

**Main Chopai:** Uttarkand – Doha 129

Ram katha girija main barani | Kali-mal samani manomal harani ||  
Sansriti roge sajeevan moori | Ram katha gaavahin shruti soori ||

**Meaning:**

Girija, I have narrated the story of Shree Raam which wipes out the sins of Kaali age and removes the impurities of mind. The narrative of shree Raam is a life giving herb to cure the diseases of birth and death as declared by the Vedas and Seers.