

SOLRAK
RAMAYAN PRACHAAR VIDHI



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ॐ **Ramayan Pooja Vidhi** ॐ

**SOLRAK RAMAYAN
MANDALI**

The following mantras are set out in English to enable our young generation (**Mr. Sunny, Mr. Sonu, Mr. Aryan & Mr Ricky**) & non-hindi readers take full participation in recital of Ramayan Pooja.

ॐ **Ramayan Pooja Vidhi** ॐ

Contents:

1. GANESH MANTRA:
2. SARASWATI MANTRA:
3. GAYATRI MANTRA:
4. GANESH STUTI:
5. AASAN POOJA:
6. ANG SPARSH POOJA:
7. PANCHUPCHAR POOJA:
8. FOLDER: MANTRAS
9. GURU VANDANA:
10. MANGAL ACHARANA:
11. RAMAYANA VANDHANA
12. SUMIRNI (DAY 1 for RAM NAUMI ONLY)
13. RAM CHALISA:
14. HANUMAN CHALISA:
15. AARTI (RAMAYAN)
16. BHOG
17. THAAR:
18. STUTI:
19. RAMAYAN PRAYER:
20. RAMAYAN PAATH:
21. RAMAYAN RECITAL (FROM RAM CHARITRA MAANAS)
22. VISARJAN PRARTHANA
23. SHREE RAMAYAN VISARJAN
24. SHAANTI PAATH

English Text

Hari Om
Hari Om x 3

1. GANESH MANTRA:

VAKRATUNDA MAHAKAYA,
SURYA KOTI SAMAPRABHA...
NIRVIGHNAM KURUME DEWA
SARVA KARESHYU SARVADA,
OM GAM GANPATE NAMAH (x3)

2. SARASWATI MANTRA:

OM SARASWATI NAMASTABHYAM...
VARDE KAMROOPINI,
VIDYA RAMBHAM KARISHYAMI
SIDHI BHAVUTI ME SADA

3. GAYATRI MANTRA:

Om Bhoor Bhawa swaha,
Tatsavitur Bhariniam,
Bhargo dewasye Dhimahi,
Dhiyo yo nah Prachodayate

4. GANESH STUTI:

Gaaiye Ganpati Jag Vandan
Shankar Suwan Bhawani Nandan x2
Gaaiye Ganpati jag vandan

Siddhi sadan gaj vadan vinayak x2
Kripa Sindhu sundar sab laayak x2

Modak priye mud mangal daata x2
Vidhya Baridhi buddhi vidhata x2

Mangat Tulsidas kar jore x2
Basahi Ram Siya manas mere x2

Gaaiye ganpati jag bandan
Shankar suwan bhawani nandan
Gaaiye Ganpati jag vandan

5. AASAN POOJA:

OM APAVITRA PAVITRO,
WA SARWASTHAANAM GATO APIVA
YA SAMRUT PUNDRIKAKSHAM,
SE BRAHMA BHAYANTAR SUCHI

6. ANG SPARSH POOJA:

Om wangme aasyewastu (lips)
Om Nasorme Praanwastu (nostrils)
Om Akshnornme chachurwastu (eyes)
Om Karnayorme Shrotramastu (ears)
Om Bahorme Balmastu (shoulders)
Om Urworme Wojohastu (knees)
Om Hridayme Shantiwastu (heart)
Om Arishthani meghani tanastanwa mein sahashantu
(sprinkle all over)

7. PANCHUPCHAR POOJA:

Om shri Sita Lakshman Bharat Shatrughan, Hanumat samet
Shri ram Chandraye namah

Gandham Samarpayami	(Chandan)
Pushpmaalayam Samarpayami	(flowers/garland)
Dhoopam Samarpayami	(agarbatti)
Sugandhim Samarpayami	(scent/ perfume)
Deepam Samarpayami	(Diya)

Subham Karoti Kalyanam, Arogyam dhan sampadha
Satru Buddhi vinashaya, Deep jyotir Namostute

Nayevedhayam samarpyami (prasad)

Om Praanaye Swaha
Om apaanaye swaha
Om Vyanaaye Swaha
Om Udanaaye swaha
Om Samanaaye swaha
Om Brahmanye swaha

Om shri Sita Lakhman Bharat Shatrughan,
Hanumat samet
Shri Ram Chandraye namah
Satkoti namaskaram karomi.

8. FOLDER: MANTRAS

SHUKHLAAM VARDHARAM VISHNU
SASHI VARNAM CHATURBHUJAM
PRASANNA VADHNAM DHYAYETE
TASME SHRI GURUWE NAMAH.

9. GURU VANDANA:

OM GURU BRAHMA GURU VISHNU
GURU DEVA MAHESHWARA
GURU SHAKSHAAT PARAM BRAHMA
TASME SHRI GURUHE NAMAH

10. MANGAL ACHARANA:

OM SANNO MITRA SAN VARUNA
SANNO BHAV-TWARMA,
SANNO INDRO BRAHAS PATI,
SANNO VISHU RURUKRAMA
NAMOH BRAHMANE NAMOSTWAYO
TEAMEO PRATEKSHAM BRAHAMAYASI
TWAMEO PRATEKSHAM BRAHMA BADE SHYAAMI
WRITAM BADESHYAAMI
SATYAM BADE SHYAAMI TANMAWAQTU
TADWAQTARAAM AWATU
AWATU MAAM AWATU WAQTARAAM
OM SHAANTI SHAANTI SHAANTI.

11. RAMAYANA VANDHANA

Aadoraam tapowanadigaman, hatwa mrig Kanchanam
Baidehi haran, Jatayu maran Sugriyu sambhashanam,
Baali nirdalam Samundar taran, Lankapuri Dhahanam
Pashchaad Raavan, Kumbh Karan
Hanan Itdahathy Ramayan.

12. SUMIRNI (DAY 1 for RAM NAUMI ONLY)

Jehi sumirat sidh hoi morre raama
Gannayak kariwar badna
Karau anugrah sohi morre raama
Buddhi raashi subh goon sadna
Muk hoi baachaal morre raama
Pangu charaye girwar gahna
Jaasu kripa sudayaal morre raama
Drabau sakal kalimal dahna
Neel sarorahu shyam morre raama
Tarun arun vaarij nayna
Karahu so mum ur dhaam morre raama
Saada chir saagar sayna
Kundindu sam deh morre raama
Uma raman karunaa ayna
Jaahi din par neh morre raama
Karahu kripa mardan mayna

Bandao gurupad kanj morre raama
Kripa sindu nar rup hari
Maha moh tam punj morre raama
Jaasu vachan ravi kar nikara
Bandao munipad kanj morre raama
Ramayan Jin nirmayu
Sakhar sukomal manjoo morre raama
Dosh rahit dooshan sahita

ॐ Ramayan Pooja Vidhi ॐ

Bandao chariyo ved morre raama
Bhao bharidhi wohit sarisa
Jinahi na sapnehu khed morre ramma
Barnat raghubar vlshad yasha
Bandao bidhiphad renu morre raama
Bhaosaagar Jin kinh yaha
Sunt Sudha sashi dhenu morre raama
Pragate khalbish baaruni

Bandao awadh bhuwaal morre raama
Satya prem jehi raam pada
Bichurat din dayaal morre raama
Priye tanu trinn yawu parihareu
Bandao pawan kumaar morre raama
Khal ban paawak gyan dhana
Jaasu hridaya agaar morre raama
Basahin raam sar chaap dhara

DOHA

Bibudh bipra budh guru charana
Bandhi kahau kar jori
Hoi prasshan purwahu sakala
Manju manorath mori
Giraa arth_jal beech sama
Kahiyat bhin na bhin
Bandao sitaraam padaa
Jinahi param priya khin
Yaahi samay sumiran karahu
Sunahu bir hanumaan
Aaye ke aasan lijiye
Siya sahit bhagwaan
Samud sugandlt suman laye
Suman subhakti sudhaar
Puspaaanjali arpan karahu Tum deo karo sawikaar

Siya var Ram Chandra ki Jai jai
Jai umapati mahadeo ki jai, Pawan sut hanuman ki jai
Shri Radhe priye Krishna chandra ki jai
Sanatan dharm ki jai jai, Ki bolo bhai sab santan ki jai.

13. RAM CHALISA:

Shri Raghubir bhagat hitkari, suni lije prabhu araj hamari,
Nisidin dhyan dhare jo koi, ta sam bhakt aur nahi hoi,
Dhyan dhare shivji man mahi, brahma indra par nahi pahi,
Jai jai jai raghunath kripala, sada karo santan pratipala.

Doot tumhar veer hanumana, jasu prabhav tihu pur jana,
Tuv bhujdand prachand kripala, ravan mari suarn pratipala,
Tum anath ke nath gosai, deenan ke ho sada sahai,
Bramhadik tav par na paven, sada eesh tumharo yash gave.

Chariu ved bharat hai sakhi, tum bhaktan ki lajja rakhi,
Gun gavat sharad man mahi, surpati tako par na pahi,
Nam tumhare let jo koi, ta sam dhanya aur nahi hoi,
Ram naam hai aparampara, charin ved jahi pukara.

Ganpati naam tumharo linho, tinko pratham puja tum kinho,
Shesh ratat nit naam tumhara, mahi ko bhar shish par dhara,
Phool saman rahat so bhara, pavat kou na tumharo para,
Bharat naam tumharo ur dharo, taso kabahu na ran mein haro.

Naam shatrugna hridaya prakasha, sumirat hot shatru kar nasha,
Lakhan tumhare agyakari, sada karat santan rakhwari,
Tate ran jeete nahi koi, yuddh jure yamahu kin hoi,
Mahalakshmi dhar avtara, sab vidhi karat paap ko chhara.

Seeta ram puneeta gayo, bhuvaneshwari prabhav dikhayo,
Ghat sp prakat bhai so aai, jako dehat chand lajai,
So tumhare nit paon palotat, navo nidhi charanan mein lotat,
Siddhi atharah mangalkari, so tum par jave balihari.

Aurahu jo anek prabhutai, so seetapati tumahi banai,
Ichchha te kotin sansara, rachat na lagat pal ki bhara,
Jo tumhare charanan chit lave, taki mukti avasi ho jave,
Sunahu ram tum tat hamare, tumahi bharat kul poojya prachare.

Tumahi dev kul dev hamare, tum gurudev pran ke pyare,
Jo kuch ho so tumahi raja, jai jai jai prabhu rakho laja,
Ram atma poshan hare, jai jai jai dasrath ke pyare,
Jai jai jai prabhu jyoti swarupa, nirgun brahma akhand anoopa.

ॐ Ramayan Pooja Vidhi ॐ

Satya satya jai satyavrat swami, satya sanatan antaryami,
Satya bhajan tumharo jo gave, So nischay charon phal pave,
Satya sapath gauripati kinhi, tumne bhaktahi sab siddhi dinhi,
Gyan hridaya do gyanswarupa, namo namo jai jagpati bhoopa.

Dhanya dhanya tum dhanya pratapa, naam tumhar harat sntapa,
Satya shudh deva mukh gaya, baji dundubhi shankh bajaya,
Satya satya tum satya sanatan, tumahi ho hamare tan man dhan,
Yako path kare jo koi, gyan prakat take ur hoi.

Avagaman mitai tihi kera, satya vachan mane shiv mera,
Aur aas man mein jo hoi, manvanchit phal pave soi,
Teenahu kal dhyan jo lave, tulsidas anu phool chadhaye,
Saag patra so bhog lagave, so nar sakal siddhata pave.

Aant samay raghubar pur jai, jaha janma haribhakta kai,
Shri haridas kahai aru gave, so vaikunth dham ko pave.

DOHA:

Saat divas jo nem kar, path kare chit laye,
Haridas harikripa se, avasi bhakti ko pave.
Ram chalisa jo padhe, ram sharan chit laye,
Jo ichchha man mein kare, sakal siddh ho jaye.

14. HANUMAN CHALISA:

Shri Guru Charan Sarooja-raj Nija manu Mukura Sudhaari
Baranau Rahubhara Bimala Yasha Jo Dayaka Phala Chari
Budhee-Heen Thanu Jannikay Sumirow Pavana Kumara
Bala-Budhee Vidya Dehoo Mohee Harahu Kalesha Vikaara

Chaupai

Jai Hanuman gyan gun sagar
Ram doot atulit bal dhama
Mahabir Bikram Bajrangi
Kanchan varan viraj subsea

Jai Kapis tihun lok ujar
Anjaani-putra Pavan sut nama
Kumati nivar sumati Ke sangi
Kanan Kundal Kunchit Kesha

Hath Vajra Aur Dhuvaḡ Viraje
Sankar suvan kesri Nandan
Vidyavaan guni ati chatur
Prabu charitra sunibe-ko rasiya

Kaandhe moonj janehu sajai
Tej prataap maha jag vandan
Ram kaj karibe ko aatur
Ram Lakhan Sita man Basiya

Sukshma roop dhari Siyahi dikhava
Bhima roop dhari asur sanghare
Laye Sanjivan Lakhan Jiyaye
Raghupati Kinhi bahut badai

Vikat roop dhari lank jarava
Ramachandra ke kaj sanvare
Shri Raghuvir Harashi ur laye
Tum mam priye Bharat-hi-sam bhai

Sahas badan tumharo yash gaave
Sankadhik Brahmaadi Muneesa
Yam Kuber Digpaal Jahan te
Tum upkar Sugreevahin keenha

Asa-kahi Shripati kanth lagaave
Narad-Sarad sahit Aheesa
Kavi kovid kahi sake kahan te
Ram milaye rajpad deenha

Tumharo mantra Vibheeshan mana
Yug sahastra jojan par Bhanu
Prabhu mudrika meli mukh mahee
Durgaam kaj jagath ke jete

Lankeshwar Bhaye Sub jag jana
Leelyo tahi madhur phal janu
Jaladhi langhi gaye achraj nahee
Sugam anugraha tumhre tete

Ram dwaare tum rakhvare
Sub sukh lahae tumhari sar na
Aapan tej samharo aapai
Bhoot pisaach Nikat nahin aavai

Hoat na agya binu paisare
Tum rakshak kahu ko dar naa
Teenhon lok hank te kanpai
Mahavir jab naam sunavae

Nase rog harae sab peera
Sankat se Hanuman chudavae
Sab par Ram tapasvee raja
Aur manorath jo koi lavai

Japat nirantar Hanumant beera
Man Karam Vachan dyan jo lavai
Tin ke kaj sakal Tum saja
Sohi amit jeevan phal pavai

Charon Yug partap tumhara
Sadhu Sant ke tum Rakhware
Ashta-sidhi nav nidhi ke dhata
Ram rasayan tumhare pasa

Hai persidh jagat ujjara
Asur nikandan Ram dulhare
As-var deen Janki mata
Sada raho Raghupati ke dasa

Tumhare bhajan Ram ko pavai
Anth-kaal Raghuvir pur jayee
Aur Devta Chit na dharehi
Sankat kate-mite sab peera

Janam-janam ke dukh bisraavai
Jahan janam Hari-Bakht Kahayee
Hanumanth se hi sarve sukh karehi
Jo sumirai Hanumat Balbeera

Jai Jai Jai Hanuman Gosahin
Jo sat bar path kare kohi
Jo yah padhe Hanuman Chalisa
Tulsidas sada hari chera

Kripa Karahu Gurudev ki nyahin
Chutehi bandhi maha sukh hohi
Hoye siddhi sakhi Gaureesa
Keejai Nath Hridaye mein dera

Doha

Pavan Tanay Sankat Harana, Mangala Murati Roop
Ram Lakhana Sita Sahita, Hriday Basahu Soor Bhoop

15. Aarti (Ramayan)

Aarti shiri Ramayaan ji ki, Kirat kalit lalit siya pi ki, (x2)

Gaawat brahmadik muni naarad, Valmiki vigyaan bisharad
Suk sankadik shesh aru shaarad, Varni pawansut kirti niki, Aarti
shiri.....

Santat gaawat Shambhu bhawani, Aru ghat shambho muni vigyaani
Vyaas aadi kavi pung bakhaani, kaakbhashund garuda ke hiye ki,
Aari....

Chaareyo ved puraan ast dus, Chaao shastra sab granthan ko ras,
Tan man dhan santan ko sarbas, Saar ansh sammat sab hi ki,
Aarti.....

Kalimal Harni vishaye ras phiki, subhag sringar mukti yuvati ki,
Harni rog bhao bhur amiki, Taat maat sab vidhi Tulsi ki,
Aarti shri Ramayan ji ki, Kirti kalit lalit siya pi ki.....

Karpura Gauram Karunavataram,
Samsara Saram Bhujagendra Haaram
Sadaa Vasantam Hridaya Aravinde,
Bhavam Bhavaanii Sahitam Namaami
Bhavam Bhavaanii Sahitam Namaami

Sarva Mangala Mangalye,
Shive sarvartha sadhike
Sharanye Tryambake Gauri,
Narayani namostute, Narayani namostute.

16. Bhog

Ram rasiya mere man basiya
Ruchi ruchi bhog lagao rasiya (x2)

Aiso bhog lagao mere mohan (x2)
Sab amrit ho jaaye rasiya (x2)
Duryodhan ghar mewa tyaagi,(x2)
Saag bidhur ghar khayao rasiya (x2)
Ram Rasiya.....

Meera ke prabhu girdhar naagar (x2)
Prem se bhog lagao rasiya (x2)
Ram rasiya....

Ram rasiya.....

17 Thaar:

Mata Kaushalya na Baad, Pita Dashrat na kumar,
Shani Sita Na Bhartar, Jamwa Padharo Maare Aangne, Maare
Aangne,
Karuna Sagar Deen dayar, Sari Alam Na Adhaar,
Santo Bhakto Na Rakhwar, Jamwa Padharo Maare Aangne, Maare
Aangne

Keri Kera Papaya Saankar Sherdi, Leeli Draksha Narangi Albeli,
Daadam Daana Be Sumaar, Aaloo Anjeer Apaar,
Jambudano Naathi Paar, Jamwa Padharo Maare Aangne, Maare
Aangne...

Shhero Puri Jalebi Karya Churma, Dhebar Ghari Taarya Che Gheena
Purma,
Kore Kidho Che Kansaar, Bhaat Kesariyo Ne Daar,
Shaak Taaza Mazedaar, Jamwa Padharo Maare Aangne, Maare
Aangne

Darshan Maate Adheeri Banee Aankhdee, Nirmar Haaiya Jue Che
Taari Vaatdi,
Bhojan Kidhu Che Tayyar, Baheti Jamuna Ji Ni Dhaar,
Shaane Talsavo Cho Nath, Jamwa Padharo Maare Aangne, Maare
Aangne

Layine Aavo Lakshman Saathe Janki, Bhojan Layine Aarogo Beedi
Paan Ni
Gharma Kidha Che Juhaar, Jamwa Aavo Ne Muraar,
Veenve Daasona A Das, Jamwa Padharo Maare Aangne, Maare
Aangne.

18. Stuti:

Vandhao charan kamal raghunandan (x2)
Jinki kripa sakal sukh sampati (x2)
Paawan bhaktan ke ur chandan
Vandhao charan.....

Awadh puri prabhu nitya virajat (x2)
janak suta yut dusht nikandan
Vandhao charan.....

Teen taap aru janam maran bhaye (x2)
Door karat chan mein jan ranjan
Vandhao charan....

Mishta namat charanan mein bhagwan,(x2)
Kripa karahu sewak bhawa bhanjan
Vandhao charan....

19. Ramayan Prayer:

Hey karuna saagar, Hey deen bandhu,
Hey Pateet pawan, Prabhu Shree Ram Chandra ji,
Aaj hum aap ka paawan yash, Shrawan karne ke liye,
Aap ki sewa mein, Sab pariwaar upasthit huwe hai,
Hum pateet hai, aap pateet pawan hai,
Prabhu humara uddhaar kare,
aur is choti si pooja bhet ko sweekar kijiye ga.

20. Ramayan Paath:

Mangal main ramayan naam,
Taahi hi pratham hi karat pranaamu,
Raamayan surtaru ki chhaya,
Dukh bhaye door nikat jo aaya.

21. Ramayan Recital (From Ram Charitra Maanas)

22. Visarjan Prarthana

Haath jod Vandan karu, Dhar charno par sheesh,
Gyan Bhakti mohe deejiye, Hey bhagwan jagdish,
Daya drishti aisi karo, Karona may shree ram,
Nis din sumiran hi karoon, Ram Ram shree ram,
Naam tiharo hey hari, Ati sukh ko lathan,
Gyan nayan mohe deejiye, deen bandhu bhagwan
Chit chetan mera karo, chanchalta mit jaaye,
Apne braham swaroop mein, Liyo mohe milaye
Magan rahoon din raat main, Pee naam amrit saar,
Shabd sharawan karta rahoon, Om Om Omkaar,
Deen dayal dayalu ho, Buksh dewo deedar,
Pushpaanjali arpan karoon, karo hari sweekaar.

23. Shree Ramayan Visarjan

Katha Visarjan hoth hai, Sunahu veer Hanumaan,
Raam lakhan shree Jaanki, Sadaa karahu kalyan, ke Tulsi.....
Ek Ghadi aadhi ghadi, Aadhao mein puni aadh,
Tulsi sangat saadhu ki, Kataye koth apradh, Ke tulsi.....

Jo Jan jahan se aaye ho, Katha suno man laaye,
Apne apne dhaam ko, Vida hoi harshaaye, ke tulsi....
Shrota sab aashram gaye, sambhu gaye kailash,
Raamaya mum hriday mein, Aaye karahu tum vaas, ki tulsi.....

Kahe dandwat prabhu sana, Tumhi kaho kar jor
Baar baar raghunath kahi, Surti karayehu mor, ki tulsi.....
Baar baar var mangyehu, Harsh dehu sri rang,
Pad saroj un payani, bhakti sada sat sang, ki tulsi....

Jaahu pawan sut sayen karoo, Maanas bhaye vishraam
Naath tumhare das ko, Sidh bhaye sab kaam, ki tulsi....
Hari sharnan guru sharnana, Sharanan gauri ganesh,
Tulsi daas prabhu ke sharnan, Sharnan awadh naresh, ki tulsi....

Raam lakhan sri jaanki, Bharat shatrughan bhaye,
Katha visarjan hoth hai, Aise hi sheesh nawaye, ki tulsii....
Sadhu sant ko bandagi, Brahamn ko parnaam,
Shrota gan kar jor kar, sab ko sita ram,

Siya var Ram chandra ki jai, jai uma pati mahadeo ki jai,
Pawan sut Hanuman ki jai, Shri Radhe priye Krishna Chandra ki jai,
Sanatan Dharam ki Jai, Ki Bolo Bhai sab santan ki jai;

24. Shaanti paath

Om saresham swastir bhavatu, saresham Shantir bhavatu,
Saresam poornam bhavatu, saresham mangalam bhavatu,
Sarve bhavantu sukhina, Sarve santu Niramayaah,
Sarve bhadraani pashyanyu, Maakaschit dukha bhaag bhaavet

Om asato maa satgamaya, Tamso maa jyotir gamaya
Mrityor maa amritam gamaya, Om Shanti Shanti Shanti...

Om Dhyo shaanti, Antariksham shaanti,
Prithvi shaanti, Apah shaaanti,
Oshadhayah shaanti, Vanaspataya shaanti,
Vishwe dewa shaanti, Brahma shaanti,
Sharva om shaanti, Shaanti reva,
Shaanti shama, shaanti redhi,
Shushaantir bhawatu,
Om Shaanti, Shaanti, Shaanti.

Om Purnamadha, Poornamidam, Poornaat, Poornamudachyate
Poornasye, Poornamadaaya, Poornameva, vashishyate

Kayena vacha,manasendriyairva,
Buddhyatmana va prakrite swabhavath
Karomi yad yad sakalam parasmayi
Narayanayeti samarpayami

Samasth loka sukhino bhawantu (X3)
Om Shaanti Shaanti Shaanti.