



## **SAKTHI FOUNDATION – ABN Drugs – Chennai**

### **A trip for transformation**

Dear friends when you go to Rameshwaram just spend time to see all these spots and try to connect your own feelings, mind and ideas about the spots with Ramayanama nd personal life. Thus you can transfer atleast one unwanted quality within us. All these spots are surrounded by ocean waters which are still vibrating with several waves of Rama. If you meditate

them you can feel that. The sea will sure narrate you the pain of couple's separation as narrated in many Ramyanas. So just have a relaxed trip.

**Devi pattinam - navagrahas** installed by Ram to worship them to tame his mind and thoughts to bring back Sitha. Agaisthya gave him the shlokas of Adithya hridayam in this place where Devi fought with Mahisha once. There are 9 granite pieces installed into the bay water which symbolizes the 9 characters of mind. Water is the mind concept. The palace is very calm and triggers our mind with Ram's vibrations.

These planets are called "navabashanams" - bashanam means poison. But when 9 types of poison herbs mix together in proper ration as said in Sidda medicinal texts they cure the illness. Like that 9 characters have to be witnessed and tamed by us to live a happy life.

The place is just 25 Kms from Ramanathapuram and there is a Vishnu temple called "kadal adaitha perumal" [photo 3] - one who tamed and crossed the sea. Ram took the abode of Sri.Karuppu samy - Shiva gana to support his actions.[photo 4]

After Rama's poojas the local people have started considering that spot as auspicious one like how we consider certain places like Dandi, Jalianwalabag etc. Later people have made good structured arrangements for worship.

### **Thirupullani [above photo]**

This is a very calm village with a gigantic temple for Vishnu near Ramanathapuram.

This place is well known as "Puri of South India". Lord is celebrated as Aadhi Jagannadha. He is the conscious for the whole cosmos with his pattern Laxmi called SriPadmasanai Thaayar.

Lord is in seated posture with abhaya hastha and he holds conch and chakra. He is adorned with his 2 energies nature - Boodevi and perfection - Laxmi.

This is the plce Dasaratha and his wives on their pilgrimage conducted prayers and puthra kaamesti yagam for having children. Dasaratha prayed that Jaganatha himself must be born to him.

The temple is very huge but visited with very less devotees.

This place is being celebrated by saint singer Thirumangai Alwar of 9th century A.D and it is one among 108 Vaishna Divya Desams.



Still we can see couple worship here for Rahu-Kedu [negative energy of obstacle within us] and perform the yaga for child.

The temple is located at the bank of a big lake called Chakra theertha where lord Varaha washed his chakra after killing the demon.

Pul - darpa grass from sea. anai - bed.

Why it is called as "bed made of darpa grasses"?

Rama by special yoga tried to meditate upon the water energy to tame and cross it. So he spread the special sea weeds – sea darpa across the shore and laid down facing the sea to the east. He placed his right hand to his sahasradhala [top of his skull] and meditated to tame his mind to get the courage to cross the ocean. But the sea – mind did not listen. So he took his agni astra – wisdom and gave a threat that he will dissolve his mind. This made the sea energy to surrender to him and Rama here came to know about a vaanara called Nala who can construct many water based structures. He got the courage and from this place he started making the sethu. So this place is called Sethu karai – shore from where Sethu starts. We can see the sethu inside the sea when we travel a kilometer in boat. Please offer pithru poojas and chant Rama nama here, enjoy the moods of Ram's separation. [above photo shows Sethukarai beach with sea darpa grass]

**Ramanathapuram - Sethukarai - Sri.Sethu rakshaka Hanuman temple** where Hanuman's atman is ever residing taking care of Ram sethu, the link between a soul and consciousness. The idol is 5 feet tall, raising the right hand with abhaya mudhra towards the sea where the Ram sethu is under the water. The idol is showing the real skin complexion of a man.

We can see a quiet big Hanuman temple in this spot where it is believed that Hanuman's atman is residing and taking care of the Sethu Bridge which is the symbol of connection between us and God. Hanuman as the spiritual tutor maintains the bridge within our awareness without washing out in the ocean currents – mind power. On all Chitra pournami day Aadhi Jagannatha and SriRama have a great abishekam and ritual in this spot till evening.

### **Sethukarai and protection**

On the way to this place try to imagine the days of Ramayanam when vaana army marched towards the sea. Imagine they must have spent the days here to cross the sea. In this spot a Vaishna acharya teach us a lesson about God's protection to his true faithful devotees.

Acharya's disciple asks him, '*Sir! Can you show how lord take care of us?*'

Answer, '*Sure, when vaana sena came to this place, they were scared about the sea and the task of reaching Lanka. Rama was aware about this. While Rama was meditating about this plans he made Laxmana to boost up the vaana veeras. He encouraged them and cared them without losing their spirit of action*'

### **Symbol of true saranagadhi**

When thaanai cyclone was supposed to struck, were here. We were getting palm fruits from the local woman and gave them the information about the cyclone. One among them said, "Sir, even tsunami waves have never crossed our Hanuman's shrine! We are cared by him"

**Thirumalairayan pattinam - Jdaayu pureeshwarar**



When Jadaayu saw Ravana kidnapping Sitha and flying he tried to save her back. We all knew how this bird tried his best to save Sitha. Jatayu is the symbol of social responsibility. But on his way suddenly he missed his way and could not see Ravana. So he meditated upon Shiva - self-awareness and saw Ravana's route and followed him. Jadaayu symbolizes the strong struggle from society against any unacceptable behavior.

This incident has been made to remember by our ancestors by installing a Shiva lingam very near to Karaikal called Thirumalairayan pattinam. The shrine is very small on the main road leading towards Nagapattinam and Lord is named as Jadaayu Pureeshwarar.

[above photo - Sethukarai Sri Hanuman temple]

### **How to believe?**

Ancient hunters who can train vultures, hawks for hunting and communication purposes must be Dasarathas's friends. Jataayu must have been well aware about the king. When Sitha was taken away by Ravana through the sky above Vedaranyam she was shouting. The hunters must have set Jataayu to fight with Ravana. The instinct within each organism can be clearly read out today. Same way Sampathy vulture must have been sent by the hunters to see Sitha in Lanka. Try to seek the reality through the literature by connecting the facts which we experience today.

Like street dogs, vultures never allow a foreign body to come across their space. In this way Jataayu must have attacked a man - Ravana flying with a woman in unique aircraft across that sanctuary in Kodiakarai.

### **Sri Rama paadham - Kodiakaarai**

The most interesting place near Kodiakarai is Rama paadham. This place is in the midst of the mangrove shrubs of Vedaranyam shore. We have climbed several steps to see the sacred carving of a foot pair to remark Ram's arrival to this spot to know the clear cut direction to Sri Lanka. This place is under the ancient archeological board of the country. We saw many monkeys just sitting around the sacred feet. Sure the descendants of Vaanaras!

From the top of this spot we can have a clear cut aerial view of the east bay with dense shrub forest and salt forms. The place is very calm and vibrating the moods of the great legend. From Kodiakarai Lanka is 40 Kms.



Near the Kodiakkarai beach we can have the divine darshan of Lord Kodi Kulagar - Lord shiva with beautiful ear rings sang by Sundarar in 9<sup>th</sup> century.

#### **Vedhaaranyam - Elakku kaatiya Vinayagar**

In Vedharanyam we can see a small shrine for Lord Vigneshwara. He is known as "elakku kaatiya vinayagar" -

Lord who gave the clear destination to SriRam and Laxmana.

This shows how the epic brothers have made up their initiative steps to find the lost Sitha. When you go to Vedharanyam please try to see this shrine in main market place and witness your own initiative thoughts towards your targets.

**Photo above: Navabashana navagrahams in Devipattinam**

There are several holy tanks, springs, well, sea in Rameshwaram Island. They are considered to be very sacred to cleanse our body and mind. In our panchabootha concept water symbolizes the mind. The quality of our life is based on the quality of mind's thoughts and actions. So all pilgrimage centers in our nation is connected to a holy water source. This is to indicate the transformation of human mind in spiritual level.

Within Rameshwaram temple there are 22 tanks. Around the temple there are few important tanks. They have named with the characters of the great legend. We feel those characters must have made selftual analysis in this spot.

Let me share few important tanks. *[Special road maps and kms are given along the road sides]*

The term theertham means sacred water. Water when connects to a divine source becomes theertham. Similarly our mind when connects to the higher thinking it becomes divine. So all these water sources are called theerthams. When we take bath in such Theerthams let us connect our self to the characters and link that to us.

#### **Sitha Theertham or Villundi theertham**

This is one among the beautiful sea shores of the nation. The sea is very calm and shallow. We can see a small bridge leading few distance upon the sea where we can fetch and drink the tasty



water from Villudni theertham a small well from the sea bed. Rama made this theertham for Sitha. Rama mentally quenched Sitha's emotions after joining in Lanka here. Later he must have given the real selftual lessons about future and materialistic life. Sitha must have been cleared with her doubts about her life with Rama. Near the shore we can see one more theertham. Near that a north Indian swamiji has built a small shrine for Threeyambakeshwara Linga. Linga

is the symbol of being aware. With same pattern we can also visit Laxmana theertham where the tank water is flooded with 1000s of fishes. Laxmana's restless mind with Sitha's cruel words have been put into awareness and got peace here. There is a beautiful linga enshrined in this place. This is a place where we can try to get floating stones from Ram Sethu. There are several theerthams like Vali, Sugreeva, Jataayu theerthams.

**Above photo: Rameshwaram island with the temple from the sea.**

### **Yekandha Rama Shrine**

This is on the main road leading to the Rameshwaram town. The temple is very old. When you get into the temple we cannot hear any sound outside. There is a theertham well called - amritha theertha. This is the place where we can see a Linga with bif granite idols of Rama - Sitha and Laxmana.

This is the place where Rama sat alone and shifted his mind to awareness regarding war. This is the place again where he realized his self - truth. This is the place where again he discussed about the future life in Ayodya.

### **Skandhamaadhana parvath**

Very few kms from Rameshwaram temple we have to climb few several steps. In a small roofed shrine we can see the granite carved feet of Rama. We can also climb further to the terrace part of the temple from where we can see the whole island. Rama and his gang discussed the sea route and direction for bridge construction from this angle.

Just before this shrine is the sandy ground where Sugreeva and others stayed and planned the war it seems.

### **Sundara kanda Hanuman**



Just before entering into the parvath we can see a old Hanuman shrine to our left. This is the spot where Hanuman met Rama after seeing Sitha and gave her choodaamani. The idol is very old and smeared with saffron paste of awareness. There is a beautiful Mothilal Krishna near Hanuman. The most interesting object within this shrine is the oldest wild tree root used as the club by a Vaanara. Just opposite to this shrine there is another small Hanuman shrine. The idol is very primitive in carving which has to be carbon dated.

Above photo: Laxmana theertham

### **Danushkoti**

This is the beautiful place in Rameshwaram island. Till 1964 it was a lively tourist spot with a ferry for people to go to SriLanka. In December 1964 a cyclone or tsunami washed away the whole island with a church, residents, railway track, post office and Rameshwaram express with more than 200 school girls. Today except fishermen no one reside here. But this is the most valid part of pilgrimage.

Daush - bow, koti - edge of a bow. When you land in this island and we can see the curved nature of the land scape like a bow's edge. From this place Rama's bride starts and Lanka is only 18 kms. NASA satellite photos have shown the Ram Sethu from this spot till Thalaimannar in Lanka.

This sea is called Mannaar bay. Mannaar means Lord Vishnu. [Ranga mannar, Raja mannar]

We can see 2 types of oceans to both our side in Danushkoti. To your left the sea is blue and calm. To your right it is dull and active with huge waves. This symbolizes the 2 different nature of mind.

The spot where the island end can be reached by walking and feel the surrender of Vibeshana. He surrendered to Rama without any fear and accepted dharma. This part is the most important part of Ramayana. Rama also conveys the message of brotherliness, love and acceptance. He says that his only vow is to protect a weak man who comes to him and he can sacrifice anything for that. Later Vibeshana asked Rama to disconnect the sethu. In that time the sea was 9 meters below than today.



In Danushkoti we can see a devote woman who has enshrined Devi, Linga and Rama. She will also show the floating stone of Ram sethu. Every year on a particular day a wild monkey makes his visit to this shrine. There is temple for Ganesa, demi God and Hanuman also.

Actual Daushkoti Rama is now in Chennai - Pammal. The idol is like Mahavishnu with bow and arrow. This shows his vishwaroopa darshan to Vibeshana.

**Above photo: Villundi or Sitha theertham**

### **Panchamuka Hanuman shrine**

This is on the main road where few idols from Danushkoti have been preserved by north Indian Bairaahe saints. There is a very huge idol of 5 faced Hanuman with several Ramsethu floating stones. Please get the darshan of saints and offer dakshinas to the mut.

### **Kodhanda Rama shrine**

This is again a very calm and beautiful spot where Vibeshana came to Rama. This is the bay spot where he was coroneted as king of future Lanka. The shrine is big with good paintings of Vibeshana saranagathy. The sanctum is adorned with good looking idols of Rama - Sitha and Laxmana. Before 1964 there was a huge ceramic idol for Vibeshana here which has been washed out.

Laxmana accepted Vibeshana and crowned here as Lankan king. The stone step inside the front bay is considered to be the place where Vibeshana was coroneted.

There are few men with good binoculars renting to show the Lankan coast border.

So far we have shared our experiences in Rameshwaram. Just walk across the Pamban Bridge. See the huge eagles - descendants of Jatayu.

We can also visit Srimath Pamban Gurudasa Swamigal's house [Sidda purusha who worshipped Karthikeya in Pamban] Talk to boat men, fisher men they tell many legends and stories. Have a boat ride in the sea arranged by the state government which is near Agni theertham.

**Let us go to Agni theertham.** Agni the fire is the transforming element. Water as fire transforms us. This is just in front of the Rameshwaram temple. This is the spot where Rama and Sitha installed and worshipped Shiva and shifted their minds to fresh awareness. They do not want one more



horrible blood shed war upon this Earth for any reason. Sitha realized her mistake here. Rama understood his ignorance here. Hanuman witnessed his self-ego here. Under the guidance of Agasthiya they performed the Shiva pooja. The Linga is also sandy in nature. This is Ramanatha linga - Rameshwara.

Also see Shanka mut, Sethu Madhava [within temple]. Try to see the icon idols of whole Rama gang just to your left in front of Ramalinga's scantum. When you worship Him be aware about your ignorance which has made worries in your life. Rama and his men got into the awareness to reach their great task. This awareness is known as Shiva.

We thanks guides, hotels, local people, car drivers, writers, gurus for understanding more about these places.

**Above photo: a primitive Hanuman shrine near Skandamaadhana parvath.**

Jay SreeRam!



Sundara kaanda Hanuman



Spot of Vibeshana's coronation



A real rare view of Danushkoti [try to see the bow like shape of the island]



Floating stone in Danushkoti from Sethu.