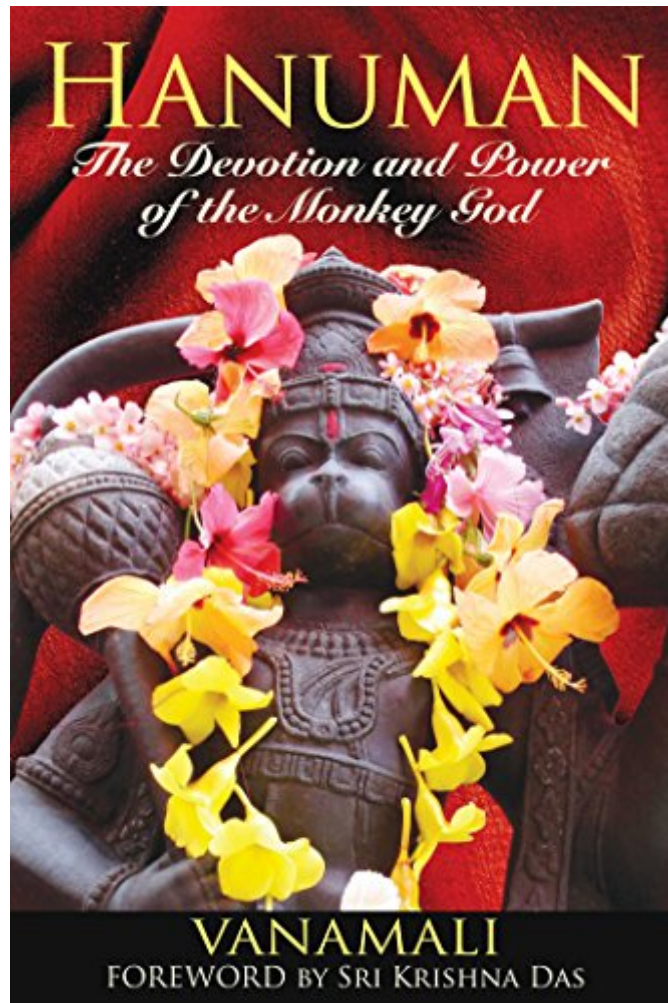




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# Hanuman: The Devotion And Power Of The Monkey God



## 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 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.

very good -excellent explanations for the symbolism in the story

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.

Those Hindu stories are full of amazing out of the box happenings. I am enjoying learning Hanuman's story.

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

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 Kumbhakarna 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!)

This is my favorite book by this author. Very beautiful. Unfortunately I bought 4 more of her books (thinking they also would be wonderful) and they were not at all. This one though is magic.

Lovely devotional story -- so uplifting!

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