



Śloka for Śri Rāma Japa

श्री राम राम रामेति रमे रामे मनोरमे ।
सहस्र नाम तत्तुल्यं राम नाम वरानने ॥

ಶ್ರೀ ರಾಮ ರಾಮ ರಾಮೇತಿ ರಮೇ ರಾಮೇ ಮನೋರಮೇ ।
ಸಹಸ್ರ ನಾಮ ತತ್ತುಲ್ಯಂ ರಾಮ ನಾಮ ವರಾನನೇ ॥

श्री राम राम रामेति रमे रामे मनोरमे ।
सहस्र नाम तत्तुल्यं राम नाम वरानने ॥

ஸ்ரீ ராம ராம ராமேதி ரமே ராமே மனோரமே ।
ஸஹஸ்ர நாம தத்துல்யம் ராம நாம வரானனே ॥

Śri rāma rāma rāméti ramé rāmé manoramé |
Sahasra nāma tattulyam rāma nāma varānané ||

Meaning

Oh lovely faced one, chanting the pleasing name 'Rāmā' just three times is equivalent to chanting all the 1000 names of Lord Vishnu.

[The above śloka is part of the *phala stuti* (benefits section) of the *Vishnu Sahasranāma* (1000 names of Lord Vishnu). This śloka was Lord Śiva's response to Goddess Pārvatī's request which She asked for the benefit of devotees, "I desire to hear from my Lord, the means by which scholars can chant in an abridged manner the thousand names of Lord Vishnu every day."]