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The RAMAYANA of VALMIKI

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Vedic Audio Knowledge Productions

presents a dramatic reading

of the unabridged

Srimad Valmiki Ramayanam

translated from the Sanskrit by

N. Raghunathan

Vighneswara Publishing House, India

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The Ramayana of Valmiki

Introduction: A Listener's Guide—Volume I

Welcome to the historic first audio recording of the unabridged Ramayana. The Ramayana is the story of one of the world's greatest heroes — Rama — whose purpose was to purify the world of ignorance and negativity. Cognized by the illustrious sage Valmiki, the Ramayana was chanted in Sanskrit, the language of the Vedic civilization of ancient India. The date of composition of the Ramayana cannot be fixed, since in the tradition of Vedic knowledge, Vedic literature was handed down orally for thousands of years, singer to singer, generation after generation. Of the many branches of Vedic literature, the Ramayana belongs to the Itihasa branch, which also contains another great epic, the Mahabharata.

The Ramayana was written in poetry of unsurpassed dramatic power and richness and contains over 24 thousand couplet verses, or slokas, making it one of the longest epic poems ever written (after the Mahabharata). The translation chosen for this recording is the *Srimad Valmiki Ramayanam*, by the renowned Indian journalist, N. Raghunathan (published in 3 volumes by Vighneswara Publishing House, India). His translation is a literal one, not a paraphrase, and with his direct and simple style, using rhythmic prose, rather than poetic meter (which often does not translate well), he has captured the essence of the original. His translation also adapts beautifully from the written to spoken word. The reader, Richard Ross, an artist and singer with a life-long interest in Vedic literature, was chosen out of many for this project for his refinement of speech and beauty of voice.

We hope you will enjoy listening to Volume I, which contains the first two books of the Ramayana—Bala Kanda, the book of Rama's youth, and Ayodhya Kanda, — the book about Ayodhya, the capital city of Rama's realm.

For your listening enjoyment, here are a few suggestions:

- You can listen to these discs anywhere, although you might best appreciate them by listening to them in a quiet, settled atmosphere.
- Pronunciation note: In most cases on these discs, the 'a' at the end of Sanskrit names and terms is sounded (as in Vasishtha). On the names of Rama, Lakshmana, and Bharata, a soft or almost silent final 'a' is used, as is the custom in Ayodhya, Rama's ancient capital in northern India.
- This booklet contains the Table of Contents from the text, and features a capsule description of each canto. This will help you to see the contents of each disc, gain an overview of the story in its entirety, and locate and re-listen to the many profound "stories within the story" (such as "Vishwamitra's Story") that are contained only in the unabridged Ramayana. Enjoy!



Table Of Contents

*Note: Each file is notated with the Kanda (book number) first, followed by the Canto (chapter number). For example: "1-005" refers to Bala Kanda (Book I) Canto #5.
This production is organized into thematic sections with a music interlude at the end of each section.*

Book I—Bala Kanda

Book-Chapter Kanda-Canto

1-001	Sankshepa Ramayana: The Epic In Brief
1-002	The Killing Of A Curlew: Poetry From Compassion. Brahma Asks Valmiki To Make A Poem Of Rama's Life
1-003	How He Composed It
1-004	How He Propagated It
1-005	Ayodhya Described
1-006	King Dasaratha And His People
1-007	His Ministers
1-008	The King's Longing For Sons: Sumantra Recalls An Old Prophecy
1-009	The Story Of Rsyasrnga
1-010	How He Is Enticed To Anga Desa And Married To The King's Daughter
1-011	Rsyasrnga Goes To Ayodhya To Help The King Perform A Sacrifice For The Birth Of Sons
1-012	Dasaratha To Perform The Horse-Sacrifice
1-013	Preparations For The Sacrifice
1-014	The Sacrifice Described
1-015	The Assembled Gods Ask Vishnu To Be Born As A Man And To Slay Ravana
1-016	Rsyasrnga's Sacrifice And The Distribution Of The Divine Milk Broth Among Dasaratha's Queens
1-017	The Incarnation Of Celestials As Monkeys And Bears
1-018	Vishnu Incarnates As Rama And His Brothers
1-019	Viswamitra's Request
1-020	Dasaratha Unwilling To Send Rama With Viswamitra
1-021	Vasishtha Persuades Him To Send Rama
1-022	Rama And Lakshmana Go With The Sage
1-023	At Kamasrama
1-024	Tataka's Forest
1-025	The Story Of Tataka
1-026	The Slaying Of Tataka
1-027	Viswamitra Imparts Knowledge Of Celestial Weapons To Rama
1-028	The Siddhasrama
1-029	The Story Of Vamana
1-030	Maricha Repulsed And Subahu Slain
1-031	Rama With The Sages Starts For Mithila
1-032	The Story Of Kusanabha's Daughters
1-033	Their Marriage To Somadatta
1-034	Viswamitra's Family History

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1-035	The Story Of The Ganga
1-036	Uma Curses The Gods
1-037	The Birth Of The War God
1-038	Sagara's Penance
1-039	Sagara's Sons Dig Up The Earth
1-040	Kapila Destroys Them
1-041	Amsuman Learns Of Their Death
1-042	Bhagiratha's Penance
1-043	The Descent Of The Ganga
1-044	The Redemption Of The Sagaras
1-045	The Ocean Churned For Nectar
1-046	Diti's Penance
1-047	The Founding Of Visala
1-048	Ahalya's Fall
1-049	Ahalya's Redemption
1-050	Meeting With Janaka
1-051	Satananda Begins Viswamitra's Story
1-052	Vasishta Entertains Viswamitra
1-053	The King Covets Vasishta's Cow
1-054	The Cow Sabala Creates Armies And Destroys The King's Forces
1-055	Viswamitra Destroys Vasishta's Hermitage
1-056	Viswamitra Vanquished By Brahmie Power
1-057	Trisanku Seeks Viswamitra's Help
1-058	Vasishta's Sons Curse Trisanku
1-059	Trisanku's Sacrifice
1-060	Viswamitra Defies The Gods
1-061	Ambarisha's Sacrifice
1-062	Sunahsepa Rescued By Viswamitra
1-063	Viswamitra Succumbs To Love
1-064	Viswamitra Curses Rambha
1-065	Viswamitra Becomes A Brahmarshi
1-066	History Of Siva's Bow
1-067	Rama Breaks The Bow
1-068	Dasaratha Hears The Good News
1-069	Dasaratha Arrives In Mithila
1-070	Vasishta Solicits The Hand Of Sita For Rama
1-071	Janaka Chronicles His Family History
1-072	Viswamitra Asks For The Hands Of Mandavi And Shrutakirti For Bharata And Satrugna
1-073	The Weddings
1-074	The Encounter With Parasurama
1-075	Rama Challenged
1-076	Parasurama Acknowledges Defeat
1-077	Rama's Happy Domestic Life



Book II—Ayodhya Kanda

Book-Chapter Kanda-Canto

2-001	Dasaratha Wishes To Crown Rama As Heir Apparent
2-002	Enthusiastic Approval Of The Assembly
2-003	Dasaratha's Counsel To His Son
2-004	Rama Receives His Blessings
2-005	Observance Of Vow For The Previous Night
2-006	The Rejoicings Of The People
2-007	Manthara Loudly Laments The Proposal
2-008	Her Attempt To Rouse Kaikeyi's Opposition
2-009	She Wants Rama To Be Exiled
2-010	Kaikeyi Falls In With Her Plan
2-011	She Insists On The Grant To Her Of Two Boons
2-012	Dasaratha Fails To Dissuade Her
2-013	Dasaratha's Lament
2-014	Kaikeyi Twits Him
2-015	Sumantra Is Sent To Summon Rama
2-016	Rama Starts For The Court
2-017	His Arrival At The Palace
2-018	He Is Told Of His Exile To The Forest
2-019	Rama's Great Vow
2-020	Kausalya Cries Out
2-021	Kausalya And Lakshmana Try To Dissuade Rama
2-022	Rama Speaks Of All-Powerful Destiny
2-023	Lakshmana's Rage
2-024	Rama Attempts To Pacify Kausalya's Grief
2-025	His Mother Invokes Blessings On Him
2-026	Rama's Attempt To Dissuade Sita From Accompanying Him
2-027	A Chaste Woman's Duty
2-028	Perils Of The Forest Life
2-029	Sita's Insistence On Going
2-030	Rama Agrees To Her Wish
2-031	Lakshmana Too Is Permitted To Go
2-032	Rama Distributes His Wealth To The Needy
2-033	The People Censure Dasaratha
2-034	Rama Consoles Dasaratha And Gives His Full Consent
2-035	Sumantra Rails At Kaikeyi
2-036	Siddhartha Tries To Dissuade Kaikeyi
2-037	Vasishtha's Anger At Kaikeyi Offering Tree Bark To Sita To Wear
2-038	The People Enraged
2-039	Dasaratha's Loud Lament
2-040	Kausalya Mourns Her Fate
2-041	People Denounce Dasaratha
2-042	Dasaratha Taken To Kausalya's Chambers



2-043	Kausalya's Renewed Lament
2-044	Sumitra Consoles Her
2-045	As Citizens Cling To Them, Rama And Party Leave The Car And Walk With Them
2-046	Rama Leaves The Citizens Behind By A Simple Trick
2-047	The Citizens Return To Ayodhya
2-048	The Lament Of The City Women
2-049	The Grief Of The Countryside
2-050	Guha Comes To Meet Them
2-051	Guha And Lakshmana Keep Vigil In The Night
2-052	The Crossing Of The Ganga
2-053	Rama Laments His Fate
2-054	Arrival At Bharadwaja's Hermitage
2-055	Crossing Of The Yamuna
2-056	They Make Their Residence At Chitrakuta
2-057	Sumantra's Return
2-058	Rama's Last Words To Dasaratha
2-059	Dasaratha's Renewed Lament
2-060	Sumantra Again Tries To Console Kausalya
2-061	Kausalya Taunts Dasaratha
2-062	Dasaratha Pacifies Her By Abasing Himself
2-063	The King Recalls His Past Sin
2-064	Dasaratha's Death
2-065	Wailing In The Women's Apartments
2-066	Body Of The King Placed In A Tub Of Oil
2-067	The Perils Of Anarchy
2-068	Messengers Sent To Bharata
2-069	Bharata's Bad Dream
2-070	Bharata Starts For Ayodhya
2-071	He Reaches Ayodhya
2-072	His Grief
2-073	His Censure Of Kaikeyi
2-074	His Denunciation Of Kaikeyi
2-075	His Vow Not To Accept The Kingdom
2-076	Dasaratha's Obsequies
2-077	Bharata And Satrughna Bemoan Dasaratha's Loss
2-078	Kubja Disgraced
2-079	Bharata Rejects His Ministers' Advice
2-080	The Roads Made Safe For Travel
2-081	The Assembled Council Ask Bharata To Rule The Realm
2-082	The Army Starts For The Forest
2-083	Bharata Leaves For The Forest
2-084	Guha Comes
2-085	He Voices His Suspicions
2-086	Guha Praises Lakshmana's Loyalty
2-087	He Is Asked About Where Rama Lay For The Night
2-088	They All See The Bed Of Leaves On Which Rama Had Lain



2-089	Crossing The Ganga
2-090	Stay With Bharadwaja For The Day
2-091	Army Entertained By Bharadwaja
2-092	They Take Leave Of Bharadwaja
2-093	The Forests On The Flanks Of Chitrakuta
2-094	Description Of Chitrakuta
2-095	Mandakini Described
2-096	Lakshmana's Angry Outburst Against Bharata
2-097	Rama Praises Bharata's Rare Qualities
2-098	Bharata Frantically Seeks Rama
2-099	Frantic Search For Rama
2-100	The Kacchit-Sarga — Rama Questions Bharata
2-101	Rama Is Told Of His Father's Death
2-102	He Offers Water Libations
2-103	He Sees His Mothers
2-104	Rama And Bharata's First Converse
2-105	Rama States His Case
2-106	Bharata States His Case
2-107	Rama Refutes Him
2-108	Jabali Presents The Rationalist View
2-109	Rama's Panegyric On Truth
2-110	Vasishta Recounts The Story Of The Ikshvakus
2-111	Rama's Command To Bharata
2-112	Rama's Sandals To Rule In His Place
2-113	Bharata Takes The Sandals
2-114	His Return To Ayodhya
2-115	Rama's Sandals Crowned
2-116	The Sages Speak Of Khara's Hostility'
2-117	Anasuya Praises Sita's Fidelity
2-118	She Presents Her With Celestial Unguents And Ornaments
2-119	Rama And Party Enter The Dandakas



Introduction: A Listener's Guide—Volume II

Rama's epic tale continues in Volume II featuring the next three books of the Ramayana: Aranya, Kishkindha and Sundara Kandas. As the story builds in dynamism in these sections, it is fitting that Volume II features a new voice—that of talented Shakespearean actor Stephen White, who adds a dramatic power and depth to the production.

Some of the most beloved scenes of the Ramayana unfold in Volume II, beginning with Book III—Aranya Kanda, the Book of the Forest Life—including Rama's meeting with the wise rishis of the forest, the gaining of Agastya's divine weapons, Rama's slaying of the 14,000 Rakshasas at Janasthana, the allure of the golden deer, and Ravana's abduction of Sita.

Next, Book IV—Kishkindha Kandas—continues with the alliance with Sugriva, king of the monkeys, Rama's friendship with Hanuman, the slaying of Vali, and the world-wide search for Sita by Rama's Vanara allies. Volume II concludes with Book V—Sundara Kanda—including Hanuman's great leap across the ocean, his discovery of Sita and his faith-restoring message to her, the burning of Lanka, and Hanuman's triumphant return to Rama with a message from Sita.

This synopsis is only the outer value of the Ramayana. The deeper action resides at a much subtler level within our own consciousness. The impulses of the Ramayana are actually structures of our own consciousness, our own Self. At this level, the Ramayana can be experienced as the "blossoming of totality," the living reality of the absolute level of life within boundaries. All the characters in the Ramayana are then aspects of our own nature, playing out all its possibilities and tendencies. The vanquishing of ignorance and the re-establishment of Rama's realm is really our own "inner" drama, within our own Self.

On all levels, we hope your experiences and delight will continue to deepen as you listen to the story of totality on the move—the Ramayana, Volume II.



Table Of Contents

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This production is organized into thematic sections with a music interlude at the end of each section.*

Book III—Aranya Kanda

Book-Chapter Kanda-Canto

3-001	Hermit Settlements of Dandakaranya
3-002	The Encounter with Viradha
3-003	Viradha Tries to Carry Off Sita
3-004	The Brothers Cut Down Viradha's Arms and Bury Him in a Pit, as He Desires
3-005	Rama Sees Indra in Sarabhanga's Ashrama
3-006	The Sages Ask for Rama's Protection
3-007	At Sutikshna's Hermitage
3-008	They Take Leave of Sutikshna
3-009	Sita's Advice Against Cruelty
3-010	Rama Insists on His Duty to the Oppressed
3-011	Mandakarni's Under-Water Residence. Rama Sees All the Hermits
3-012	Visit to Agastya
3-013	Agastya Asks Rama to Live at Panchavati
3-014	Meeting with Jatayus
3-015	Panchavati Built
3-016	The Onset of Spring
3-017	Shurpanakha's Coming
3-018	Lakshmana Disfigures Her
3-019	Khara Despatches Fourteen Fighters Against Rama
3-020	Rama Kills Khara's Picked Fighters
3-021	Shurpanakha Taunts Khara
3-022	Khara Resolves to Fight Rama
3-023	Khara's Army on the March
3-024	Rama Singly Confronts Khara's Army
3-025	Khara Marches on Rama
3-026	Dushana's Forces Wiped Out
3-027	Rama Slays Trishiras
3-028	Khara's Chariot Destroyed
3-029	Khara's and Rama's Verbal Exchanges
3-030	Rama Slays Khara
3-031	Maricha Seeks to Dissuade Ravana from Carrying Off Sita
3-032	Shurpanakha Meets Ravana
3-033	Shurpanakha Arraigns Him
3-034	Shurpanakha Incites Him to Abduct Sita
3-035	Ravana Goes to Maricha Again
3-036	Ravana Seeks Maricha's Help
3-037	Maricha Condemns Ravana's Plan



3-038	Maricha Tells Him of His Own Experience with Rama
3-039	Maricha's Earnest Advice Not to Antagonise Rama
3-040	Ravana Tells Maricha, 'Do or Die'
3-041	Maricha Agrees Under Coercion
3-042	They Go to Rama's Hermitage
3-043	Sita Asks Rama to Catch the Deer
3-044	Rama Kills Maricha
3-045	Lakshmana, Goaded by Sita's Taunts, Goes in Search of Rama
3-046	Ravana in Hermit Guise Appears Before Sita
3-047	Ravana Reveals His Identity
3-048	Sita Rebuffs Ravana
3-049	Ravana Carries Off Sita
3-050	Jatayus Warns Ravana
3-051	Ravana Cuts Off Jatayus's Wings
3-052	Ravana Takes Away Sita by Force
3-053	Sita Taunts Ravana
3-054	Sita Drops Her Jewels Among the Monkeys
3-055	Ravana Displays His Opulence to Sita
3-056	Sita Sent to the Ashoka-Vana
3-057	Rama, Hastening Home, Meets Lakshmana
3-058	Rama Reproaches Lakshmana for Leaving Sita
3-059	Lakshmana Explains Why He Left Sita
3-060	Rama's Distracted and Vain Search
3-061	Lakshmana's Efforts to Cheer Him
3-062	Rama Asks Lakshmana to Go Back to Ayodhya Leaving Him to Die in the Forest
3-063	Rama's Lament
3-064	Raghava Threatens to Destroy the Universe
3-065	Lakshmana Pacifies Rama
3-066	Lakshmana on the Working of Karma
3-067	They Come Upon Jatayus
3-068	Death and Cremation of Jatayus
3-069	Lakshmana Disfigures Ayomukhi. Encounter with Kabandha
3-070	Kabandha's Arms Cut Down
3-071	The Cause of His Curse
3-072	Kabandha Asks Rama to Make Friends with Sugriva
3-073	Kabandha Tells Them of Sugriva's Place
3-074	The Brothers Meet Shabari
3-075	The Brothers Go in Search of Sugriva

Book IV—Kishkindha Kanda

Book-Chapter Kanda-Canto

4-001	The Pampa Described
4-002	Sugriva Sends Hanuman to Meet Rama
4-003	Rama Praises Hanuman's Eloquence

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4-004	Rama and Sugriva Become Friends
4-005	Rama and Sugriva Form a Compact
4-006	Sugriva Promises to Search For Sita
4-007	Sugriva Cheers Up Rama
4-008	Rama and Sugriva Exchange Views
4-009	Vali and Mayavi
4-010	The Cause of Vali's Enmity
4-011	Sugriva Has Proofs of Rama's Strength
4-012	Sugriva's First Encounter with Vali
4-013	The Hermitage of the Seven Saints
4-014	Sugriva's Second Challenge
4-015	Tara Fails to Dissuade Vali from Fighting
4-016	Vali Struck Down by Rama
4-017	Vali Reproaches Rama
4-018	Rama's Justification
4-019	Tara Comes to the Battle-Ground
4-020	Her Mourning
4-021	Hanuman Consoles Her
4-022	Vali's Last Message to Brother and Son
4-023	Tara's Lament
4-024	Sugriva's Grief
4-025	Vali's Cremation
4-026	Sugriva's Coronation
4-027	The Brothers in the Prasavana Cave
4-028	The Rains
4-029	Hanuman Reminds Sugriva of His Duty
4-030	Autumn Comes. Rama is Angry with Sugriva
4-031	Lakshmana Sent to Sugriva to Remind Him of His Duty
4-032	Sugriva Consults His Ministers
4-033	Tara Goes to Lakshmana to Pacify Him
4-034	Lakshmana Threatens Sugriva
4-035	Tara Pacifies Lakshmana
4-036	Sugriva's Apology
4-037	Sugriva Directs Hanuman to Send Out Recruiters
4-038	Sugriva Meets Rama
4-039	Billions of Apes Arrive
4-040	Panasa to Search for Sita in the East
4-041	Angada is Sent to the South
4-042	Sushena Goes to the West
4-043	Shatavali is Sent to the North
4-044	Rama Gives Hanuman His Ring
4-045	The Apes' Enthusiasm
4-046	How Sugriva Came to Know All the World
4-047	Three of the Search Parties Return
4-048	Angada's Party Faces Difficulties
4-049	Angada Enthuses Them



4-050	The Rikshabila
4-051	Svayamprabha's Hospitality
4-052	The Apes Get Out of the Cave
4-053	The Apes, Having Exceeded Their Time Limit, Resolve to Starve to Death
4-054	Hanuman Dissuades the Apes
4-055	Angada Starts on His Fast
4-056	Sampati Sees the Apes' Dharna
4-057	Angada Tells of the Apes' Plight
4-058	Sampati Grieves for Jatayus
4-059	Sampati Tells How His Son Met Sita and Ravana
4-060	Sampati Relates His Fall
4-061	Sampati Tells of Nishakara's Sympathy
4-062	Nishakara's Advice
4-063	Nishakara's Prophecy Comes True
4-064	The Apes Debate on Who is to Cross the Sea
4-065	The Chief Apes Say What They Can Do
4-066	Jambavan Persuades Hanuman
4-067	Hanuman Agrees to Cross the Sea

Book V—Sundara Kanda

Book—Chapter Kanda—Canto

5-001	Hanuman Leaps Across the Sea
5-002	Lanka's Beauty
5-003	Hanuman Impressed by Its Strength
5-004	Its Lovely Mansions
5-005	The Sleeping Apartments
5-006	Ravana's Palace
5-007	Mansions Won from Kubera
5-008	The Pushpaka Described
5-009	Ravana's Opulence
5-010	Hanuman Sees Ravana Asleep
5-011	Hanuman Recommences His Search
5-012	Vain Search in the Private Grounds
5-013	Hanuman Resolves to Search the Ashoka Pleasance
5-014	The Grove and the Shimsupa Tree
5-015	Hanuman's First Sight of Sita
5-016	Hanuman on Sita's Virtues
5-017	The Ugliness of the Rakshasas
5-018	Ravana and His Women Come to See Sita
5-019	Sita's Flight
5-020	Ravana Speaks Enticingly
5-021	Sita Rebuffs Him
5-022	Ravana's Renewed Threat
5-023	The Rakshasis Frighten Sita

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- 5-024 Their Brutal Badgering
5-025 Sita Grieves that Even Suicide is Impossible
5-026 Sita Contemplates Suicide
5-027 Trijata's Dream
5-028 Sita Seeks to Hang Herself
5-029 But She is Deterred by Auspicious Omens
5-030 Hanuman's Dilemma
5-031 Hanuman Attracts Sita's Attention by Praising Rama
5-032 Sita Finds It Unbelievable
5-033 Hanuman Gets Down from the Tree
5-034 Sita Still Doubts Hanuman's Words
5-035 Hanuman Answers Her at Length
5-036 He Gives Her Rama's Signet Ring
5-037 Sita Says It Would Not Be Becoming of Her to Go with Hanuman
5-038 The Episode of the Crow
5-039 Sita Gives the History of the Jewel
5-040 Hanuman Takes Leave of Sita
5-041 He Lays Waste the Ashoka Pleasance
5-042 Ravana's Household Troops Slain by Hanuman
5-043 Hanuman Proclaims His Purpose
5-044 He Slays Jambumali
5-045 He Slays the Ministers' Sons
5-046 He Slays Five Army Chiefs
5-047 The Great Fight with Aksha Kumara
5-048 Indrajit Sent Against Hanuman
5-049 Hanuman Impressed by Ravana's Personality
5-050 Hanuman is Questioned
5-051 Hanuman's Exhortation to Ravana
5-052 Vibhishana's Advice Against Killing Hanuman
5-053 Hanuman Breaks His Bonds
5-054 The Burning of Lanka
5-055 Hanuman is Satisfied that Sita is Safe
5-056 He Takes Leave of Sita
5-057 Hanuman Returns
5-058 Hanuman Tells of His Doings in Lanka
5-059 Hanuman Favours Taking Sita with Them
5-060 Jambavan Does Not Agree with Hanuman and Angada
5-061 The Apes Ravage the Honey-Grove
5-062 The Drunken Apes Beat Up the Guards
5-063 Sugriva Tells Dadhimukha to Send the Apes to Him
5-064 Hanuman and Others are Back
5-065 Hanuman Relates His Adventures
5-066 Rama Asks for More News of Vaidehi
5-067 Hanuman Relates All that Sita Had Told Him
5-068 Sita's Last Words



Introduction: A Listener's Guide—Volume III

After seven years in production, this project is now complete with this final volume of the grand epic that is the Ramayana. Never did we imagine that this production would take so long to complete, but never did we imagine the extraordinary richness, power and depth that would unfold within us during the retelling of Rama's sublime drama. Perhaps you have had similar experiences as you have explored the pathways of the Ramayana.

Now it is time for Rama to come home—home, victorious, to Ayodhya and home to our full acknowledgment of the wholeness of his (and our) Being. The Ramayana builds to a stunning climax in Book VI — Yuddha Kanda, where Rama and his allies battle Ravana and his seemingly undefeatable forces. The battle waxes hot and long, but you may enjoy listening to each wave of the battle as waves of purification of some aspect of yourself. As this process unfolds, your own invincibility is cultured.

Then the final seventh book, Uttara Kanda, elevates the entire story to cosmic dimensions. This book reveals all the secrets — who the characters really are, and their purpose in playing out their roles in the divine play of Rama Lila. In the process, you may also gain deeper insights into your own role in this grand play of life.

And so Rama's story comes to an end. Or does it? The epic began as Rama's unknown sons, Kusha and Lava, sing to Rama his history. In the end, the story curves back upon itself as Rama asks his sons, whom he now knows, to unfold the rest of his story — a circular loop, bringing out the never-ending, eternal play of the Ramayana. Perhaps, as it has been said, the Ramayana is an ever-present reality happening at every point in creation. If so, we hope you find this “cosmic biography”, which nourishes the light of life, inside your very own Self. Enjoy!

Volume III also features a new voice—Michael Sternfeld—who was the producer and director on Volumes I & II. His extensive knowledge and experience of the Ramayana enriches this final stroke of the production.

Note: Volume III includes supplemental material called “Interpolations.” They are called Interpolations since it is uncertain whether they were part of author Valmiki's original cognition. There are three groups of Interpolations that appear in Book VII, after Canto 23, 37, and 59, respectively. Each canto in the interpolated groups is notated differently than other tracks, by use of a letter suffix. For example: 7-023A refers to Canto 1 in the first group of Interpolations; 7-023B refers to the Canto 2 in that group, and so on.



Table Of Contents

*Note: Each file is notated with the Kanda (book number) first, followed by the Canto (chapter number). For example: "1-005" refers to Bala Kanda (Book I) Canto #5.
This production is organized into thematic sections with a music interlude at the end of each section.*

Book VI—Yuddha Kanda

***Book-Chapter
Kanda-Canto***

6-001	Rama Embraces Hanuman
6-002	Sugriva Begs Rama Not to Give Way to Depression
6-003	Hanuman Describes Lanka's Defences
6-004	Rama Gives Marching Orders
6-005	Rama Again Bemoans the Loss of Sita
6-006	Ravana Consults with the Chief Rakshasas
6-007	His Advisers' Ignorant Boast
6-008	Prahasta Also Talks Boastfully
6-009	Vibhishana Alone Counsels Amity with Rama
6-010	Vibhishana's Private Advice
6-011	Ravana Holds a Council
6-012	Kumbhakarna Censures Him for His Precipitate Action
6-013	Ravana Explains Why He Cannot Coerce Sita
6-014	Vibhishana Reiterates His Advice
6-015	Indrajit Taunts Him
6-016	Ravana Reprimands His Brother
6-017	Vibhishana Denounces Ravana and Seeks Rama's Friendship
6-018	Rama Answers the Monkeys' Objection and Gives Vibhishana Asylum
6-019	Vibhishana Advises Propitiating the Ocean
6-020	Ravana Seeks to Win Over Sugriva
6-021	Rama's Three-Day Fast to Propitiate the Sea
6-022	Nala Builds the Bridge
6-023	The Army Crosses Over
6-024	Rama in Lanka
6-025	Shuka and Sarana Spy Again
6-026	The Chief Apes Described
6-027	More Apes and Bears Described
6-028	Shuka Points Out Rama and Lakshmana
6-029	Ravana Abuses His Spies for Praising the Enemy
6-030	Shardula Adds to His Fears
6-031	Ravana Deceives Sita
6-032	Sita Laments the Imagined Death of Rama
6-033	Sarama Tells Her It Is All a Trick
6-034	Sarama Overhears Ravana's Plans and Reports to Sita
6-035	Ravana Makes Ready for a Sortie
6-036	Ravana Rejects Malyavan's Advice
6-037	Both Sides Make the Army Dispositions



6-038	Rama Ascends the Suvela Mountain
6-039	Rama and the Monkeys See Lanka
6-040	Sugriva's Surprise Attack on Ravana
6-041	Rama Remonstrates with Sugriva. His Ultimatum to Ravana
6-042	The Assault on Lanka
6-043	Single Combats
6-044	The Fierce Night-Battle
6-045	Indrajit's Magic Weapon, the Nagastra
6-046	Rama and Lakshmana Bound by the Nagastra
6-047	Sita Shown the Bodies of the Brothers
6-048	Sita's Lament
6-049	Rama Grieves Over Lakshmana
6-050	Garuda Comes to the Rescue
6-051	Dhumraksha Ordered to Fight Hanuman
6-052	Hanuman Slays Dhumraksha
6-053	Angada Fights with Vajradamshttra
6-054	Angada Slays Vajradamshttra
6-055	Akampana Attacks Angada
6-056	Hanuman Slays Akampana
6-057	Prahasta Gives Battle to the Monkeys
6-058	Prahasta Slain by Nila
6-059	Ravana Leads the Attack
6-060	Ravana Orders His Men to Wake Up Kumbhakarna
6-061	Kumbhakarna's History
6-062	Ravana's Appeal to Kumbhakarna
6-063	Kumbhakarna Pacifies Ravana Who Is Provoked by His Reproaches
6-064	Kumbhakarna Is Rebuked by Mahodara
6-065	Kumbhakarna Rebukes Mahodara
6-066	Angada Persuades the Ape Chiefs to Fight the Giant
6-067	Kumbhakarna Slain
6-068	Ravana's Lament
6-069	His Sons Proceed to Fight—Narantaka Killed
6-070	Devantaka and Others Slain
6-071	Atikaya Slain by Lakshmana
6-072	Ravana Tightens the Security of Lanka
6-073	Indrajit Uses the Brahmastra
6-074	Hanuman Fetches the Mountain of Herbs
6-075	Ravana Orders Kumbha and Others to Attack
6-076	Kumbha and Other Rakshasas Slain
6-077	Nikumbha Slain
6-078	Khara's Son Goes Out to Fight
6-079	Makaraksha Slain by Rama
6-080	Indrajit Goes into Action Again
6-081	Indrajit Slays the Phantom Sita
6-082	Hanuman Retreats to Report to Rama
6-083	Rama's Grief at Hearing of Sita's 'Death'

राम राम राम राम राम राम

- 6-084 Vibhishana Tells Them It Is Trickery
6-085 Lakshmana to Fight Indrajit
6-086 Lakshmana Interrupts Indrajit's Black Magic
6-087 Vibhishana Rebukes Indrajit
6-088 The Fight Begins
6-089 The Duel
6-090 Vibhishana Takes Part in the Fight
6-091 Death of Indrajit
6-092 Lakshmana Healed of His Wounds
6-093 Ravana Dissuaded from Killing Sita
6-094 Rama Uses the Gandharva Astra Again
6-095 The Rakshasis' Lament
6-096 Ravana Again Goes Out to Fight
6-097 Sugriva Slays Virupaksha
6-098 Mahodara Also Slain
6-099 Angada Slays Mahaparshva
6-100 Ravana's Asura Missile Foiled
6-101 Lakshmana Pierced by Javelin
6-102 Hanuman Fetches the Medicinal Herbs Again
6-103 Indra Sends His Car to Rama
6-104 The Great Battle
6-105 Ravana Retreats
6-106 He Blames His Charioteer for Withdrawing
6-107 Hymn to the Sun
6-108 The Chariot Duel
6-109 Fight to the Death
6-110 Rama Cuts Down a Hundred Heads of Ravana
6-111 Death of Ravana
6-112 Vibhishana Laments His Brother's Death
6-113 The Rakshasis' Grief
6-114 Mandodari's Lament
6-115 Vibhishana Crowned King of Lanka
6-116 Hanuman Sent to Maithili
6-117 Sita Sees Rama
6-118 Rama Repudiates Sita
6-119 Sita, Stung to the Quick, Falls into the Fire
6-120 The Great Gods Wait Upon Rama
6-121 Fire Delivers Up Sita Safely
6-122 Mahadeva's Exhortation
6-123 Indra Revives All the Dead Vanaras
6-124 Rama Takes Leave of Vibhishana
6-125 Rama Leaves for Home
6-126 Rama Shows Sita the Principal Places on the Route
6-127 Rama Reaches Bharadwaja's Hermitage
6-128 Rama Sends Hanuman to Bharata
6-129 Bharata Questions Hanuman



6-130	The Reunion of the Brothers
6-131	The Coronation of Sri Ramachandra

Book VII — Uttara Kanda

Book-Chapter Kanda-Canto

7-001	The Sages Wait upon Rama
7-002	The Story of Ravana's Origin
7-003	The Birth of Vaishravana
7-004	Ancient History of the Rakshasas
7-005	The Birth of Malyavan and His Brothers
7-006	Narayana Resolves on Destroying the Rakshasas
7-007	Mali Slain
7-008	Malyavan Routed Retires to Patala
7-009	Sumali's Daughter Solicits Vishravas
7-010	The Brothers Practise Austerities
7-011	Sumali Instigates Ravana to Demand Lanka of Kubera
7-012	Marriage of Ravana, His Brothers and Sisters
7-013	Ravana Kills Kubera's Messenger
7-014	Ravana Invades Kailasa
7-015	Kubera Defeated by Ravana
7-016	Ravana, His Hands Caught under the Kailasa, Propitiates Shiva
7-017	Ravana is Cursed by Vedavati
7-018	Ravana's Encounter with Marutta
7-019	Many Kings Submit to Ravana
7-020	Urged On by Narada Ravana Goes to Fight Yama
7-021	Ravana Routs Yama's Forces
7-022	Brahma Saves Ravana from Yama's Death-Dealing Rod
7-023	Ravana Makes Friends with the Nivata-Kavachas

1st Interpolation

7-023A	Ravana and Bali
7-023B	The Sun-God Acknowledges Defeat
7-023C	Fight with Mandhata
7-023D	The Litany in Praise of Pashupati
7-023E	He Beholds Narayana in Patala

7-024	Surpanakha Widowed
7-025	Ravana Makes Friends with Madhu
7-026	Ravana Coerces Rambha
7-027	Sumali Slain
7-028	Indrajit Fights the Gods
7-029	Brahma Intercedes for Release of Indra
7-030	Brahma Gets Indra Released
7-031	Ravana Worships Shiva
7-032	Kartaviryarjuna Humiliates Him

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7-033	Ravana Released
7-034	Vali and Ravana
7-035	Why Hanuman Did Not Know His Own Strength
7-036	Brahma Grants Hanuman Boons
7-037	Rama's Daily Routine

2nd Interpolation

7-037A	Who Was Rksharajas?
7-037B	Ravana Asks Sanatkumara About the All-Highest
7-037C	Sanatkumara Foretells Rama's Incarnation
7-037D	Narada Concludes the Story
7-037E	Ravana's Discomfiture at Shveta-Dvipa

7-038	Rama's Friends and Allies Return Home
7-039	Apes and Bears Enjoy Themselves
7-040	The Apes and the Bears Go Home
7-041	The Pushpaka Placed at Rama's Service
7-042	Sita, Pregnant, Wishes to Visit the Hermitages
7-043	Rama Hears of the City Folk Blaming Him for Accepting Sita
7-044	Rama Summons His Brothers
7-045	Sita Exiled
7-046	Sita and Lakshmana Cross the Ganga
7-047	Lakshmana Tells Sita of Rama's Order
7-048	Sita's Charge to Lakshmana
7-049	Valmiki Takes Sita to His Hermitage
7-050	Sumantra Tells Lakshmana What Durvasas Had Foretold
7-051	Durvasas Tells Dasharatha About the Future of His Family
7-052	Lakshmana Back in Ayodhya
7-053	Rama Tells the Story of Nrga
7-054	Nrga Expiates
7-055	The Tale of Nimi and Vasishtha
7-056	How They Had to Give Up Their Bodies
7-057	How They Got Bodies Again
7-058	Yayati's Story
7-059	Puru Takes upon Himself His Father's Premature Old Age

3rd Interpolation

7-059A	A Dog Appeals to Rama for Justice
7-059B	Its Case Against the Brahmana Mendicant
7-059C	The Owl and the Vulture

7-060	Sages from the Yamuna Wait upon Rama
7-061	Shiva's Boon to Lavana
7-062	Lavana's Atrocities
7-063	Shatrugghna Ordered to Slay Lavana and Rule Madhuvana
7-064	Rama Tells Him How to Fight Lavana
7-065	Shatrugghna in Valmiki's Hermitage
7-066	The Birth of Rama's Sons

राम राम राम राम राम

7-067	Shatrughna Intercepts Lavana's Entry into His City
7-068	Shatrughna Challenges Lavana to a Duel
7-069	Lavana Slain
7-070	Shatrughna Goes to See Rama after Twelve Years
7-071	Shatrughna Listens to the Singing of Rama's Story
7-072	Shatrughna Returns after a Week
7-073	A Brahmana Child's Death
7-074	Narada Says that the Cause is Shambuka's Tapas
7-075	Rama Questions Shambuka
7-076	The Erring Shambuka Slain
7-077	Agastya Tells How He Got the Jewel
7-078	Sveta Tells of His Transgression
7-079	History of Ikshvaku's Son Danda
7-080	Danda Misbehaves with Bhargava's Daughter
7-081	How the Dandaka Came to be Cursed
7-082	Rama Returns to Ayodhya
7-083	On Bharata's Advice Rama Decides Not to Offer the Rajasuya Sacrifice
7-084	Lakshmana Recounts Vritra's History
7-085	Ashvamedha as Expiation for Brahmana-Murder
7-086	How Indra was Redeemed
7-087	Rama on the Story of Ila
7-088	Ila's Transformation
7-089	Ila and Budha
7-090	Ila Recovers His Manhood by Ashvamedha
7-091	Rama Invites Brahmanas and Kings to the Asvamedha
7-092	A Year of Feasting
7-093	Valmiki and Disciples Come to the Sacrifice
7-094	The Boys Sing the Ramayana
7-095	Sita to Swear to Her Innocence
7-096	Valmiki Testifies to Sita's Chastity
7-097	The Earth Opens and Sita Enters
7-098	Rama in His Grief Is Consoled by Brahma
7-099	The Passing of Dasharatha's Queens
7-100	Yudhajit's Message
7-101	Bharata's Sons Conquer the Country of the Gandharvas
7-102	Two Cities Established for Lakshmana's Sons
7-103	Time, the Destroyer, Waits upon Rama
7-104	Brahma Asks Rama to Come Back to Heaven
7-105	Durvasas Comes to See Rama
7-106	Lakshmana Departs for Vaikunta
7-107	All Ayodhya Wishes to Go with Rama to Heaven
7-108	Shatrughna Sent For
7-109	Rama and His People Start on the Last Journey
7-110	A New World Made for Rama's Devotees
7-111	Epilogue



Biographies



The Translator: N. Raghunathan (1893 — 1982)

Mr. N. Raghunathan was a brilliant writer, a profound scholar in English and Sanskrit, and the doyen of Indian journalism. After thirty years as Assistant Editor of The Hindu, the well-known national English daily of Madras, he retired as Chief Editorial Executive in 1957. At the age when most individuals would have retired comfortably, Mr. Raghunathan undertook the monumental task of translating both Srimad Bhagavatam and Srimad Valmiki Ramayanam from Sanskrit into English. After a decade of work and well into his eighties, and with failing health, Mr. Raghunathan devotedly completed his translation of the Ramayana shortly before passing on at age 89.

There is perennial vitality in the Ramayana, and N. Raghunathan's translation in English, faithful to the original and attuned to modern ears, should help to enliven the age-long tradition of Vedic knowledge and inspire those outside the tradition with the secret of the eternal charm of Sita and of the hero in whom goodness and greatness were uniquely combined.

The Producer/Director: Michael Sternfeld



Art inspired from the depths of consciousness has been Michael Sternfeld's life-long passion. Michael began his performing career as a professional dancer with the Chicago Moving Company, and over the next twenty years went on to produce, direct and/or perform in over four hundred theater, music, dance, video and performance art events. After returning to graduate school to earn an M.A. in Vedic Studies, he discovered the Ramayana. He went on to co-direct a full theatrical production of the Ramayana, created an educational program for students called RamQuest, and developed The Hero's Quest, an outdoor theme park based upon themes from the Ramayana. He has also produced numerous audio books, including a collection of stories from the Upanishads and several volumes of Panchatantra stories for children. His work on this production was awarded the "2004 Outstanding Project of the Year" by the National Endowment for the Humanities and Humanities Iowa. Michael continues to lecture, teach, and publish in the areas of myth and world literature.

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The Readers



Richard Ross (Volume I)

Richard Ross is an artist, singer, and actor whose work celebrates the revival of Vedic knowledge — knowledge which, when applied to the arts, illumines the link between the higher states of consciousness and artistic fulfillment. For the past twenty five years he has been a member of Purusha, a group of single men dedicated to creating enlightenment for themselves and peace and prosperity for the world.



Stephen White (Volume II)

Stephen White is a graduate of the Trinity Rep. Theatre Conservatory in Providence, Rhode Island, and the British American Acting Academy in London. He has worked as an actor, director, and stage combat fight choreographer with the Camden Shakespeare Co., the National Shakespeare Co., the Montana Shakespeare Co., Washington D.C.'s Arena Stage, Seattle's Group Theatre and many others, including three of his own theater companies in Fairfield, Iowa. Stephen, a long-time practitioner and teacher of Transcendental Meditation®, is originally from Los Angeles, where his

father was a cameraman for Cecille B. DeMille and his uncles were pioneer film producers and directors in the “Golden Age” of Hollywood.

Michael Sternfeld (Volume III)

After being the Director of Volumes I and II of this production, Michael switched to the other side of the microphone as the Reader on Volume III (see biographical notes at left).



Director (Volume III): Scott Smith

As an ardent explorer of the relationship between art and the nature of life, Scott Rodman Smith has expressed his talents in the fields of writing, visual arts, performing arts, music, and the pure spoken word. He has performed on stage and film, and during an eight -year sojourn in Hong Kong, directed the dubbing of Asian films into English. He has also voiced several ESL proficiency tapes for Oxford University Press and Macmillan Publishers Limited. A longtime practitioner of the Transcendental Meditation® program, Scott became a teacher of the program in 1975. Scott is currently flexing his creative muscles in the visual arts and working to foster

a deeper appreciation of art in society as a necessity for spiritual transformation.



Credits

With deepest gratitude to Maharishi Mahesh Yogi, who has kindled the Light of Life within us, and inspired us to experience the truth of the Veda and Vedic literature in our own hearts.

Producer/Director	Michael Sternfeld
Digital Remastering/Project Mentor	Allen Cobb
Audio Consultant	Tim Britton, Pied Piper Productions
Project Consultant	Jeffrey Hedquist, Hedquist Productions Inc.
Production Assistant	Richard Rosen
Mastering	RSRT Inc. & World Media Group
Graphic Design	Richard Ross & Allen Cobb

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In memory and honor of my mother, who inspired greatness...and to my father, who taught me the value of perseverance.

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Volumes I and II of the Ramayana were recorded at the Spiritual Center of America and Heavenly Mountain Resort in the Blue Ridge Mountains of North Carolina. Volume III was recorded at Rukmapura Park Hotel in Vedic City in Fairfield, Iowa.



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Notes:

Minor changes in the text were made to accommodate the shift between the written and spoken word. Also, the original Sanskrit 'tapas' was used often in the place of the word 'austerities'.