



The Right Heart (Anāhata) Chakra



Jai jai Raghuvīra Samartha
Victory to the all-powerful Shri Rama!

The 16 holy names of Shrī Rāma

Aum twameva sākshāt Shrī Rāma sākshāt
Shrī Ādi Shakti Mātājī Shrī Nirmalā Devyai namo namah
O Divine Mother, You are verily Shri Rama. Salutations to You!

Rāma.....	<i>You are... The one who gives joy</i>
Dāsharathi.....	<i>The son of Dashratha</i>
Shūra.....	<i>Courageous</i>
Lakshman'ānuchara	<i>The one whose companion is Shri Lakshmana</i>
Balī.....	<i>The one who is mighty and strong</i>
Kākutstha.....	<i>The descendant of Shri Kakutstha</i>
Purusha.....	<i>The all-pervading primordial Being</i>
Pūrna.....	<i>The one who is Purnabrahma (the entire universe)</i>
Kausalyeya	<i>The son of Queen Kausalya</i>
Raghūttama	<i>The highest of the Raghu dynasty</i>
Vedānta-vedya.....	<i>The one who is known through the knowledge of Vedanta</i>
Yadñy'esha	<i>The lord of havans</i>
Purāna-purush'ottama	<i>The ancient ideal human being</i>
Jānakī-vallabha	<i>Loved by Shri Sita</i>
Shrīmān.....	<i>The one who possesses everything</i>
Aprameya parākrama.....	<i>The warrior without equal</i>

Sākshāt Shrī Ādi Shakti Mātājī
Shrī Nirmalā Devyai namo namah

From the Kavach of Shri Rama (see p.169-77)



The 108 holy names of Shrī Rāma

Aum twameva sākshāt Shrī Sītā Rāma sākshāt
Shrī Ādi Shakti Mātājī Shrī Nirmalā Devyai namo namah
O Divine Mother, You are verily Shri Sita-Rama. Salutations to You!

Rāma.....	<i>You are... The one who gives joy (The seventh incarnation of Shri Vishnu)</i>	
Rāma-bhadra	<i>Auspicious joy</i>	
Rāma-chandra	<i>The one who is joyful like the full moon</i>	
Shāshwata	<i>Eternal</i>	
Rājīva-lochana	<i>The one with blue lotus-like eyes</i>	5
Shrīmān.....	<i>Glorious</i>	
Rāj'endra	<i>Like Indra, the king of kings</i>	
Raghu-puṅgava	<i>The star among the Raghu dynasty</i>	
Jānakī-vallabha	<i>The consort of Shri Sita (Janaki)</i>	
Jaitra	<i>Victorious</i>	10
Jitamitra	<i>The one who wins over friends</i>	
Janārdana	<i>The lord of the people</i>	
Vishwāmitra-priya.....	<i>Loved by Vishwamitra</i>	
Dānta	<i>Calm and Patient</i>	
Sharanya-trāna-tat-para.....	<i>Quick in giving refuge to those who suffer, yet are surrendered</i>	15
Vālī pra-mathana	<i>The destroyer of Vali, the usurper of Sugriva's throne</i>	
Vāgmī.....	<i>The powerful speaker</i>	
Satya-vāk	<i>The speaker of truth</i>	
Satya-vikrama.....	<i>Valiant in the name of truth</i>	
Satya-vrata	<i>Devoted to truth</i>	20
Vrata-dhara.....	<i>The one who observes vows</i>	
Sadā Hanumad'āshrita.....	<i>The eternal support of Shri Hanumana</i>	
Kausalyeya	<i>The son of the Queen Kausalya</i>	
*Khara-dhwāṅsī.....	<i>The destroyer of the demon Khara (a brother of Ravana)</i>	
*Virādha-vadha-pandita.....	<i>Expert in destroying the demon Viradha</i>	25
Bibhishana pari-trātā.....	<i>The protector of Bibhishana (Ravana's brother who worshipped Shri Rama)</i>	
Hara-Kodanda-khandana	<i>The one who broke the bow of Shri Shiva</i>	
Sapta-tāla-prabhetā	<i>The one who permeates the seven planes of existence</i>	

*Dasha-grīva-shir'ohara	<i>The one who severed the ten heads of Ravana</i>	
*Tātak'āntaka	<i>The slayer of Tataka</i>	30
Vedānta-sāra.....	<i>The essence of the Vedas</i>	
Ved'ātmā	<i>The Spirit of the Vedas</i>	
Bhava-rogasya bhesaja	<i>The healer of diseases</i>	
*Dūshana-Trishiro-hata.....	<i>The slayer of the demons Dushana and Trishira</i>	
Trimūrti	<i>The master of the three gunas (Sattwa, Raja, Tama)</i>	35
Tri-gun'ātmaka	<i>The spiritual essence of the three gunas</i>	
Tri-vikrama	<i>The one who strode over the three worlds</i>	
Tri-lok'ātmā	<i>The Spirit of the three worlds</i>	
Punya-charitra-kīrtana.....	<i>The one whose story is a source of merit to those who sing it</i>	
Tri-loka-rakshaka	<i>The protector of the three worlds</i>	40
Dhanvī.....	<i>Armed with a bow</i>	
Danda-kāranya vāsa-kṛuta	<i>The one who took shelter in the forest (Dandakaranya)</i>	
Ahalyā-shāpa-shamana	<i>The one who released Ahalya from a curse</i>	
Pitṛu-bhakta.....	<i>Devoted to Your father</i>	
Vara-prada.....	<i>The bestower of boons</i>	45
Jit'endriya	<i>The conqueror of the sense organs</i>	
Jita-krodha.....	<i>The conqueror of anger</i>	
Jagad-gurū.....	<i>The preceptor of the world</i>	
Raksha-vānara-saṅghataka	<i>The lord who gathered under His protection an army of monkeys</i>	
Chitrakūta sam'āshraya	<i>The lord who took refuge at Chitrakuta hill</i>	50
Sumitrā-putra-sevita.....	<i>The one who is served by the son of Sumitra (Lakshmana)</i>	
Sarva-devādhideva.....	<i>Outstanding among all the Devas</i>	
Mṛuta-vānara jīvana.....	<i>The lord who revived the dead monkeys (during the war against Ravana)</i>	
*Māyā-mārīcha hata.....	<i>The destroyer of the demon Maricha (who took an illusory form as a deer to lure Shri Rama away from Shri Sita)</i>	
Mahā-deva	<i>The Great God</i>	55
Mahā-bhuja.....	<i>The one with great arms</i>	
Sarva-deva-stuta	<i>Praised by all the Devas</i>	
Saumya	<i>Gentle and calm</i>	
Brahmanya	<i>One with the Supreme Spirit</i>	

Muni saonstuta.....	<i>Praised by all the saints</i>	60
Mahā-yogī.....	<i>The great yogi</i>	
Mah'ādara	<i>The noble one</i>	
Sugrīv'epsita-rājyada.....	<i>The one who restored Sugriva's kingdom</i>	
Sarva-puny'ādhika phala.....	<i>The one who gives credit for all good deeds</i>	
Smṛuta-sarv'āgha-nāshaka	<i>The one who removes the impurities of those who remember You</i>	65
Ādi Purusha.....	<i>The primordial one (the masculine principle associated with Prakriti, which is the creative energy of Shri Adi Shakti)</i>	
Parama Purusha	<i>The supreme collective Being</i>	
Mahā Purusha.....	<i>The great primordial man</i>	
Puny'odaya	<i>The source of all blessings</i>	
Dayā sāra	<i>The epitome of compassion</i>	70
Purāna Purush'ottama	<i>The greatest of the legendary heroes</i>	
Smita-vaktra	<i>The one who has a smiling face</i>	
Mita-bhāshī.....	<i>Of moderate speech</i>	
Pūrva-bhāshī.....	<i>The one whose incarnation was foretold in the 'Ramayana'</i>	
Rāghava	<i>The scion of the Raghu dynasty</i>	75
Ananta-guna-gambhīra	<i>The lord whose qualities are infinite and profound</i>	
Dhīr'odātta-gun'ottama	<i>The highest qualities of heroism and nobility</i>	
Māyā-mānusha-charitra.....	<i>The lord whose exploits and character are bound by the illusion of seeming human</i>	
Mahā-dev'ādhi-pūjita	<i>The one who worships and is worshipped by Shri Shiva</i>	
Setukṛuta.....	<i>The one who built a bridge over the sea to Lanka</i>	80
Jita-vāsanā	<i>The conqueror of desires</i>	
Sarva-tīrthamaya	<i>The lord who is the sum of all holy places</i>	
Hari	<i>The one who removes all ignorance and illusion (Shri Vishnu)</i>	
Shyām'āṅga.....	<i>The dark-complexioned one</i>	
Sundara.....	<i>Beautiful</i>	85
Shūra.....	<i>The brave lord</i>	
Pīta-vasana	<i>Dressed in yellow</i>	
Dhanur-dhara	<i>He who wears a bow</i>	
Sarva-yadñy'ādhipa.....	<i>The lord of all havans</i>	
Yadñyī	<i>The sacrificer (devoted worshipper)</i>	90

Jarā-marana-varjita.....	<i>The conqueror of illness and death</i>	
Bibhīshana pratishthātā	<i>The one who established Bibhishana as the King of Lanka</i>	
Sarv'ābharana-varjita.....	<i>The lord who relinquished all kingly ornaments (during the exile in the forest)</i>	
Param'ātmā	<i>The Supreme Spirit</i>	
Para-brahma	<i>The absolute, all-pervading being</i>	95
Sat-chid'ānanda vigraha.....	<i>The embodiment of absolute truth, awareness and bliss</i>	
Parama jyoti	<i>Supreme light</i>	
Parama dhāma	<i>The supreme abode</i>	
Prakāsha	<i>The radiant Lord</i>	
Parāt-para	<i>Supreme beyond the Highest</i>	100
Paresha	<i>The Supreme Lord</i>	
Pāraga	<i>Beyond everything</i>	
Pāra	<i>The Supreme Being</i>	
Sarva-dev'ātmaka	<i>The lord who (at the time of His incarnation) embodied all the gods</i>	
Parama	<i>The Supreme</i>	105
Sarva-lok'eshwara.....	<i>The Supreme Lord of all the worlds</i>	
Muni-sevita	<i>Served by sages</i>	
Achyuta.....	<i>Almighty and unchanging</i>	

Sākshāt Shrī Ādi Shakti Mātājī
Shrī Nirmalā Devyai namo namah



Kavach of Shrī Rāma (Shrī Rāma Jayam or Shrī Rāma-rakshā stotram)

In the beginning one should meditate upon Shri Sita and Shri Rama, residing in the right Heart.

Aum Shrī Ganeshāya namah
Amen. Salutations to Shri Ganesh.

Asya Shrī-Rāma-rakshā-stotra-mantrasya
Budha-kaushika-ṛishihī
The presiding sage for Shri Rama-raksha stotra mantra is Budha-kaushika.
Shrī-Sītā-Rāma-chandro devatā Anushtup chandah
The metre is Anushtup, the presiding deities are Shri Rama-chandra and Shri Sita.
Sītā shaktihī Shrīmād-Hanumāna kīlakam
The power is Shri Sita, Shri Hanumana is the key (to Shri Rama).
Shrī-Rāma-chandra-prītyarthe
Rāma-rakshā-stotra-jape viniyogah
The Shri Rama-raksha stotram is recited to please Shri Rama-chandra.

Atha dhyānam
The physical description of Shri Rama is as follows:

Dhyāyed'Ājānūbāhum Dhṛutashara-dhanusham
His hands are very long, reaching down to His knees, He is holding a bow and arrow in His hands.
Baddha-padm'āsanastham Pītam vāso vasānam
He is sitting like a yogi and wearing yellow clothes.
Nava-kamala-dalaspardhi-netram prasan-nam
His eyes are joy-giving like a fresh lotus petal.
Vāmāṅk'ārūdhā Sītā-mukha-kamala-milal-lochanam
nīra-dābham
He is happy as He looks at His wife Shri Sita who sits on His left and His skin is dark like a rain-filled cloud.
Nān'ālaṅkāra-dīptam Dadhata-murujatā-mandanam
Rāma-chandram
His radiant body is covered with glittering ornaments and His hair is tied in a top-knot.

Iti dhyānam

The description ends here.

- 1 Charitam Raghu-nāthasya-shata-koti-pravistaram
The vast narration of Shri Rama's character (as told in the Ramayana) numbers a hundred million verses,
ekaikam'aksharam punsām mahā-pātaka-nāshanam
Every syllable of it capable of destroying the greatest sins of human beings.

Meditate upon the following:

- 2 Dhyātvā Nīl'otpala-shyāmam Rāmam Rājīva-lochanam
His skin is dark like a blue lotus and His eyes are like a lotus, big and joy-giving.
Jānakī-Lakshman'opetam Jatā-mukuta manditam
Alongside Him are Shri Lakshmana and His wife Shri Sita. He is decorated with a top-knot as His crown.
- 3 Sāsi-tūna-dhanur-bāna-pānim nak-tan-charāntakam
He has a sword in one hand and a bow and arrow in the other and spare arrows in His quiver to kill the rakshasas.
Sva-līlayā jagatrātum-āvir-bhūtam-ajam Vibhum
He is beyond birth and death, His powers have no limits and through His own divine play (leela), He has incarnated to destroy all the negative forces and to protect this world.
- 4 Rāma-rakshām pathet-prādñyah
pāpagh-nīm sarva-kāmadām
A wise man should learn by heart this praise of that unborn and all-pervading Shri Rama (called Rama-raksha stotram), which destroys all evil and fulfils all desires.
shiro me Rāghavah pātu bhālam Dasharath'ātmajah
May Raghava, the one who is born in the famous line of Raghuraja, protect my head. May Dasharath'atmaja, the son of King Dasharatha, protect my forehead.
- 5 Kausalyeyo dṛushau pātu Vishwāmitra-priyashṛutī
May Kausalyeya, the son of Queen Kausalya, protect both my eyes.
May Vishwamitra-priya, the favourite disciple of Lord Vishwamitra, protect both my ears.
ghrānam pātu Makhatrātā mukham Saumitri-vatsalah
May Makhatrata, the protector of havans, protect my nose.
May Saumitri-vatsala, who loves His brother Lakshmana, protect my mouth.

- 6 Jihvām Vidyā-nidhihi pātu kantham Bharata-vanditah
May Vidya-nidhi, who abounds with knowledge, protect my tongue.
May Bharata-vandita, the one who is worshipped by Bharat, protect my throat.
skandhau Divyāyudhah pātu bhujau Bhagnesha-kārmukah
May Divyayudha, who possesses all the powerful weapons, protect my shoulders. May Bhagnesha-karmuka, who broke the bow of Shri Shiva during the Swayamvara of Shri Sita, protect both my arms.
- 7 Karau Sītā-patihi pātu hrudayam Jāmadagnya-jit
May Sita-pati, Shri Sita's husband, protect my hands. May Jamadagnya-jit, who vanquished Parashu-rama, protect my heart.
madhyam pātu Khara-dhvaonsī nābhim Jāmbavad'āshrayah
May Khara-dhvaonsi, who destroyed the rakshasa named Khar, protect the centre of my body. May Jambavad'ashraya, who gave refuge to Jambavan, protect my navel.
- 8 Sugrīv'eshah katī pātu sak-thinī Hanumat-prabhuhu
May Sugrivesha, who is the Lord of Sugriva, protect my waist.
May Hanumat-prabhu, who is the Lord of Hanumana, protect my groin.
urū Ragh'ūttamah pātu Rakshah-kula-vināshakṛut
May Ragh'uttama, who is the destroyer of the lineage of the rakshasas, protect my thighs.
- 9 Jānunī Setu-kruta pātu jaṅghe Dashamukh'āntakah
May Setu-krut, who built a bridge over the seas, protect my knees. May Dashamukh'antaka, who destroyed the ten-faced Ravana, protect my calves.
pādaū Bibhīshana-shrīdah pātu Rām'okhīlam vapuhū
May Bibhishana-shrida, who gave Raja-lakshmi to Bibhishana, protect my feet.
May Rama, who gives joy to everyone, protect my body.
- 10 Etām Rāma-bal'opetām rakshām yah sukṛutī pathet
Anyone who learns this Rama Kavach with devotion, which is full of the power of Shri Rama,
sa chirāyuhu sukhī putrī vijayī vinayī bhavet
Will live a long life, will be contented and happy, will have sons and will succeed wherever they go, gifted with humility.
- 11 Pātāla-bhūta-la-vyoma-chārin-ash-chhadma-chārinah
Anyone under the protection of Shri Rama's names (through this Rama Kavach)
na drashtum'api shakt'āste rakshitam Rāma-nāma-bhihi
Will not even be seen by the evil spirits of dead people living on the Earth, in the sky or in Hell.

- 12 Rām’eti Rāma–bhadreti Rāma–chandreti vā smaran
Anyone who remembers the name of Shri Rama as Rama (The one who gives joy), Rama-chandra (The one who is joyful like the full moon) or Rama-bhadra (auspicious joy), never falls prey to sin,
naro na lipyate pāpair bhuktim muktim cha vindati
Will experience all types of well-being and in the end achieves liberation (ultimate union with the Supreme).
- 13 Jaga–jai–traika–mantrena Rāma–nāmn’ābhi–rakshitam
Anyone who remembers this stotra by heart,
yah kanthe dhārayettasya karasthāhā sarva–siddhayah
Protected by the names of Shri Rama, gets all the siddhis (special divine powers).
- 14 Vajra–panjara–nām’edam yo Rāma–kavacham smaret
This Rama-raksha or Rama Kavach is as strong as the iron cage of Lord Indra, hence it is also called Vajrapanjar.
Avyāhatā–dñyah sarvatra labhate jaya–maṅgalam
The one who recites this Rama-raksha triumphs wherever he goes, is victorious and auspicious and is obeyed by all.
- 15 Ādishtavān yathā swapne Rāma–rakshām’imām Harah
This Rama-raksha was recited by Shri Shiva in the dreams of Sage Budha-kaushika,
tathā likhitavān prātah prabhuddho Budha–kaushikah
and he wrote it down in the morning of the following day, exactly as told, in a state of exalted wisdom.
- 16 Arāmah kalpa–vrukshānām Virāmah sakal’āpadām
Shri Rama is like a beautiful garden of nectar-giving trees (Kalpa-vruksha).
Abhirāmas–trilokānām Rāmah Shrīmān sa nah Prabhuhu
Shri Rama who captures the heart, who is the destroyer of all our troubles and worries and who is praised throughout the three lokas (Heaven, Earth and Hell) is our Lord.
- 17 Tarunau Rūpa–sampannau Su–kumārau Mahā–balau
Shri Rama and Shri Lakshmana are young, handsome, well-built, very strong and courageous.
Pundarīka–vishāl’ākshau Chīra–kṛishnājīn’āmbarau
Their wide eyes are like lotuses, they wear dark-coloured clothes made from animal skins and tree bark.

- 18 Phala–mūlāshinau Dāntau Tāpasau Brahma–chārinau
They eat roots and herbs, they have gained mastery over the sense organs and appear spiritually evolved.
Putrau Dasharathasy’aitau Bhrātarau Rāma–Lakshmanau
They are chaste, they protect all life, these sons of Dasharatha, these brothers Rama and Lakshmana;
- 19 Sharanyau sarva–sattv’ānām
Shreshthau sarva–dhanush–matām
and are the greatest of all archer warriors. They have destroyed the dynasty of the rakshasas.
Rakshah–kula–nihantārau trāyetām no Raghūttamau
May Shri Rama and His brother Shri Lakshmana with all those divine qualities, who are the heads of the Raghu dynasty, protect us.
- 20 Ātta–sajja–dhanush’āvishu–sprushā–vakshayā–
shuga–nishāṅga–saṅginau
May Shri Rama and His brother Shri Lakshmana who have a bow and arrow ready in Their hands,
rakshanāya mama Rāma–Lakshman’āvagratah
pathi sadaiva gach–chhatām
and have limitless arrows in their quivers, forever walk in front of me on my path to protect me.
- 21 San–naddhah Kavachī Khadgī Chāpa–bānadharo yuvā
May Shri Rama, who is youthful, who is always on guard, having a bow, arrow and sword in his hand,
gach–chan mano–ratho’smākam Rāmah pātu sa–Lakshmanah
Who is always guiding our minds and who, with Shri Lakshmana, is omnipresent in the universe, protect us.
- 22 Rāmo Dāsharathihī Shūro Lakshman’ānucharao Balī
The names of Shri Rama are: Rama, the one who gives joy; Dasharathi, the son of Dasharatha; Shura, courageous; Lakshman’anuchara, the one whose servant is Shri Lakshmana; Bali, the one who is mighty and strong,
Kākutsthah Purushah Pūrnah Kausalyeyo Ragh’ūttamah
Kakutstha, the descendant of Shri Kakutstha; Purusha, the one who is a great man; Purna, the one who is Purnabrahma (the entire universe); Kausalyeya, son of Kausalya; Ragh’uttma, the highest of the Raghu dynasty,
- 23 Vedānta–vedyo Yadñy’eshah purāna–Purush’ottamah
Vedanta-vedya, the one who is known through the knowledge of Vedanta; Yadny-eshah, the lord of havans; Purana-purush’ottama, the ancient ideal human being,
Jānakī–vallabhah Shrīmān–Aprameya–parākramah
Janaki-vallabha, loved by Shri Sita; Shriman, the one who possesses everything; and Aprameya parakramah, the warrior without equal.

- 24 **It'yetāni japan nityam madbhak-tah shraddhay'ānvitah**
There is no doubt that one who takes these names of Shri Rama
Ashvamedh'ādhikam punyam sam-prāpnoti na saonshayah
Receives the highest form of blessing from Shri Rama (higher even than those of the ashvamedha havan).
- 25 **Rāmam dūrvā-dala-shyāmam Padm'āksham Pīta-vāsasam**
One who praises Shri Rama, whose skin is as dark as the durva grass, whose eyes are like a lotus and who wears yellow garments,
stuvanti nāma-bhirdivyair na te saonsārino narāhā
Through the divine power of these (sixteen) names, is freed from the bondage of sin and death.
- 26 **Rāmam Lakshmana-pūrvajam**
Raghuvaram Sītāpatim Sundaram
Shri Rama, who is Lakshmana-purvaja, the elder brother of Shri Lakshmana; Raghuvara, the highest of the Raghu dynasty; Sitapati, the husband of Shri Sita; Sundara, who is very handsome;
Kākut-stham Karun'ārnavam
Guna-nidhim Vipra-priyam Dhārmikam
Kakutstha, the descendant of Shri Kakutstha; Karun'arnava, the ocean of compassion; Guna-nidhi, who abounds with good qualities; Vipra-priya, who loves realised souls; Dharmikam, who is righteous and dharmic;
Rāj'endram Satya-sandham
Dasharatha-tanayam Shyāmalam Shānta-mūrtim
Rajendra, who is the king of kings; Satya-sandha, the lover of truth; Dasharatha tanaya, the son of Dasharatha; Shyamala, whose skin is dark; Shanta-murti, whose personality is peaceful;
Vande lok'ābhirāmam
Raghu-kulatilakam Rāghavam Rāvanārim
Lok'abhirama, who gives joy to others; Raghu-kulatilaka, who decorates the Raghu dynasty like kum-kum on the forehead; Raghava, who belongs to the Raghu dynasty; Ravanari, who is the enemy of Ravana, I bow to you.
- 27 **Rāmāya Rāma-bhadrāya Rāma-chandrāya Vedhase**
I bow to Shri Rama, the husband of Shri Sita, who is also known as Rama-bhadra (The one who is auspicious joy),
Raghu-nāthāya Nāthāya Sītāyāhā pataye namah
Rama-chandra (The one who is joyful like the full moon), Vedhas (God the Creator), Raghunath (The lord of the Raghu dynasty) and Natha (The Lord).

- 28 **Shrī Rāma Rāma Raghu-nandana Rāma Rāma**
Shrī Rāma Rāma Bharat'āgraja Rāma Rāma
O Shri Rama, who is the scion of the Raghu dynasty, who is the elder brother of Bharata,
Shrī Rāma Rāma Rana-karkasha Rāma Rāma
Shrī Rāma Rāma sharanam bhava Rāma Rāma
and who is terrifying in battle, be our protector.
- 29 **Shrī Rāma-chandra charanau manasā smarāmi**
I worship the feet of Shri Rama-chandra in my heart.
Shrī Rāma-chandra charanau vachasā grunāmi
Through my songs and prayers I praise the feet of Shri Rama-chandra.
Shrī Rāma-chandra charanau shirasā namāmi
I bow at the feet of Shri Rama-chandra.
Shrī Rāma-chandra charanau sharanam prapadye
I surrender at the feet of Shri Rama-chandra.
- 30 **Mātā Rāmo matpitā Rāma-chandrah**
Swāmī Rāmo matsakhā Rāma-chandrah
Shri Rama is my mother and my father; He is my lord and my friend,
sarvaswam me Rāma-chandro dayālur
nānyam jāne n'aeva jāne na jāne
So also the ever-compassionate Shri Rama is everything to me and I know nothing else at all.
- 31 **Dakshine Lakshmano yasya vāme tu Janak'ātmajā**
I bow to Shri Raghu-nandana, on whose right side is Shri Lakshmana and on whose left is King Janaka's daughter Shri Sita,
purato Mārutir-yasya tam vande Raghu-nandanam
and before Him is Shri Hanumana (Maruti), the son of Maruta (the wind).
- 32 **Lokābhi-rāmam Rana-raṅga-dhīram**
Rājīva netram Raghu-vaonsha-nātham
Shri Rama, who gives joy to everybody, who fights courageously on the battlefield, whose eyes are like a lotus, who is the greatest of the Raghu dynasty,
Kārunya-rūpam Karunā-karam tam
Shrī Rāma-chandram sharanam prapadye
and who is the compassionate Lord; I surrender to Him.

- 33 **Mano-javam Māruta-tulya-vegam**
Jit'endriyam Buddhi-matām varishtham
*Shri Hanumana, who flies in the sky with the speed of thought,
 who is as swift as the wind, who has mastered and controls his sense organs,*
Vāt'ātmajam Vānara-yūtha-mukhyam
Shrī Rāmadūtam sharanam prapadye
*Who is the most intelligent of all, who is the chief of the monkeys, who is the
 son of the lord of the wind and who is the messenger of Shri Rama;
 I surrender to You.*
- 34 **Kūjantam Rāma-Rām'eti madhuram madhur'āksharam**
I bow to Sage Valmiki, who like a cuckoo sits on the tree of poetry
āruhya kavita-shākhām vande Vālmīki-kokilam
Singing 'Ram Ram' melodiously in a beautiful voice.
- 35 **Āpadām-apa-hartāram Dātāram sarva-sampadām**
Shri Rama, who is the destroyer of all our troubles, who gives us wealth,
lok'ābhirāmam Shrī Rāmam bhūyo bhūyo namā-myaham
and who gives joy to the people; I bow to You again and again.
- 36 **Bharjanam bhava-bījānām-Arjanam sukha-sampadām**
*When we sing 'Ram Ram' heartily and worship Shri Rama, it burns away
 the seeds of worldly problems.*
Tarjanam Yamadūtānām Rāma-Rām'eti garjanam
*It makes us the witness, gives us material well-being and frightens
 the messengers of Shri Yama (god of death).*
- 37 **Rāmo Rāja-manihi sadā vijayate Rāmam Ram'esham bhaje**
*I worship the husband of Shri Sita, Shri Rama, the king of kings,
 who is forever victorious.*
Rāmen'ābhihatā nishāchāra-chamū Rāmāya tasmai namah
I bow to Shri Rama who has killed the army of rakshasas.
Rāmānn'āsti parā-yanam para-taram
Rāmasya dās'osmy'aham
I consider no-one greater than Shri Rama and I am His servant.
Rāme chitta-layah sadā bhavatu me
bho Rāma mām-uddhara
*Shri Rama, let my attention be always on Your Being
 and may You help me to evolve.*

- 38 **Rāma-Rām'eti-Rām'eti Rame Rāme Manorame**
*(Shri Shiva tells Shri Parvati) 'Whoever takes the name of Shri Rama
 sahasra-nāma tat-tulyam Rāma-nāma varā-nane
 and worships Him, with such a person I am pleased'.*

Iti Shrī-Budha-kaushika-virachitam

*This praise of Shri Rama is equal to the Vishnu-sahasra-nama (thousand
 names of Shri Vishnu).*

Shrī-Rāma-rakshā-stotram sampūrnam

Shrī-Sītā-Rāma-chandrārpanam-astu

*Thus the Rama Kavach written by Sage Budha-kaushika reaches its fulfillment.
 May it be offered at the feet of Shri Rama.*

Sākshāt Shrī Ādi Shakti Mātājī
Shrī Nirmalā Devyai namo namah



Traditionally, the Rama Kavach is read on the night of a full moon (Purnima), as Shri Rama presides over the full moon. The Rama Kavach is therefore very effective against negativity of the right side that is prevalent during a full moon. During the darkness of the night of no moon (Amavasya), the Shiva Kavach protects us from negativity of the left side (see p.114-25). The Devi Kavach provides protection against all forms of negativity (see p.141-9).

Luv and Kush

Born in Valmiki's forest ashram around 5000BC following their mother's exile from Ayodhya, the twin sons of Shri Sita and Shri Rama were Luv (reflecting the qualities of the right side) and Kush (reflecting the left). Later in life they left India and went their separate ways. Luv founded the Slavic people and Kush the Chinese. Luv and Kush incarnated again in India, Luv as Shri

Buddha, lord of the ego (563-483 BC) (see p.225-31) and Kush as Shri Mahavira, lord of the superego (599-27 BC) (see p.280), who was also an incarnation of Shri Bhairava (see p.276-7). They incarnated together again in the Arabian city of Medina as Hassan (624-69 AD) and Hussein (626-80 AD), the two sons of Hazrat Ali and Shri Fatima, and the grandsons of the Prophet Mohammed; and again as the poet-saints Adi Shankaracharya (788-820 AD) and Kabir (1398-1448 AD). Luv also incarnated as Shri Markandeya, an ancient Puranic sage who lived 14,000 years ago. Often they would manifest at the same time to express the disciple principle and to conquer the ego and superego of human beings.

(see: Shri Mahavira Puja, Spain, 17 June 1990; Shri Buddha Puja, San Diego, California, 23 July 1988; 'World of Bliss & Joy', Caxton Hall, London, 30 May 1979)