



## Hanuman Jhunda



### 6 Things to Know about Hanuman

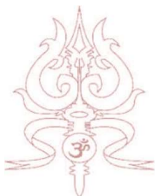
1) He is the personification of dedication and devotion

Hanuman in all our teachings is a personification of devotion. He dedicated his entire existence to Worship of Lord Raam (Rama).

A perfect combination of bal (strength), buddhi (intelligence), and vidya (wisdom), he is the exemplary bhakti yogi, or one who fearlessly uses his gifts to connect to the Divine through sincere loving service.

2) He is the son of the wind god

Most Hindu Scripture relate that Hanuman is the son of Vayu, the nature of Hanuman's conception has led many to believe he is also an avatar of Shiva. Like Shiva, Hanuman is widely considered a perfected yogi, possessing eight siddhis ("mystic perfections"), which include anima (the ability to become smaller than the smallest), mahima (the ability to become infinitely large), laghima (the ability to become lighter than air), prapti (the ability to instantly travel anywhere at will), prakamya (the ability to achieve whatever one desires), isitva (the ability to create or annihilate anything at will), vasitva (the ability to control the elements of material nature), and kamavasayita (the ability to assume any form or shape one desires).



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Though Hanuman has all of these abilities, they are all byproducts of the ultimate goal of yoga, which is to connect to the Divine. Being a perfect yogi, he therefore employs them not for the satisfaction of his own senses, but in the service of the divine Rama.

### 3) His name means “disfigured jaw”

Once, as a young child, thinking the sun to be a fruit, Hanuman sprang upwards with outstretched hands in hopes of grabbing it. Blessed with the potency of his divine father Vayu, he soared through the air, getting closer and closer to his goal of consuming the Sun. Threatened by his power, Indra, the king of heaven, struck Hanuman down with a thunderbolt, sending him hurling back to the ground where he laid unconscious. Enraged by the sight of his seemingly lifeless son, Vayu withdrew the movement of air necessary for life’s sustenance throughout the universe. Desperate to prevent cosmic disaster, the gods approached Brahma, the engineer of the universe, for help. Understanding Hanuman to be an exalted devotee of Vishnu who would eventually aid Rama in defeating Ravana, Brahma revived the child, after which all of the most prominent gods blessed him with special abilities, thus pacifying Vayu.

Named for the broken jaw he incurred from the impact of his fall (hanu means “jaw” and man means “prominent”), Hanuman’s name is a reminder of the precarious nature of unbridled power, and how it can often result in dangerous consequences when unguided.

### 4) He was cursed to forget his powers

Mischievous in his youth, Hanuman would often bother the temple priests and sages by disrupting their sacrificial ceremonies in various ways. Angered by Hanuman’s antics, they eventually cursed him to forget his powers until he was reminded of them by another.

It wasn’t until years later, when Hanuman was helping Rama search for Sita, that the knowledge of his powers were restored to him. Having discovered that Sita was being held captive across the ocean in Sri Lanka, the Vanaras wondered who among them could leap over the sea to reach Ravana’s kingdom.

Aware of his divine origin and childhood, Jambavan, an intelligent bear king who was helping the Vanaras, began describing Hanuman’s true power to all who were present. As Jambavan finished his speech — effectively ending the sages’ curse — Hanuman, remembering his prowess, stood up, and with a great roar, made his declaration to perform the task. Expanding his body to 50 times its normal height, he squatted down, and then sprang forth with immense energy.

Though he has many extraordinary abilities, Hanuman’s true potency comes from his connection to the Divine. On some level, we too can experience such potency if we increase our connection to the Divine through various forms of yoga, meditation, and service.



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#### 5) He exists wherever Rama is glorified

Shortly after Sita was successfully rescued, and it was time for Rama and the Vanaras to part ways, Hanuman, who couldn't bear the idea of their separation, fervently prayed that his affection for Rama would never dissipate. As long as Rama's pastimes were being told on earth, Hanuman wanted to remain alive so he could continuously hear them. By constantly relishing Rama's glories, Hanuman felt he could endure the pain of not personally being with him. Of course, because the Divine is beyond any sort of material designations, Hanuman is never truly apart from Rama. On the spiritual level, constant remembrance of Rama is no different than his personal association. The pain of separation from Rama, in fact, can often cause one to become even more absorbed in thoughts of his divine qualities — a phenomenon known as samadhi — thus deepening one's spiritual connection to him.

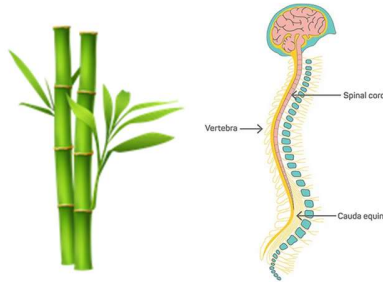
Devotees of Rama thus pray to Hanuman so that they can also attain such a connection. Every year on Hanuman's birthday (Hanuman Jyanti), many recite the Hanuman Chalisa, one of the most popular devotional hymns to Hanuman, in hopes of invoking the Vanara's strength, not just in material endeavors, but most importantly, in spiritual ones.

To truly be a recipient of Hanuman's blessing, however, it's encouraged to regularly spend time through Bhajan, Kirtans, Kathai, Puja, Service any act in the name of Lord Rama.

#### 6) The purpose of hosting Jhunda (A Bamboo, with a Flag on it)

A Jhunda cloth is such a simple piece of cloth, however it is a remarkable symbol of Hindu culture. It further represents all the noble qualities portrayed by Hanuman who was a great and loyal servant of Lord Rama during his most difficult times. Hosting a Flag celebrates victory, in this case the victory of good over evil. The most common reason for installing a Jhunda is to protect the home against any evil and negative forces.

Our Spine- is considered the Axis of the Universe. Whatever the experience of life...whether it's light or sound, a taste, a smell or sensation, whatever the form of experience of pain or pleasure, every experience that you have is essentially conducted through your spine. If spine is taken away or what passes through the spine is in some way dislocated there will be no experience. We have always symbolized the spine as the axis of the universe because essentially you know the universe only from the context of your experience.



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Within the spine, if you know its physical construction, you will know there are two holes on either side of the spine which are like conduit pipes for all the nerves to pass. This is the Ida and the Pingala, the left and the right channels. Aside from keeping you upright and allowing for movement in your body, The spinal column, conducts messages to the brain. These messages are communicated through intervals on the spine, where nerves, arteries etc run through in order for the body to have full function. The symbolic representation of our very own spine is the bamboo. The symbolism of hosting a Jhunda in the name of our supreme not only creates an amazing energy in ones self, from having spent that amount of time in Upsana, but also symbolizes our prayer for renewed Health. The flag on the bamboo symbolizes the continuation of our journey towards our supreme.

It is therefore beneficial for one to host a Jhunda in the name of Lord Hanuman, for Good Health, Strength, etc.

Buddhir Balam Yasho Dhairyam  
Nirbhayatvam Arogataam  
Ajaaddyam Vaak Pattutvam Ca  
Hanumat Smarannaat Bhavet

Intelligence, Strength, Fame, Valour, fearlessness, freedom from ill-health, sharpness of wit, oratorical and conversational skills- All these will come to the one who meditates on Hanuman.

This serves as a subtle reminder that hindus must remain upright and pious no matter what trials and tribulations are thrown their way.

Shree Kali Amman Mandir hosts many such festivals, glorifying and worshipping Our Supreme throughout the year. Follow [www.skam.co.za](http://www.skam.co.za) or Shree Kali Amman Mandir FB Page.

Allow your ego to sleep and the Divine to awaken within you. –Gurukkal Prakash Diar

Vazhga Kali Amma Vazgha



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