



Hanuman: The Devotion and Power of the Monkey God

Vanamali

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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.

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