ASTROBHAVA

SACRED HYMN · SANSKRIT (DEVANAGARI) WITH MEANING

Sita Mantra

Traditional and Goswami Tulsidas

THE COMPLETE HYMN · SANSKRIT (DEVANAGARI)

Four short items to Sita: the name mantra, the Sita Gayatri, and a Sanskrit shloka and an Awadhi chaupai from the Bala Kanda of the Ramcharitmanas.

MANTRA 1

श्री सीतायै नमः ।

Salutations to the revered Sita.

MANTRA 2

ॐ जनकनन्दिन्यै विद्महे भूमिजायै च धीमहि ।

तन्नः सीता प्रचोदयात् ॥

Om. We come to know the beloved daughter of Janaka, and we meditate on her who was born of the Earth. May Sita inspire and guide our minds.

VERSE 1

उद्भवस्थितिसंहारकारिणीं क्लेशहारिणीम् ।

सर्वश्रेयस्करीं सीतां नतोऽहं रामवल्लभाम् ॥

I bow to Sita, the beloved of Rama, who brings about the creation, preservation and dissolution of the world, who takes away suffering, and who brings about every good.

CHAUPAI 1

जनकसुता जग जननि जानकी ।

अतिसय प्रिय करुनानिधान की ॥ ताके जुग पद कमल मनावउँ ।

जासु कृपाँ निरमल मति पावउँ ॥

Janaki, daughter of Janaka and mother of the world, is most dear to Rama, the treasure of compassion. I pray to her two lotus feet, by whose grace I gain a pure mind.

Read it on its page

The Sita Mantra with its meaning, how and when it is recited, and the same text in five more scripts:
astrobhava.com/mantra/sita-mantra/



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