

ॐ

## ध्यायेताजानुबाहुम् *dhyāyetājānubāhum*

*Translation by Rāmulu Gajavāḍa Saṁskṛtam Teacher*

ध्यायेदाजानुबाहुं धृतशरधनुषं बद्धपद्मासनस्थं  
पीतं वासो वसानं नवकमलदलस्पर्धिनेत्रं प्रसन्नम् ।  
वामाङ्कारूढ सीतामुखकमलमिलल्लोचनं नीरदाभं  
नानालङ्कारदीप्तं दधतमुरुजटामण्डलं रामचन्द्रम् ॥

*dhyāyedājānubāhum dhṛtaśaradhanuṣaṁ baddhapadmāsanasthaṁ  
pītaṁ vāso vasānaṁ navakamaladalaspardhine traṁ prasannaṁ |  
vāmāṅkāṛūḍha sītāmukhakamalamilallocanaṁ nīradābhaṁ  
nānālaṅkāradīptaṁ dadhatamurujaṭamaṇḍalaṁ rāmacandram ||*

**Meditate on Śrī Rāma seated in lotus posture, long armed one, equipped with bow and arrows, clad in golden yellow robes, with radiant eyes like newly opened lotus petals, with body resembling water bearing clouds, with matted locks of hair, a staff resting arm, serene and radiant looking into face of lotus eyed Sītā seated on his left.**

ध्यायेत् आजानुबाहुम् *dhyāyetājānubāhum* = do meditate on the long armed one Śrī Rāma, धृत शर धनुषं बद्ध *dhṛta śara dhanuṣaṁ baddha* = equipped with bow and arrows, पद्मासन स्थम् *padmāsana stham* = seated in lotus posture, पीतं वासो वसानम् *pītaṁ vāso vasānam* = clad in golden yellow robes, नव कमल दल स्पर्धि नेत्रम् *nava kamala dala spardhi netram* = eyes resembling newly opened lotus petals, प्रसन्नम् *prasannaṁ* = serene, वामाङ्कारूढ

vāmāṅkārūḍha = seated on the left, सीता मुख कमल मिललोचनम् sītā mukha kamala milallocanam = looking into the lotus eyes of Sītā, नीरदाभम् nīradābham = body with hue (dark) like water bearing cloud, नाना अलङ्कार दीप्तम् nānā alaṅkāra dīptam = radiant with ornaments of a (ṛṣi), दधत मुरु जटा मण्डलम् dadhata muru jaṭā maṇḍalam = with matted locks of hair and a staff for resting arm during meditation, रामचन्द्रम् Rāmacandram (Śrī Rāma).