

Answer to crossword on page 22

1 T	A	2 I	L							
		L						3 D		4 E
		L				5 M		U		M
		U				E		R		B
		S				S		D		R
	6 V	I	B	H	I	S	H	A	N	A
		O				A		N		C
		N				G		D		E
			7 N	A	M	E		I		D



**BALA DATTA  
HANUMAN LIKHITA**



DATTATREYA YOGA CENTRE TRINIDAD

Name : \_\_\_\_\_

Number of Hanuman Mantras Written : \_\_\_\_\_

Ages : 7+

Issue : No. 8

Say the following sentences in Hindi.

1. Raam and Radha are tall?
2. The pens and pencils are small.
3. The man is big.
4. How many boys and girls are there here.
5. There are eight boys and girls here.
6. What kind of books are they?
7. They are very big books.

Answer to Cryptogram : The Power of the Name of Sri Raama can help accomplish all work



**Children Classes are held  
Every Sunday Morning between  
8:45 – 9:45am  
at the Dattatreya Yoga Center**

Swamiji has instructed that we perform Hanuman Likhita or writing of the **Jai Hanuman** mantra.

Bala Hanuman Likhita allows you to participate in writing the mantra on the lines of the pages with Jai Hanuman.

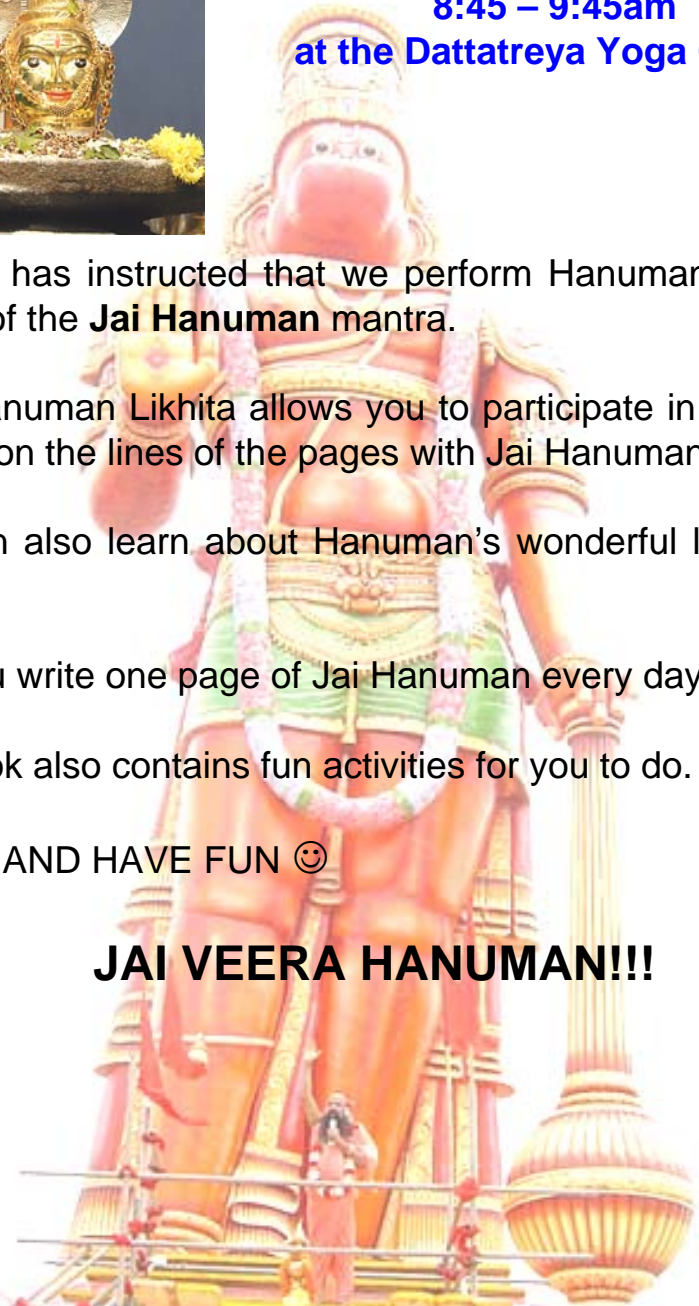
You can also learn about Hanuman's wonderful life through stories.

Can you write one page of Jai Hanuman every day?

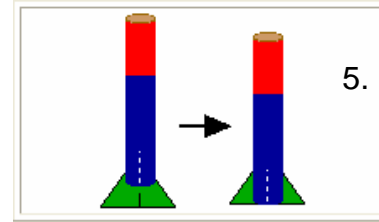
The book also contains fun activities for you to do.

LEARN AND HAVE FUN 😊

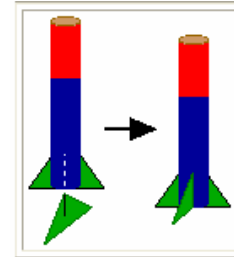
**JAI VEERA HANUMAN!!!**



**Rocket continued**



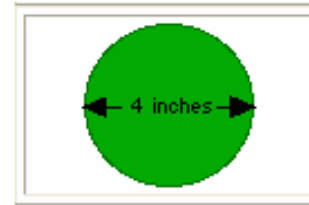
5. Using the triangle with the slit in the bottom, slip the triangle onto the rocket's body in two of the slits.



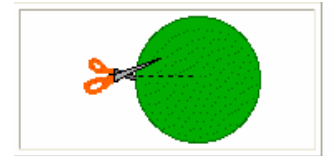
6. Using the triangle with the slit in the top, slip the triangle onto the rocket's body (in the other two slits).

In addition to going onto the rocket, this triangle should also slip into the other triangle. You may have to jiggle the paper a bit to line the slits up.

This forms a steady base for your rocket.



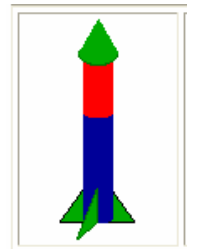
7. Using construction paper, cut a circle about 4 inches in diameter. Cut a slit from the outer edge to the center.



8. Turn the circle into a cone, and secure it with glue or tape.

9. Tape the cone to the top of the rocket.

Decorate the rocket with stickers, markers or crayons. You now have a rocket ship to play with.





## BUILDING A BRIDGE TO LANKA

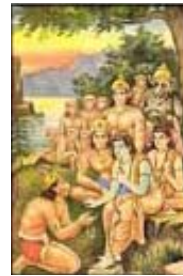
Prince Angada, Hanuman and the others quickly returned and with King Sugriva went to Lord Raama on the Mountain Rushyamuka.

Hanuman told Sri Raama, "I have seen Sita." "I have seen Sita, the Divine Mother who is ever pure. Lord Raama by your grace only, I was able to cross the mighty ocean. I saw your aspect of nature, Sita. She is the killer of evil ones and inseparable from you."

Hanuman told Lord Raama, " Though her form is emaciated and her face clouded by sorrow, she has been able to maintain her life by continually thinking of you her Lord and repeating your name. She is doing severe penance with devotion to you."

Hanuman narrated all of the events in detail to Sri Raama. He delivered Sita's personal messages and gave her cudamani (head ornament) to Sri Raama.

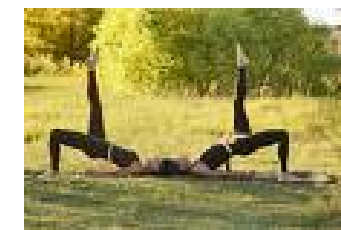
Lord Raama said, "Dear hero, my friend, tell me once again what Sita said. Let me hear her words once more which are like sweet water to parched lips.



## FUN YOGA EXERCISES TO PRACTICE EXERCISE EVERYDAY TO KEEP HEALTHY

### THE BRIDGE POSE

1. Starting on your back on the floor, knees bent, feet together.
2. Keep your arms on your side, palms on the floor.
3. As you slowly inhale, lift the hips towards the ceiling, keeping your feet and palms flat on the floor.
4. Maintain your position in Step 3 and move your arms over your head.
5. As you exhale slowly roll your back down to the floor from the shoulders to the hips.





story continued.....

Sri Raama was very appreciative of Hanuman's efforts and wondered, "What can I give him for his service? It is not in my power to adequately reward him for the supreme joy he has brought me." Oh Hanuman, let his embrace of mine stand as an acknowledgement of all that my heart feels in gratitude for your great service to me."



**Upon saying this, Lord Raama embraced Hanuman with Great Love and Affection.**

Now Sri Raama faced another dilemma. He thought aloud, "Hanuman crossed the vast ocean of 100 yojanas very easily. How can the entire vanara army, Lakshmana and I cross this ocean?"

Hanuman told his Lord not to despair. He increased his size seated Sri Raama on his shoulder and with Lakshmana on Angada's shoulder the two vanaras flew very fast to the sea shore.



King Sugriva organized his vanara armies and they marched to the sea in a disciplined manner.

## SOLVE THE CRYPTOGRAM MESSAGE

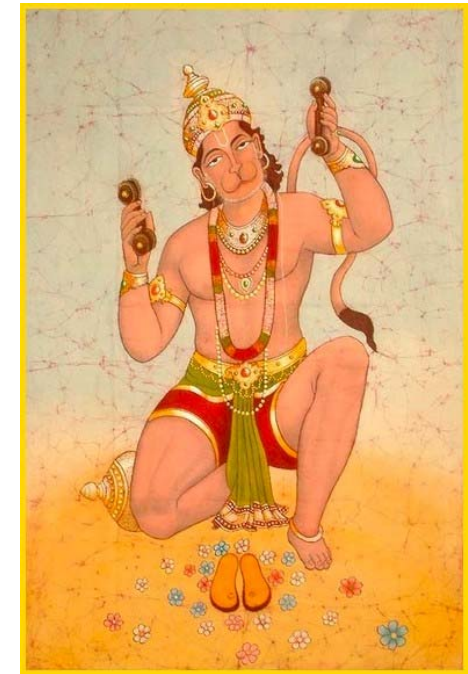
**Instructions :Replace the cryptogram letters below with the message letters. Fill the blank spaces below and solve the cryptogram**

USZ XWYZO WG USZ LEPZ WG JOM OEEPE  
REL SZHX ERRWPXHMJS EHH YWOB

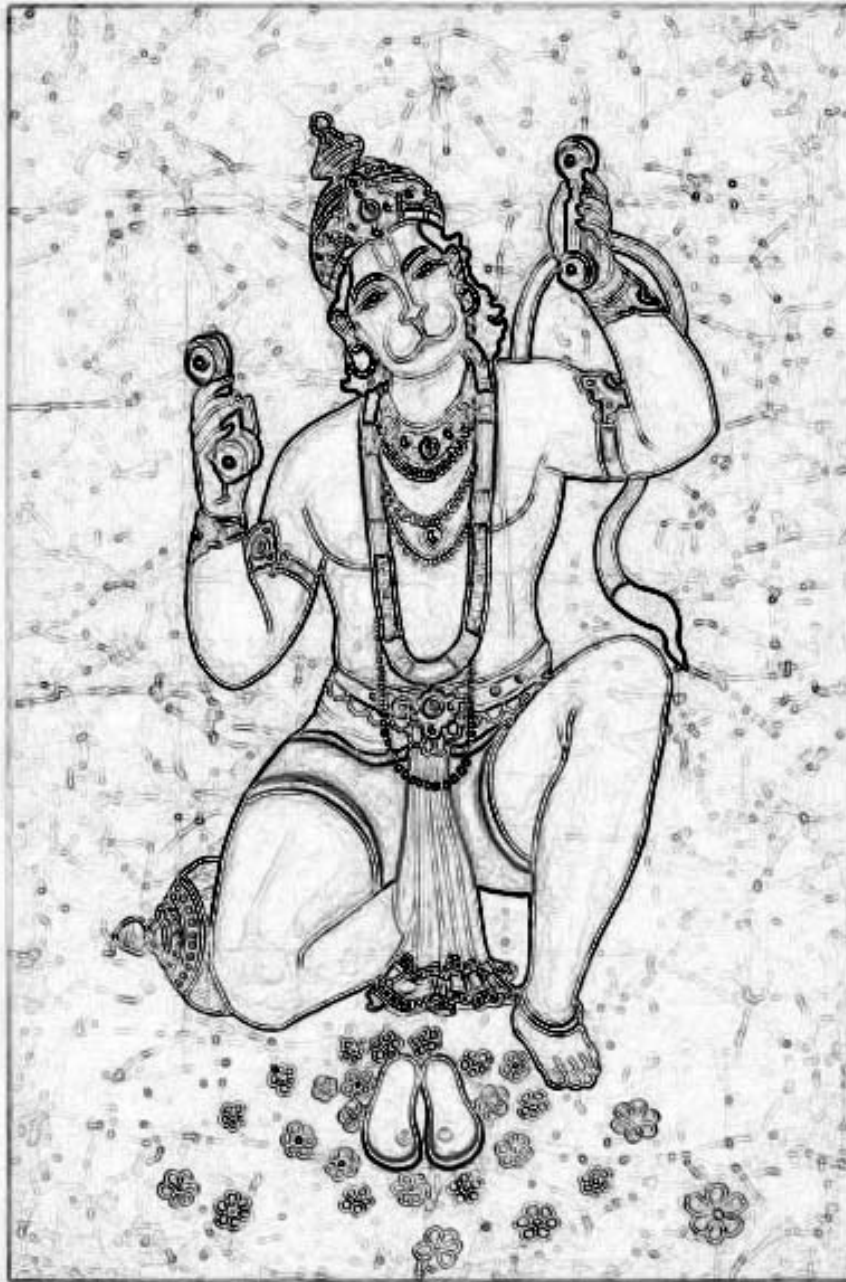
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**HINT :**

Cryptogram Letter	Message Letter
U	T
E	A
R	C
W	O
O	R
Z	E
H	L



## HANUMAN ALWAYS CHANTS THE NAME OF SRI RAAMA



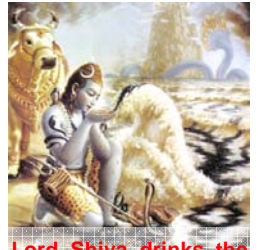
COLOUR HANUMAN AS HE WORSHIPS THE PADUKAS OF SRI RAAMA AND CHANTS "JAI RAAMA! SRI RAAMA!"

## MAHAA SHIVA RAATRI – THE GREAT NIGHT OF LORD SHIVA

It falls on the fourteenth day of the dark half of Phalgun (February – March).



It commemorates the marriage of Shiva with Paarvati which means uniting with His Shakti (power) for the purpose of creating the world. He dances in Supreme joy with His Shakti thus creating, sustaining and destroying with the rhythm of his dancing movements.



Lord Shiva drinks the poison from the Ocean

Shiva lingam is the form of “Cosmic Light” and represents Lord Shiva saving the world from the effect of the poison that emanate from the Ocean.



The worship of Lord Shiva through the Lingam requires strict fasting and whole night vigil.

The main purpose of the worship allows the devotee :

- to get rid of negative qualities like lust, greed, anger, hatred and jealousy
- to gain spiritual upliftment by singing the glories of God and spending the night thinking of God.
- Fasting also serves to help bring the senses under control.

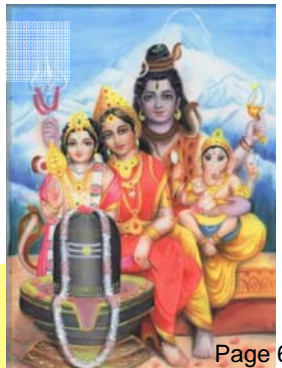
The devotee makes a mixture “paan- ch aam-ri-taa” of milk, honey, cane juice, dahi (yogurt) and sugar and offers these with bael leaves and flowers on the Shiva Lingam. The offering is made with faith, love and devotion.

Lord Shiva represents the ideal head of the family with :



Parvati as his consort, Lord Subrahmanya, the brave general of strength and courage and Lord Ganesh as the remover of obstacles.

**HANUMAN IS THE 11<sup>TH</sup> AVATAAR (FORM) OF LORD SHIVA**



**Story continued.....**

Sri Raama sat on the shore deeply contemplating the issue of moving his army across the ocean, when a stranger appeared standing in the sky. He was a strong demon who physically resembled Ravana. He shouted, "Raa-ma-chan-dra, I take refuge in you!"



The visitor was Ravana's younger brother Vibhishana. He had repeatedly counseled his brother to make amends and return Sita to Sri Raama. Ravana had paid no heed to his advice and exiled him from Lanka. Vibhishana had renounced his wife and children and was now seeking refuge.

Whether or not to grant asylum to Vibhishana was the heated topic of discussion among the vanara warriors. Sri Raama asked their opinion and none were in favour. They feared it may be a trick and Vibhishana and his four ministers may be spies sent by Ravana to join their army.



Hanuman did not say a word. He sat off in a corner doing japa (repeatedly chanting) of Lord Raama's name. Finally, Sri Raama called for him and asked his opinion.



Ki-taa-bay kai-see hain? Kya ve ba-rhee hain?  
What are the books like? Are they big?

Jee haan, ba-rhee hain. Vah ka-lam kai-saa hai?  
Yes, they are big. What is that pen like?



Yah laal ka-lam hai. Ye dono ka-lam laal hain.  
This is a red pen. Both these pens are red.

Va-haan, kit-nee pen-si-lay aur ka-lam hain?  
Here, how many pencils and pens there.



Ya-haan, sirf do pen-si-lay aur do ka-lam hain, bas.  
Here, there are only two pencils and two pens, that's all

Aad-mee – Man  
Do - Two (pronounced doh)  
Nau - Nine  
Ka-lam - Pen  
Ya-haan – Here  
Ba-rhaa – Big  
Dono – Both  
Akh-baar - Newspaper  
Jee haan – Yes  
Kawn – Who  
Kit-naa – How much/many?

Au-ra-t - Woman  
Saa-t - Seven  
Bas – That's all  
Pen-sil - Pencil  
Va-haan - There  
Cho-taa – Big  
Sirf – Only  
Vid-yaar-thee – Student  
Jee na-hee – No  
Kya – What?  
Kai-saa – of what kind / what is it like?

Singular  
ba-rhaa lar-ka – big boy  
ba-rhee lar-kee – big girl  
cho-taa ghar – small house  
cho-tee mez – small table

Plural  
ba-rhay lar-kay – big boys  
ba-rhee lar-ki-yaan – big girls  
cho-tay ghar – small houses  
cho-tee mezaan – small tables

**Have a conversation with your friends in Hindi!**



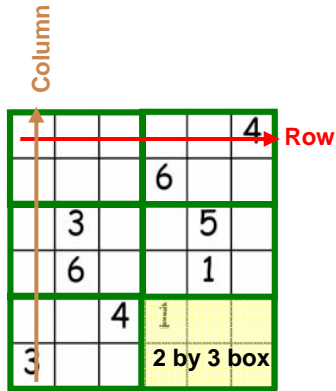




# SUDOKU PUZZLE

**Rules:** Fill in the grid squares so that every row across, column down, and every 2 by 3 box (dark green box) contains the numbers 1 through 6.

2					6
	1	6	4		5
6					1
5					2
		2	5	1	
1					4



There is only one solution.

The second puzzle is more challenging.

					4
			6		
	3			5	
	6			1	
		4	1		
3					

Can you solve both puzzles?



WRITE JAI HANUMAN

Jai Hanuman Jai Hanuman Jai Hanuman

Handwriting practice lines for the phrase 'Jai Hanuman'. The page features a large, faint background illustration of the boy from the image above. The writing area consists of multiple horizontal lines for practice.

Story continued.....



However, every stone no matter what size immediately sank to the bottom of the sea.

Raama told Hanuman, "Only you have the solution to this problem."

Realizing the inherent power of his Lord's name, Hanuman with his diamond hard fingernails, etched the word Raama (in samskrit) on a boulder and threw it into the sea. It floated!



Thus with Hanuman inscribing Sri Raama's name on each rock, the vanaras completed the bridge in a short time.



Lord Raama and his army crossed the floating bridge and arrived on the shores of Lanka.

The war commenced between Lord Raama's and the demon king Ravana armies.

Hanuman fiercely fought with such courage and great agility that he appeared to be all pervasive, killing many mighty warriors single-handedly.

One day Ravana's son Indrajit shot sarpa astra (serpent arrows) at Sri Raama and Lakshmana. Shackled by snakes, the two could not move and lay helpless on the battlefield.

## COLOUR HANUMAN AS HE HLEPS TO BUILD A BRIDGE TO LANKA





**Story continued.....**


By Divine Will, a mighty wind churned the sea and air and the great eagle Garuda burst into view. Immediately, the serpent shackles disappeared. Sri Raama, Lakshmana and others conveyed their deepest gratitude to Garuda.




Garuda humbly replied, "Sirs, having Hanuman so close to you why do you thank me? The shackles of snake are of no importance to him. If he wishes, he can reduce Ravana and his army to paste. If you utilize his services, the fighting will go much easier for you. Now with Lord Vishnu present here (incarnated as Sri Raama) I must speak no more."



Following this incident, the vanaras became more attentive to the security of Lord Raama and Lakshmana. Demons fight throughout the day and night, never stopping to rest.

Sri Raama  and Lakshmana  became very tired

from the lack of sleep. To give them rest, Hanuman  extended his tail to a great length. Wrapping it round and round like a giant coil, he created a bee-hive like enclosure. Thus protected, the brothers slept while Hanuman kept guard on top, chanting "Sri Raama, Jai Raama."

**Hanuman's Crossword # 9**

1		2								
								3		4
						5				
	6									
			7							

**Across**

- Hanuman created a fortress with his \_ \_ \_ \_ \_ so Sri Raama and Lakshmana could sleep
- \_ \_ \_ \_ \_ appeared in the sky and asked Sri Raama for refuge
- To build a bridge to Lanka, Hanuman inscribed the \_ \_ \_ \_ \_ of Sri Raama on each boulder.

**Down**

- Mairavana kidnapped Lord Raama and Lakshmana through his power of \_ \_ \_ \_ \_
- \_ \_ \_ \_ \_ was Mairavana's sister
- Lord Raama \_ \_ \_ \_ \_ Hanuman with love and affection for his great Service
- Hanuman delivered Sita's personal \_ \_ \_ \_ \_ to Sri Raama









When Suchimukha arrived and saw Hanuman's brilliance, the demon was disheartened. He summoned his courage and burrowed near to Hanuman's tail. Hanuman thought he heard a strange sound but saw nothing suspicious. He readjusted his position and tightened his tail.

Story continued.....



During this movement, Suchimukha was struck by his tail and almost knocked unconscious. Fearing for his life he tunneled back to Patala.

Mairavana shouted, "Fie! Fie!" He then sent Mushikamukha to bring Raama and Lakshmana, promising half the kingdom if he could accomplish the task.



Mushikamukha saw a small opening between the tail and the ground and plunged head first into the gap. His face was fragmented as he smashed against the tail. He too returned to Patala in shame.



Mairavana then called for Pashanabedi, "Just by your touch mountains are reduced to pebbles. Only you can break through the tail barrier of the monkey hero! Go at once!"



Pashanabedi's hand shattered as he pounded the tail with his fist. He too returned defeated.



Mairavana decided to do the job himself. He assumed the disguise of Vibhishana and approached Hanuman chanting Raama's name. Hanuman prostrated to him. The imposter said, "Hanuman, you know that we are engaged in war with demons and they can play tricks. You should regularly check that Lord Raama and Lakshmana are safe. If you wish, I will go inside to see them and return right away."



Believing him, Hanuman sent the fake Vibhishana inside. Mairavan sprinkled a powder on the sleeping brothers making them unconscious. He then used his special powers to reduce them to a small size, placed them in a box and tied it to his waist.



Again singing the name of Lord Raama he came out reassuring Hanuman that the brothers were safely asleep.



A few minutes later the real Vibhishana arrived and inquired after the brother's welfare. Hanuman was puzzled, "What is this? Just a moment ago you were here to check on the brothers."

