

Hanuman - Lesson 1



Hanuman is one of the dearest of all the great gods of Hinduism. He has the shape and form of a monkey. A long time ago, there lived a race of monkeys that were very smart and very powerful. These were called Vanaras. They don't live on Earth anymore. They are not like ordinary monkeys. They were semi – divine. Hanuman was a Vanara.

Hanuman was born to Anjana Devi, and Vayu, the God of Wind. Hanuman is also called “Anjaneya”, son of Anjana. Remember Lord Shiva? Hanuman is an incarnation of Lord Shiva.

People worship Hanuman for strength and courage, and to get wisdom. They worship him to get rid of fear. Bad things run away when Hanuman comes near. Hanuman is the greatest devotee of Lord Sri Rama. Rama's wife, Sita gave him immortality.

Questions: Is it good to be strong? Is it good to have courage? Can you think of a time when you needed courage? If you had to choose, would you rather have wisdom or physical strength? Is it better to be afraid or to have inner strength?

Who was Hanuman's mother? What was his father's name? Who was his father? Who is he an incarnation of?

Story 1: Hanuman Flies to the Sun

Hanuman has the appearance of a monkey, so we think of him like a monkey. But he only looked like a monkey! He was a member of a semi-divine race called Vanaras, which lived on the Earth probably more than a million years ago.

Because he was an incarnation of Shiva, even when he was practically a baby he could do just about anything. Do you have any younger brothers or sisters? Do you know how, when they see anything interesting, they try and reach out and grab it? Hanuman was just like this when he was a baby.

When he was an infant, Hanuman was looking at the sky. In the sky he saw the Sun. It looked like a big orange. He thought “Oh, I think I will fly up and grab that orange and eat it”. So he flew up in the sky towards the sun. Can you or I fly to the Sun? Of course not! We don't have this power. We would need a rocket ship! And even with a rocket ship, we could not fly to the Sun, because it would get too hot. But Hanuman was not like you or I. Anything was possible for him, even when he was a baby.

So Hanuman flew up with great speed. Because he was the son of the Wind God, Vayu, he could travel anywhere at great speed. In no time at all, he flew millions of miles to the Sun.

Do you know who lives in the Sun? Do you know who Surya is? Surya is the Sun God. He lives on the planet Sun. He is the source of all the energy on the Sun. Surya is a great yogi. He provides the light and energy which sustains everything in our solar system. If it were not for Surya and the energy in the Sun, everything would die instantly. Surya is a great individual and deserves our gratitude and worship. If you get electricity from the electric company, they ask for a lot of money. But Surya provides zillions watts of energy to the Earth every day but never asks for any payment.

Hanuman reached the Sun, and he saw Surya, who looked like a big tasty orange. So he opened up his mouth and put Surya inside. Surya, who is peaceful, did not object. What do you think happened? Without Surya, the whole solar system went dark. On Earth, they thought it was a solar eclipse, which is where the Sun goes dark. Hanuman was a vegetarian. He soon realized that Surya was not a fruit but a living being. Surya did not taste like an orange. So he spit Surya back out. Then the light in the solar system came back.

When the universe became dark, all the gods became very alarmed. Indra is King of the gods. He lives in Indraloka, his own heaven. When Indra saw the universe go dark he wondered "Who is doing something to the Sun God? Are we under attack?" He mounted his big elephant Airavata, and moved very quickly to see the Sun and see what was going wrong. Remember, Hanuman is only a little baby, right? When little babies see an elephant, what do they do? They would think it is another toy to play with, right? So Hanuman began rushing towards Indra.

Even though he is King of the gods, Indra does not know everything. He did not know Hanuman was a baby or an incarnation of Shiva. He thought he might be a big demon. Only he saw this creature, who had just swallowed and spit out Surya, coming towards him. So he became frightened.

Indra has a terrible weapon. Does anyone know what this is? It is called Vajrayudha (thunderbolt)! When seeing Hanuman rush at him, he threw his thunderbolt at Hanuman. It hits Hanuman right on the chin. This is why Hanuman has a split in his chin. It knocks Hanuman unconscious, like he is dead.

Remember now, who is Hanuman's father? Vayu. Vayu is the god of wind. Hanuman was very dear to Vayu. He was very upset that Indra would kill his son. He says, "Well, if that is the way they want to treat my son, then I also will not treat anyone very well. I will stop all winds from blowing in the whole solar system (but not on Earth, as they are not responsible). So, all the winds dried up. Pretty soon there was no air for anyone to breathe! Now everyone was alarmed again! They all came to Vayu to beg his forgiveness.

Remember Lord Brahma? He created the universe. He came and brought Hanuman back to life. In fact, he gave Hanuman a boon. Who knows what a boon is? It is like a gift. Brahma gave Hanuman the boon of immortality. Surya, the Sun God, gave him one 1/100'th of his brightness. Indra gave him his thunderbolt. Agni, the Fire God, said fire will never burn him. All the gods apologized to Vayu and gave Hanuman different gifts, especially all their powerful weapons, which were more powerful than nuclear bombs. This is the story of the day Hanuman swallowed Surya, the Sun God.

Questions: Why did Hanuman think the Sun was an orange in the sky? How was Hanuman able to fly to the Sun? Who was his father? What was Indra's weapon?

Story 2: Hanuman and the Saints

When Hanuman was a young child, he lived near an ashram where the saints used to practice their Vedic ceremonies. They loved Hanuman, but he was a mischievous child. It was like having a monkey playing in your living room! Like a monkey, Hanuman would climb up in the trees. But because he was so heavy, the trees would fall down with a crash. Sometimes they would fall and it would stop the religious ceremonies, or break big jars where clarified butter, called ghee, or other items were stored.

Because Hanuman loved playing, and had such great strength, he was creating a lot of problems. So one day they came to his Mother Anjani, and told her "We have put a curse on your son." Does anyone know what a curse is? Usually it is a very bad thing, right? So when they told Hanuman's mother this, she got very frightened. But then they said "No, no, it is not a bad curse. It is only to keep him out of real trouble. We have cursed him so that he will not remember his own strength unless someone reminds him of it." To this day, Hanuman only remembers his own strength when we chant his praises reminding him of his great strength.

Questions: Why was a curse put on Hanuman? Why do we chant his praises?

CROSSWORD

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ACROSS

- 3 Who gave immortality to Hanuman
- 4 Creator of Universe
- 5 Hanuman is a great devotee of
- 7 Indra's vehicle
- 10 Hanuman's mother
- 11 King of Gods

DOWN

- 1 Hanuman is an incarnation of
- 2 Indra's weapon
- 3 Who is the Sun God?
- 6 Who put curse on Hanuman?
- 8 Hanumna is a semi-divine race called
- 9 God of Wind
- 12 Hanuman's other name
- 13 Hanuman's shape and form is a

Drawing Exercise: Use Crayons to Color Hanuman



Hanuman Chalisa with English Translation

WEEK 1:

<i>Jai Hanuman gyana guna sagar Jai Kapisa tihun loka ujugara</i>	Victory to thee, O'Hanuman! Ocean of Wisdom-All hail to you O'Kapisa! (fountain-head of power, wisdom and Shiva-Shakti) You illuminate all the three worlds (Entire cosmos) with your glory.
<i>Rama doota atulita bala dhama Anjani-putra Pavana suta nama</i>	You are the divine messenger of Shri Ram. The repository of immeasurable strength, though known only as Son of Pavan (Wind), born of Anjani.
<i>Mahavira Vikram Bajrangi Kumati nivar sumati Ke sangi</i>	With Limbs as sturdy as Vajra (The mace of God Indra) you are valiant and brave. On you attends good Sense and Wisdom. You dispel the darkness of evil thoughts.
<i>Kanchan varana viraja subesa Kanan Kundal Kunchita Kesa</i>	Your physique is beautiful golden coloured and your dress is pretty. You wear ear rings and have long curly hair.
<i>Hatha Vajra Aur Dhuvaje Viraje Kandhe moonj janehu sajai</i>	You carry in your hand a lightening bolt along with a victory (kesari) flag and wear the sacred thread on your shoulder.
<i>Sankara suvana kesari Nandana Teja pratapa maha jaga vandana</i>	As a descendant of Lord Sankar, you are a comfort and pride of Shri Kesari. With the lustre of your Vast Sway, you are propitiated all over the universe.
<i>Vidyavan guni ati chatur Ram kaja karibe ko aatur</i>	You are the repository of learning, virtuous and fully accomplished, always keen to carry out the behest's of Shri Ram.
<i>Prabu charitra sunibe ko rasiya Ram Lakhana Sita mana Basiya</i>	You are an ardent listener, always so keen to listen to the narration of Shri Ram's Life Stories. Your heart is filled with what Shri Ram stood for. You therefore always dwell in the hearts of Shri Ram, Lakshman and Sita.

WEEK 2:

***Sukshma roop dhari Siyahi
dikhava***

You appeared before Sita in a Diminutive form and spoke to her in humility. You assumed an awesome form and struck terror by setting Lanka on fire.

Vikat roop dhari lanka jarava

***Bhima roop dhari asura
sanghare***

With over-whelming might you destroyed the Asuras

Ramachandra ke kaj sanvare

(demons) and performed all tasks assigned to you by Shri Ram with great skill.

***Laye Sanjivan Lakhana Jiyaye
Shri Raghuvir Harashi ur laye***

You brought Sanjivan (A herb that revives life) and restored Lakshman back to life, Shri Raghuvir (Shri Ram) cheerfully embraced you with his heart full of joy.

***Raghupati Kinhi bahut barai
Tuma mama priye Bharat-hi sam
bhai***

Shri Raghupati (Shri Ram) lustily extolled your excellence and said: "You are as dear to me as my own brother Bharat."

***Sahas badana tumharo yasha
gaave***

Thousands of living beings are chanting hymns of your glories;

Asa kahi Shripati kanth lagaave

saying thus, Shri Ram warmly hugged him (Shri Hanuman).

***Sanakadik Brahmadi Muneesa
Narada Sarada sahita Aheesa***

When prophets like Sanka, even the Sage like Lord Brahma, the great hermit Narad himself, Goddess Saraswati and Ahisha (one of immeasurable dimensions).

***Yama Kuber Digpala Jahan te
Kavi kovid kahi sake kahan te***

Even Yamraj (God of Death) Kuber (God of Wealth) and the Dignals (deputies guarding the four corners of the Universe) have been vying with one another in offering homage to your glories. How then, can a mere poet give adequate expression of your super excellence?

***Tuma upkara Sugreevahin
keenha***

You rendered a great service to Sugriv. You united him with

Ram milaye rajpada deenha

Shri Ram and he installed him on the Royal Throne. By heeding

WEEK 3

***Tumharo mantra Vibheeshan
mana***

By heeding your advice, Vibhishana became Lord of Lanka. This is known

***Lankeshwar Bhaye Saba jaga
jana***

all over the Universe.

***Yuga sahasra jojan par Bhanu
Leelyo tahi madhur phal janu***

On your own you dashed upon the Sun, which is at a fabulous distance of thousands of miles, thinking it to be a sweet luscious fruit.

***Prabhu mudrika meli mukh
mahee***

Carrying the Lord's Signet Ring in your mouth, there is

Jaladhi langhi gaye achraj nahee

hardly any wonder that you easily leapt across the ocean.

***Durgaam kaja jagat ke jete
Sugam anugraha tumhre tete***

The burden of all difficult tasks of the world become light with your kind grace.

***Rama dware tum rakhvare,
Hoat na agya binu paisare***

You are the sentry at the door of Shri Ram's Divine Abode. No one can enter it without your permission,

***Saba sukha lahai tumhari sarana
Tum rakshak kahu ko dara na***

All comforts of the world lie at your feet. The devotees enjoy all divine pleasures and feel fearless under your benign Protection.

***Aapan tej samharo aapai
Teenhon loka hank te kampai***

You alone are befitted to carry your own splendid valour. All the three worlds (entire universe) tremor at your thunderous call.

***Bhoota pisacha Nikata nahin
aavai***

All the ghosts, demons and evil forces keep away, with the

Mahavira jaba naama sunavai

sheer mention of your great name, O'Mahaveer!!

Week 4:

***Nase roga harai saba peera
Japata nirantara Hanumanta
beera***

All diseases, pain and suffering disappear on reciting regularly
Shri Hanuman's holy name.

***Sankaata te Hanumana chudavai
Mana Krama Vachana dyan jo
lavai***

Those who remember Shri Hanuman in thought, words and
deeds
with Sincerity and Faith, are rescued from all crises in life.

***Saba para Rama tapasvee raja
Tina ke kaja sakala Tum saja***

All who hail, worship and have faith in Shri Ram as the Supreme
Lord and the king of penance. You make all their difficult tasks
very easy.

***Aura manorath jo koi lavai
Sohi amita jeevana phal pavai***

Whosoever comes to you for fulfillment of any desire with faith
and sincerity, Will he alone secure the imperishable fruit of
human life.

***Charon Yuga paratap tumhara
Hai persidha jagata ujjaya***

All through the four ages your magnificent glory is acclaimed far
and wide. Your fame is Radiantly acclaimed all over the Cosmos.

***Sadhu Sant ke tuma Rakhwara
Asur nikandan Ram dulhare***

You are Saviour and the guardian angel of Saints and Sages
and
destroy all Demons. You are the angelic darling of Shri Ram.

***Ashta sidhi nav nidhi ke dhata
Asa var deena Janaki mata***

You can grant to any one, any yogic power of Eight Siddhis
(power to become light and heavy at will) and Nine Nidhis
(Riches, comfort, power, prestige, fame, sweet relationship etc.)
This boon has been conferred upon you by Mother Janki.

***Rama rasayana tumhare pasa
Sada raho Raghupati ke dasa***

You possess the power of devotion to Shri Ram. In all rebirths
you will always remain Shri Raghupati's most dedicated disciple.

WEEK 5

***Tumhare bhajana Rama ko pavai
Janama janama ke dukh bisravai*** Through hymns sung in devotion to you, one can find Shri Ram and become free from sufferings of several births.

***Antha kaal Raghuvir pura jayee
Jahan janam Hari-Bakht
Kahayee*** If at the time of death one enters the Divine Abode of Shri Ram, thereafter in all future births he is born as the Lord's devotee.

***Aura Devata Chita na dharehi
Hanumanth se hi sarve sukh
karehi*** One need not entertain any other deity for Propitiation, as devotion of Shri Hanuman alone can give all happiness.

***Sankat kate mite saba peera
Jo sumirai Hanumata Balbeera*** One is freed from all the sufferings and ill fated contingencies of rebirths in the world. One who adores and remembers Shri Hanuman.

***Jai Jai Jai Hanuman Gosahin
Kripa Karahu Gurudev ki nyahin*** Hail, Hail, Hail, Shri Hanuman, Lord of senses. Let your victory over the evil be firm and final. Bless me in the capacity as my supreme guru (teacher).

***Jo sata bara patha kare kohi
Chutehi bandhi maha sukh hohi*** One who recites Chalisa one hundred times, becomes free from the bondage of life and death and enjoys the highest bliss at last.

***Jo yaha padhe Hanuman Chalisa
Hoye siddhi sakhi Gaureesa*** All those who recite Hanuman Chalisa (The forty Chaupais) regularly are sure to be benedicted. Such is the evidence of no less a witness as Bhagwan Sankar.

***Tulsidas sada hari chera
Keejai Dasa Hrdaye mein dera*** Tulsidas as a bonded slave of the Divine Master, stays perpetually at his feet, he prays "Oh Lord! You enshrine within my heart & soul."

