

Viṣṇu SAHASRANAMA

Shuklā ambaradḥaram Viṣṇum

Shashi Varnam Chatur Bḥujam

Prasanna Vadanam Dhyāyēth

Sarva Viḡṇōpa Shāntaye || 1 ||

POORVA PEETIKA

Vyāsam Vasishṭa naphāram

Shakteh Poutram - akalmasham

Parāshara - ātmajam vande

Shuka thātham tapo nidḥim || 3 ||

Vyāsāya Viṣṇu rōopāya

Vyāsa rōopāya Viṣṇavē

Namō vai Brahma nidḥayē

Vāasishṭāya namō namaha || 4 ||

Avikārāya shuddhāya
Nithyāya Paramātmānē
Sadaika rōopa rōopāya
Viṣṇavē Sarva Jiṣṇnavē || 5 ||

Yasya Smarana Mātrēna
Janma Samsāra Bandhanāth
Vimuchyatē namah - tasmai (namas / tasmai)
Viṣṇavē prabha Viṣṇavē || 6 ||

Aum namō Viṣṇavē prabha Viṣṇavē

Sri Vaishampāyana uvācha

Shruthvā Dharmān - asheshēna
pāvanāni cha Sarvashaha
Yudhishtirah Shāntanavam
Punarēva - abhi - abhashata (abhya / bhashatha) || 7 ||

Yudhishtira uvācha

Kim - ēkam daivatam lokē

Kim vāpi - ēkam (vāpyē / kam) parāyanam

Stuvantah kam kam - archantah

Prāpnuyuh - mānavāh (Prapnuyur / mānavāh) shubham || 8 ||

Ko Dharmah sarva Dharmānām

bhavatah paramo mataha

Kim japan - muchyatē jantuhu

Janma samsāra bandhanāth (jantur / janma) || 9 ||

Sri Bheeshma uvācha

Jagat prabhum dēva dēvam

Anantham purushōttamam

Stuvan - nāma sahasrēna

purushaha satatōthitaha (Satatō / thitaha) || 10 ||

Tam-**ēva** cha**ā**rchayan - nityam

Bhakty**ā** Puru**ṣ**ham - avyayam

Dhya**ā**yan stuvan namasyan - cha

Yajam**ā**nah tam - **ēva** cha (Yajam**ā**nas / tam - **ēva** cha) || 11 ||

An**ā**adi nid**ḥ**anam Vi**ṣ**hnum

Sarva **l**oka mah**ē**shwaram

Loka - ad**h**yaksham Stuvan - nityam

Sarva duk**ḥ**ātigo **bh**av**ē**th || 12 ||

Brahmanyam sarva **Dh**armagnam

Lok**ā**n**ā**m K**ē**erthi Vard**ḥ**anam

Lokan**ā**tham Mahad - **bh**o**ō**tam

Sarva **Bh**o**ō**tha **bh**av**ō**db**h**avam || 13 ||

E**ṣ**ha **m**ē sarva **Dh**arm**ā**n**ā**m

Dharm**ō** - Ad**h**ikata**mō** mataha

Yat - **bh**akty**ā** Pundar**ē**ek**ā**ksham

Stavaih arch**ē**n narah (Stavair/arch**ē**n/narah) sad**ā** || 14 ||

Paramam Yō mahat - tējaha

Paramam Yō mahat - tapaha

Paramam Yō mahat - Brah̄mā (mahad/Brah̄mā)

Paramam Yah Parāyanam || 15 ||

Pavitrānām pavitram Yō

mangalānām cha mangalam

Daivatam devatānām cha

Bhōtānām yōvyayah Pitā || 16 ||

Yatah Sarvāni Bhōothāni

Bhavantyādi Yugāgame

Yasminshcha Pralayam yānthi

Punarēva yugakshayē || 17 ||

Tasya lōka Pradhānasya

Jagannāthasya Bhōopathē

Viśhnōh - nāma (Viśhnor / nama) sahasram mēy

Shrunu pāpa bhayāpaham || 18 ||

Yāni nāmāni gouṇāni

vikhyāthāni mahātmanaha

Rishibḥih Parigēethāni

thāni vakshyāmi Bḥōotayē || 19 ||

Rishirnāmnam sahasrasya

Vēdavyāsō mahāmunihi

Chāndō - anusḥtup thathā devō

Bḥagavān devakī sutah || 20 ||

Amruthāmshōodbḥavō bēejam

Shakthir - Devaki nandanaha

Thrisāmā hridayam tasya

Shāanthyarthe viniyujiyathē || 21 ||

Viṣḥnum Jiṣḥnum Mahāviṣḥnum

Prabḥa Viṣḥnum Mahēshḥvaram

Aṇeka rōopa daithya - antham

Namāmi puruṣḥothamam || 22 ||

Poorvanyasaha

Asya shrēē Viṣṇō divya

Sahasraṇāma stōtra mahā mantrasya || 1 ||

Shrēē Vēda vyāsō Bhagavān rishihi || 2 ||

Anuṣṭup cḥandaha || 3 ||

Shrēē Mahāviṣṇuh Paramāthmā

Shrēē mann - Nārāyanō Dēvathā || 4 ||

Amruthaṁśhōodbhavō Bḥanurithi bēejam || 5 ||

Devakēēnandanaha Srashtēethi Shakthihi || 6 ||

Udbḥavaha kṣḥobḥaṇō

dēva iti Paramō mantraha || 7 ||

Shankaha - Bhrin nandakēē chakrēēethi kēēlakam || 8 ||

Shārngadhanvā gadādhara ityasthram || 9 ||

Rathānga pānir akshōbhya iti nētram || 10 ||

Thrisāmā sāmagah sāmēthi kavacham || 11 ||

Ānandam ParaBrahmēti yōnihi || 12 ||

Rutuh sudarshanah kāāla
iti dhig - Bḥandaha || 13 ||

Srī viśhwarōopa iti dhyānam || 14 ||

Srēe MahāViśhnu prēetyarthē

Sahasranāma japē pārāyanē viniyōgaha || 15 ||

Dhyanam

Kṣheerō dhanvath Pradeshe

Shuchi mani vilasath saikathe Moukthikanām

Mālā klupthasanasthah Sphatika mani

nibhair Moukthikair mandithaangaha

Shubhair abhair adabhair

Upari virachitair muktha piyusha varshaihi

ānandinaha puniā dari nalina gadhā

Shankha pānir Mukundaha || 1 ||

Bhōoh Pādau Yasya nābhih - viyat (nābhir/viyad)

asuhu - anilaha (asuranilash) chandra sooryau cha nētrē

Karnāvāashāh shirō dyauh (dyaur) mukham api dahanō

Yasya vāastēyam abdhih

Antah stham Yasya विश्वam

Sura nara khagagō Bhōgi Gandharva daityaihi

chitram ram ramyatē tam

tribhuvana vapusham Vishnum ēesham namaāmi || 2 ||

Shāntha āakaram Bḥujaga shayanam

Padma nāabḥam Surēsham

Viśhwā āadharam Gagana sadrusham

Megha varnam Shubḥāngam

Lakshmi kāantham kamala nayanam

Yogir hridhyāna (Yogibḥirgyāna) gamyam

Vandē Viśhnum Bḥava Bḥaya haram

Sarva Lōkaika nātham || 3 ||

Mēgha shyāmam Peetha Kousḥeya vāsam

Shrēē vatsānkam

Kōustubḥa - udbḥāsitha - angam

(Kōuthsubḥodbḥāsithāngam)

Punyō pētham pundarēeka āyatha aksham

Viśhnum vandhē sarva lōkaika nātham || 4 ||

Namah Samasta **Bhōtānām**

Adi **Bhōtāya Bhōo Bhṛuthē**

Anēka rōopa rōopāya

Viṣṇavē prabha Viṣṇavē || 5 ||