

Long Arati

O you who art Lord of the Universe, abiding in waters, the salubrious, the Supreme Soul, invoked by many, praised by many, All-pervasive, imperishable, Ruler the Source and Origin of the universe.

The long-armed and the omnipresent Lord,

Obeisance, obeisance to your lotus feet. Obeisance, obeisance to your lotus feet.

Reverence, reverence Om bow.

O Lord Vasudevaya, O Lakshmi Narayana, O Vishnu Narayana,

You are the Supreme Brahman, the greatest truth

You are the greatest light, you are the Greatest Atma.

You are the omnipresent.

O Lord Narayana whatever is seen or heard today in the whole universe is enveloped by you.

It was you, Lord Narayana, Who created the 24 tattvas

You have created the atoms

You have created the qualities of anger, fear etc.

Powerful and sportive you have created their parts and limbs.

You have created the Intellect and the three-fold Ego therein.

You have evolved the five subtle element, the mind the body and the sense organs.

You have created the elements ether etc and all created beings out of sheer sport.

Realising this o Lord I seek refuge in You

You shall certainly protect me from all miseries.

Hari Om Namō Narayana.

I salute Rama, the beautiful, the elder brother of Lakshmana. The illustrious Raghu, the consort of Sita, the descendent of Kakustha, who is full of clemency, an ocean of excellence. The friend of the Brahmins the virtuous one, the sovereign who is devoted to truth. The son of Dasaratha. He who's body is blue. The benign, the delight of the universe. The glory of Raghu's race. Raghava the enemy of Ravana.

Hail to Rama the glory of the Raghu race the increaser of Kaushalya's happiness. The destroyer of the 10-headed Dashagriva. He who's eyes are like water lilies.

I salute Valmiki, the Kokila who, perched on the branch of Poesy. Utters the delightful note, "Rama, Rama, Rama".

Salutations to the Lord of munis the blessed Tapasvi, the abode of all knowledge; to that Valmiki be our salutations.

Hari Om Tat Sat

Sri Ram, Jai Ram Jai Jai Ram

Thou art the great and effulgent God Narayana, the fortunate Lord armed with the discus.

Thou art the One-Tusked Boar, the Conqueror of thy foes in the past and the future;

Thou art the imperishable Brahman, Existence Itself, transcending the three divisions of time;

Thou art the law of Righteousness, the Four-armed, the Bearer of the Sharanga Bow;

Thou art the Subduer of the senses, the Supreme Purusha;

Thou art invincible, Thou art the Holder of the Dagger, Thou art Vishnu, Thou art Krishna and of immeasurable might;

Thou art Senani and Gremani, the Controller of passions, the Origin and Dissolution;

Thou art Upendra and the Slayer of the demon Madhu;

Thou art the Creator of Indra and Indra Himself;

Thou art the Lotus-navelled One;

Thou dost bring combat to an end.

The great and divine Rishis acknowledge Thee as their refuge and protector. Thou art the Himalayas of a hundred peaks, the essence of the Vedas, the God of a 100 tongues. The Great Bull, Thou thyself art the Creator of the world Swyamprabhu;

Thou art the refuge and elder of the Siddhas and the Sadyhyas;
Thou art the Sacrifice, the sacred syllable "Vashat" and "Aum", the greatest of the great.
None knows thine origin or end or who Thou really art.

Thou art manifest in all beings in the cows and the brahmins; Thou pervadest all regions, the firmament, the mountains and the rivers, Thou the thousand-footed God, the thousand-headed One, Thou of a thousand eyes!

Thou art the Supporter of all beings and the earth. When the earth is withdrawn, under the form of a great serpent, Thou dost appear on the waters supporting all the worlds and the Gods, Gandharvas and Danavas, O Rama. I am thy heart, and the Goddess Saraswati thy tongue; the Gods are the hairs of Thy body, I, Brahma created them thus.

When Thou dost close Thine eyes, it is night, and when Thou dost open them, it is day. The Vedas are Thy Samskaras; nothing exists apart from Thee; the whole universe is Thy body, the earth Thy forbearance; Agni Thy wrath, Soma Thy beneficence, the Srivatsa Mark Thy holy symbol.

Thou didst cover the three worlds in three strides] Thou didst bind the terrible Bali and establish Mahendra as king. Sita is Lakshmi, and Thou the God Vishnu, Krishna and Prajapati. It was in order to slay Ravana that Thou didst enter a human body. This task that we entrusted to Thee has been accomplished, O Thou, the foremost of those who observe their duty. Ravana having fallen, do Thou ascend to heaven joyfully! Thy might is irresistible, O Rama, and Thine exploits are never fruitless. To behold Thee and offer adoration to Thee is never unprofitable! It is not in vain that men are devoted to Thee on earth.

Those who are ever faithful to Thee, attain to Thee, who are the primeval Purusha, and their desires will be fulfilled in this world and the other worlds. Those who recite this eternal and traditional theme, transmitted by the Rishis, will never suffer defeat.

Sri Ram, Jai Ram, Jai Jai Ram.