



Rama Navami Festival Details

Festival Aspects	Festival Details
Religion	Hinduism
Title	Rama Navami
Description	<p>Sri Rama <i>Navami</i> (ninth day) or the birthday of Lord Rama falls on the 9th day of the bright fortnight of the month of <i>Chaitra</i> (March-April). Thus, it is named as <i>Chaitra Masa</i> (month) <i>Suklapaksha</i> (waxing moon period) <i>Navami</i>.</p> <p>- SSSIO – Festivals – Sri Rama Navami – The Inner Significance</p>
Spiritual Significance	<p>The recitation of <i>Ramayan</i> (Rama's journey) verses or listening to the exposition of those verses must transform the person into an embodiment of <i>Dharma</i> (righteousness). His every word, thought and deed must exemplify that ideal. <i>Sraddha</i> (steady faith) in Rama, <i>Ramayana</i> and oneself is essential for success.</p> <p>Rama <i>Navami</i>, the birth of Sri Rama is celebrated in all lands. Rama had deed, word and thought, body, speech and mind, ever pure and totally free from blemish. Really speaking, one ought to revere the story of Rama as a profound allegory. Every act and actor in that story attracts attention and gets imprinted on the memory because the allegory is personal to each of us.</p> <p>It is often said that Rama followed <i>Dharma</i> at all times. This is not the correct way of describing him. He did not follow <i>Dharma</i>, he was <i>Dharma</i>. What he thought, spoke, and did was <i>Dharma</i> and is <i>Dharma</i> forever.</p> <p>- Sri Sathya Sai Baba, Sri Sathya Sai Speaks, Vol 19, #8 (1986)</p> <p>Practice the teachings of <i>Ramayana</i> in your daily life. Obey the command of Lord Rama. It is to understand and assimilate the principle of <i>Ramayana</i> that we are celebrating the festival of Rama <i>Navami</i> today. It is not enough if the celebration is confined to merely partaking of sweet pudding and other delicious items. The <i>Ramayana</i> sets great ideals to men. People should contemplate on such a sacred story and follow its ideals.</p> <p>The <i>Ramayana</i> teaches the principles of <i>dharma</i> and the path of duty to every individual. Though ages and aeons have passed by, the <i>Ramayana</i> remains ever fresh guiding humanity on the path of truth and righteousness. Even today we think of the characters of <i>Ramayana</i> with respect and reverence. There is no morality higher than what is depicted in the <i>Ramayana</i>. You should install the principle of Rama in your heart and experience bliss.</p> <p>- Sri Sathya Sai Baba, Sri Sathya Sai Speaks, Vol 36, #7 (2003)</p>
Prayer	<p>Prayer:</p> <p><i>Sri Rama Rama Rameti, Rame Rame Manorame</i> <i>Sahasra Nama Tattulyam, Rama Nama Varanane.</i></p>



	<p>Meaning: The repetition of the name 'Rama' once is equal to repeating the entire Vishnu Sahasra nama (thousand names of Vishnu).</p> <p>- Sri Sathya Sai Baba, Summer Showers 1995 – Srimad Bhagavatham, #6</p>
Purpose of Rituals	<p>The birth day of Lord Rama is observed in many different ways—worshipping at home or in a temple, rituals, devotional singing, reading the story of Lord Rama (<i>Ramayana or Rama-Katha</i> (stories of Lord Rama), re-enacting the life story of Him as a drama and performing charitable acts. Among these, perhaps the simplest and most valuable is to read and imbibe the values and ideals from the life of Lord Rama.</p> <p>- SSSIO – Festivals – Sri Rama Navami – The Inner Significance</p>
Chant / Song	<p>Song : Ramachandra Prabhu Raghu Vamsha Rama</p> <p><i>Ramachandra Prabhu Raghu Vamsha Rama</i> <i>Sita Pathey Jaya Janaki Rama [Ramachandra ...]</i> <i>Ahalyodharaka Sugunabhi Rama</i> <i>Ravana Samhara Kodanda Rama</i> <i>Ayodhya Rama Pattabhi Rama</i> <i>Nava Nava Komala Sri Sai Rama [Sita Pathey ...]</i></p> <p>Meaning: Oh Lord Rama! In the Raghu Dynasty You have incarnated as Lord Ramachandra, the husband of Sita, the Lord of Janaki (Sita). Oh Most virtuous Lord Rama! You liberated Ahalya (devotee), destroyed the demon Ravana, as you wielded the Kodanda bow. Oh Lord of Ayodhya (city in the North of India), the crowned King, Lord Ram! You have incarnated as Lord Sai Ram, the ever new and tender embodiment of Love!</p> <p>- SSSIO Sai Rhythms – Ramachandra Prabhu Raghu Vamsha Rama</p> <p>- https://sairhythms.sathyasai.org/song/ramachandra-prabhu-raghu-vamsha-rama</p>
Story	<p>Birth of Lord Rama</p> <p>In the Thretha <i>Yuga</i> (era), King Dasaratha of Ayodhya longed for sons to continue the Ikshvaku dynasty. He performed a sacrifice called 'Putrakameshti-yaga', praying that he be blessed with a son. King Dasaratha had three wives: Kausalya, Sumitra, and Kaikeyi. He had one daughter named Santha through Kausalya earlier, whom he gave in adoption to his friend. She married Sage Rishyasringa. The sacrifice was conducted under the guidance of that couple.</p> <p>- Sri Sathya Sai Baba, Sri Sathya Sai Speaks, Vol 41, # 9 (2008)</p> <p>The queens finished the ceremonial bath (as advised by the preceptor) and entered the palace shrine, where the altar of the family deity was. There, Vasishtha completed the worship ceremony. The food (<i>payasam</i>) presented by the divine person was placed in three golden cups. Then, Vasishtha called Dasaratha in and said, "King!</p> <p>Give these cups to your wives - first to Kausalya, next to Sumitra, and last to Kaika." The King acted as ordered.</p>



The queens took the cups and fell at the feet of Vasishta and Dasaratha. Then, Vasishta told them to partake of the food - but only after touching the feet of Rishyasringa, who officiated at the sacrifice.

Kausalya and Kaika kept their cups safe in the shrine and went to their maids to dry their hair, before attending to coiffure. Meanwhile, Sumitra stepped onto the terrace and, keeping her cup on the short parapet wall, dried her hair in the sun, ruminating all the time on her peculiar plight: “I am the second queen! The son of the eldest queen will ascend the throne, as of right; the son of Kaika, the third queen, can ascend the throne according to the promise made by the King at the time of his marriage to her!” But, Sumitra wondered, “What will happen to the son I would get? He’ll be neither here nor there. Why have a son at all, to suffer as a nobody without status and sovereignty? Far better that a son is not born than be born and get neglected.” But that was only for a moment. Soon she reconciled herself; she felt that what the gods decide must happen; none can stop it. Remembering her preceptor’s command and the king’s order; she went toward the cup, determined to eat the contents, when lo and behold, an eagle flew in and whisked it off in its beak, far, far into the sky.

Sumitra repented for her negligence of the precious food; she felt that the king would be very upset if he came to know of the mishap. She couldn’t decide what to do, so she went straight to Kausalya and told her the story. Just then, Kaika came with her gold cup, after tying up her dried hair. The three were very loving to each other, like sisters bound by one single silken thread of affection.

To avoid breaking the sad news to the king, they had another gold cup brought. Kausalya and Kaika poured into it a portion from their own shares so that all could take their seats together in the shrine. They ate the food (*payasam*) while Rishyasringa pronounced his blessings and other elders and scholars chanted auspicious Vedic hymns. The queens then sipped sanctifying water and prostrated before the altar. They fell at Rishyasringa’s feet and proceeded to their own palaces.

Time rolled by. News that the queens were pregnant spread among the people. The bodies of the queens took on a shining complexion. The tenth month arrived. Maids and nurses awaited the happy event and watched over the queens with vigilant care. Meanwhile, they came to know that Kausalya had labour pains. On the way to her palace, they learned that she had delivered a prince! On the second day, Kaika brought forth a son. The glad tidings filled the entire country with joy. The next day, Sumitra had her labor pains and delivered twin sons.



	<p>Auspicious signs were seen everywhere. The happy news filled all with immeasurable joy. The earth covered herself with green; trees blossomed all over! Music filled the air and clouds showered fragrant drops of rain - but only on the apartments where the babies were laid in their cradles! Dasaratha's joy knew no bounds. For years he had been immersed in agony that he did not have even a single son, and the birth of four sons gave him indescribable satisfaction and happiness.</p> <p>The king invited brahmins and gave them gold, cows, and land gifts in plenty. He arranged for distribution of money and clothes to the poor and gifted houses for the homeless. He gave food to the hungry. Wherever one cast his eye, he could see people acclaiming the happy event, shouting hurrah! hurrah! The subjects gathered in huge assemblies to express their joy in music and dance. "We now have princes in the royal line," they prided themselves; they were more exhilarated than when they themselves had sons born to them. Women offered worship to God in gratitude for this act of grace, for they were sure that the birth of the sons to their king was a signal act of divine mercy.</p> <p>Dasaratha invited the preceptor of the royal dynasty, Vasishta, to the palace and, according to his suggestion, got a learned astrologer to write down the horoscopes of the newborn. He announced that Kausalya's child was born at a most propitious moment - the divine half-year of the sun's northward path (<i>uttarayana</i>), second spring month (<i>Chaithra</i>), the bright fortnight, the ninth day, the Punarvasu star, Monday, the zodiacal sign of the lion (<i>Simhalagna</i>), and the lunar mansion (<i>abhijith</i>), when the world was resting happily and the weather was pleasant.</p> <p>Kaika's son was born the next day - the second spring month, the bright half, tenth day, Tuesday, under the yoga of fragrance (<i>gandha-yoga</i>).</p> <p>The twins were born on the third day - the second spring month, the bright half, eleventh day, Aslesha star, the eleventh astrological yoga of prosperity (<i>vridhhi-yoga</i>). These details were communicated to the astrologer, who was asked to chart and write the horoscopes in consonance with astrological science and inform the king of his inferences therefrom.</p> <p style="text-align: right;">- Sri Sathya Sai Baba, Ramakatha Rasa Vahini, Vol 1, #4</p>
Activity Suggestions	<p>Activity 1: How to develop self-knowledge</p> <p>By observing the sun and the shadow, followed by discussion, the students will learn how to connect God within themselves and develop self-knowledge or make God their best friend.</p> <p style="text-align: right;">- SSSIO-USA SSE SOuL Activities – How to develop self-knowledge - https://sathyasai.us/education/activities/how-to-develop-self-knowledge</p>

**Activity 2: Saturate all actions with love and service**

Through role-playing activities with different scenarios, students will reflect on their choices and understand why they are important. They will become aware how Swami's teachings/quotes are connected to daily living.

- SSSIO-USA SSE SOuL Activities – Saturate all actions with love and service
- <https://sathyasai.us/education/activities/saturate-all-actions-with-love-and-service>

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