

## VISHNU SAHASRANAMA

Shuklā ambaradaram vishnum

Shashi varnam chatur **bhujam**

Prasanna vadanam **dhyāyet**

Sarva vignopa shāntaye || 1 ||

### POORVA PEETIKA

Vyāsam vasishta naphāram

Shakteh poutram - akalmasham

Parāshara - ātmajam vande

Shuka thātham tapo nidhim || 3 ||

Vyāsāya vishnu rōopaya

Vyāsa rōopaya vishnavē

Namō vai brahma nidhayē

Vāasishtāya namō namaha || 4 ||

Avikārāya shuddhāya

Nithyāya paramātmāne

Sadaika rōopa rōopāya

Vishnave sarva jishnnavē || 5 ||

Yasya smarana mātrena

Janma samsāra bandhanāth

Vimuchyatē namah - tasmai (namas / tasmai)

Vishnavē prabhā vishnavē || 6 ||

Aum namō vishnavē prabhā vishnavē

Sri vaishampāyana uvācha

Shruthvā dharmān - asheshena

Pavanāni cha sarvashaha

Yudhishtirah shāntanavam

Punareva - abhi - abhashata (abhya / bhashatha) || 7 ||

### Yudhishtira uvācha

Kim - ēkam daivatam lokē

Kim vāpi - ēkam (vāpyē / kam) parāyanam

Stuvantah kam kam - archantah

Prāpnuyuh - manavāh (Prapnuyur / manavāh) 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-eva cha<sup>ā</sup>rchayan - nityam

B<sup>h</sup>aktya Purusham - avyayam

D<sup>h</sup>yāyan stuvan namasyan-cha

Yajama<sup>ā</sup>nah tam-ēva cha (Yajama<sup>ā</sup>nas/tam-eva cha) || 11 ||

Ana<sup>ā</sup>di nid<sup>h</sup>anam vishnum

Sarva loka mahēshwaram

Loka - ad<sup>h</sup>yaksham Stuvan - nityam

Sarva duk<sup>h</sup>ātigo B<sup>h</sup>aveth || 12 ||

Brahmanyam sarva D<sup>h</sup>armagnam

Lōkānām Keerthi Vard<sup>h</sup>anam

Lōkanātham Mahad - B<sup>h</sup>oōtam

Sarva Bhōōtha B<sup>h</sup>avōdb<sup>h</sup>avam || 13 ||

Esha me sarva D<sup>h</sup>armānām

D<sup>h</sup>armō - Ad<sup>h</sup>ikata<sup>mō</sup> mataha

Yat - B<sup>h</sup>aktyā Pundarēekāksham

Stavaih archēn narah sadā (Stavair/archēn/narah) || 14 ||

Paramam Yō mahat - teḡaha

Paramam Yō mahat - tapaha

Paramam Yō mahat - Brahṁa (mahad/Brahṁa)

Paramam Yah Parāyanam || 15 ||

Pavitrānām pavitram Yō

mangalānām cha mangalam

Daivatam devatānām cha

bhōotanām yōvyayah Pitā || 16 ||