplish miracles. On the other hand, a negative teamwork can be a disaster.

Hanumaan was/is a Body Builder:

Hanumaan's body was very strong like a Vajra (a weapon of Indradev) and therefore he is also called Bajrang Bali. He can lift big boulders and even a mountain. Only a strong person can provide protection to the victims, whereas a weak person himself needs protection. Hanumaan would like us to be a protector rather than the one who needs to be protected. In order to be a physically strong person we need to do regular exercise and yoga. Only reading and acquiring lot of knowledge about yoga and by giving lectures on yoga will not make us physically strong. In addition, we need to eat a healthy diet such as fruits, vegetables, nuts and milk products which Hanumaan consumed. Samosa and jalebi may taste better but they don't make you strong. Finally, only chanting Hanumaan chalisa will not make you strong but may provide an inspiration to develop a plan for taking yoga classes.

Hanumaan a perfect Karamyogi:

Hanumaan is a perfect example of a Karam yogi as defined in Bhagavad Geeta. His duty was to serve Shri Raam which he did with devotion and sincerity without any expectations. He was not attached to any fruitful results (phala) but at the same time he was not detached from his prescribed duty.

For most of the people it is not easy to be a perfect Karam Yogi and it is understandable that they expect positive results (phala) from their prescribed duty. On the other hand, it is hard to understand when people want to get their reward first and perform their assigned duty later. Hanumaan must be wondering when people promise him to offer some money in exchange for fulfilling their wishes. Do you think Hanumaan needs our money? Will he be happy with this kind of a deal which has no value for him? For Hanumaan, money, diamonds, gold and other items of luxury are of no use. Even more puzzling to Hanumaan is the word Bribe (Rishwat) which is not in his dictionary. In bribe, people demand money or some favor in advance before they execute their prescribed duty for which they are paid on a regular basis. It will be hard for Hanumaan to bless these people even though they may chant Hanumaan Chalisa and do aarti for him a hundred times.

Ego (ahankaar) breaker Hanumaan:

Bhimsen, one of five Pandvas was very proud of his physical strength. While Pandavas were in exile, one day when they were relaxing in a forest, a pleasing smell came across with the breeze. Dropadi was so much attracted with the smell that she asked Bhim to bring those flowers that gave out the pleasing smell. To please Dropadi, Bhim set out in search of those flowers in a nearby forest. On his way he saw a little old monkey blocking his path. Bhim asked the monkey to get

out of his way but the monkey did not comply. Even when Bhim threatened the monkey, it did not work. At last, the monkey suggested that Bhim could move his tail and go on to his way. With great anger, Bhim tried lifting the tail of the monkey but he could not move it even an inch. When Bhim tried to lift the tail with his mace, it broke under the pressure. Finally, Bhim accepted the defeat and requested the monkey to reveal his identity. When Hanumaan showed his real form, Bhim bowed down to him and asked for forgiveness for his misbehavior. If we want to get Hanumaan's blessing, we need to lead a life devoid of false ego. Hanumaan has zero ego despite possessing several supernatural powers.

Summary: Secrets of pleasing Hanumaan to receive his best blessings:

The following activities are recommended:

Respect women and make your best efforts to prevent sufferings of helpless women through various approaches including, education, enforcement of laws for the punishment of offenders, providing financial support to the victimized women, or possibly by direct intervention as Hanumaan did.

Help widows to make them self-sufficient and restore their dignity.

Help prostitutes to come out of slavery.

Prevent killing of girls before they are born by educating people that girls are as important as boys are and killing of girls is not only criminal but also sinful that

Hanumaan will not tolerate. Do not pray to god only for sons. Pray for both sons and daughters.

Help sick people in the treatment of their sickness by providing physical, financial, and/or spiritual resources.

Help victimized people to get justice and prevent victimization of vulnerable people.

It is important to note these activities should be performed irrespective of religion, faith, caste, race, color, nationality, language, and gender. Hanumaan provided help to victims without considering these factors.

In addition, Hanumaan will be very happy if you follow his qualities such as: be a Karmayogi; be humble and devoid of ego; be physically strong; and be a team player.

About Author

Dr. Vishnudutt Purohit, Ph.D. hails from Jaisalmer, Rajasthan, India. After completing his undergraduate degree in Veterinary Medicine and postgraduate degree in Genetics from India he went to Canada where he earned his Ph.D. in Biomedical Sciences with specialization in Endocrinology from the University of Guelph, Ontario, Canada. Subsequently he moved to USA and worked for Food and Drug Administration and National Institutes of Health for about 30 years. He retired about two years ago and lives with his wife Mohini Purohit at North Potomac, Maryland, USA.

About 20 years ago with the support of his friends he started Geeta Study Group which has been running with great fervor till today. He strongly believes that Geeta philosophy is logical, scientific, and a source of happiness for humanity if practiced sincerely. He plans to write articles based on the teachings of Geeta, Raamaayan, and Upanishads which were relevant in the past, which are relevant today and which will be relevant in future. He can be reached at **Email : vdpurohit0845@gmail.com**

About Illustrator

Gaurav Krishana Vyas hails from Jaisalmer, Rajasthan, India. When he was only two-year old, he drew his first picture of lord Ganesha that was admired by his parents, grandparents, and other relatives. With this encouragement, he continued his drawings and at the age of five years he received his first award in a primary level competition. He believes that the source of inspiration for his drawings is lord Krishna. Other information about him is given below.

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