॥ राम मंत्राचे श्लोक ॥

समर्थ रामदासस्वामी

॥ जय जय रघुवीर समर्थ ॥

नको शास्त्र अभ्यास वित्पत्ति मोठी ।
जडे गर्व ताठा अभीमान पोटीं ॥
कसा कोणता नेणवे आजपा रे ।
हरे राम हा मंत्र सोपा जपा रे ॥ १॥

Fie on this great learning and study of scriptures,
Pride, impudence, and self-conceit are its offspring;
Ignorant of ' how ' and ' who ' chants the prayer ceaselessly,
Why not at least recite this simple chant of ' Hare Rama '.. 1..

नको कंठ शोषूं बहूं वेदपाठीं ।
नको तूं पडूं साधनाचे कपाटीं ॥
घडे कर्म खोटें बहू तो दगा रे ।
हरे राम हा मंत्र सोपा जपा रे ॥ २॥

Fie on this drying up of the throat to recite the Vedas,
Beware of getting locked up in penance;
Know the great danger that follows improper actions,
Why not at least recite this simple chant of ' Hare Rama '.. 2..

तुला ही तनू मानवी प्राप्त झाली ।
बहूजन्मपुण्यें फळालागिं आली ॥
तिला तूं कसा गोंविसि विषयीं रे ।
हरे राम हा मंत्र सोपा जपा रे ॥ ३॥

This human form you have acquired,
The fruition of many lives of meritorious acts;
Why do you involve it in the pursuit of sensory pleasures?
Why not at least recite this simple chant of ' Hare Rama '.. 3..

जरी ही तनू रक्षिसी पुष्ट कांहीं ।
तरी भोग तो रोग होईल देहीं ॥
विपत्तीपुढें ते न ये बोलतां रे ।
हरे राम हा मन्त्र सोपा जपा रे ॥ ४॥

Even if you protect and nourish this body,
Know for sure it will fall to disease through enjoyment of pleasures,
And to unspeakable calamities.
Why not at least recite this simple chant of ' Hare Rama '.. 4..

खुळे हस्तपादादि हे भग्न होती ।
दिठी मंद होऊनियां कर्ण जाती ॥
तनू कंप सर्वांगिं होती कळा रे ।
हरे राम हा मंत्र सोपा जपा रे ॥ ५॥

The madly active limbs will shatter,
All senses,like hearing will fade and fail;
Tremors will afflict the whole body;
Why not at least recite this simple chant of ' Hare Rama '.. 5..

कफें कंठ हा रुद्ध होईल जेव्हां ।
अकस्मात तो प्राण जाईल तेंव्हां ॥
तुला कोण तेथें सखे सोयरे रे ।
हरे राम हा मंत्र सोपा जपा रे ॥ ६॥

When your throat will get blocked by secretions,
Unexpectedly will the life end;
What friends and kinsmen will you have then?
Why not at least recite this simple chant of ' Hare Rama '.. 6..

तुझें बाळ तारुण्य गेलें निघोनी ।
कळेना कसे लोक जाती मरोनी ॥
करीसी मुलाची स्वहस्तें क्रिया रे ।
हरे राम हा मंत्र सोपा जपा रे ॥ ७॥

Your childhood and youth have now slipped by,
We know not how death whisks us away;
You may have to perform the obsequies of your own child;
Why not at least recite this simple chant of ' Hare Rama '.. 7..

दुराशा नको रे परस्त्रीधनाची ।
नको तूं करूं नीच सेवा जनाची ॥
पराधीन कैसा मला दीससी रे ।
हरे राम हा मंत्र सोपा जपा रे ॥ ८॥

Give up up the evil lust for others' wives and wealth,
Serve not others in servility,
A slave you will be in others' eyes,
Why do you not chant this simple prayer " Hare Rama" .. 8..

मदें डोलसी बोलसी साधुवृंदा ।
कसें हीत तूं नेणसी बुद्धिमंदा ॥
रिकामाचि तूं गुंतशी वाउगा रे ।
हरे राम हा मंत्र सोपा जपा रे ॥ ९॥

Haughtily you behave and speak to holy persons,
Dim-witted, you know not your well-being,
Idle and wasteful will be your pursuits,
Why do you not chant this simple prayer " Hare Rama" .. 9..

बहू व्यापसंताप तो मूळपापा ।
गतायुष्य द्रव्यें न ये कोटि बापा ॥
कळेना तुला कोणता तो नफा रे ।
हरे राम हा मंत्र सोपा जपा रे ॥१०॥

Vice it is to engage in aimless furious activities,
Wasted life cannot be bought by any wealth,
You know not wherein your profit lies,
Why do you not chant this simple prayer " Hare Rama" .. 10..

तुझे आप्त द्रव्यार्थि नुस्तेचि होती ।
तनू हे चितेमाजि कीं बोळवीती ॥
असें जाणुनी हीत कांहीं करा रे ।
हरे राम हा मंत्र सोपा जपा रे ॥११॥

Your kinsmen are merely after (your) wealth,
Unceremoniously will they send your body on the funeral pyre,
Knowing all this, strive for your (spiritual) welfare.
Why do you not chant this simple prayer " Hare Rama" .. 11..

कुटुंबीं स्त्रिया पुत्र ते दासदासी ।
बहू पोषिसी सोसुनी दुःखरासी ॥
त्यजीं भार काबाड ओझें किती रे ।
हरे राम हा मंत्र सोपा जपा रे ॥१२॥

Family you have with wife, children, and servants,
Suffering endless misery, you support them,
Will you not like to lighten this arduous burden,
Why do you not chant this simple prayer " Hare Rama" .. 12..

बहू इच्छिसी कीर्ति सन्मान कांहीं ।
सुखाचा तुला अंतरीं लेश नाहीं ॥
फुकाचें मुखीं नाम तें का न ये रे ।
हरे राम हा मंत्र सोपा जपा रे ॥१३॥

Much fame and honor do you desire,
Happiness , though, dwells not in your heart,
For free can you chant (God's) name, and yet you do not,
Why do you not chant this simple prayer " Hare Rama" .. 13..

रवीसूत ते दूत विक्राळ येती ।
तुझ्या लिंगदेहासि ओढूनि नेती ।
तुला खंडिती मुंडिति दंडिती रे ।
हरे राम हा मंत्र सोपा जपा रे ॥१४॥

Death's messengers, ferocious, will arrive,
And drag your subtle body,
Only to break, revile, and punish it !
Why do you not chant this simple prayer " Hare Rama" .. 14..

नको वीषयीं फारसा मस्त होऊं ।
नको मानदंभामधें चित्त गोवूं ॥
नको भस्म लावूं जटाभार का रे ।
हरे राम हा मंत्र सोपा जपा रे ॥१५॥

Let no pleasures intoxicate you,
Let not your mind cling to hypocritical honors,
Show off never the burden of matted hair, and ash-smeared body,
Only chant this simple prayer, Hare Rama .. 15..

नको फार मंत्राग्निच्या मंत्रदीक्षा ।
नको जारणामारणादी अपेक्षा ॥
कळायुक्त चातुर्यता वीकळा रे ।
हरे राम हा मंत्र सोपा जपा रे ॥१६॥

Long not for initiation, by the side of the sacred fire,
Long not for the powers of deathly and evil incantations,
Deceitful cleverness is no better than vomit,
Only chant this simple prayer, Hare Rama .. 16

नको योग अष्टांग तो रोध प्राणा ।
नको कृच्छ्रचांद्रायणीं हट्ट जाणा ॥
अपभ्रंश हा मार्ग कीं वोखटा रे ।
हरे राम हा मंत्र सोपा जपा रे ॥१७॥

Bother not with the eight steps of yoga, or the control of breath,
Stick not stubbornly to rituals of fasting,
Corrupted practices will only lead you on the wrong path,
Only chant this simple prayer, Hare Rama .. 17

कदापी घडेना व्रतें यज्ञदानें ।
नसे द्रव्यगांठीं करावें जयानें ।
घडे ना घडे यद्यपी कां फुका रे ।
हरे राम हा मंत्र सोपा जपा रे ॥१८॥

What will vows, sacrifices, and charity accomplish ?
Or by the hoarding of wealth ?
Nothing prevents what is bound to happen, for free can you pray,
Only chant this simple prayer, Hare Rama .. 18

नसे सत्य कांहीं दिसे दों दिसांचें ।
तुला लूटिती चोरटे लोक साचे ॥
स्त्रिया पुत्र कामा न येती तुला रे ।
हरे राम हा मंत्र सोपा जपा रे ॥१९॥

Fleeting appearances reveal not truth,

Even honest-appearing folks may rob you,
Neither wife nor son may help you in time of need,
Only chant this simple prayer, Hare Rama .. 19

नको तूं कदापी करूं तीर्थयात्रा ।
तनूदंडणीं क्षीणता सर्व गात्रां ॥
करी ग्रस्त आयुष्य तूं कोणसारे ।
हरे राम हा मंत्र सोपा जपा रे ॥ २० ॥

Never mind going on pilgrimages,
Punishing the body thus, all your limbs will feel weak,
Afflictions only will you add to your life,
Only chant this simple prayer, Hare Rama .. 20

तुला येम पाशीं करी बद्ध जेव्हां ।
सखा कोणता सोडवी सांग तेव्हां ॥
यमाला कदापी दया ते न ये रे ।
हरे राम हा मंत्र सोपा जपा रे ॥ २१ ॥

When Death will bind you in his grip,
Tell me what friend will release you,
Death shows never any compassion, mindful be
Only chant this simple prayer, Hare Rama .. 21..

तपस्वी मनस्वी भले पार गेले ।
दुजी सृष्टि कर्ते असे थोर मेले ॥
चिरंजीव कल्पायु गेले किती रे ।
हरे राम हा मंत्र सोपा जपा रे ॥ २२ ॥

Gone are the greatest of ascetics,
Gone are even those who could create other universes,
Long-lived for aeons, gone are they, thus think and
Only chant this simple prayer, Hare Rama .. 22..

बहू कामधंद्यांमधें धांव घेसी ।
किती नांवरूपा जगीं मीरवीसी ॥
कशाला तुला उंट घोडे नगारे ।
हरे राम हा मंत्र सोपा जपा रे ॥ २३ ॥

Many and varied works you pursue,
How much you strut with your name and fame,
What need have you for camels, horses, and drums ?
Only chant this simple prayer, Hare Rama .. 23..

म्हणे देश माझे भुमी गांव वाडे ।
शिबीकासनीं बैससी उंच लोडें ॥
कसा उंच तूं मंचकीं लोळसी रे ।
हरे राम हा मंत्र सोपा जपा रे ॥ २४ ॥

Say you, my country, my land, my town, my palaces,
Seat yourself in a palanquin held aloft,
Roll and roll on a high fancy bed, instead
Only chant this simple prayer, Hare Rama .. 24..

दशग्रीव लंकापुरीं मस्त जाला ।
अकस्मात गेला पुरीमाजि घाला ॥
चिरंजीव दे राज्य बीभीषणा रे ।
हरे राम हा मंत्र सोपा जपा रे ॥ २५ ॥

Inflated with pride was Ravana in Lanka,
Sudden was his departure,
VibhishaNa (a devotee of Rama), was handed the kingdom, so
Only chant this simple prayer, Hare Rama .. 25..

अधोमूख विष्ठेमधें मायपोटीं ।
पचे पिंड हा सोसुनी दुःखकोटी ॥
स्मरेना कशी लाज नाहीं तुला रे ।
हरे राम हा मंत्र सोपा जपा रे ॥ २६ ॥

In the mother's womb, with lowered head in foul surroundings,
Ripened this body after endless suffering,
Remember you not this, and feel no shame, why ?
Why not at least recite this simple chant of ' Hare Rama '.. 26..

असे भोगुनी पंचचत्वारि मासीं ।
पुढें दैवयोगें सख्या जन्मलासी ॥
कसा वीसरे ध्यान सोहं पुढें रे ।
हरे राम हा मंत्र सोपा जपा रे ॥ २७ ॥

Suffering thus for nine months,
By chance you took birth,
Forgetting the meditation of ' I AM THAT TRUTH ',
Why not at least recite this simple chant of ' Hare Rama '.. 27..

कळे वायुचा स्पर्श होतांचि जेंव्हां ।
रडे बाळ कोहं म्हणे जीव तेव्हां ॥
पुढें खेळ नानापरी खेळसी रे ।
हरे राम हा मंत्र सोपा जपा रे ॥ २८ ॥

When the wind of breath enters the body,
Cries the infant ' WHO AM I ' ?
But forgets in the world of play ahead,
Why not at least recite this simple chant of ' Hare Rama '.. 28..

दिसंदीस माता पिता बंधु जाणे ।
परी रोग नाना करी तेथ ठाणें ॥
जरीं दैवयोगें पुढें वांचला रे ।
हरे राम हा मंत्र सोपा जपा रे ॥ २९ ॥

Day by day, recognition dawns of mother, father, brother,
But diseases galore make the body their home,
And perchance survive, therefore
Why not at least recite this simple chant of ' Hare Rama '.. 29..

करी लग्न मुंजी पितामाय त्याचें ।
करी शाहणा मारुनी रूप साचें ॥
करि पोटधंदा भला चांगला रे ।
हरे राम हा मंत्र सोपा जपा रे ॥ ३०॥

Father and mother have him undergo the vows of upanayana and marriage,
Teach him, not even foregoing the cane !, in honesty,
Earns a living, good and proper, but
Why not at least recite this simple chant of ' Hare Rama '.. 30..

बहू पाळिलें पोषिलें मायबापीं ।
निघे भिन्न निंदूनियां पापरूपी ॥
स्त्रियेचेमुळें शेवटीं दुर्गती रे ।
हरे राम हा मंत्र सोपा जपा रे ॥ ३१॥

Nurtured and nourished by the parents,
Yet he turns out to be hateful and vicious,
Carnal lust drives him to disaster, if
Only chant this simple prayer, Hare Rama .. 31..

शतायू नव्हे पूर्ण आयुष्य कांहीं ।
असें हीत आहीत तें आद्य पांहीं ॥
अशाहीमध्यें बाळतारुण्य सारें ।
हरे राम हा मंत्र सोपा जपा रे ॥ ३२॥

Living for a hundred years means not a fulfilled life,
Examine first the true meaning of life,
Without it, the whole childhood and youth slip by, so
Only chant this simple prayer, Hare Rama .. 32..

करीशील धर्माश्रमा अस्त जेव्हां ।
बहू घातपाती घरीं होय तेव्हां ॥
भरीं पोट पोषीं कुटुंबा बरा रे ।
हरे राम हा मंत्र सोपा जपा रे ॥ ३३॥

When you will let righteousness fade like the sunset,
Your home will become a den of destruction,
Even if you can feed the whole family sumptuously, therefore
Only chant this simple prayer, Hare Rama .. 33..

रवीऊदयोअस्त तों पोटधंदा ।
स्तवी आर्जवी तो करी येरमिंदा ॥
कळेना पुढें काय होणार तें रे ।
हरे राम हा मंत्र सोपा जपा रे ॥ ३४॥

From sunrise till sunset, you work to earn a living,
Flattering, supplicating, and obliging others,
You know not what is in store for you in the future, so
Only chant this simple prayer, Hare Rama .. 34..

बहू ढीग मागें पुढें मोहरांचे ।
मदोन्मत्त होऊनिया तेथ नाचे ॥
असे गर्व त्यालागिं नर्कासि थारे ।
हरे राम हा मंत्र सोपा जपा रे ॥ ३५॥

Heaps of wealth lie all around you,
Intoxicated, you dance there,
Know you not that hell awaits the arrogant,
Only chant this simple prayer, Hare Rama .. 35..

अलंकारमानीं तनू सज्जवीतो ।
मना दर्पणीं पाहूनि रंजवीतो ॥
कळेना जळे सर्पणीं रूप तें रे ।
हरे राम हा मंत्र सोपा जपा रे ॥ ३६॥

You decorate your body with ornaments,
Looking at yourself in the mirror, you take mental delight,
Know you not that this body will burn on the funeral pyre, so
Only chant this simple prayer, Hare Rama .. 36..

बहूं द्रव्य गांठीं पुन्हा मेळवीसी ।
गुरु विप्र बंधु कसे चाळवीसी ॥
दुराशा कशाला मशाला पुढें रे ।
हरे राम हा मंत्र सोपा जपा रे ॥ ३७॥

Despite with plentiful wealth, you long to earn more,
Even if it means insulting your teachers, brothers, and sages,
Why this inordinate desire leading you like a torch ?
Only chant this simple prayer, Hare Rama .. 37..

जरी क्षीणदेहो परी वृद्धकाळीं ।
करीती स्त्रिया सूत नातू ढवाळी ॥
धना ऊचकी लागतां गूचकी रे ।
हरे राम हा मंत्र सोपा जपा रे ॥ ३८॥

Old age weakens the body,
And your wife, children and grand-children surround you with affectionate chaos,
Bereft of wealth, you will be as good as excreta,
Only chant this simple prayer, Hare Rama .. 38..

रवी जे घडी हाणितो काळ जेव्हां ।
श्रुति शब्द हे गर्जती तास तेव्हां ॥
म्हणे क्षीण आयुष्य गेलें तुझें रे ।

हरे राम हा मंत्र सोपा जपा रे ॥ ३९ ॥

When Time drives Death to your door,
You will hear this roar of the Vedas for hours,
This weakened life of yours is ending, know
Only chant this simple prayer, Hare Rama .. 39..

कसी जन्मुनी माय त्वां वांझ केली ।
कसी लाज वंशा कुळा लावियेली ॥
भुमीभार धोंडा पशु हा खरा रे ।
हरे राम हा मंत्र सोपा जपा रे ॥ ४० ॥

How could you make your mother barren after you were born ?
How could you tarnish your family and lineage ?
A burden to the earth, as good as a stone, or a beast, by forgettig
Only chant this simple prayer, Hare Rama .. 40..

कसा कोणता काळ येईल केव्हां ।
दिनासारिखा काळ नेईल तेव्हां ॥
तुझें वित्त तारुण्य लोपेल सारें ।
हरे राम हा मंत्र सोपा जपा रे ॥ ४१ ॥

When and how death will strike you,
When death will carry you away,
Wealth and youth will fade away, no matter
Only chant this simple prayer, Hare Rama .. 41..

तुला दंडिती खुंडिति कुंभपाकीं ।
तुला खंडुनी अग्निकुंडांत टाकी ॥
तुला ओढिती सांडसें तोडिती रे ।
हरे राम हा मंत्र सोपा जपा रे ॥ ४२ ॥

Punished and battered in hell,
Landing in a pyre of fire,
Dragging and dismembering may be your lot after death, yet
Only chant this simple prayer, Hare Rama .. 42..

असा उंच भोगूनियां कल्पकोटी ।
पुन्हा जन्म घे लक्षचौर्यांशि कोटी ॥
महासंकटीं हिंपुटी जीव सारे ।
हरे राम हा मंत्र सोपा जपा रे ॥ ४३ ॥

Enjoying the pleasures for aeons,
You will return to this life millions of times,
In times of great danger, all beings are sad, so
Only chant this simple prayer, Hare Rama .. 43..

नको सोंग छंदें करूं ढोंग कांहीं ।
नको शिष्यशाखा मठीं सूख नाहीं ॥
महंतीमुळें नाश होतो तपा रे ।
हरे राम हा मंत्र सोपा जपा रे ॥ ४४ ॥

Let not your passions drive you to pretense and hypocrisy,
Happiness dwells not in throngs of disciples, or in monasteries,
Destructive of askesis is this longing for the splendor of chieftaincy.
Only chant this simple prayer, Hare Rama .. 44..

नको चाउटी वाउगी या जनांसी ।
हरीचिंतनीं ध्यास लावीं मनासी ॥
अमोलीक हा काळ जातो वृथा रे ।
हरे राम हा मंत्र सोपा जपा रे ॥ ४५ ॥

Indulge not in idle gossip,
Steep your mind in the remembrance of Hari.
Precious time is being wasted away, so
Only chant this simple prayer, Hare Rama .. 45..

महाघोर हा थोर संसार मोठा ।
कळे संतसंगें समूळींच खोटा ॥
कळे भुक्ति मुक्ती विरक्तीच गा रे ।
हरे राम हा मंत्र सोपा जपा रे ॥ ४६ ॥

Fiendish is this great cycle of existence,
Know its inherent falsity, if only you will associate with the saintly,
You will realise then bondage of enjoyment, liberation, and renunciation.
Only chant this simple prayer, Hare Rama .. 46..

त्यजा दुष्टसंगा पहा रे भल्यांसी ।
करा हीत येऊं नका गर्भवासीं ॥
जसें अंतिचें दुःख होतें जिवा रे ।
हरे राम हा मंत्र सोपा जपा रे ॥ ४७ ॥

Evil company, abjure; meet the sagacious;
Pursue your well-being, and avoid this vicious cycle of rebirths.
The end of life also is full of sorrow.
Only chant this simple prayer, Hare Rama .. 47..

बहू भोगितां पूढती नर्क आहे ।
असें जाणुनी त्या सुखामाजि राहे ॥
प्रपंचीं उगा मारिसी कां गपा रे ।
हरे राम हा मंत्र सोपा जपा रे ॥ ४८ ॥

Excess in pleasures is sure to be followed by hell.
Knowing this, seek the true happiness.
Why spend time in this life speaking unworthy thoughts, instead

Only chant this simple prayer, Hare Rama .. 48..

कलीं साधनें याविणें सर्व निंदीं ।
हरे राम हा मंत्र जो त्यासि वंदीं ॥
हरे राम हे माळिका साध का रे ।
हरे राम हा मंत्र सोपा जपा रे ॥ ४९ ॥

Penance of all sorts can you give up in this age of Kali,
If only you can surrender yourself with this chant,
Acquire this rosary of chanting Hare Rama, so simple
Keep chanting Hare Rama, I plead with you .. 49..

॥ इति रामदासकृत राममंत्राचे श्लोक संपूर्ण ॥
॥ जय जय रघुवीर समर्थ ॥

Please send corrections to Sunder Hattangadi (sunderh@hotmail.com)
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