

## || Sri Rama Raksha Stotram ||

Om asya Sri rAmarakShA stotra mahA  
mantrasya |  
budhakaushika RiShiH |  
srl sItA rAmachandro devatA |  
anuShTup ChandaH |  
sItA shaktiH |  
srlmAn hanumAn kllakam |  
srl rAmachandra prltyarthe |  
Sri rAmarakShA stotra jape viniyogaH ||

Sri Rama protection prayer  
The sage is Budha Kousika,  
God is Sri Sita Ramachandra,  
Meter is Anushtup,  
Power is Sita,  
Protector is Hanuman,  
and usage is chanting,  
And I am starting the chant of this prayer  
to please Ramachandra.

RiShiH – *sage*; devatA – *God*; anuShTup - *8 letters*; ChandaH – *meter*; kllakam – *protector*;  
prltyarthe – *to please*; viniyogaH – *use*

### || atha dhyAnam ||

dhyAyed AjAnubAhum |  
dhRuta shara dhanuSham |  
baddha padmAsanastham |  
pltaM vAsovasAnaM |  
navakamaladala spardhi netraM prasannam |  
vAmAnkArUDa sItA |  
mukha kamala milallochanaM nlrAdAbham |  
nAnAlankAra dlptam |  
dadhatamuru  
jaTAmanDalaM rAmachandram ||

Let us begin the Meditation  
One should meditate on Rama  
who has arms reaching down to his  
knees; who carries box with arrows and  
bow; who is seated in a lotus position;  
who is wearing yellow clothes; whose  
eyes compete with just opened fresh  
lotus flower; who looks satisfied; whose  
eyes are fixed on lotus-like face of Sita  
sitting on his left thigh; whose color is  
like that of rain cloud; who has adorned  
different jewelery; who has round  
matted hair reaching up to his thighs.

atha – *begin*; dyAnam – *meditation*; dhyAyed – *meditate*; jAnu – *knees*; AjAnu – *below knees*;  
bAhuM – *arms*; dhRita – *box*; shara – *arrows*; dhanuSham – *bow*; baddha padmAsanastham –  
*lotus like posture*; pltam – *yellow*; vAso – *cloth*; vasAnam – *wear*; navakamaladhala – *just opened  
fresh lotus flower*; spardhi – *compete*; nethram – *eyes*; prasannam – *satisfied look*; vAmA – *left*;  
ankam – *thigh*; ArUDa – *occupied by*; mukha – *face*; kamala – *lotus*; milallochanaM – *eyes fixed on*;  
nlradAbham – *complexion of a rain cloud*; nAnA – *various*; alankAradlptam – *shining with jewels*;  
dadhatam – *wear*; urujaTA – *matted hair*; manDalaM – *round*

(1)

|| **atha StOtram** ||

charitaM raghunAthasya |  
shatakoTi pravistaram |  
ekaikamakSharaM pumsAM |  
mahApAtaka nAshanam ||

Let us begin the Prayer

The story of Sri Rama has many letters.  
However, each and every letter has the  
power to destroy the greatest sins of  
mankind.

atha - *thus begins*; Stotram - *prayer*; charitaM - *story*; raghunAthasya - *head of Raghu dynasty*;  
shatakoTi - *hundred crores*; pravistaram - *Extensive*; ekaikam - *each*; akSharaM - *letter*; pumsAM  
- *human being*; mahApAtaka - *greatest sins*; nAshanam - *destroy*

(2)

dhyAtvA nilotpalashyAmaM |  
rAmaM rAjivalochanam |  
jAnakI lakShmaNopethaM |  
jaTAmukuTa manDitam ||

Let us meditate on Rama who is bluish  
cloud complexioned; who is lotus-eyed;  
who is with Sita and Lakshmana; who is  
adorned with a crown of matted hair.

dhyAtvA - *meditate*; nilotpalashyAmaM - *bluish cloud color*; rAjivalochanam - *lotus like eyes*; pethaM  
- *with*; jata - *matted hair*; mukuTa - *crown*; manDitam - *adorned*

(3)

sAsitUNa dhanuRbANa |  
pANim naktam charAntakam |  
svallayA jagatrAtuM |  
AvirbhUtaM ajaM vibhum ||

Let us meditate on Rama who has a sword,  
bow, and arrows; who playfully kills the  
rakshasas; who incarnated himself on his  
own wish to protect the earth.

sAsitUNa - *sword*; dhanuR - *bow*; bANa - *arrows*; pANim - *hand*; naktam - *hold*; charAntakam -  
*destroyer of Rakshas*; swalila - *himself*; jagat - *world*; trAtuM - *protect*; AvirbhUtaM - *take an  
incarnation*; ajaM - *abode*; vibhum - *earth*

(4)

rAmarakShAM paTEth prAjnaH |  
pApaghnIM sarva kAmadAm |  
shirome rAghavaH pAtu |  
phAlaM dasarathAtmajaH ||

The wise one should chant Rama Raksha  
stotram so all his sins are burnt and his desires  
are fulfilled.

Let Raghava protect my head.

Let Rama, the son of Dasaratha protect my  
forehead.

paTEth - *read*; prAjnaH - *wise*; pApaghnIM – *sins are burnt*; sarva - *all*; kAmadAm - *desires*;  
shirome - *head*; rAghavaH - *belongs to Raghu vamsam*; pAtu - *protect*; phAlaM - *forehead*;  
dasarathAtmajaH – *son of Dasaratha*

(5)

kausalyeyo dRushau pAtu |  
vishvAmitra priyaH shrutl |  
ghrANaM pAtu makhatrAtA |  
mukhaM saumitrivatsalaH ||

Let Rama, son of Kousalya protect my eyes.

Let Rama, the one who is dear to Viswamithra  
protect my ears.

Let Rama, the protector of sacrifices/Yagnams  
protect my nose.

Let Rama, the one who is dear to Lakshmana  
protect my face.

dRushau - *eyes*; priyaH - *dear*; shruti - *ears*; ghrANaM - *nose*; makhatrAtA - *protector of Yagnas*;  
mukhaM - *face*; saumitri - *Lakshmana, son of Sumithra*; vatsalaH – *affectionate*

(6)

jihvAM vidyAnidhiH pAtu |  
kanTaM bharata vanditaH |  
skandhau divyAyudhaH pAtu |  
bhujau bhagneshakArmukaH ||

Let Rama, who is the wealth of knowledge  
protect my tongue.

Let Rama, the one who is saluted by Bharatha  
protect my throat.

Let Rama, the one who has celestial weapons  
protect my shoulders.

Let Rama, the one who broke Siva's bow  
protect my arms.

jihvAM - *tongue*; vidyA - *knowledge*; nidiH - *wealth*; kanTam - *throat*; vanditaH - *salute*;  
skandhau - *shoulder*; divya - *divine*; AyudhaH - *weapons*; bhujau - *arms*; bhagneshakArmukaH -  
*one who broke Siva's bow (Siva Dhanusu)*;

(7)

karau sltApatiH pAtu |  
hRidayaM jAmadagnyajit |  
madhyaM pAtu kharadhvamsl |  
nAbhiM jAmbavadAshrayaH ||

Let Rama, husband of Sita protect my hands.  
Let Rama, the one who won over Parasurama,  
son of Jamadagni protect my heart.  
Let Rama, the one who killed Khara protect the  
middle part of my body.  
Let Rama, the one who provided refuge to  
Jhambhavan protect my navel.

karau - *hands*; patiH - *husband*; hRidayaM - *heart*; jAmadagnyajit - *Parasurama, son of jAmadagni*; madhyaM - *middle*; kharadhvamsl - *destroyed the demon "Khara"*; nAbhiM - *navel*; jAmbavad AshrayaH - *refuge to Jambavaan*;

(8)

sugrIveshaH kaTI pAtu |  
sakthinI hanumatprabhuH |  
UrU raghUttamaH pAtu |  
rakShaH kulavinAshaHkrut ||

Let Rama, master of Sugreeva protect my waist.  
Let Rama, Lord of Hanuman protect my hips.  
Let Rama, the best of the Raghu dynasty and  
who is the destroyer of Rakshasas protect my  
thighs.

sugrIveshaH - *master of Sugreeva*; kaTI - *waist*; sakthinI - *hips*; prabhuH - *Lord*; UrU - *thighs*;  
raghUttamaH - *best of the Raghu dynasty*; rakshaH kulavinAsha - *destroyer of rakshasa dynasty (kulam)*

(9)

jAnunI setukRut pAtu |  
janghe dashamukhAntakaH |  
pAdau vibhIShaNa shrIdaH |  
pAtu rAmOkhilaM vapuH ||

Let Rama, the one who build Rama Setu bridge  
protect my knees.  
Let Rama, the killer of ten-faced Ravana  
protect my shins.  
Let the one who gave blessings to Vibheeshana  
protect my feet.  
Let Rama protect my entire body.

jAnu - *knees*; setukRit - *one who built Setu bridge*; janghe - *shins*; dashamukhAntakaH - *killed ten faced Ravana*; pAdau - *feet*; vibhIShaNa - *Ravana's brother*; shrIdaH - *blessings*; akhilaM - *entire*; vapuH - *body*

(10)

etAM rAmabalopetAM |  
rakShAM yaH sukRitI paTEth |  
sachirAyuH sukhi putrI |  
vijayI vinayI bhavet ||

Only the fortunate can read this protective prayer  
powered by Rama.  
Those who read this prayer will live long, be blessed  
with sons, be victorious and will be very obedient.

etAM - *this*; balo - *strength*; sukRiti - *fortunate*; paTEth - *read*; chirAyuh - *long life*; sukhi - *good life*; vijayI - *victorious*; vinayI - *obedient*; bhavet - *get*

(11)

pAtAla bhUtala vyoma |  
chAriNash chadmachAriNaH |  
na draShTuMapi shaktAstHe |  
rakShitaM rAmanAmabhiH ||

Rama namam protects from invisible forces who  
wander secretly around the three worlds -  
under-world, earth and heaven.

pAtAla - *under world*; bhUtala - *earth*; vyoma - *sky (heaven)*; chAriNash chadmachAriNaH - *forces who wander secretly*; nadrasShTuM - *invisible*; shaktAstHe - *forces*; rakShitaM - *protection*; rAmanAmabhiH - *Rama namam*

(12)

rAmeti rAmabhadreti |  
rAmachandreti vAsmaran |  
naro nalipyate pApair |  
bhuktiM muktiM cha vindati ||

Those who remember Lord like Rama,  
Rambhadra, and Ramachandra will be free from  
the sins, and will get wealth and salvation.

vAsmaran - *remember*; naro - *man*; nalipyate - *free*; pApair - *sins*; bhuktiM - *wealth*; muktiM - *salvation*; vindati - *get*

(13)

jagajjaitraika mantreNa |  
rAmanAmnAbhirakShitam |  
yaH kanTe dhArayettasya |  
karasthAH sarva siddhayaH ||

Rama mantram is the only mantram in the  
universe that give us success and protection.  
Those who wear Rama namam around their  
neck will always have success in their hands.

jagat - *universe*; jaitra - *success*; eka mantreNa - *only mantram*; abhi - *well*; rakShitam - *protected*; yaH - *who*; kanTe dhArayettasya - *throat*; kara - *hand*; sarva - *all*; siddhayaH - *success*

(14)

vajrapanjara nAmEdham |  
yO rAmakavachaM smaret |  
avyAhatAjnaH sarvatra |  
labhate jayamangalam ||

Those who keep remembering this  
mantram will be protected like a cage of  
diamond.

Those who chant this mantram will get  
victory in everything without any  
obstacles.

vajra panjara - *cage of diamond*; smareth - *remembers*; avyAhatAjnaH - *no obstacles*; sarvatra - *everywhere*; labhate - *get*; jayam - *victory*

(15)

AdiShTavAn yathA svapne |  
rAmarakShAMmimAM haraH |  
tathA likhitavAn prAtaH |  
prabuddhau budhakaushikaH ||

This Rama Raksha stotram was preached  
by Lord Shiva in the dream of Budha  
Kaushika who wrote the same the next day  
morning as soon as he woke up.

AdiShTavAn - *preach*; yathA - *this*; svapne - *dream*; imAM - *like this*; haraH - *Lord Shiva*; tathA - *the same*; likhitavAn - *write*; prAtaH - *morning*; prabuddhau - *wake up*

(16)

ArAmaH kalpavRikShANAM |  
virAmaH sakalApadAm |  
abhirAmaH trilokAnAM |  
rAmaH srlmAn sanaH prabhuH ||

Rama namam is like a wish-fulfilling divine  
tree and keeps away all dangers,  
Rama is praised in all the three worlds.  
Rama is the sole Lord.

ArAmaH - *Rama Namam is like*; kalpavRikshANAM - *wish-fulfilling divine tree*; virAmaH - *stop*; sakala - *all*; ApadAm - *danger*; abhiRamam - *Rama is praised*; trilokAnAM - *three worlds*; sanaH prabhuH - *sole Lord*

Soorpanaka describes Rama and Lakshmana to Khara (demon)  
in shlokas 17 to 19

(17)

taruNau rUpasampannau |  
sukumArau mahAbalau |  
punDarIka vishAIakShau |  
chlra kRiShNAjinAmbarau ||

Rama and Lakshmana are young, beautiful,  
handsome, and very strong.  
Rama and Lakshmana have wide eyes like  
lotus, and wear deer skin and piece of cloth.

taruNau - *young*; rUpasampannau - *beautiful appearance*; sukumArau - *handsome*; mahAbalau - *very strong*; punDarIka - *the one who has wide eyes like lotus*; vishAI - *wide*; Aksha - *eyes*; chlra - *thread cloth*; kRiShNAjinAmbarau - *wear deer skin as clothes*

(18)

phala mUIAsinau dAntau |  
tApasau brahmachAriNau |  
putrau dasharathasyaitau |  
bhrAtarau rAmalakShmaNau ||

Rama and Lakshmana consume fruits,  
roots, and root vegetables like ascetics and  
bachelors. Rama and Lakshmana are sons  
of Dasaratha, and are brothers.

phala - *fruit*; mUIAsinau - *root*; dAntau - *root vegetables*; tApasau - *look like ascetics*;  
brahmachAriNau - *looks like bachelors*; putrau dasharathasyaitau - *Dasharatha's son*; bhrAtarau - *brothers*

(19)

sharaNyau sarva sattvAnAM |  
shreShTA sarvadhanuShmatAm |  
rakShaHkula nihantArau |  
trAyetaM no raghUttamau ||

Rama and Lakshmana protect all living beings  
who surrender to them, are greatest among  
all archers.

Rama and Lakshmana are destroyer of  
rakshasas, and are the best among Raghu  
dynasty.

sharaNyau - *surrender*; sarva - *all*; sattvAnAM - *living beings*; shreShTA - *great*; dhanuShmatAm - *archers*; rakShaHkula - *rakshasas dynasty*; nihantArau - *destroyer*; trAyetaM - *protect*;  
raghUttamau - *best of Raghu dynasty*

(20)

Atthasajja dhanuSham iShuspRisham |  
akShayaAshuga niShanga sanginau |  
rakShaNaya mama rAmalakShmanAm |  
agrataH pathisadaiva gachChatAm ||

Rama and Lakshmana are always ready  
with the thread tied to the bow, arrow set  
on the bow, and full of arrows in the box.  
Rama and Lakshmana are always  
committed and are foremost in protecting  
the mankind.

attasajja – *arrow set on the bow*; dhanuSham – *bow*; iShuspRisha – *thread tied to the bow*;  
akShayaAshuga – *arrows ready on the holder*; niShanga sanginau – *arrows set on the bow ready to  
attack*; mama – *our Lord*; agrataH – *foremost*; sadaiva – *always*; gachChatAm – *committed to  
protect mankind*

(21)

sannaddhaH kavachI khaDgi |  
chApabANadharo yuvA |  
gachChan manorathAnnascha |  
rAmaH pAtu salakShmaNaH ||

Rama who is with Lakshmana and who is  
always well prepared with armor, sword,  
bow and arrows is committed to fulfil our  
desires and to protect us.

sannaddhaH – *well prepared*; kavachI – *armor*; khaDgi – *sword*; chApam – *bow*; bANam – *arrows*;  
dharo – *carry*; yuvA – *active*; gachChan – *committed to fulfill*; manorathaH – *desires in our mind*;  
salakShmaNaH – *with Lakshmana*

(22)

rAmo dAsharathiH shUro|  
lakShmaNAnucharo ball |  
kAkutsaH puruShaH pUrNaH |  
kausalyeyo raghUttamaH ||

Rama is son of Dasaratha; very brave;  
followed by Lakshmana; descendant of  
Kakutsa dynasty; a complete man; son of  
Kausalya; and best among Raghu dynasty.

dAsharathiH – *son of Dasaratha*; shUro – *brave*; lakShmaNAnucharo – *Rama followed by  
Lakshmana*; ball – *strong*; kAkutsaH – *descendant of Kakutsa dynasty*; puruShaH – *man*; pUrNaH –  
*complete*; kausalyeyo – *Kausalya's son*; raghUttamaH – *best of Raghu dynasty*



(23)

vedAnta vedyo yajneshaH |  
purANa puruShottamaH |  
jAnakIvallaBhaH srlmAn |  
aprameya parAkramaH ||

Lord Rama who is well versed in Veda Vedantam, performing Yagnam, and Puranas (mythology) is dear to Sita; and has enormous strength.

vedAnta vedyo – *well versed in Veda Vedantam*; yajneshaH – *well versed in Yajnams (sacrificial fire)*; purANa – *well versed in mythology*; puruShottamaH – *best of men*; jAnakIvallaBhaH – *dear to Sita*; srlmAn – *Lord*; aprameya – *enormous*; parAkramaH – *strength*

(24)

ityetAni japennityaM |  
madbhaktaH shraddhayAnvitaH |  
ashvamedhAdhikaM puNyaM |  
samprApnoti nasamshayaH ||

Lord's devotees who chant this stotram with faith, will without doubt get more benefit than what they would get when they offer Aswamedha yagnam/sacrifice.

ityetAni – *like this*; jape – *chant*; nityaM – *everyday*; madbhaktaH – *Lord's devotee*; shraddhyAnvitaH – *with faith*; ashvamedha – *Ashwamedha Yagnam (Sacrificial fire)*; AdhikaM – *more*; puNyaM – *benefit, merit*; samprApnoti – *attain*; na samshayaH – *no doubt*

(25)

rAmaM durvAdala shyAmaM |  
padmAkShaM pltaVAsasam |  
stuvanti nAbhir divyaiR |  
nate samsAriNo naraH ||

Rama is dark-complexioned as the Dhoorva (green) grass; has eyes that look like lotus; is in yellow color dress. He who praises the powerful Rama namam originating from the navel will have his difficulties removed.

durvAdala – *Dhurva (green) grass*; shyAmaM – *dark complexioned*; padma – *lotus*; Aksham – *eyes*; plta – *yellow*; vAsasam – *wear clothes*; stuvanti – *praise*; nAbhir – *navel*; divyaiR – *powerful*; samsAriNo – *family difficulties*; naraH – *mankind*

(26)

rAmaM lakShmaNa pUrvajaM |  
raghuvaraM sItApatiM sundaram |  
kAkutsaM karuNArNavaM guNanidhiM |  
viprapriyaM dhArmikam |  
rAjendraM satyasandhaM |  
dasharathatanayaM shyAmalaM  
shAntamUrtim |  
vande lokAbhirAmaM |  
raghukula tilakaM rAghavaM rAvaNArim ||

Salutations to Rama, who is elder to Lakshmana; boon to Raghu dynasty; husband of Sita; beautiful; descendant of Kakutsa dynasty; ocean of kindness; treasure of good qualities; likes scholars; always follows right path; best of kings; truthful; son of Dasaratha; dark-complexioned; and peaceful Lord.  
Let us meditate on Rama who is praised by the entire universe; who is best and descendant of Raghu dynasty; and who killed Ravana

lakShmaNapUrvajaM - *born before Lakshmana*; raghu - *Raghu dynasty*; varaM - *boon*; sItApatiM - *husband of Sita*; sundaram - *beautiful*; kAkutsaM - *descendant of Kakutsa dynasty*; karuNArNavaM - *ocean of kindness*; guNa - *qualities*; nidhiM - *treasure*; vipra - *learned*; priyaM - *likes*; dhArmikam - *always follows right path*; rAjendraM - *best of kings*; satyasandhaM - *truthful*; dasharathatanayaM - *son of Dasaratha*; shyAmalaM - *dark-complexioned*; shAntamUrtim - *peaceful Lord*; vande - *Meditate on Rama*; lokhabiramam - *praised by entire universe*; raghukulatilakaM - *best among Raghu dynasty*; rAghavaM - *descendant of Raghu dynasty*; rAvaNArim - *one who killed Ravana*

(27)

rAmAya rAmabhadraAya |  
rAmachandraAya vedhase |  
raghunAthAya nAthAya |  
sItAyAH pataye namaH ||

Salutations to Rama, Ramabhadra, Ramachandra, basis of vedas, Lord of Raghu dynasty, Lord and husband of Sita.

rAmAya - *Dasharatha calls Rama as 'Rama'*  
rAmabhadraAya - *Kousalya calls Rama as 'Ramabhadra'*  
rAmachandraAya - *Kaikeyi calls Rama as 'Ramachandra'*  
vedhase - *Rama's Guru Vasista calls Rama as 'vedhase'*  
raghunAthAya - *Other sages call Rama as 'Raghunatha'*  
nAthAya - *Sita calls Rama as 'Natha'*  
sItAyAH pataye - *People of Ayodhya call Rama as 'Sita Pati'*  
namaH - *salutations*

(28)

srlrAma rAma raghunandana rAma rAma |  
srlrAma rAma bharatAgraja rAma rAma |  
srlrAma rAma raNakarkasha rAma rAma |  
srlrAma rAma sharaNaM bhava rAma  
rAma ||

I surrender to Rama who is the descendant  
of Raghu dynasty, elder brother of  
Bharatha, and who creates immense fear in  
enemies in the war.

*raghunandana - descendant of Raghu dynasty; Agraja - elder, born before; raNa - war; karkasha - immense fear; sharaNaM - surrender*

(29)

srlrAmachandra charaNau manasA smarAmi |  
srlrAmachandra charaNau vachasA gRuhNAmi |  
srlrAmachandra charaNau shirasA namAmi |  
srlrAmachandra charaNau sharaNaM prapadye ||

I remember Sri Ramachandra's feet  
with my mind  
I praise Shi Ramachandra's feet with  
my words  
I bow to Sri Ramachandra's feet with  
my head  
I surrender to Sri Ramachandra's  
feet

*charaNau - feet; manasA - mind; smarAmi - remember; vachasA - words; gRuhNAmi - praise; shirasA - head; namAmi - bow; sharaNaM - surrender; prapadye - fall on Rama's feet*

(30)

mAtA rAmo mat pitA rAmachandraH |  
svAmi rAmo mat sakha rAmachandraH |  
sarvasvaM me rAmachandro dayAluH |  
nAnyAM jAne naiva jAne na jAne ||

I know none other than Lord Rama who is  
my mother, father, Lord, friend, everything  
to me, and is kind hearted.

*mAtA - mother; mat - mine; pitA - father; svAmi - Lord; sakha - friend; sarvasvaM - all/everything; dayaluH - kind hearted; nAnyAM - no other; jAne - know; naiva - other than; na jane - don't know*

(31)

dakShiNe lakShmaNo yasyA |  
vAmEcha janakAtmajA |  
purato mArutiryasya |  
taM vande raghunandanam ||

Let us salute to Rama who has Lakshmana on his right, Sita on his left, and Hanuman in the front.

dakshiNe - *right*; vAme - *left*; purato - *front*; vande – *salute*

(32)

lokAbhirAmaM raNarangadhIram |  
rAjIvanetraM raghuvamshanAtham |  
kAruNyarUpaM karuNAkaran tam |  
srIraMachandram sharaNaM prapadye ||

Let us surrender to Lord Sri Rama, who is praised by the entire universe, very brave in battle field, has lotus like eyes, chief of the Raghu dynasty, compassionate, extremely merciful

lokAbhirAmaM – *praised by the entire universe*; raNarangadhIram - *brave (dhIram) in the battle field*; rAjIvanetram – *lotus like eyes*; raghuvamshanAtham - *Lord of Raghu dynasty*; kAruNya - *compassionate*; karuNAkarantam - *kind*; sharaNaM prapadye – *surrender*

(33)

manojavaM mArutatulyavEgam |  
jitEndriyaM buddhimatAM variShTam |  
vAtAtmajaM vAnarayUdhamukhyam |  
srIraMadUtaM sharaNaM prapadye ||

Let us surrender to Lord Hanuman who has won over his mind; has speed equal to wind God; has control over his indriyas; is greatest among knowledgeable; is the son of wind God; is chief of the army of monkeys; and is Sri Rama's messenger.

manojavaM – *won over his mind*; mArutatulyavegam - *speed equal to wind God*; jitendriyaM – *control over his indriyas*; buddhimatAM - *knowledgeable*; variShTam - *best among*; vAtAtmajaM - *son of wind God*; vAnarayUthamukhyam - *head of Vanaras*; srIraMadUtaM - *Sri Rama's messenger*

(34)

kUjantaM rAma rAmeti |  
madhuraM madhurAkSharam |  
Aruhya kavitaAshAkhAM |  
vande vAlmiki kokilam ||

I keep singing this sweet and melodious  
lettered Rama Namam.  
Salutations to sage Valmiki who sang  
melodiously on Rama like a cuckoo bird  
and gave us the gift of Rama Namam.

kUjantaM – *keep singing*; madhuraM – *melodious*; AkSharam – *letters*; Aruhya – *gifted*; kavita  
shAkhAM – *piece of poetry*; kokilam – *cuckoo (Valmiki Maharishi)*

(35)

ApadAM apahartaAraM |  
dAtAraM sarvasampadAm |  
lokAbhiraAmaM srlraAmaM |  
bhUyo bhUyo namAmyaham ||

I bow again and again to Sri Rama who  
destroys all dangers, gives all wealth, and  
is praised in the entire universe.

ApadAM – *danger*; apahartaAraM – *destroys*; dAtAraM – *gives*; sarva – *all*; sampadAm – *wealth,  
treasure*; lokAbhiraAmaM – *praised in the entire universe*; bhUyo – *again*; namAmyaham – *bow*

(36)

bharjanaM bhavabljAnAM |  
arjanaM sukhasampadAm |  
tarjanaM yamadUtAnAM |  
rAma rAmeti garjanam ||

Rama Namam destroys rebirth, gives  
happiness and wealth.  
Rama namam chanting sounds like lion's  
roar that drives away messengers of Yama  
(Lord of Death).

bharjanaM – *destroys*; bhavabljAnAM – *rebirth*; arjanaM – *gives*; sukhasampadAm – *happiness  
and wealth*; tarjanaM – *drives away*; yamadUtAnAM – *messengers of Yama (Lord of Death)*;  
rAmeti garjanam – *Rama namam sounds like lion's roar*

(37)

rAmo rAjamaNiH sadA |  
vijayatE rAmaM rameshaM bhaje |  
rAmeNAbhi hatA nishAcharachamU |  
rAmAya tasmai namaH |  
rAmAnnAsthi parAyaNaM parataraM |  
rAmasya dAsosmyaham |  
rAme chittalayaH sadA bhavatu |  
me bho rAma mAMuddhara ||

Those who chant namam of Rama who is the jewel of kings, will always get victory. Salutations to Rama who destroys the dark forces (demons).

There is nothing better than chanting Rama Namam and surrendering to His feet.

Chanting Rama namam always in one's mind makes life better.

rAjamaNiH - *jewel of kings*; sadA - *always*; vijayatE - *victory* bhaje - *pray*; nishAchara - *dark forces*; dAsosmyaham - *surrender*; nAsti - *nothing*; paratarM - *other than*; chittalayaH - *mind*; uddhara - *better life*; bhavatume - *keep chanting*;

The shloka below is a conversation between Lord Shiva and Parvati Devi from Vishnu Sahasranamam

(38)

Sri rAma rAma rAmEti |  
rame rAme manOrame |  
sahasra nAma tattulyaM |  
rAmanAma varAnane ||

If you keep chanting Rama Namam like 'Rama Rama Rama', it is equivalent to chanting 1000 Names of Lord Vishnu (Vishnu Sasharanama Stotram).

manorame - *Parvati*; sahasra - *thousand*; tattulyam - *equivalent*; varAnane - *keep chanting*

|| iti srlbudhakaushika muni virachitaM |  
srl rAmarakShA stotraM sampUrNam ||

Thus ends the Rama protection prayer composed by Budha Kaushika Rishi.

iti - *this*; virachitaM - *composed*; sampUrNam - *complete*

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