shree sanatkumaara uvaacha

trivikramaM teerthapaadaM smRutvaa sarvaagha naashanaM

dhyaanasnaanaM pravakShyaami sarvasatkarma sidhdhayE

khasthitaM puMdareekaakShaM maMtramoortiM hariM smarEt

anaMtaaditya saMkaashaM vaasudEvaM chaturbhujaM

shaMkha chakra gadaa padmadhaariNaM vanamaalinaM

shyaamalaM shaaMtahRudayaM divya peetaaMbaraavRutaM

divya chaMdana liptaaMgaM chaaruhaasaM shubhEkShaNaM

anEkaratnasaMchanna sphuranmakarakuMDalaM

naaradaadibhiraasEvyaM bhaasvadimalabhooShaNaM

sakiMkiNeekakEyoorahaariNaM makutOjjvalaM

dhvajavajraaMkusha lakShma paada paathOruhadvayaM

tatpaadanakhajaaM gaMgaaM nipataMteeM svamoordhani

chiMtayEdbrahmaraMdhrENa pravishaMteeM svakaaM tanuM

tayaa saMkShaalayEt sarvamaMtardEhagataM malaM

tatkShaNaadvirajO martyO jaayatE sphaatikOpamaH

idaM snaanaM paraM maMtraat sahasraadhikamuchyatE

ityuktaM maanasaM snaanaM avagaahaachchataadhikaM

iDaa bhaageerathee prOkta piMgalaa yamunaa smRutaa

tayOrmadhyE gataa naDee suShumnaakhyaa sarasvatee

j~aanahradE dhyaanajalE raagadvESha malaapahE

yaH snaati maanasE teerthE sa yaati paramaaM gatiM

naasya saMsarga dOShOpi kadachana bhaviShyati

idaM dhyaanaM paraM maMtraat sahasraguNamuttamaM

saardha trikOti teerthEShu snaanaat kOtiguNaadhikaM

yO nityamaacharEdEvaM sa vai naaraayaNaH smRutaH

yaH paTet praataruththaaya bhaktiyuktEna chEtasaa

kaalamRutyumatikramya jeevatEva na saMshayaH

apavitraH pavitrOvaa sarvaavasthaaM gatOpivaa

yaH smarEt puMDareekaakShaM tEna snaatO bhavaamyahaM || 13 ||

iti shree viShNu teertha dRuShta vaamana puraaNokta dhyaana snaana vidhiH