

What can we learn from Lord Ram?

Life Lessons from Lord Ram's Exemplary Qualities



Yogesh Haribhau Kulkarni (PhD)

Published in ILLUMINATION

3 min read · Just now

Listen

Share

More

Open in app ↗



Search





Sketch by the author based on a photo of the statue at the new temple in Ayodhya

Lord Ram is one of the most revered and worshipped figures in Hinduism. He is the seventh incarnation of Lord Vishnu, the supreme god of the universe. He is also the hero of the Ramayana, the ancient epic that narrates his life story and adventures. Lord Ram is considered as the ideal human being, who exemplified truth, righteousness, morality, and virtue in every situation. He is the role model for millions of people who aspire to follow his path of dharma, or moral duty.

But what are the qualities that make Lord Ram so admirable and inspiring? How can we imbibe those qualities in our own lives and become better persons?

Here are some of the salient qualities of Lord Ram and how we can learn from them.

Dharma and Righteousness

Lord Ram epitomizes the adherence to dharma, the righteous way of living. Even when faced with immense personal sacrifice, he chose to honor his father's word and embark on a 14-year exile. This exemplifies the importance of duty and righteousness in our own lives, urging us to navigate challenges with integrity.

Unwavering Devotion

Sita, Lord Ram's consort, was abducted by the demon king Ravana. Ram's unyielding devotion to rescuing her showcases the power of love and commitment. Applying this in our lives, we learn the significance of standing by our loved ones during adversities.

Humility and Leadership

Lord Ram displayed humility and treated everyone with respect. His camaraderie with Hanuman, illustrates the importance of humility in leadership, emphasizing that true strength lies in humility and inclusivity.

Patience in Adversity

During his exile, Lord Ram faced numerous trials. His unwavering patience in dealing with challenges teaches us the art of resilience. By emulating this quality, we can navigate life's difficulties with grace and fortitude.

Self-control and Temperance

Lord Ram's control over his emotions, even in the face of provocation, serves as a beacon for self-discipline. This quality encourages us to cultivate emotional intelligence and maintain composure in challenging situations.

Fidelity to Promises

Lord Ram's commitment to honoring his promises, particularly his vow to his father, underscores the importance of keeping one's word. In our lives, practicing fidelity to promises strengthens our integrity and builds trust in our relationships.

Compassion and Forgiveness

When Lord Ram, with a heart full of compassion, forgave even his enemies, he showcased the transformative power of forgiveness. Embracing this quality allows us to release burdens of resentment and find peace within ourselves.

Courage in Facing Evil

Lord Ram's bravery in confronting the formidable demon king Ravana signifies the courage required to face and conquer our own inner demons and external challenges.

By imbibing these qualities, we can navigate life with grace, resilience, and an unwavering commitment to our own dharma.

Click pic below or visit [LinkedIn](#) to know more about the author



[Life Lessons](#)[Advice](#)[Future](#)[Jai Shree Ram](#)[Sketchnote](#)[Edit profile](#)

Written by **Yogesh Haribhau Kulkarni (PhD)**

1.2K Followers · Writer for ILLUMINATION

PhD in Geometric Modeling | Google Developer Expert (Machine Learning) | Top Writer 3x (Medium) | More at <https://www.linkedin.com/in/yogeshkulkarni/>

More from Yogesh Haribhau Kulkarni (PhD) and ILLUMINATION



Yogesh Haribhau Kulkarni (PhD) in Analytics Vidhya

Want to generate Social Media content automatically?

Using Crew AI to build a team of autonomous agents just for that

1/16/24, 7:38 PM

What can we learn from Lord Ram?. Life Lessons from Lord Ram's Exemplary... | by Yogesh Haribhau Kulkarni (PhD) | ILLU...

8 min read · 4 days ago



17



...



Yogesh Haribhau Kulkarni (PhD) in ILLUMINATION Videos and Podcasts

Yoganidra: A Deep Sleep Without Sleeping

Finding moments of calmness even during daytime

3 min read · Dec 18, 2023



292



5



...



Yogesh Haribhau Kulkarni (PhD) in Technology Hits

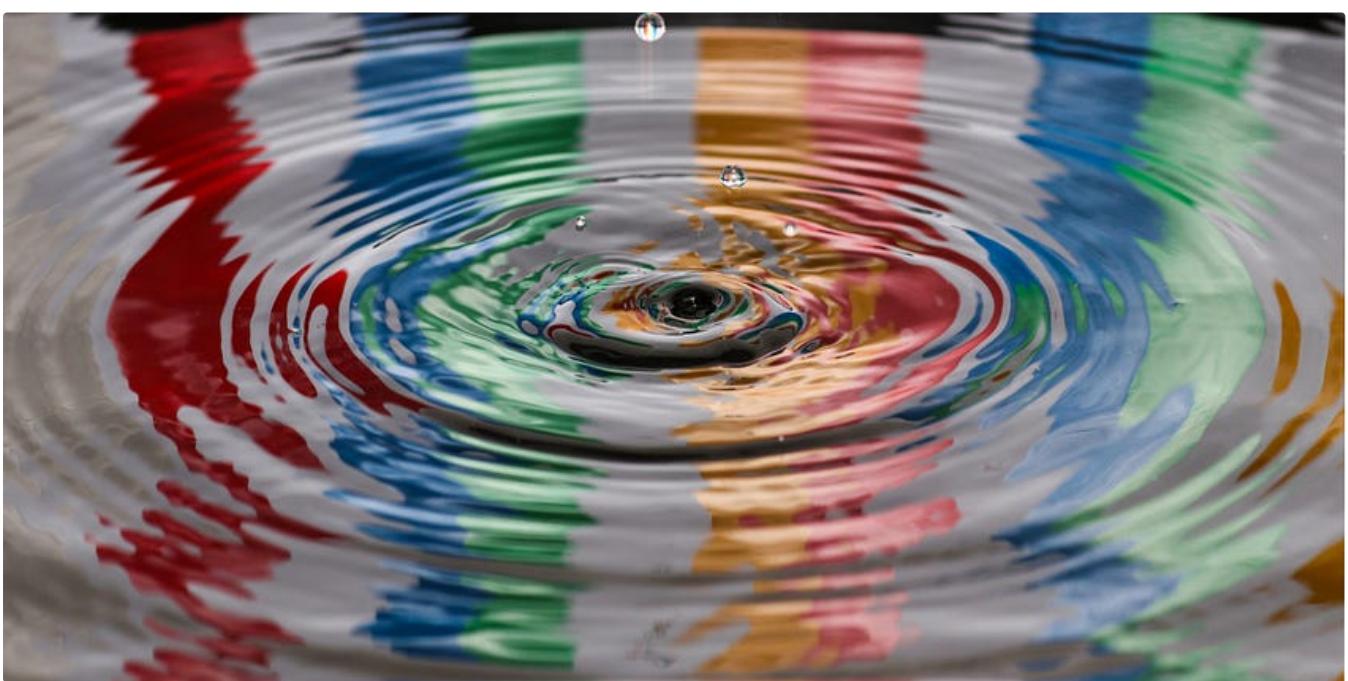
Specs for 'Knowledge as a Service' (KaaS) project

Product Requirements Document with hints of Implementation

3 min read · Dec 8, 2023



...



Yogesh Haribhau Kulkarni (PhD) in ILLUMINATION Videos and Podcasts

Change in India's Foreign Policy Doctrine

Jotting from discussion between Dr Ankit Shah and Sanjay Dixit

3 min read · Jan 1

73

2

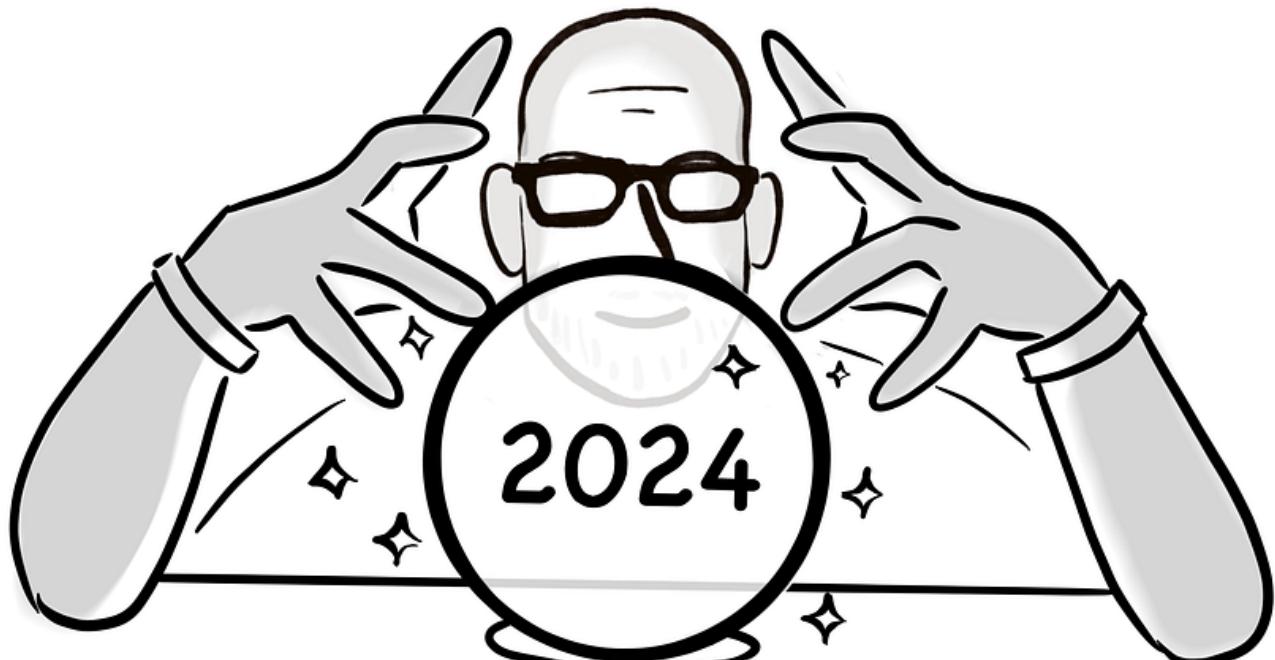


...

See all from Yogesh Haribhau Kulkarni (PhD)

See all from ILLUMINATION

Recommended from Medium



Scott Galloway



2024 Predictions

Each year, we review/make predictions re the past/coming year. Most years, we hit more than we miss. But we do miss—if we made 10...

11 min read · Jan 6

8.2K

112



...



Alex Miguel Meyer in Publishous

3 Eye-Opening Mental Models to Help You Find Out What You Want

Realistic, self-tested, and easy-to-use mental models to figure out your next move



· 7 min read · 2 days ago

1K

19



...

Lists



Stories to Help You Live Better

19 stories · 1049 saves



How to Lead Well as a New Manager

14 stories · 402 saves



Some of My Favorite Personal Essays

18 stories · 609 saves



A Guide to Choosing, Planning, and Achieving Personal Goals

13 stories · 868 saves



Ignacio de Gregorio in Towards AI

Is Mamba the End of ChatGPT As We Know It?

The Great New Question

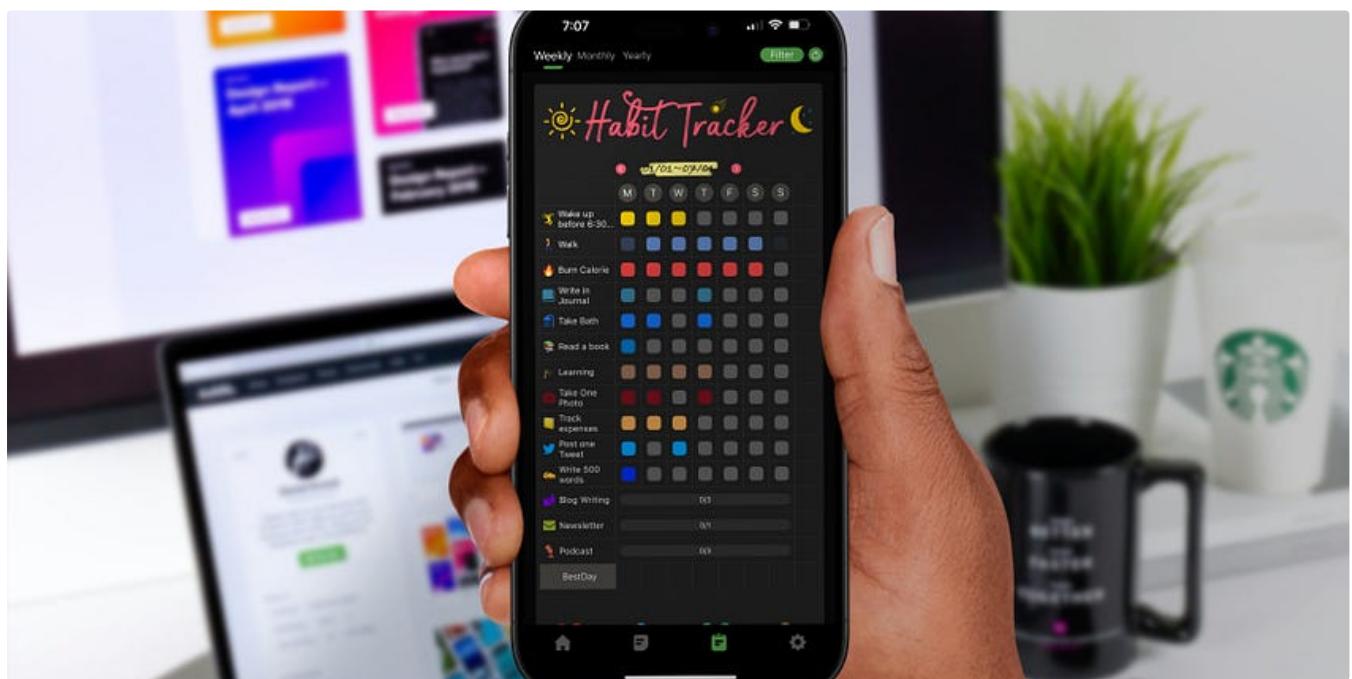
◆ · 8 min read · 4 days ago

👏 2.6K

🗨 25



...



The Useful Tech in Mac O'Clock

7 Apps I Am Going to Use Every Day on My iPhone in 2024

2024 Is Going to Be Lit; I Can Feel It

◆ · 14 min read · 3 days ago

👏 944

💬 17



...



James Presbitero Jr. in Practice in Public

These Words Make it Obvious That Your Text is Written By AI

These 7 words are painfully obvious. They make me cringe. They will make your reader cringe.

4 min read · Jan 1

👏 11.3K

💬 349



...



Amanda Claypool

It's Time to Show Proof of Value at Work—Here's How

Your resume is no longer sufficient to prove your value as an employee. You need to start doing this instead.

◆ · 14 min read · 6 days ago

👏 1.4K

🗨 30

+

...

See more recommendations