

Discover the Short Version of Yoga Ramayana - A Journey Towards Enlightenment



Yoga Ramayana is an ancient Indian epic that tells the story of Lord Rama, his wife Sita, and their heroic adventures. It is not only an epic tale but also a guide to living a purposeful and enlightened life. However, the original version of Yoga Ramayana consists of thousands of verses, making it a lengthy read for many.

**Short Version of Yoga Ramayana: Learn Yoga from
Ramayana** by Parag Gandhe (Kindle Edition)

★★★★★ 5 out of 5

Language : English



File size	: 1310 KB
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Enhanced typesetting	: Enabled
Word Wise	: Enabled
Print length	: 144 pages
Lending	: Enabled



For those seeking a condensed yet comprehensive version of Yoga Ramayana, this article will take you on a journey through the key teachings and highlights of this spiritual masterpiece. Prepare to unlock the secrets of yoga, devotion, and self-discovery as we delve into the essence of Yoga Ramayana.

The Tale of Lord Rama

Yoga Ramayana chronicles the life of Lord Rama, a righteous prince who embarked on an epic journey to rescue his beloved wife Sita from the clutches of the demon king Ravana. Alongside Rama, his loyal brother Lakshmana and the mighty monkey god Hanuman embark on an extraordinary adventure that intertwines philosophy, devotion, and self-realization.

Through various encounters with demons, sages, and gods, Rama learns invaluable life lessons. These teachings revolve around the theme of dharma (righteousness), the power of devotion, and the eternal battle between good and evil. The Short Version of Yoga Ramayana successfully captures the essence of these teachings in a concise and accessible manner.

The Lessons of Yoga Ramayana

The Power of Yoga and Meditation

Yoga Ramayana emphasizes the significance of yoga and meditation in attaining self-realization and connecting with the divine. Lord Rama, an embodiment of discipline and focus, demonstrates the power of meditation in his relentless pursuit of truth and justice. By adopting Rama's practices, we too can tap into our inner wisdom, find balance, and cultivate inner peace.

The Path of Devotion

One of the core teachings of Yoga Ramayana is the path of devotion or bhakti yoga. Through the unwavering love and dedication of characters like Hanuman, we witness the transformative power of devotion in overcoming obstacles. This devotion not only enhances one's connection with the divine but also purifies the heart, fostering compassion and love for all beings.

Understanding the Nature of Good and Evil

In Yoga Ramayana, the battle between Rama and Ravana symbolizes the eternal struggle between good and evil. By exploring these archetypal characters, the epic raises profound questions about the nature of righteousness, temptation, and the importance of ethical conduct. Understanding the nuances of good and evil helps us navigate our own moral dilemmas and make conscious choices in alignment with our higher selves.

The Significance of the Short Version

While the original Yoga Ramayana holds immense value, its length can be daunting for many readers. The Short Version seeks to bridge this gap and make the teachings of this ancient epic accessible to a wider audience. It retains the essence and core teachings while presenting them in a concise and easily digestible format.

By condensing the original text, the Short Version allows readers to immerse themselves in the transformative wisdom of Yoga Ramayana without the need for extensive commitment. Furthermore, it serves as a stepping stone for those seeking a deeper understanding, inspiring them to explore the full version and embark on a more profound spiritual journey.

Unlock the Secrets of Yoga and Enlightenment

The Short Version of Yoga Ramayana is not just a condensed retelling of an ancient epic; it is an invitation to unlock the secrets of yoga, devotion, and enlightenment. It acts as a guiding light, revealing the profound teachings that have the power to transform our lives.

Whether you are a seasoned yogi or just beginning to explore the world of spirituality, immersing yourself in the Short Version of Yoga Ramayana will undoubtedly enrich your journey. Let the captivating tale of Lord Rama and the transformative teachings it holds be your guide to a more purposeful, enlightened, and joyful existence.

The Short Version of Yoga Ramayana is a condensed gateway to the mystical world of ancient Indian philosophy and spirituality. Through its concise retelling, it encapsulates the key teachings of Lord Rama's epic journey, offering invaluable lessons on yoga, devotion, and self-discovery.

So, embrace this opportunity to dive into the depths of ancient wisdom and explore the profound teachings of Yoga Ramayana. Allow its transformative power to guide you towards a life of balance, enlightenment, and self-realization.

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How does Ramayana explain complex concepts of Yoga, including Prana, Guna, Energy, Consciousness and much more?

Ramayana explains Yoga concepts and their relationships in a story. The characters represent fundamental concepts of Yoga.

Hanuman is a representation of Prana. We take Prana from the air, and in Ramayana, he is a son of Air god (Vayu). One of the crucial roles of Prana is to find dormant Energy locked up in the Muladhara Chakra. Main task of Hanuman was to find Sita, who was locked up in Lanka.

In Yoga, Energy lies dormant in Muladhara Chakra because our Ahamkara does not let it go. Ravana abducted Sita and took her to Lanka. Therefore, Ravana represents our Ahamkara and Lanka represents Muladhara chakra. The root letter of Muladhara Chakra is Lam, from which we get Lanka.

Sita went through fire because she represents Energy, and fire is a form of Energy. Physics tells us that Energy cannot be created or destroyed. Sita was not born normal, and she vanished into the earth. Thus, Sita represents Energy. In Yoga's terminology, Energy unites with Consciousness. Therefore, Shri Ram represents Consciousness.

When we do Pranayama, our body generates a lot of heat. In Ramayana, after finding Sita in Lanka, Hanuman sets a fire in Lanka. Thus, burning of Lanka is an

important warning sign give to Yogis. Ramayana offers extensive guidance on Pranayama thru character of Hanumana.

In Samkhya, we learn about three Guna – Rajas, Tamas, and Sattva. A Tamas Guna dominated person has a tendency of overeating, oversleeping, and overindulgence in sensual pleasures. This person resists any call to action.

Kumbhakarna represents Tamas Guna. He eats for six months and sleeps for the remaining six months. Through Vibhishana, Ramayana explains Sattva Guna. It is attracted towards Consciousness and spirituality. It tries to search for God or higher power or purpose. Rajas Guna pushes us into action, whether physical or mental. In Ramayana, Ravan is a highly active demon. Therefore, he represents Rajas Guna.

Shri Ram defeats Ravana but does not become king of Lanka. Shri Ram neutralizes Kumbhakarna. He befriends Vibhishana, uses him, and rewards him too. However, Shri Ram steps away from Vibhishana too and goes to Ayodhya. In other words, Consciousness is not the same as these three qualities of nature. It is “above and beyond” them and will always remain that way. Gita mentions it, and Ramayana helps us understand it.

Since Mandodari gives proper advice to Ravana and keeps composure in a distressing situation, she represents Rationalizing Intellect (Buddhi). Ahamkara and the Rationalizing Intellect together create the Mind. By substitution of words, we get - Ravana (Ahamkara) and Mandodari (Rationalizing Intellect) together gave birth to (creation) Indrajit (Mind).

Indrajit as the mind fits perfectly with the character of Indrajit. Indra word comes from Indriya, which means sense organs. The mind can control the sense organs, which is why his name means “one who won Indra (who represents sense organs).”

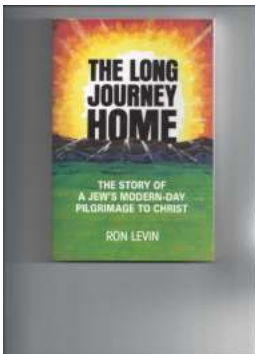
In Ramayana, Lakshmana kills Indrajit. Lakshya means focused. Lakshmana represents Devoted Mind. Hence, we Indrajit represent an “Opposite of Devoted Mind” component of mind.

Look at any image or idol of Shri Ram. It is a beautiful depiction of the secret message given to us through Ramayana.

If we find the Energy (Sita), the Consciousness (Shri Ram) will come searching for Energy (Sita), and we will find the Consciousness (Shri Ram)!

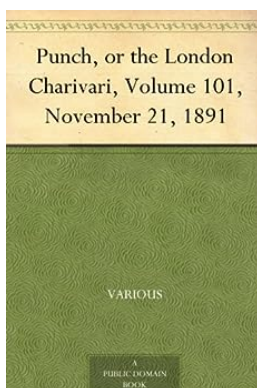
If we have a Devoted Mind (Lakshmana) on the Consciousness (Shri Ram), it will lead us directly to the Consciousness (Shri Ram)!

Optionally, we can find the Prana (Hanumana), by doing Pranayama. The Prana (Hanuman) will find the Energy (Sita) in Muladhara Chakra (Lanka), and we will then find the Energy (Sita) within our body. When the Consciousness (Shri Ram) comes down to find the Energy (Sita), it (He) will reveal itself (Himself) to us automatically!



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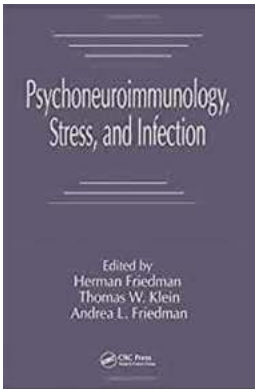
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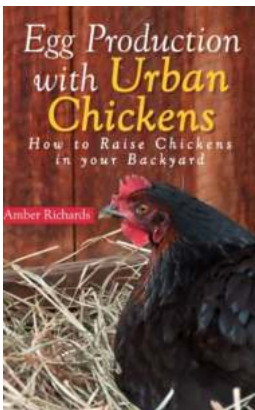
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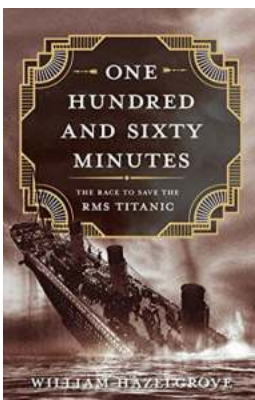
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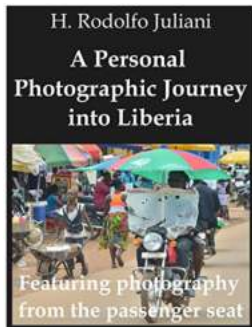
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