

## **VISHNU SAHASRANAMA**

Shukla ambaradaram vishnum

Shashi varnam chatur bhujam

Prasanna vadanam dhyayet

Sarva vignopa shantaye

### **POORVA PEETIKA**

Vyasam vasishta napharam

Shakteh poutram - akalmasham

Parashara - atmajam vande

Shuka thatham tapo nidhim

Vyasaya vishnu roopaya

Vyasa roopaya vishnave

Namo vai brahma nidhaye

Vaasishtaya namo namaha

Avikaraya shuddhaya

Nithyaya paramatmane  
Sadaika roopa roopaya  
Vishnave sarva jishnnave

Yasya smarana matrena  
Janma samsara bandhanath  
Vimuchyate namah - tasmai (namas / tasmai )  
Vishnave prabha vishnave

Aum namo vishnave prabha vishnave

Sri vaishampayana uvacha

Shruthva dharman - asheshena  
Pavanani cha sarvashaha  
Yudhishtirah shantanavam  
Punareva - abhi - abhashata ( abhya / bhashatha )

Yudhishtira uvacha

Kim - ekam daivatam loke

Kim vapi - ekam ( vapye / kam ) parayanam  
Stuvantah kam kam - archantah  
Prapnuyuh - manavah ( Prapnuyur / manavah )  
shubham

Ko dharmah sarva dharmanaam  
Bhavatah paramo mataha  
Kim japan - muchyate jantuhu  
Janma samsara bandhanath ( jantur / janma )

### Sri Bheeshma uvacha

Jagat prabhum deva devam  
Anantham purushottamam  
Stuvan - nama sahasrena  
Purushaha satatothitaha ( Satato / thitaha )

Tam-eva cha<sup>ā</sup>rchayan - nityam  
Bh<sup>ḁ</sup>aktya Purusham - avyayam  
Dh<sup>ḁ</sup>y<sup>ā</sup>yan stuvan namasyan-cha

Yajamaānah tam-eva cha (Yajamaānas/tam-eva cha)

Anāadi nidhanam vishnum

Sarva loka mahēshwaram

Loka - adhyaksham Stuvan - nityam

Sarva dukhātigo Bhaveth

Brahmanyam sarva Dharmangnam

Lōkānām Kēerthi Vardhanam

Lōkanātham Mahad - Bhōotam

Sarva Bhōotha Bhavōdbhavam

Esha me sarva Dharmānām

Dharmō - Adhikataṃ mataha

Yat - Bhaktyā Pundareekāksham

Stavaih archēn narah sadā (Stavair/archēn/narah)