

# Ramdas - Dasbodh

## Chronology

- Born on Ram-navami (1608) at Jamb, Jalna District, Maharashtra, India
- Full Name: Narayan Suryajipant Kulkarni Thosar (जमदग्नी गोत्र, देशस्थ ऋग्वेदी ब्राह्मण)
- Ran away at marriage at 12
- 12 years (1620-32) upasana at the banks of Godavari, at Takali, Panchavati - Nasik, 3 hours jap daily, standing in the river.
- 12 years (1632-44) of traveling all over India to observe the social situation and state of mankind. Started establishing several Ashrams (Mutths)
- Died on 1682 (at 74 years)

## Disciples

- Shivaji: अनुग्रह on 1649.
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## Writings

- Shri Manāche Shlok/Manobodh advises ethical behaviour and love for God, on 1678
- Dasbodh provides advice on both spiritual and practical topics. Being written from 1632-80.
- Shri Māruti Stotra a poem in praise of Hanuman,
- AatmaaRaam 11-Laghu Kavita
- Raamayan Marathi-Teeka
- Ganapati aarati: Sukhkartā Dukhhartā Vārtā Vighnāchi.
- Anandavanbhuvan
- Shivakalyanaraja
- Letters

## Principles

- Practiced physical yoga exercises as well as meditation. The Surya Namaskara or Sun Salutation was his favourite as it involves every part of the body. It is said that he would do 1,200 Sun Salutations every day, believing that no spirituality could be attained if the physical body was not strong.

- Started building Hanuman temples (based on his devotion to Lord Ram), to encourage youth to visit the temple, develop physical strength
- Built Ram temple at Chaphal, in a cemetery. Threw stones regarded as Gods, in the river – form of education against blind faith.
- Approached villagers with the intention of educating young children, to teach them Sanskars and develop them as better citizens. For the kids, 100 Surya Namaskar daily. Goal for the year – 1000 Surya Namaskar. If your body is not strong, you can't serve others.
- Everyone is the same, caste, religion is no barrier.
- What to pray for? What to ask God? Wisdom, Capability, nothing more.
- Several Muslims were followers. Usage of Urdu was not uncommon.
- Responsible for construction of social and human foundation.
- Key characteristics: Self confidence, Faith in Lord Ram.
- Changed the image of a Saint at the time.
- He encouraged women to participate in religious work and gave them positions of authority. He had 18 staunch women disciples. Wennabai took care of the study centre at Miraj, Akkabai took charge of Chafal and Sajjangad. He strongly reprimanded an old man who was against women participation by saying that everyone came from a woman's womb and those who did not understand their importance were not worthy of being called a man.

## Chronology

- Being written from 1632-80, 3 three updates
  - जुना दासबोध /२१ समासी दासबोध: १६३२. वविक, वैराग्य, अध्यात्मिक अनुभव

- ७ दशकांचा: वसितारति आवृत्ती
- २० दशकांचा: ७७५१ ओव्या

## Ideas

- Atma Tatva: beyond the Creator (Brahma), Sustainer (Vishnu) and Destroyer (Mahesh/Shiva).
- Worship path for the common man: Sagun (with form, Atma) first, Nirgun (without form, Parmatma) next. To follow Nigun worship is not possible for everyone.
  - Ramayan: Laxman – Sagun bhakti, Bharat – Nirgun bhakti.
  - Mahabharat: Arjun – Sagun, Uddhav – Nirgun.
- After my death, fear not, worry not! I will always be alive amongst you via the teachings of DasBodh.

## Management (via questions)

- Why Samarth Ramdas is eligible to talk on management, leadership etc?: He himself built a big organization of 1100 mutths, all over India, in such a way that the work continues till today. The principles he followed, practices/techniques used are from his own workings (प्रचीती). Apart from spreading spirituality (Hinduism), developing men, supporting Shivaji's work, social up-liftment of women and downtrodden are some of the cornerstones of his work. आधी केले मग सांगतिले
- Goals: ``उत्कट, भव्य तेची घ्यावे, मळिमळीत अवघेची टाकावे नसिपुढपणे वखियात व्हावे भूमंडळी॥" उच्च गुणवत्तेचे, work `above self`
- Leadership: ``महंते महंत करावे उक्ती बुद्धीने भरावे जाणते करून वखिरावे नाना देसी ॥" Leaders should develop new (generation) leaders, motivate them, appoint them at various places, that's the expansion strategy.
- Qualities of Leader: