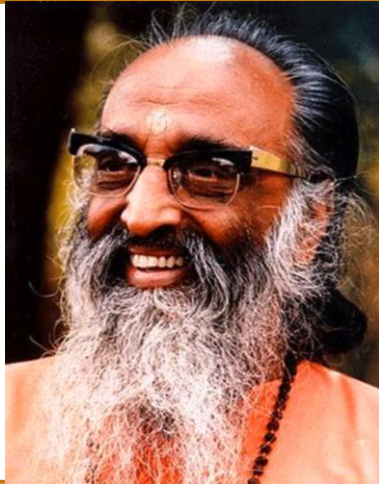


*Bhakti is the attitude of the mind, and jnana is the attitude of the intellect. Both flow towards the Lord.*

**Sri Chinmayanada Swami**



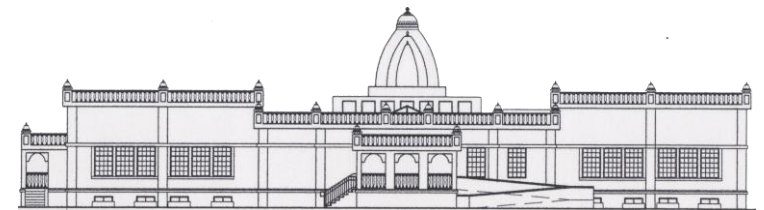
## Instructions for the Likhita Japa

- Writing should be an act of an expression of love towards His Lotus feet with *Bhakti*. One should not feel burdened or obligated to write.
- Write Rama or Sri Rama 108 times per day.
- One can write the Rama Namam sitting in a clean and quiet place, before or after the meals, during day or night.
- One can write Rama Namam in any language.
- Please ensure the handwriting is neat and legible.
- Please register your participation in Rama Koti Likhita Japa at [www.chinmaya-ramalaya.org/ramakotireg](http://www.chinmaya-ramalaya.org/ramakotireg)
- Please send your completed books and any donations to Chinmaya Ramalaya Harleysville at the address below. *Checks can be made payable to "Chinmaya Mission Harleysville "*

Chinmaya Ramalaya  
617 Harleysville Pike,  
Harleysville, PA 19438



## *Sri Rama Koti Likhita Japa*



## Chinmaya Ramalaya

991 Lucon Road, Harleysville, PA 19438

[www.chinmaya-ramalaya.org](http://www.chinmaya-ramalaya.org)

Hari Om!

With the inspiration from Lord Rama, we have started Rama Koti Likhita Japa Yajna at Chinmaya Ramalaya, Harleysville, PA. The goal is to have the Rama nama written one crore times (ten million) by all devotees together in the Likhita Japa books. Yajna will continue until the Chinmaya Ramalaya Center Bhoomi Puja in 2013.

Devotees from all around the world are encouraged to participate in the Rama Koti Likhita Japa Yajna.

### **The Significance of Likhita Japa:**

Likhita Japa is an extremely effective spiritual practice that consists of writing down a fixed amount of any mantra or the name of the Lord in a book. It is one of the most potent forms of sadhana because many of our senses are engaged simultaneously during the practice. Rama nama smaran is the easiest path to happiness, peace and bliss. Everyone can participate in Rama Likhita Japa Yajna for the same reason.

It is deceptively simple, yet amazingly powerful nama. Lord Shiva told Goddess Parvati, "I meditate upon Sri Rama as Sri Rama Rama Rama. Reciting Rama's name thrice is equivalent to reciting the thousand holy names of Lord Vishnu (Vishnu Sahasra Namam)."

The name "Rama" is known as the Taraka Mantra. It is said that the syllable "Ra" is from the Ashtakshari mantra "Om Namō Narayana" and the syllable "Ma" is from "Om NaMah Shivaaya". So the single name of Rama combines the divinity of both Shiva and Vishnu. Chanting this Rama Namam helps one to become pure in thought, speech, and deed.

Likhita Japa enhances the discriminative as well as retentive (memory) capacity of the writer along with making the mind single pointed for contemplation and meditation. It also provides higher vision of life and physical strength.

**Om Shanti Shanti Shanti**



Gurur Brahma Gurur Vishnuh Gururdevo Maheshvarah  
Gurureva Param Brahma Tasmai Shri Gurave Namah ||

Shuklambaradharam Vishnum Shashi Varnnam Chaturbhujam  
Prasanna Vadanam Dhyayet Sarva Vighnaupashaantaye ||

Sree Rama Rama Rameti Rame Raame Manorame  
Sahasranama Tat Tulyam Rama Nama Varanane ||

Charitam Raghunathasya Shata Koti Pravistaram  
Ekaikamaksharam Pumsaam Mahaapaatakanaashanam ||

Apadaamapa Harthaaram Daataaram Sarva Sampadaam  
Lokaabhiraamam Sri Raamam Bhooyo Bhooyo Namaamyaham ||

Mata Ramo, Mat Pita Ramachandrah  
Swami Ramo, Matsakha Ramachandrah  
Sarvaswam me Ramachandro dayaluhu  
Na Anyam Naiva Jane Na Jane ||

Sri Ramachandra Charanou Manasa Smarami  
Sri Ramachandra Charanou Vachasa Grunami  
Sri Ramachandra Charanou Sirasa Namami  
Sri Ramachandra Charanou Saranam Prapadhye ||

Raamo Raajamannah Sadaa Vijayate Raamam Ramesham Bhaje  
Raamennaabhihataa Nishaacarachamuuh Raamaaya Tasmai Namah  
Raamaan naasti Paraayannam Parataram Raamasya Daasosmyaham  
Raame Cittalayas Sadaa Bhavatu Me Bho Raama Maam Uddhara ||

Yatra Yatra Raghunatha Kirtanam  
Tatra Tatra Krita Masthakanjalim  
Bashpavaari Paripurna Lochanam  
Maarutim Namata Raakshasanthakam ||