

In our prayer to Lord Hanuman we seek eight skills or qualifications

Buddhir Bhalam Yasho Dhairyam Nirbhayathvam Arogathaam  
Ajaatyam Vaagpatathvam cha Hanumath Charanaath Bhaveth

Explain each of these skills as they pertain to our body, mind, and intellect using the following table

| <b>8 key skills</b>                           | <b>Body<br/>Physical</b>   | <b>Mind<br/>Emotional</b>   | <b>Intellect<br/>Think/Discriminate/<br/>decide</b>   |
|---|--|---|---|
| Buddhi<br>Knowledge and its<br>use            | Making right choices<br>- Yoga asana, fitness  | Doing Pranayama<br>(breath connects<br>body with mind).                                 | Using knowledge use<br>the intellect to make<br>the right choices -<br>three gunas analysis                 |
| Bhalam<br>Strength                            | Physical Fitness   | Showing<br>Compassion to self<br>and others. Caring<br>about environment,<br>people,... | Making right<br>decisions in tough<br>situations  |
| Yasho<br>Fame / Success                       | Fame attained<br>through efforts<br>physical actions, hard<br>work                   | Fame attained<br>through helping<br>others, but staying<br>above the fame to            | Remaining<br>unattached to the<br>fame. Staying<br>objective  |
| Dhairyam<br>Bravery / Courage                 | Courage enables us<br>to try new things -<br>break out of comfort<br>zone            | Courage gives<br>confidence in life to<br>experience new<br>things                      | Courage helps with<br>making decisions for<br>self, and for larger<br>good without worrying<br>about others |
| NirBhayathvam<br>Fearlessness                 | Smoother life when<br>there is no<br>fearlessness. Ability<br>to do the right thing. | Ability to forgive and<br>forget arises from<br>fearlessness                            | Ability to see clearly<br>due to fearlessness   |
| Arogathaam<br>Good Health<br>Lack of sickness | Physical health helps<br>to stay active and<br>enjoy nature and<br>good health       | Helps to maintain   | Right knowledge<br>helps to make good<br>decision for long-term<br>health                                   |
| Ajaatyam<br>Alertness                         | Able to lead a<br>cheerful live.   | Provides right<br>attitude to face any<br>situation                                     | Living in a meditative<br>state; enjoys the<br>alertness - clarity of                                       |

|   |                               |  |   |
|---|-------------------------------|--|---|
|   |                               |  | decision and<br>equanimous state of<br>living                                   |
| Vaagpatathvam<br>Ability to express<br>oness without<br>hesitation / Articulate<br>well | Spontaneous oratory<br>skills | Breaking away from<br>emotional blocks | Ability to ask right<br>questions and keep<br>learning and sharing<br>knowledge |