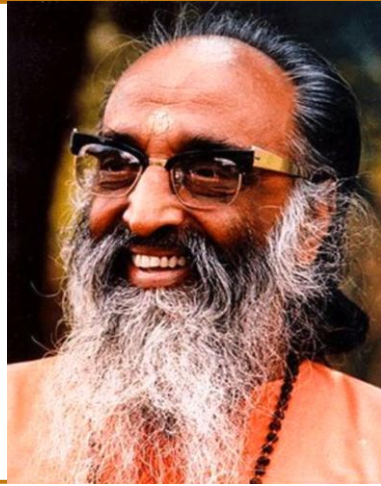


Bhakti is the attitude of the mind, and jnana is the attitude of the intellect. Both flow towards the Lord.

Sri Chinmayanada Swami



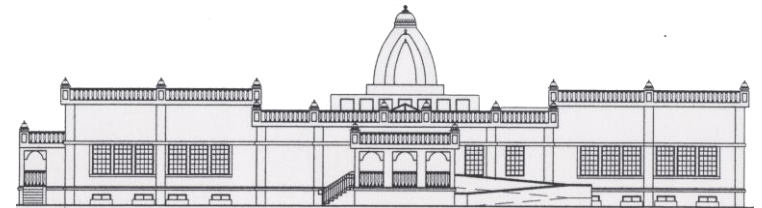
Instructions for the Likhita Japa

- 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
- 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

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 Dhyaayet 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 ||