



## NĀRĀYAṆA-SŪKTAM



SARVAMANGALA FOUNDATION

*Translation by Āchārya Vidyābhāskar*

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SARVAMANGALA

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## VIṢṆU WITH GARUḌA

“Nārāyaṇa is the supreme light.”

*Ancient Statue, ca. 1100-1199 @ Himalayan Art Resources*

# NĀRĀYAᅇA-SŪKTAM

**Śānti-Mantra**

**Prayer for Peace**

ॐ सह नाववतु । सह नौ भुनक्तु । सहवीर्यं करवावहै ।

तेजस्वि नावधीतमस्तु । मा विद्विषावहै ॥

ॐ शान्तिः शान्तिः शान्तिः ॥

May he protect us both! May he nourish us both.

May we exert ourselves together!

May what we have studied become radiant!

May we never hate each other!

Om Peace, Peace, Peace

तैत्तिरीयारण्यकम्, प्रपाठकः - १० अनुवाकः - १३  
(१०.१३.१ १०.१३.२)

Source: Taittirīya-Āraṇyaka 10.13.1

ॐ ॥ सहस्रशीर्षं देवं विश्वाक्षं विश्वशम्भुवं ।  
विश्वं नारायणं देवमक्षरं परमं पदम् ॥

oṃ saḥ sa śrīṣaṃ de va ṃ vi śvākṣaṃ vi śvaśambhuvaṃ  
viśvaṃ nā rāyaṇaṃ de va ma kṣaraṃ para maṃ pa dam

The Thousand-Headed Luminous One, whose eye is the world, who is the source of bliss for all, who is the all, Nārāyaṇa – *he who dwells within the human* – the imperishable Luminous One, the supreme state.

विश्वतः परमान्नित्यं विश्वं नारायणं हरिम् ।  
विश्वमेवेदं पुरुषस्तद्विश्वमुपजीवति ॥

vi śvataḥ ḥ paramānṇi tyā ṃ vi śvaṃ nārāya ṇaṃ harim  
viśvame vedam puruṣa stad vi śvamupa jivati

Beyond the world, eternal, the all, Nārāyaṇa, Hari – as Puruṣa he lends life to this universe, to everything.

पतिं विश्वस्यात्मेश्वरं शाश्वतं शिवमच्युतम् ।  
नारायणं महाज्ञेयं विश्वात्मानं परायणम् ॥

pati ṃ viśvaśyā tmeśvaraṃ śāśvataṃ śi vamaçyutam  
nā rāya ṇaṃ mahājñeyaṃ vi śvātmānaṃ pa rāyaṇam

The lord of all, the lord of the Ātman, the enduring, the auspicious or śiva, the unwavering or acyuta, Nārāyaṇa, the great knowable, the

Ātman of the world, the supreme refuge.

नारायणपरो ज्योतिरात्मा नारायणः परः ।

नारायण परं ब्रह्म तत्त्वं नारायणः परः ।

नारायणपरो ध्याता ध्यानं नारायणः परः ॥

nā rāya ṇapaṛo jyō ti rā tmā nārāya ṇaḥ pāraḥ

nā rāya ṇa pāraṃ bra hma ta ttvaṃ nārāya ṇaḥ pāraḥ

nā rāya ṇapaṛo dhyā tā dhyā naṃ nārāya ṇaḥ pāraḥ

Nārāyaṇa is the supreme light, Nārāyaṇa is the supreme Ātman,

Nārāyaṇa is the supreme Brahman, the supreme Nārāyaṇa is Reality.

The supreme Nārāyaṇa is the meditator, the supreme Nārāyaṇa is the meditation.

यच्च किञ्चिज्जगत्सर्वं दृश्यते श्रूयतेऽपि वा ।

अन्तर्बहिश्च तत्सर्वं व्याप्य नारायणः स्थितः ॥

yacca kiñcijjagatsa rva ṃ dṛ śyate śrūya te'pi vā

antaṛba hiś ca tatsa rva ṃ vyā pya nārāya ṇaḥ sthī'taḥ

Whatever is seen or heard within the world,

Nārāyaṇa dwells pervading all that inside and outside.

अनन्तमव्ययं कविं समुद्रेऽन्तं विश्वशम्भुवम् ।

पद्मकोश प्रतीकाशं हृदयं चाप्यधोमुखम् ।

अधो निष्ठा वितस्यान्ते नाभ्यामुपरि तिष्ठति ॥

ananta mavyaṃ ka viṃ samu dre'ntaṃ vi śvaśāmbhuvam

pa dma ko śa pratikā śa ṃ hṛ dayaṃ cāpya dhomu'kham

adho ni ṣṭyā vi tasyā nte nā bhyāmu'pari tiṣṭhāti



Endless, unchanging, omniscient, within the ocean [of awareness], the source of bliss for all, there is the Heart, downward-facing, similar in appearance to the kernel of a lotus.

ज्वा॒ल॒मा॒लाकु॑लं भ॒ति॒ वि॒श्व॒स्या॒य॒त॒नं॒ म॒हत् ।  
स॒न्त॒तं॑ शि॒ला॒भि॒स्तु॒ल॒म्ब॒त्या॒को॒श॒स॒न्नि॒भम् ॥

javā la mā lākulaṃ bhā ti vi śvasyāyataṃ naṃ mahat  
santataṃ śī lābhiṣtu lambatyākośa sannibham

It abides twelve āṅgulas (ca. 23 cm) below the neck, above the navel. The Great Refuge of the world radiates like an array of flame-garlands.

तस्या॑न्ते॒ सु॒षि॒रँ॑ सू॒क्ष्मं॑ तस्मिन्॒ सर्वं॑ प्र॒ति॒ष्ठि॒तम् ।  
तस्य॑ म॒ध्ये॑ म॒हानं॑ग॒ग्निर्वि॒श्वार्चि॑र्वि॒श्वतो॑मुखः ॥

tasyānte' suṣi raṃ sū kṣmaṃ tasmī'n sa rvaṃ pratiṣṭhitam  
tasya madhye' ma hānaḡagnirvi śvārci'rvī śvato'mukhaḥ

Surrounded by veins, it drapes like the kernel [of a lotus]. Within that, there is a subtle pipe – within that, everything is settled.

सोऽ॒ग्र॒भु॒ग्वि॒भ॒ज॒न्ति॒ष्ट॒न्ना॒हार॑म॒जरः॒ क॒विः ।  
ति॒र्य॒गूर्ध्व॑म॒धश्शायी॑ र॒श्मय॑स्तस्य॒ स॒न्त॒ता ॥

so'gra'bhū gvibha'janti ṣṭha nnāhāramaja raḥ ka viḥ  
ti ryaḡ gū rdhvama'dhaśśā yī ra śmayastasya santatā

In its centre is a great fire, the flame of the world, all-pervading – as the foremost enjoyer, it consumes the fuel [and] distributes [it] variously [to the subtle prāṇas], the ageless, the omniscient one.

सन्तापयति स्वं देहमापादतलमस्तकः ।

तस्य मध्ये वह्निशिखा अणीयोर्ध्वा व्यवस्थितः ॥

sa ntā payāti svaṃ de hamāpā'datala mastakaḥ  
tasya madhye vahniśikhā a ṇīyo'rdhvā vya vasthi'taḥ

Horizontally, above and below its rays are spread out.  
It heats up the body from the soles of the feet up to the head.

नीलतोयदमध्यस्थाद्विद्युल्लेखेव भास्वरा ।

नीवारशूकवत्तन्वी पीता भास्वत्यणूपमा ॥

nī lato'yadāmadhya sthā dvi dyulle'kheva bhāsvarā  
nīvāra śūka'vatta nvī pī tā bhā'svatya ṇūpāmā

In its centre there is a flame of fire, extremely subtle, set upwards,  
radiating like a flash of lightning in the centre of a dark-blue cloud, as  
fine as an awn of paddy grain, golden, shining like an atom.

तस्याः शिखाया मध्ये परमात्मा व्यवस्थितः ।

स ब्रह्म स शिवः स हरिः सेन्द्रः सोऽक्षरः परमः स्वराट् ॥

tasyā'ḥ śikhāyā madhye pa ramā'tmā vya vasthi'taḥ  
sa brahma sa śiva ḥ sa hariḥ ḥ sendra ḥ so'kṣaraḥ para maḥ sva rāt

In the centre of this flame resides the supreme Ātman:  
this is Brahmā, this is Śiva, this is Hari, this is Indra,  
this is the imperishable highest Sovereign.

ऋतं सत्यं परं ब्रह्म पुरुषं कृष्णपिङ्गलम् ।

ऊर्ध्वरेतं विरूपाक्षं विश्वरूपाय वै नमो नमः ॥

r taṃ sa tyam paraṃ bra hma pu ruṣaṃ kṛṣṇa piṅga'lam  
ū rdhvare'taṃ vīrūpākṣaṃ viśvarūpāya vai namo namaḥ

Reality, Truth, the supreme Brahman, the dark-blue golden Puruṣa, whose energy [flows] upward, Virūpākṣa or Having Manifold Eyes – homage, homage to Viśvarūpa, Him of Universal Form.

विष्णुगायत्री

ॐ नारायणाय विद्महे वासुदेवाय धीमहि ।

तन्नो विष्णुः प्रचोदयात् ॥

viṣṇugāyatrī

oṃ nā rā ya ṇāya' vi dmahe' vāsudevāya' dhīmahi

tanno' viṣṇuḥ pracodayāt

Om We contemplate upon Nārāyaṇa, we meditate upon Vāsudeva – may Viṣṇu inspire us towards this!

PRAYER *to* GODDESS SARASVATĪ *to*  
INCREASE *our* INTELLIGENCE



## GODDESS SARASVATĪ, THE SANSKRIT LANGUAGE PERSONIFIED

*Ancient Nepali Painting of Goddess Sarasvatī © Himalayan Art Resources*

PRAYER to GODDESS SARASVATĪ to  
INCREASE *our* INTELLIGENCE

ॐ नमस्ते शारदे देवि काश्मीरपुरवासिनि ।  
त्वामहं प्रार्थये नित्यं विद्यादानं च देहि मे ॥

om namaste śārade devi kāśmīra-pura-vāsini |  
tvām ahaṁ prārthaye nityaṁ vidyā-dānaṁ ca dehi me ||

Om Obeisance to you, O Goddess Śāradā,  
You who are like the Full-Moon in Autumn,  
You who dwell in the Region of Kāśmīr!  
I ever beseech you: Grant me the gift of knowledge!

