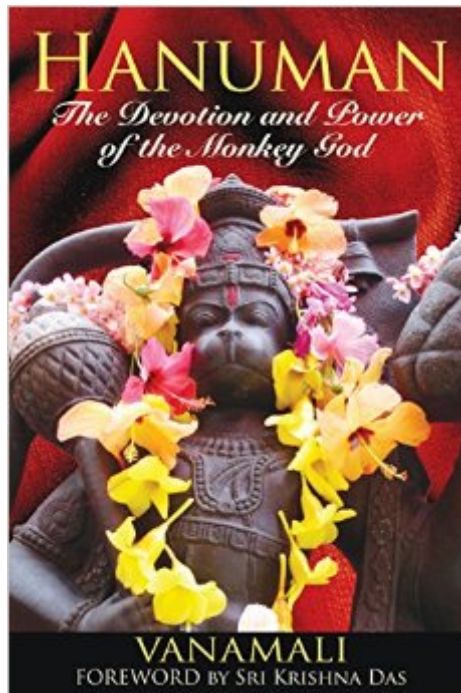


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# Hanuman: The Devotion And Power Of The Monkey God



## Synopsis

An interpretive look at the stories of Hanuman, one of the most beloved gods of the Hindu pantheon

- Contains 36 of the most important Hanuman stories with commentary on spiritual lessons, yogic practices, and Vedic astrology
- Reveals how Hanuman symbolizes the human mind and the highest potential it can achieve
- Explains how Hanuman has the ability to bestow strength and devotion

Best known for his role in the Ramayana, Hanuman's playful nature, amazing physical powers, and selfless devotion to Lord Rama have made him one of the most beloved gods in the Hindu pantheon. As a monkey, he symbolizes the ever-restless human mind. He teaches us that, though everyone is born an animal, anyone can attain the heights of spiritual evolution through perseverance and ardent discipline. Having perfected his mind through bhakti (selfless devotion) to obtain his powers, Hanuman embodies the highest potential we can achieve. In this book, Vanamali recounts 36 legendary Hanuman stories--from his birth to his adventures in the Ramayana--and reveals the spiritual lessons, yogic practices, and Vedic astrology aspects they contain. Vanamali shows how Hanuman has the ability to bestow selfless devotion and strength to his devotees and that following his example is the surest path to attracting the blessing of Rama.

## Book Information

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## Customer Reviews

This is the Bestest book on Hanuman I had ever read. I love it! Everything in this book shows what Hanuman is all about. It is a must read for anyone wanting to know everything about Hanuman. Jai Ma!

Hanuman, the hero of the Ramayana, exemplifies devotion and service as a method of spiritual evolution. Hanuman, the perfect servant of God, a guiding light to help us see through the haze of our ego and pride.

I love this book! It includes everything regarding Hanuman. The author takes you right to the action of the Ramayana and beyond. It's a great work that leaves you with thirst to read and learn more of the Hindu mythology. Greatly recommended!

I hadn't particularly intended to read the Ramayana, but Vanamali's lovely book took me through it - focusing on its selfless hero, Hanuman. This is a wonderful telling of the story and so many curious aspects are included, most valuably the esoteric inner meanings of some of the demons that Hanuman and Rama are up against. E.g. that Kumbakarna is "tamas" (sloth) embodied while Ravana represents the insatiable appetite of "rajas" (passion/addiction). It's also interesting that sections are according to the Valmiki original that aren't popularly told in India. This book is a treat for those who would like to understand all the characters from the Ramayana - the demons, the heroes - and of course especially for those who would like to understand Lord Hanuman better. (Please Vanamali - put more of your books on Kindle!)

I am so pleased I got this book. It tells the tale of Hanuman in service to Ram when the demon king Ravana kidnapped Ram's consort, Sita. The story is meant to convey how, like Sita, we are separated from the Divine ground of our being by the passions and misunderstandings of our small ego (Ravana) and how we are reconnected by love and devotion, qualities which Hanuman embodies. Hanuman is the link between our physical being and our Divine being, and that connection is always at work to bring conscious awareness to our lives. As a devotee of Hanuman, I recommend this retelling of the story, found in the Ramayana. It is easy to read and helps open the heart of true seekers, which is what these stories were always meant to do. Enjoy.

this book, like others written by the author, mixes both story and spiritual teachings to convey the basic message of Hanuman's story. I've found this book, as well as others by this author, to help the reader find the substance to the "teachings" which are often hidden within more convoluted tellings by doing so in a very human, and caring way. Of Vanamali's books, this is my favorite for personal reasons, but overall, for those wishing to learn the meaning behind the stories, Vanamali does a really good job, and I wholeheartedly recommend her books to people who are curious about the

various topics which Vanamali has covered in her books.

Another of Vanamali's books that I have greatly enjoyed reading! It filled me for love and reverence for Hanuman as never before. Varanasi goes beyond the superficial giving a look and feel for the divine! Jai Hanuman!

A devout, engaging retelling of Hanuman's life and adventures. Highly recommended to devotees and those just learning about this powerful, generous god who lived the life of a perfect devotee.

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