

THE PRACTICE



Hanuman exists to destroy the obstacles to our realizing the same oneness he experiences with Ram. Even when difficulties happen in our lives, he never abandons us, but rather gives us the strength to live through them without our hearts being destroyed. Whatever comes to us comes as a result of our karmas. These waves of karma come from the past. How we deal with them in the present will have a great effect on what is to happen in the future and how we will be able to deal with what comes at that time. It is our own “knee-jerk” reactions—our tendencies to react out of fear or anger or selfishness to the events of our lives—that keep us spinning around.

The more we understand what is necessary to conquer these disturbing tendencies, the more we realize how difficult it will be to accomplish. It is said that Hanuman will remove the obstructions to success in any endeavor, even helping us satisfy our worldly desires. How much more will he help when we begin to turn within, toward the Beloved whom he serves, who is also longing for us.

The *Hanuman Chalisa* is chanted specifically to remove these obstacles and to destroy any negative tendencies in our hearts and minds. Maharaj-ji said, “Doing prayers like the *Hanuman Chalisa* is the only way to change fate.”