Translation by S. V. Ganesan

Thus begins the hymn of Lord Ram for protection.

॥ ॥

OM, Salutations to Lord Ganesh.

Thus

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OM, Salutations to Lord Ganesh.
The person budhakaushika; 
the sage RiShiH; 
respectful prefix shrI; 
sItA (Lord Ram’s consort); 
sItA (Lord RAMachandra); 
God or little god devatA; 
the format’s name anuShTub; 
metre (poetic) ChandaH; 
Lord Ram’s consort sItA; 
power, energy shaktiH; 
respectful prefix shrImad; 
Lord HanumAn; 
pivot point kIlakam; 
For pleasing the Lord sItArAma; 
in the chanting of rAmarakSha hymn; 
use viniyogaH; 
(Note every mantra has a ‘devatA, shakti and central point’ in addition to its author and usage) The author of this hymn is budhakaushika. The god is sItArAmachandra. The metre is anushTubh. The power is sItA, central pivot is hanumAn and usage is to recite.

॥ अथ अध्यानम ॥

thus (atha) = thus; 
meditation (dhyAnam) = meditation;
one should meditate;
the one whose arms extend up to his knees;

having borne;

arrows;

bow;

having bound himself in lotus-like posture stood;

yellow;
cloth, dress;

having worn;

newly blossomed lotus petal

(another meaning for ‘nava’ is nine)

competing;
eye;

with pleasant/satisfied look;

having the left side of the body climbed/occupied by;

sItA;
facing;

lotus;

eyes fixed on;

bearing a resemblance to rain-bearing cloud i.e with blackish complexion;

various, many-sided;

shining with adornments/decorations;

wearing;

hair up to his thighs;

profusely-adorned;

rAmachandra;
Thus begins the dhyAna of this mantra - one should meditate rAma who has arms reaching his knees, who is holding a bow and arrow, who is seated in a lotus position, who is wearing yellow clothes, whose eyes compete with petals of a fresh lotus, who looks satisfied, whose eyes are fixed on lotus-like (pretty) face of sitA sitting in his left lap, whose color is like that of rain cloud, who has adorned different jewelery, who is wearing hair reaching upto his thighs.

The life story of Shri RAma has a vast expanse and each and every letter of it is capable of destroying even the greatest sins of mankind. (1)
Let us meditate on the lotus-eyed, dark-complexioned Rama who is well-adorned with a crown of hair and has Sita and LakShmana alongside. (2)

Let us meditate on the lotus-eyed, dark-complexioned Rama who is well-adorned with a crown of hair and has Sita and LakShmana alongside. (2)

Let us meditate on the lotus-eyed, dark-complexioned Rama who is well-adorned with a crown of hair and has Sita and LakShmana alongside. (2)
in the sense of not born(a+jaM)

vibhum = the Lord who shines;

3

 LET US MEDITATE rAma who has a sword in a receptacle and bow, and arrows, who destroyed the demons, who is not born but is incarnated to protect the world with his actions. (3)

May the learned read the RamarakSha ‘stotram’, which destroys all sins and grants all desires. (Begin listing details of the body to be protected)

May rAma who is raghu’s descendant protect my head. May rAma who is dasharatha’s son protect my forehead. (4)
May the lord rAma who is kausalyA’s son, protect my eyes. rAma who is favorite of vishvAmitra protect my ears. rAma who is savior of yaj na protect my nose. rAma who is affectionate to LakShmaNa protect my mouth. (5)

(jihvAM) = tongue;
(vidyAnidhiH) = the stock-pile of knowledge (here rAma);
(pAtu) = may he protect;
(ka.nThaM) = neck;
(bharatavanditaH) = the who has been saluted by Bharata;
(skandhau) = two shoulders;
(divyAyudhaH) = the man with divine weapons;
(pAtu) = may he protect;
(bhujau) = two upper arms;
(bhagneshakArmukaH) = the one who broke the bow of Isha(shiva) i.e. rAma;
May the rAma who is a sea of knowledge protect my tongue.
May rAma who is saluted by bharata protect my neck.
May rAma who holds divine weapons protect my two shoulders.
May rAma who broke shiva’s bow protect my two upper arms. (6)

करां (karau) = two hands (lower arms);
सि (sItApatiH) = the husband or lord of sItA;
पतु (pAtu) = may he protect;
ह्रिदय (hRidayaM) = heart;
जमदग्नयजित (jAmadagnyajit) = he who scored a victory over
jAmadagni(ParashurAm, the son; of jamadagni)
मध्य (madhyaM) = middle (part of the body);
पतु (pAtu) = may he protect;
क्षरध्व (kharadhva.nsI) = he who smashed (killed) khara (a rAkShasa);
नाभ (nAbhiM) = navel;
जम्बवदश्रय (jAmbavadAshrayaH) =
he who gave refuge to jhambavad (the bear-chieftain of rAma’s army)
7

May the rAma who is the husband of sItA protect my two hands.
May rAma who conquered parashurAma protect my heart.
May rAma who killed rakShasa named khara protect my abdomen.
May rAma who gave refuge to jambavad protect my navel. (7)

सुघ्रवेश (sugrIveshaH) = master of sugrIva, the monkey king
(literally meaning the one;
with a beautiful neck)

(kaTI) = waist;
(pAtu) = may he protect;
(sakthinI) = two hips;
(hanumatprabhuH) = the lord of Hanuman;
(UrU) = two thighs;
(raghUttamaH) = the best of the raghus (raghu-descendants);
(pAtu) = may he protect;
(rakShaH) = the rAkShasAs;
(kulavinAsha) = the destroyer of the kula
dynasty/lineage) of (rAkShasAs);
(kRit) = the man who did (the destruction of rAkShasa kula);

May rAma who is master of sugrIva protect my waist.
May rAma who is master of hanumAma protect my two hips.
May rAma who is the best of raghus and who destroyed the
lineage of rAkShasa protect my two thighs. (8)
May rAma who built the bridge protect my two knees. 
May rAma who killed ten faced ones protect my two shins. 
May rAma who gave the wealth to bibhIShaNa protect my two feet. 
Thus may he protect my entire body . (9)

May the good man who readeth this ‘stotra’, which has all the power of Rama, be blessed with long life, happiness, children, success and humility . (10)
Nether-world (pAtAla) = nether-world;
the earth surface (bhUtala) = the earth surface;
sky (vyoma) = sky;
the people who wander (chAriNaH) = the people who wander;
those who wander by adopting tricks such as becoming invisible etc.
not (na) = not;
to see (draShTuM) = to see;
even (api) = even (won’t be able to see even, let alone harming);
capable (shaktAH) = capable;
they (te) = they;
the person who has been protected (rakShitaM) = the person who has been protected;
Rama (rAma) = Rama;
the names of rAma (nAmabhiH) = the names of rAma;

No one, who is wandering below the earth or on the earth or above the earth or those who wander surreptitiously changing their forms, will even be able to see the man protected by rAmanAma. (let alone bring any harm to him). (11)

rAma+iti saying thus rAma;
rAma+iti saying ‘rAmabhadra’
rAma who gives the well-being;
saying ‘rAmachandra’;
No sin can attach to the man who singeth the praise of the lord and he will prosper in this world and get salvation. (12)

jagat-jetra = jagat+jetra in the world +here
eka = one
mantreNa = by the mantra
rAmanAmnA = by the name of rAma
abhirakShitam = who has been well protected
yaH = who
ka.nThe = in the neck
dharayet = bears
tasya = his
karasthAH = obtaining(literally standing) in his very hands
sarva = all
siddhayaH = great achievements including mystic powers
One who wears this mantra of rAma nAma that has conquered the world around his neck will have all the powers at his beck and call. (13)

He who wears this armour called vajrapa.njara will be unscathed and will win victory everywhere. (14)
Budhakaushika was commanded in his dream by Lord Shiva to compose this hymn and he did so, as soon as he awoke in the morning. (15)

Rama, who grants all desires, removes all obstacles and is the praise of all three worlds, is our ‘Lord’ indeed. (16)
(vishAlAkShau) = (two) persons with (lotus-like) large eyes;
(chIra) = dress made of bark?
(kRiShNajinAmbarau) = (two) persons wearing the deer-skin as clothes;
(ambara has another meaning as ‘sky’ besides clothing)

17

May the two brothers ever protect us, who are young, handsome, lotus-eyed and bark and deer-skin dressed. (17)

(phala) = fruits;
(mUlAshinau) = roots-eaters (2 persons);
(dAntau) = the two who have restraining power;
(tApasau) = (2) penance-doers;
(brahmachAriNau) = (2) bachelors;
(putrau) = 2 sons of;
(dasharathasyaitau) = dasharathasya+etAu
dasharatha’s+this pair;
(bhrAtaru) = the two brothers;
(rAmalakShmaNau) = Rama Lakshmana;

18

These two sons of Dasharatha, the brothers Rama and LakShmana, the ones who are subsisting on roots and fruits and practicing penance and celibacy, (continued in the next.) (18)

(sharaNyau) = the refuge, the ones who should be
approached for refuge;

sarva (sarva) = all;
sattvAn (sattvAnAM) = (of) beings;
shreShThau (shreShThau) = the best (2 persons);
sarvadhanuShmatAm (sarvadhanuShmatAm) = of all archers;
rAkshasa (rakShaH) = rAksshasa (demons);
kulanihantArau (kulanihantArau) = family+destroyers (2 persons);
trAyet (trAyetAM) = (may the two) protect/save (us).

(for one persons the verb is trAyet)

us (no) = us;
raghUttamau (raghUttamau) = the best two of the Raghu race;

19

these two scions of Raghu protect us, the foremost among the archers, the destroyers of the demons and the refuge of all beings, (may they) protect us. (19)

rAmalakShmaNau+agrataH (let the two go) before (me);

rAksshasa (rakShaH) = demons;
my (mama) = my;
rAksshasa (rakShaNAya) = for protection;
rAksshasa (rakShaNau) = rAksshasa (demons);

let the two go) before (me);

was

for

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of

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of

fast

of

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of

of

for

of

for

of

for

of
pathi = in the street (during the outing/journey);
sadaiva = always;
gachChatAm = (may the two) go;

Rama and LakShmana (both), their bows pulled and ready, their hands on the arrows (packed) in ever full quivers (carried on their backs), may they always escort me in my path, for my protection. (20)

sannaddhaH = fully armed/prepared;
kavachI = with armor;
khadgI = with sword;
chApabANadharo = bearing bow and arrow;
yuva = young;
gachChan = going (walking);
manorathaH = wish (heart-felt desire)
(alternate version: mama+agrato+nityam);
asmAkaM = our;
rAmaH = rAma;
pAtu = may protect;
salakShmaNaH = with LakShmana;

Ever prepared and armed with sword, shield and bows and arrows and followed by LakShman, Rama is like our cherished thoughts come to life, may he (along with LakShman) protect us. (21)
Rama, the scion of Raghu and the son of Dasaratha and Kausalya, and ever, accompanied by LakShmana, is all powerful and is the perfect man (Lord). (22)

The rama, who is perceived thru vedAnta, who is lord of all yaj na, is ancient and the best man who is beloved of jAnakI and whose bravery is unmeasurable. (23)
My devotee (says Lord Shiva), who recites these (names of rAma) with faith, will attain more religious merit than one obtainable by horse-sacrifice. There is no doubt about it. (24)

荣耀他名号，其主業，皆為善業

(rAmaM) = rAma;

黑如‘durvA’草葉色 (durvAdalashyAmaM) = black as the leaves of ‘durvA’ (blue grass);

蓮目 (padmAkShaM) = lotus-eyed;

黃衣 (pItavAsasam) = wearing the yellow dress;

赞颂 (stuvanti) = praise, flatter;

神聖之名 (nAmabhirdivyaiH) = by the divine ‘nAmAs’ (names);
Those who sing the praise of RAma (who is lotus-eyed, dark-complexioned and dressed in yellow clothes) thro' this hymn, are (no longer) ordinary men trapped in the world (they get liberated!) (25)

\[
\text{Those who sing the praise of RAma (who is lotus-eyed, dark-complexioned and dressed in yellow clothes) thro' this hymn, are (no longer) ordinary men trapped in the world (they get liberated!) (25)}
\]
I salute that Rama who is handsome, the elder brother of LakShmana, the husband of Sita and the best of the scions of the Raghu race, Him who is the ocean of compassion, the stockpile of virtues, the beloved of the Brahmans and the protector of Dharma, Him who is the practiser of the Truth, the lord emperor of kings, the son of Dasaratha, dark-complexioned and the personification of Peace and tranquillity, Him who is the enemy of Ravana, the crown jewel of the Raghu dynasty and the cynosure of all eyes. (26)

I salute that Rama who is benevolent and cool as moon, and who is the lord of Sita and the master guardian of all. (27)
I surender to that Rama who is the delight of the Raghus, elder brother of Bharata and the tormentor of his enemies in the war. (28)
The two feet of Rama, I remember them in my mind, I praise them by my speech, I bow to them by my head I take resort in them! (29)

Rew hrs: nAmI = I bow;
sharaNaM = surrender;
prapadye = (I) resort to;
29

The two feet of Rama, I remember them in my mind, I praise them by my speech, I bow to them by my head I take resort in them! (29)

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The two feet of Rama, I remember them in my mind, I praise them by my speech, I bow to them by my head I take resort in them! (29)
Rama (like) my mother, father, master and friend, indeed the kind-hearted Rama is all I have. I know of no other (like him), (I really) don’t! (30)

I salute that Rama who has LakShmana on his right and Sita on the left and who has Hanuman in his front. (31)
I take refuge in that Rama who is quite pleasing to the sight, the master of the stage of war, lotus-eyed, lord of the Raghu race and compassion-personified. (32)

Having the speed of mind;
with the speed equal to that of wind-god (his father; 'VAYU')
The one who has conquered his senses;
of the learned;
The foremost;
The son of the wind-god ('VATA' or 'VAYU');
The chieftain of the monkey brigade;
The messenger of rAma;
refuge;
(I) resort to;


classification
I take refuge in the lord Hanuman who is as fast as the mind, equals his father, the wind-God, in speed, is the master of the senses, the foremost amongst the learned, the leader of the Monkey forces and the great messenger of Shri Rama. (33)

I salute the great sage Valmiki who sings the glorious name of Rama resorting to his Ramayana as sweetly as a cuckoo will sing sitting atop a tree. (34)
I bow again and again to Ram who removes all obstacles and grants all wealth and pleases all. (35)

The roar of the Ramanama is the destruction of the cause of rebirth (hence cause of liberation), the earning of all wealth and a scare to Yama’s messengers. (36)
Rama, the jewel among the kings, Him I worship, by Him the hordes demons have been destroyed, to him is said my prayer, beyond Him there is nothing to be worshipped, His servant I am, my mind is totally absorbed in Him, O Ram, please lift me up. This verse gives all the seven declensions of the singular word rAma and gives one way of remembering them! (37)
O fair-faced Parvati! I enjoy saying Rama Rama. Uttering but once the name ‘Rama’ is equal to the uttering of any other ‘name’ of God, a thousand times. (38)

Thus, I enjoy saying Rama Rama...
rAmarakShAstotra (meanings)

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Please send corrections to sanskrit@cheerful.com