

दो शब्द

अनादि काल से हमारे ऋषी मुनि हरि नाम की महिमा का गुण गान करते आये हैं

ऐसा कोई शास्त्र या ग्रन्थ नहीं है जिस में हरि नाम की महिमा का वर्णन ना हो

हिन्दु हेरिटेज सोसाइटी हर वर्ष संस्कृति दिवस मनाती है। पिछले वर्ष सोसाइटी ने महा शिव पूजा का आयोजन किया था और इस वर्ष महा विष्णु पुजा के अवसर पर यह अनमोल पुस्तिका आप की सेव में समर्पित है।

सन्त हृदय हमारे श्री पूरन लाला परिवार ने इस पुस्तिका के प्रकाशन का कार्यभार अपने उपर लिया जिस के फल स्वरूप यह दिव्य दर्शन आप तक पहुच पाया है। सोसाइटी उन की इस उदारता की सदैव आभारी रहेगी। अन्त में हम उन सभी सज्जनों के आभारी है जिन लोगों ने भी यथा शक्ति इस कार्य में सहयोग पहुचाया है।

पंडित नारायण भट्ट

गुरु पूर्णिमा २००६

गेयम् गीता नाम सहस्रम् धेयम् श्री पति रूपमजस्रम्
नेयम् सज्जन मर्गे चित्तम् देयम् दीन जनाय च वित्तम्

Sing the thousand names of The Lord, Sing the Bhagavad-Gita;
Meditate on Goddess Lakshmi, The Goddess of Wealth;
Spend the Time with Good Souls; Share your wealth with the poor.

Jagadguru Adi Sankaracharya;

Translated by: **Dr Meena Shrinivasan**

Founder Principal of **The School of Vedic Sciences, Australia, Inc**, the first Sanskrit and Vedic Sciences School in Australia. For Sanskrit language classes

**Contact Dr Meenakshi Srinivasan; drmeenak@yahoo.com.au,
04 2345 7343 or Saraswathi Sashi: sarahsashi@hotmail.com**

हरि नाम की महिमा

बाल काण्ड से ली गयी रामायण की कुछ चुनी हुयी चौपायियाँ

*EHl MAHA RAGHUPATI NAAMA UDAARAA, ATl PAAVANA PURAANA SRUTI SAARAA
MANGALA BHAVANA AMANGALA HAAREE, UMAA SAHITA JEHI JAPATA PURAAREE .1.*

Raamaayana contains the gracious name of the Lord of Raghus, which is exceedingly holy and the very cream of the Puranas and the Vedas. It is the abode of blessings and the remover of evils and is muttered by Lord Shiva,

*BANDAU NAAMA RAAMA RAGHUBARA KO, HETU KRISAANU BHAANU HIMAKARA KO.
BIDHI HARI HARAMAYA BEDA PRAANA SO, AGUNA ANUPAMA GUNA NIDHAANA SO.1.*

*MAHAMANTRA JOI JAPATA MAHESU, KAASHI MUKUTI HETU UPADESU.
MAHIMAA JAASU JAANA GANARAAJU, PRATHAMA PUJlATA NAAMA PRABHAAU. 2.*

*JAANA AADIKABI NAAMA PRATAAPU, BHAYAU SUDDHA KARI ULATAA JAAPU.
SAHASA NAAMA SAMA SUNI SIVA BAANI, JAPI JEHI PIYA SANGA BHAVAANEE. 3.*

*HARAS E HETU HERI HARA HlKO, KIYA BHUSHANA TIYA BHUSHANA TlKO.
NAAMA PRABHAAU JAANA SIVA NlKO, KAALAKUTA PHALU DINHA AMI KO. 4.*

Seed-letters representing the fire-god, the sun-god and the moon-god (viz., Ra, and Ma respectively). It is the same as Brahm (the creative aspect of God), Vishnu (His preservative aspect) and Shiva (His disintegrating aspect) and the vital breath of the Vedas; It is attributeless, peerless and a mine of virtues. It is the great spell which Lord Mahesha mutters and which, when imparted by Him at Kashi (the modern Vaaranasi) leads to emancipation. Its glory is known to Lord Ganesha, who is worshipped before all others as a concession to the Name. The oldest poet (Valmiki) is acquainted with the glory of the Name, in as much as he attained to purity by repeating it (the name) in the reverse order. Hearing the verdict of Lord Shiva that the name is as good as a thousand other names of God, Goddess Bhavaani (Parvati) dined with Her consort after uttering It only once. Noticing such partiality of Her heart for the Name, Hara (Lord Shiva) made that lady, who was the ornament of Her sex, the ornament of His own person (i.e., made Her a part of His own being by assigning to Her the left half of His body). Shiva knows full well the power of the Name, due to which deadly poison served the purpose of nectar to Him. (1.4)

*AKHARA MADHURA MANOHARA DOU, BARANA BILOCHANA JANA JIYA JOU.
SUMIRATA SULABHA SUKHADA SABA KAAHU, LOKA LAAHU PARALOKA NIBAAHU. 1.*

*KAHATA SUNATA SUMIRATA SUCHI NlKE, RAAMA LAKHANA SAMA PRIYA TULASI KE.
BARANATA BARANA PRITI BILAGAATI, BRAHMA JIVA SAMA SAHAJA SAMAAGHEE . 2.*

*NARA NAARAAAYANA SARISA SUBHRAATAA, JAGA PAALAKA BISESHI JANA TRAATAA.
BHAGATI SUTIYA KALA KARANA BIBHUSHANA, JAGA HITA HETU BIMALA BIDHU PUSHANA. 3.*

SWAADA TOSHA SAMA SUGATI SUDHAA KE, KAMATHA SESA SAMA DHARA BASUDHAA KE.

JANA MANA MANJU KANJA MADHUKARA SE, JIHA JASOMATI HARI HALADHARA SE.4.

Both the letter-sounds are sweet and attractive; they are the two eyes, as it were, of the Alphabet and the very life of the devotee. Easy to remember and delightful to one and all, they bring gain here and provide sustenance hereafter. They are most delightful to utter, hear and remember and are dear as Rama and Lakshmana to Tulassidasa. When treated separately, the two letters lose their harmony (i.e., are differently pronounced, bear diverse meaning in the form of seed-letters and as such yield different results); whereas they are naturally allied even as Brahma (the Cosmic Spirit) and Jiva (the individual soul) Good brothers like the divine sages Nara and Narayana, they are sustainers of the universe and redeemers of the devotee in particular.

They are beautiful ornaments for the ears of the fair damsel in the form of Bhakti (Devotion) and stand as the spotless sun and moon for the good of the world. They are like the taste and the gratifying quality of nectar in the form of emancipation, and are supporters of the globe like the divine Tortoise and the serpent-god Shesha. Again, they are like bees for the beautiful lotus in the shape of the devotees mind and are the very like of Hari and Haladhara (Balarama, who wielded a plough as a weapon) for Yashoda (Their fostermother, the wife of Nanda) in the shape of the tongue. (1.4)

*SAMUJHATA SARISA NAAMA ARU NAAMI, PREETI PARASAPARA PRABHU ANUGAAMI.
NAAMA RUPA DUI ISHA UPADHI, AKATHA ANAADI SUSAMUJHI SAADHI. 1.*

*KO BARA CHOTA KAHATA APARAADHU, SUNI GUNA BHEDU SAMUJHIHAHI SAADHU.
DEKHIAHI RUPA NAAMA ADHINAA, RUPA GYAANA NAHI NAAMA BIHINAA. 2.*

*RUPA BISESHA NAAMA BINU JAANE, KARATALA GATA NA PARAHIO PAHICHANE.
SUMIRIA NAAMA RUPA BINU DEKHE, AAVATA HRIDAYA SANEHA BISESHE. 3.*

*NAMA RUPA GATI AKATHA KAHAANI, SAMUJHATA SUKHADA NA PARATI BAKHAANI.
AGUNA SAGUNA BICHA NAAMA SUSAAKHI, UBHAYA PRABODHAKA CHATURA DUBHAASHI 4.*

The name and the object named, though similar in significance, are allied as master and servant one to the other. (That is to say, even though there is complete identity between God and His name, the former closely follows the latter even as a servant follows his master. The Lord appears in person at the very mention of His Name). Name and form are the two attributes of God; both of them are ineffable and beginningless and can be rightly understood only by means of good intelligence.

It is presumptuous on one's part to declare as to which is superior or inferior. Hearing the distinctive merits of both, pious souls will judge for themselves. Forms are found to be subordinate to the name; without the name you cannot come to the knowledge of a form. Typical forms cannot be identified, even if they be in your hand, without knowing their name. And if the name is remembered even without seeing the form, the latter flashes on the mind with a special liking for it. The mystery of name and form is a tale which cannot be told; though delightful to comprehend, it cannot be described in words. Between the unqualified Absolute and qualified Divinity, the Name is a good intermediary; it is a clever interpreter revealing the truth of both. (1.4)

*DOHA: RAMA NAMA MANIDEEPA DHARU JIHA DEHARI; DVAARA,
TULASI BHITARA BAHERAHU, JAU CHAAHASI UJIYARA. 21.*

Install the luminous gem in the shape of the divine name Rama on the threshold vowel is placed above that letter in the shape of a curved line, while the nasal consonant when preceded by any other letter, is changed into a dot (technically known by the name of Anusvara) when placed on the top of that letter, The curved line standing for the letter has been poetically compared in the above Doha to an umbrella and the dot substituted for likened to a crest-jewel, both of which enjoy an exalted position and are emblems of the royal state. In this way they are recognized as superior to all other letters of the Alphabet.

*NAAMA JEEHA JAPI JAGAH JOGI, BIRATI BIRANCHI PRAPANCHA BIYOGI.
BRAHMA SUKHAHI ANUBHAVAHU ANUPAA, AKATHA ANAAMAYA NAAMA NA RUPAA. 1.*

*JAANAA CHAHAHI GURA GATI JEU, NAAMA JIHA JAPI JAANAHI TEU.
SAADHAKA NAAMA JAPAHI LAYA LAAYE, HOHI SIDDHA ANIMAADIKI PAAYE. 2.*

*JAPAHI NAMU JANA AARATA BAARI, MITAHI KUSANKATA HOHI SUKHARI
RAAMA BHAGATA JAGA CHAARI PRAKAARAA, SUKRITI CHARIU ANAGHA UDAARAA. 3.*

*CHAHU CHATURA KAHU NAAMA ADHAARAA, GYAANI PRABHUHI BISESHI PIYAARAA
CAHU JUGA CAHU SRUTI NAAMA PRABHAAU, KALI BISESHI NAHI AANA UPAAU. 4.*

Yogis (mystics) who are full of dispassion and are wholly detached from Gods creation keep awake (in the daylight of wisdom) muttering the Name with their tongue and enjoy the felicity of Brahma (the Absolute), which is incomparable, unspeakable, unmixed with sorrow and devoid of name and form. Even those (seekers of Truth) who aspire to know the mysterious ways of Providence are able to comprehend them by muttering the Name. Strivers (hankering after worldly achievements) repeat the Name, absorbed in contemplation, and become accomplished, acquiring superhuman powers such as that of becoming infinitely small in size.

If devotees in distress mutter the Name, their worst calamities of the gravest type disappear and they become happy. In this world there are four kinds of devotees of shri Rama; all the four of them are virtuous, sinless and noble. All the four, clever as they are, rely upon the Name. Of these the enlightened devotee is specially dear to the Lord. The glory of the Name is supreme in all the four Yugas and all the four Vedas, particularly in the Kali age, in which there is no other means of salvation. (1.4)

Even those who are free from all desires and absorbed in the joy of devotion to Rama have thrown their heart as fish into the nectarine lake of supreme affection for the Name. (22)

There are two aspects of God. the one unqualified and the other qualified. Both these aspects are unspeakable, unfathomable, without beginning and without parallel. To my mind, greater than both is the Name, that has established Its rule over both by Its might. Friends should not take this as a bold assertion on the part of this servant; I record my mind.s own conviction, partiality and liking. The two aspects of Brahma (God) should be

recognized as akin to fire: the one (viz., the Absolute) represents fire which is latent in wood; while the other (qualified Divinity) corresponds to that which is externally visible. Though both are inaccessible by themselves, they are easily attainable through the Name; therefore I have called the Name greater than Brahma and shri Rama both. Brahma (God) is one, all-pervading and imperishable; He is all truth, consciousness and a compact mass of joy. Even though such immutable Lord is present in every heart, all beings in this world are nonetheless miserable and unhappy. Through the practice of the Name preceded by Its true appraisal, however, the same Brahma reveals Itself even as the value of a jewel is revealed by its correct knowledge. (1.4)

As is well-known to all, shri Rama extended His protection to two devotees only, viz., Sugriva and Vibhishan His Name, on the other hand, has showered Its grace on numerous humble souls. This superb glory of the Name shines forth in the world as well as in the Vedas. Shri Rama collected an army of bears and monkeys and took no little pains over the construction of a bridge (to connect the mainland with the island of Lanka. Through the repetition of His Name, however, the ocean of mundane existence itself gets dried up: let the wise bear this in mind. Shri Rama killed in battle Ravan with all his family and returned to His own city with Sita. He was then crowned king in the capital of Ayodhya., while gods and sages sung His glories in choicest phrases. His servants are, however, able to conquer the formidable army of error by fondly remembering His Name and, absorbed in devotion, move about in joy which is peculiarly their own; by the grace of the Name they know not sorrow even in dream. (1.4)

The Name is thus greater than Brahma and shri Rama both and confers blessings even on the bestowers of boons. Knowing this in His heart, the great Lord Shiva chose this word (Rama) for Himself out of shri Ramas story comprising 100 crore verses. (25)

By the grace of the Name alone Lord Shambhu (Shiva) is immortal and, though endowed with inauspicious paraphernalia (such as a wreath of skulls), is yet a storehouse of blessings. Again, it is by the grace of the Name alone that Siddhas (adepts), sages and Yogs like shuka, Sanaka and others enjoy divine raptures, Narada realized the glory of the Name; that is why, while shri Hari is beloved of the world (and Hara is dear to shri Hari), he (Narada) is dear to Hari and Hara (Vishnu and shiva) both.

It was because of his repeating the Name that the Lord showered His grace on Prahlada, who thereby became the crest-jewel of devotees. Dhruva repeated the name of shri Hari with a feeling of indignation (at the harsh treatment received from his step-mother) and thereby attained a fixed and incomparable station in the heavens. It is by remembering the holy Name that Hanum.n (son of the wind-god) holds shri Rama under His thumb. The vile Ajamila and even the celebrated elephant and the harlot of the legend were liberated by the power of shri Haris name. I have no words to depict the glory of the Name: not even Rama can adequately glorify it. (1.4)

The name of Rama is a wish-yielding tree, the very home of beatitude in this age of Kali, by remembering which Tulasidasa (the poet himself) was transformed from an intoxicating drug like the hemp-plant into the holy basil. (26)

To use another metaphor) the Name of Rama is, as it were, the Lord manifested as a man-lion and the age of Kali; the demon Hiranyakashipu. Crushing this enemy of gods, the Name will protect the devotees repeating It, even as the Man-lion protected Prahlada. (27)

The Name repeated either with good or evil intentions, in an angry mood or even while yawning, diffuses joy in all the ten directions. Remembering that Name and bowing my head to the Lord of Raghus, I proceed to recount the virtues of shri Rama. He whose grace is never tired of showing its good-will to others will mend my errors in every way. Rama a noble Lord, and a poor servant like myself! Yet, true to His own disposition, that storehouse of compassion has fostered me.

In the world as well as in the Vedas we observe the following characteristic in a good master, viz., that he comes to recognize one's devotion to him as soon as he hears one's prayer. Rich or poor, rustic or urban, learned or unlettered, of good repute or bad, a good poet or a bad one, all men and women extol the king according to his or her light. And the pious, sensible, amiable and supremely compassionate ruler, who takes his descent from a ray of God, greets all with sweet words hearing their compliments and appraising their composition, devotion, supplication and conduct. Such is the way of earthly monarchs, to say nothing of the Lord of Kosala (shri Rama), who is the crest-jewel

The benevolent Rama will nonetheless respect the devotion and pleasure of this wicked servant. shri Rama, who made barks out of rocks and wise counsellors out of monkeys and bears. Everybody calls me a servant of the Lord and I myself claim to be one; and shri Rama puts up with the scoffing remark that a master like Sita's Lord has a servant like Tulasidasa. (28 A-B)

My presumption and error are indeed very great and, hearing the tale of my sins, even hell has turned up its nose at them. I shudder to think of it due to my assumed fears; while shri Rama took no notice of them even in a dream. The Lord, on the other hand, applauded my devotion and spirit on hearing of, perceiving and scanning them with the mind's eye. If there is anything good in one's heart, it is marred by the telling; for shri Rama is pleased to note what is there in the devotee's mind. The Lord never cherishes in His mind the lapse, if any, on part of a devotee; while He remembers the latter's spirit a hundred times. For instance, the very crime of which He had killed Vali (the monkeyking of Kiskindha) even as a huntsman was repeated in the misdemeanour perpetrated.

Please visit <http://www.astrojyoti.com/ramacharitamanasindex.htm>
To read full version of Ram Charitra Manas in Hindi and English.

Vishnu sahasranama

The Vishnu Sahasranāma (literally: "Vishnu of the thousand names") is a list of 1,000 names for Vishnu, one of the main forms of God in Hinduism and the only Ultimate Reality for Vaishnavites (followers of Vishnu). More particularly, the Vishnu sahasranāma is one of the most sacred and chanted stotras in Hinduism. It is recited, often with a preface, as a prayer by many Vaishnavites.

As described in the 149th chapter of *Anushāsana*parva in the epic Mahabharata, the names were handed down to Yudhisthira by grand sire Bheeshma, who was on his death bed at the battle of Kurukshetra. Yudhisthira asks Bhishma the following questions:

1. In this universe who is the one Lord of all? (i.e., at whose command all beings function or who is God of all?)
2. What is that one supreme status which one should seek to attain?
3. Who is the one Divinity by praising and by worshiping whom a man attains God?
4. Which according to you is that highest form of Dharma (capable of bestowing salvation and prosperity on man)?
5. What is that by uttering or reciting which any living being can attain freedom from cycle of births and deaths?

Bhishma answers by stating that mankind will be free from all sorrows by chanting the Vishnu Sahasranāma which are the thousand names of the one All-Pervading Supreme Being who is master of all the worlds, supreme over the Devas and who is Brahman. The reference from which this citation is taken and adapted is shown below.

There are Sahasranāma for major forms of God (Vishnu, Shiva, Shakti, and others), but Vishnu Sahasranāma is most popular among common people, especially householders. The others are recited mostly in temples or by renunciants who pray to Vishnu as the Supreme God with personal attributes. However, the term "sahasranāma", by itself, generally refers to Vishnu sahasranāma. Vishnu sahasranāma has been the subject of numerous commentaries. The most popular ones are those of Adi Shankaracharya who wrote a definitive commentary on the Sahasranāma in the 8th century and Parasara Bhattar, a follower of Ramanuja.

Benefits of chanting Vishnu Sahastranama

The following lines are from the Mahabharata and are quoted portions from the text. Believers believe that regular chanting of the hymn can accrue benefits. On avoiding evil, succeeding in battle and gaining affluence, pleasure, happiness, and offspring:

Bhisma said, "Even thus have I recited to thee, without any exception, the thousand excellent names of the high-souled Kesava whose glory should always be sung. *That man who hears the names every day or who recites them every day, never meets with any evil either here or hereafter.* If a Brahmana does this he succeeds in mastering the Vedanta; if a Kshatriya does it, he becomes always successful in battle. A Vaisya, by doing it, becomes possessed of affluence, while a Sudra earns great happiness."

If one becomes desirous of earning the merit of righteousness, one succeeds in earning it (by hearing or reciting these names). If it is wealth that one desires, one succeeds in earning wealth (by acting in this way). *So also the man who wishes for enjoyment of the senses succeeds in enjoying all kinds of pleasures, and the man desirous of offspring acquires offspring (by pursuing this course of conduct)."*

On acquiring fame, prosperity, prowess, energy, strength, beauty, removing fear, avoiding calamity, and being cured of disease:

"That man who with devotion and perseverance and heart wholly turned towards him, recites these thousand names of Vasudeva every day, after having purified himself, succeeds in acquiring great fame, a position of eminence among his kinsmen, enduring prosperity, and lastly, that which is of the highest benefit to him (viz., emancipation itself). Such a man never meets with fear at any time, and acquires great prowess and energy. Disease never afflicts him; splendour of complexion, strength, beauty, and accomplishments become his. The sick become hale, the afflicted become freed from their afflictions; the affrighted become freed from fear, and he that is plunged in calamity becomes freed from calamity."

The man who hymns the praises of that foremost of Beings by reciting His thousand names with devotion succeeds in quickly crossing all difficulties. That mortal who takes refuge in Vasudeva and who becomes devoted to Him, becomes freed of all sins and attains to eternal Brahman. They who are devoted to Vasudeva have never to encounter any evil. They become freed from the fear of birth, death, decrepitude, and disease."

On acquiring righteousness and intelligence, and avoiding the sins of evil:

"That man who with devotion and faith recites this hymn (consisting of the thousand names of Vasudeva) succeeds in acquiring felicity of soul, forgiveness of disposition, Prosperity, intelligence, memory, and fame. Neither wrath, nor jealousy, nor cupidity, nor evil understanding ever appears in those men of righteousness who are devoted to that foremost of beings. The firmament with the sun, moon and stars, the welkin, the points of the compass, the earth and the ocean, are all held and supported by the prowess of the high-souled Vasudeva. The whole mobile and immobile universe with the deities, Asuras, and Gandharvas, Yakshas, Uragas and Rakshasas, is under the sway of Krishna."

On the origins of the soul, the source of righteous behaviour, and the basis of all knowledge and existence:

"The senses, mind, understanding, life, energy, strength and memory, it has been said, have Vasudeva for their soul. Indeed, this body that is called Kshetra, and the intelligent soul within, that is called the knower of Kshetra, also have Vasudeva for their soul. Conduct (consisting of practices) is said to be the foremost of all topics treated of in the scriptures. Righteousness has conduct for its basis. The unfading Vasudeva is said to be the Lord of righteousness. The Rishis, the Pitris, the deities, the great (primal) elements, the metals, indeed, the entire mobile and immobile universe, has sprung from Narayana. Yoga, the Sankhya Philosophy, knowledge, all mechanical arts, the Vedas, the diverse scriptures, and all learning, have sprung from Janardana. Vishnu is the one great element or substance which has spread itself out into multifarious forms. Covering the three worlds, He the soul of all things, enjoys them all."

His glory knows no diminution, and He it is that is the Enjoyer of the universe (as its Supreme Lord). This hymn in praise of the illustrious Vishnu composed by Vyasa, should be recited by that person who wishes to acquire happiness and that which is the highest benefit (viz., emancipation). Those persons that worship and adore the Lord of the universe, that deity who is inborn and possessed of blazing effulgence, who is the origin or cause of the universe, who knows on deterioration, and who is endued with eyes that are as large and beautiful as the petals of the lotus, have never to meet with any discomfiture." Bhisma's quote cited from Ganguli translation of Vishnu Sahasranama (public domain)

The source of this article:

http://www.psychcentral.com/psypsych/Vishnu_sahasranama

More information available on site below:

http://www.mypurohith.com/Rituals/VISHNU_SAHASRANAAM.asp

Sahastra naamaavali

1000 divine names of Lord Vishnu

1. OM VISHVASMAI NAMAH
2. OM VISHNAVE NAMAH
3. OM VASHATKAARAAYA NAMAH
4. **OM BHOOTA BHAVYABHAVAT PRABHAVE NAMAH**
5. OM BHOOTAKRITE NAMAH
6. OM BHOOTABHRITE NAMAH
7. OM BHAAVAAYA NAMAH
8. OM BHOOTAATMANE NAMAH
9. OM BHOOTA BHAAVANAAYA NAMAH
10. OM POOTAATMANE NAMAH
11. OM PARAMAATMANE NAMAH
12. OM MUKTAANAAM PARAMAGATAYE NAMAH
13. OM AVYAYAAYA NAMAH
14. OM PURUSHAAYA NAMAH
15. OM SAAKSHINE NAMAH
16. OM KSHETRAGYAAYA NAMAH
17. OM AKSHARAAYA NAMAH
18. OM YOGAAYA NAMAH
19. OM YOGAVIDAAM NETRE NAMAH
20. OM PRADHAANA PURUSHESHVARAAYA NAMAH
21. OM NAARASIMHA VAPUSHE NAMAH
22. OM SHREEMATE NAMAH
23. OM KESHAVAAYA NAMAH
24. OM PURUSHOTTAMAAYA NAMAH
25. OM SARVAAYA NAMAH
26. OM SHARVAAYA NAMAH
27. OM SHIVAAYA NAMAH
28. OM STHAANAVE NAMAH
29. OM BHOOTAADAYE NAMAH
30. OM NIDHAYE AVYAYAAYA NAMAH
31. OM SAMBHAVAAYA NAMAH
32. OM BHAAVANAAYA NAMAH
33. OM BHARTRE NAMAH
34. OM PRABHAVAAYA NAMAH
35. OM PRABHAVE NAMAH
36. OM ISHVARAAYA NAMAH
37. OM SVAYAMBHUVI NAMAH
38. OM SHAMBHAVE NAMAH
39. OM AADITYAAYA NAMAH
40. OM PUSHKARAAKSHAAYA NAMAH
41. OM MAHAASVANAAYA NAMAH
42. OM ANAADINIDHANAAYA NAMAH
43. OM DHAATRE NAMAH
44. OM VIDHAATRE NAMAH
45. OM DHAATURUTTAMAAYA NAMAH
46. OM APRAMEYAAYA NAMAH
47. OM HRISHEEKESHAAYA NAMAH
48. OM PADMANAABHAAYA NAMAH
49. OM AMARAPRABHAVE NAMAH
50. OM VISHVAKARMANE NAMAH
51. OM MANAVE NAMAH
52. OM TVASHTRE NAMAH
53. OM STHAVISHTHAAYA NAMAH
54. OM STHAVIRA DHRUVAAYA NAMAH
55. OM AGRAHYAAYA NAMAH
56. OM SHAASHVATAAYA NAMAH
57. OM KRISHNAAYA NAMAH
58. OM LOHITAAKSHAAYA NAMAH
59. OM PRATARDANAAYA NAMAH
60. OM PRABHOOTAAYA NAMAH
61. OM TRIKAKUBDHAAMNE NAMAH
62. OM PAVITRAAYA NAMAH
63. OM MANGALAAYA PARASMAI NAMAH
64. OM ISHAANAAYA NAMAH
65. OM PRAANADAAYA NAMAH
66. OM PRAANAAYA NAMAH
67. OM JYESHTHAAYA NAMAH
68. OM SHRESHTHAAYA NAMAH
69. OM PRAJAAPATAYE NAMAH

70. OM HIRANYA GARBHAAYA NAMAH
71. OM BHOO GARBHAAYA NAMAH
72. OM MAADHAVAAYA NAMAH
73. OM MADHUSOODANAAYA NAMAH
74. OM ISHVARAAYA NAMAH
75. OM VIKRAMINE NAMAH
76. OM DHANVINE NAMAH
77. OM MEDHAAVINE NAMAH
78. OM VIKRAMAAYA NAMAH
79. OM KRAMAAYA NAMAH
80. OM ANUTTAMAAYA NAMAH
81. OM DURAADHARSHAAYA NAMAH
82. OM KRITAGYAAYA NAMAH
83. OM KRITAYE NAMAH
84. OM AATMAVATE NAMAH
85. OM SURESHAAYA NAMAH
86. OM SHARANAAYA NAMAH
87. OM SHARMANE NAMAH
88. OM VISHVARETASE NAMAH
89. OM PRAJAABHAVAAYA NAMAH
90. OM ANHE NAMAH
91. OM SAMVATSARAAYA NAMAH
92. OM VYAALAAYA NAMAH
93. OM PRATYAYAAYA NAMAH
94. OM SARVADARSHANAAYA NAMAH
95. OM AJAAYA NAMAH
96. OM SARVESHVARAAYA NAMAH
97. OM SIDDHAAYA NAMAH
98. OM SIDDHAYE NAMAH
99. OM SARVAADAYE NAMAH
100. OM ACHYUTAAYA NAMAH
101. OM VRISHAAKAPAYE NAMAH
102. OM AMEYAATMANE NAMAH
103. OM SARVAYOGA VINIHSRITAAYA NAMAH
104. OM VASAVE NAMAH
105. OM VASUMANASE NAMAH
106. OM SATYAAYA NAMAH
107. OM SAMAATMANE NAMAH
108. OM SAMMITAAYA NAMAH
109. OM SAMAAYA NAMAH
110. OM AMOGHAAYA NAMAH
111. OM PUNDARIKAAKSHAAYA NAMAH
112. OM VRISHAKARMANE NAMAH
113. OM VRISHAAKRITAYE NAMAH
114. OM RUDRAAYA NAMAH
115. OM BAHUSHIRASE NAMAH
116. OM BABHRAVE NAMAH
117. OM VISHVAYONAYE NAMAH
118. OM SHUCHISHRAVASE NAMAH
119. OM AMRITAAYA NAMAH
120. OM SHAASHVATASTHAANAVE NAMAH
121. OM VARAAROHAAAYA NAMAH
122. OM MAHAATAPASE NAMAH
123. OM SARVAGAAYA NAMAH
124. OM SARVAVIDBHAANAVE NAMAH
125. OM VISHVAKSENAAYA NAMAH
126. OM JANAARDANAAYA NAMAH
127. OM VEDAAYA NAMAH
128. OM VEDAVIDE NAMAH
129. OM AVYANGAAYA NAMAH
130. OM VEDAANGAAYA NAMAH
131. OM VEDAVIDE NAMAH
132. OM KAVAYE NAMAH
133. OM LOKAADHYAKSHAAYA NAMAH
134. OM SURAADHYAKSHAAYA NAMAH
135. OM DHARMAADHYAKSHAAYA NAMAH
136. OM KRITAAKRITAAYA NAMAH
137. OM CHATURAATMANE NAMAH
138. OM CHATURVYUHAAYA NAMAH
139. OM CHATURDRASHTRAAYA NAMAH
140. OM CHATURBHUJAAYA NAMAH
141. OM BHRAAJISHNAVE NAMAH
142. OM BHOJANAAYA NAMAH
143. OM BHOKTRE NAMAH
144. OM SAHISHNAVE NAMAH
145. OM JAGADAADIJAAYA NAMAH
146. OM ANAGHAAYA NAMAH
147. OM VIJAYAAYA NAMAH
148. OM JETRE NAMAH

149. OM VISHVAYONAYE NAMAH
150. OM PUNARVASAVE NAMAH
151. OM UPENDRAAYA NAMAH
152. OM VAAMANAAYA NAMAH
153. OM PRAANSHAVE NAMAH
154. OM AMOGHAAYA NAMAH
155. OM SHUCHAYE NAMAH
156. OM URJITAAYA NAMAH
157. OM ATINDRAAYA NAMAH
158. OM SANGRAHAAYA NAMAH
159. OM SARGAAYA NAMAH
160. OM DHRITAATMANE NAMAH
161. OM NIYAMAAYA NAMAH
162. OM YAMAAYA NAMAH
163. OM VEDYAAYA NAMAH
164. OM VAIDYAAYA NAMAH
165. OM SADAAYOGINE NAMAH
166. OM VIRAGHNE NAMAH
167. OM MAADHAVAAYA NAMAH
168. OM MADHAVE NAMAH
169. OM ATINDRIYAAYA NAMAH
170. OM MAHAAMAAYAAYA NAMAH
171. OM MAHOTSAAHAAYA NAMAH
172. OM MAHAABALAAYA NAMAH
173. OM MAHAABUDDHAYE NAMAH
174. OM MAHAAVIRYAAYA NAMAH
175. OM MAHAASHAKTAYE NAMAH
176. OM MAHAADYUTAYE NAMAH
177. OM ANIRDESHYAVAPUSHHE NAMAH
178. OM SHRIMATE NAMAH
179. OM AMEYATMANE NAMAH
180. OM MAHAADRIDHRISHE NAMAH
181. OM MAHESHVAASAAYA NAMAH
182. OM MAHIBHARTRE NAMAH
183. OM SHRINIVAASAAYA NAMAH
184. OM SATAAMGATAYE NAMAH
185. OM ANIRUDDHAAYA NAMAH
186. OM SURAAANANDAAYA NAMAH
187. OM GOVINDAAYA NAMAH
188. OM GOVIDAAMPATAYE NAMAH

189. OM MARICHAYE NAMAH
190. OM DAMANAAYA NAMAH
191. OM HANSAAYA NAMAH
192. OM SUPARNAAYA NAMAH
193. OM BHUJAGOTTAMAAYA NAMAH
194. OM HIRANYANAABHAAYA NAMAH
195. OM SUTAPASE NAMAH
196. OM PADMANAABHAAYA NAMAH
197. OM PRAJAAPATAYE NAMAH
198. OM AMRITYAVE NAMAH
199. OM SARVADRISHE NAMAH
200. OM SINHAAYA NAMAH
201. OM SANDHAADTE NAMAH
202. OM SANDHIMATE NAMAH
203. OM STHIRAAYA NAMAH
204. OM AJAAYA NAMAH
205. OM DURMARSHANAAYA NAMAH
206. OM SHAASTRE NAMAH
207. OM VISHRUTAATMANE NAMAH
208. OM SURAAARIGHNE NAMAH
209. OM GURUVE NAMAH
210. OM GURUTAMAAYA NAMAH
211. OM DHAAMNE NAMAH
212. OM SATYAAYA NAMAH
213. OM SATYAPARAAKRAMAAYA NAMAH
214. OM NIMISHAAYA NAMAH
215. OM ANIMISHAAYA NAMAH
216. OM SRAGVINE NAMAH
217. OM VAACHASPATI RUDAARADHIYE
NAMAH
218. OM AGRANYE NAMAH
219. OM GRAAMANYE NAMAH
220. OM SHRIMATE NAMAH
221. OM NYAAYAAYA NAMAH
222. OM NETRE NAMAH
223. OM SAMIRANAAYA NAMAH
224. OM SAHASRAMOORDHNE NAMAH
225. OM VISHVAATMANE NAMAH
226. OM SAHASRAAKSHAAYA NAMAH
227. OM SAHASRA PADE NAMAH

228. OM AAVARTANAAYA NAMAH
229. OM NIVRITTAATMANE NAMAH
230. OM SANVRITTAAYA NAMAH
231. OM SAMPRAMARDANAAYA NAMAH
232. OM AHAHSANVARTAKAAYA NAMAH
233. OM VANHAYE NAMAH
234. OM ANILAAYA NAMAH
235. OM DHARANIDHARAAYA NAMAH
236. OM SUPRASAADAAYA NAMAH
237. OM PRASANNAATMANE NAMAH
238. OM VISHVADHRISHE NAMAH
239. OM VISHVABHUJE NAMAH
240. OM VIBHAVE NAMAH
241. OM SATKARTRE NAMAH
242. OM SATKRITAAYA NAMAH
243. OM SAADHAVE NAMAH
244. OM JANHAVE NAMAH
245. OM NAARAAYANAAYA NAMAH
246. OM NARAAYA NAMAH
247. OM ASANKHYEYAAYA NAMAH
248. OM APRAMEYAATMANE NAMAH
249. OM VISHISHTAAYA NAMAH
250. OM SHISHTAKRITE NAMAH
251. OM SHUCHAYE NAMAH
252. OM SIDDHAARTHAAYA NAMAH
253. OM SIDDHASANKALPAAYA NAMAH
254. OM SIDDHIDAAYA NAMAH
255. OM SIDDHISAADHAAYA NAMAH
256. OM VRISHAAHINE NAMAH
257. OM VRISHABHAAYA NAMAH
258. OM VISHNAVE NAMAH
259. OM VRISHAPARVANE NAMAH
260. OM VRISHODARAAYA NAMAH
261. OM VARDHANAAYA NAMAH
262. OM VARDHAMAANAAYA NAMAH
263. OM VIVIKTAAYA NAMAH
264. OM SHRUTISAAGARAAYA NAMAH
265. OM SUBHUJAAYA NAMAH
266. OM DURDHARAAYA NAMAH
267. OM VAAGMINE NAMAH
268. OM MAHENDRAAYA NAMAH
269. OM VASUDAAYA NAMAH
270. OM VASAVE NAMAH
271. OM NAIKAROOPAAYA NAMAH
272. OM BRIHADHRUUPAAYA NAMAH
273. OM SHIPIVISHHTAAYA NAMAH
274. OM PRAKAASHANAAYA NAMAH
275. OM OJASTEJODYUTIDHARAAYA NAMAH
276. OM PRAKAASHAATMANE NAMAH
277. OM PRATAAPANAAYA NAMAH
278. OM RIDDHAAYA NAMAH
279. OM SPASHTAAKSHARAAYA NAMAH
280. OM MANTRAAYA NAMAH
281. OM CHANDRAANSHAVE NAMAH
282. OM BHAASKARADYUTAYE NAMAH
283. OM AMRITAANSHOODBHAVAAYA NAMAH
284. OM BHAANAVE NAMAH
285. OM SHASHABINDAVE NAMAH
286. OM SURESHVARAAYA NAMAH
287. OM AUDHADHAAYA NAMAH
288. OM JAGATAH SETAVE NAMAH
289. OM SATYADHARMAM PARAANKRAMAAYA NAMAH
290. OM BHOOTA BHAVYA BHAVANNAATHAAYA NAMAH
291. OM PAVANAAYA NAMAH
292. OM PAAVANAAYA NAMAH
293. OM ANALAAYA NAMAH
294. OM KAAMAGHNE NAMAH
295. OM KAAMAKRITE NAMAH
296. OM KAANTAAYA NAMAH
297. OM KAAMAAYA NAMAH
298. OM KAAMAPRADAAYA NAMAH
299. OM PRABHAVE NAMAH
300. OM YUGAADIKRITE NAMAH
301. OM YUGAAVARTAAAYA NAMAH
302. OM NAIKAMAAYAAYA NAMAH
303. OM MAHAASHANAAYA NAMAH
304. OM ADRISHYAAYA NAMAH

305. OM VYAKTAROOPAAYA NAMAH
306. OM SAHASRAJITE NAMAH
307. OM ANANTAJITE NAMAH
308. OM ISHTAAYA NAMAH
309. OM VISHISHTAAYA NAMAH
310. OM SHISHTESHTAAYA NAMAH
311. OM SHIKHANDINE NAMAH
312. OM NAHUSHAAYA NAMAH
313. OM VRISHAAYA NAMAH
314. OM KRODHAGNE NAMAH
315. OM KRODHAKRITH KARTRE NAMAH
316. OM VISHVABAHAHAVE NAMAH
317. OM MAHIDHARAAYA NAMAH
318. OM ACHYUTAAYA NAMAH
319. OM PRATHITAAYA NAMAH
320. OM PRAANAAYA NAMAH
321. OM PRAANADAAYA NAMAH
322. OM VAASAVANUJAAYA NAMAH
323. OM APAAM NIDHAYE NAMAH
324. OM ADHISHTHAANAAYA NAMAH
325. OM APRAMATTAAYA NAMAH
326. OM PRATISHTHITAAYA NAMAH
327. OM SKANDAAYA NAMAH
328. OM SKANDADHARAAYA NAMAH
329. OM DHURYAAYA NAMAH
330. OM VARADAAYA NAMAH
331. OM VAAYUVAAHANAAYA NAMAH
332. OM VAASUDEVAAYA NAMAH
333. OM BRIHADBHAANAVE NAMAH
334. OM AADIDEVAAYA NAMAH
335. OM PURANDARAAYA NAMAH
336. OM ASHOKAAYA NAMAH
337. OM TAARANAAYA NAMAH
338. OM TAARAAYA NAMAH
339. OM SHOORAAYA NAMAH
340. OM SHAURAYE NAMAH
341. OM JANESHVARAAYA NAMAH
342. OM ANUKOOLAAYA NAMAH
343. OM SHATAAVARTAAYA NAMAH
344. OM PADMINE NAMAH

345. OM PADMANIBHEKSHANAAYA NAMAH .
346. OM PADMANAABHAAYA NAMAH
347. OM ARAVINDAKSHAAYA NAMAH
348. OM PADMAGARBHAAYA NAMAH
349. OM SHARIIRABHRITE NAMAH
350. OM MAHARDHAYE NAMAH
351. OM RIDDHAAYA NAMAH
352. OM VRIDDHAATMANE NAMAH
353. OM MAHAAKSHAAYA NAMAH
354. OM GARUDADHVAJAAYA NAMAH
355. OM ATULAAYA NAMAH
356. OM SHARABHAAYA NAMAH
357. OM BHIMAAYA NAMAH
358. OM SAMAYAGYAAYA NAMAH
359. OM HAVIRHARAYE NAMAH
360. OM SARVA LAKSHANA LAKSHYANYAAYA
NAMAH
361. OM LAKSHMIVATE NAMAH
362. OM SAMITINJAYAAYA NAMAH
363. OM VIKSHARAAYA NAMAH
364. OM ROHITAAYA NAMAH
365. OM MAARGA HETAVE NAMAH
366. OM DAAMODARAAYA NAMAH
367. OM SAHAAYA NAMAH
368. OM MAHIDHARAAYA NAMAH
369. OM MAHAABHAAGAAYA NAMAH
370. OM VEGAVATE NAMAH
371. OM AMITAASHANAAYA NAMAH
372. OM UDBHAVAAYA NAMAH
373. OM KSHOBHANAAYA NAMAH
374. OM DEVAAYA NAMAH
375. OM SHRIGARBHAAYA NAMAH
376. PARAMESHVARAAYA NAMAH
377. OM KARANAAYA NAMAH
378. OM KAARANAAYA NAMAH
379. OM KARTRE NAMAH
380. OM VIKARTRE NAMAH
381. OM GAHANAAYA NAMAH
382. OM GUHAAYA NAMAH
383. OM VYAVASAAYAAYA NAMAH

384.OM VYAVASTHAANAAYA NAMAH
385.OM SANSTHAANAAYA NAMAH
386.OM STHAANADAAYA NAMAH
387.OM DHRUVAAYA NAMAH
388.OM PARAARDHAYE NAMAH
389.OM PARAMAAYA NAMAH
390.OM SPASHTAAYA NAMAH
391.OM TUSHTAAYA NAMAH
392.OM PUSHTAAYA NAMAH
393.OM SHUBHEKSHANAAYA NAMAH
394.OM RAAMAAYA NAMAH
395.OM VIRAMAAYA NAMAH
396.OM VIRAJAAYA NAMAH
397.OM MAARGAAYA NAMAH
398.OM NEYAAYA NAMAH
399.OM NAATHAAYA NAMAH
400.OM ANAYAAYA NAMAH
401.OM VIRAYAAYA NAMAH
402.SHAKTIMATAAM SHRESHTHAAYA
NAMAH
403.OM DHARMAAYA NAMAH
404.OM DHARMAVIDUTTAMAAYA
NAMAH
405.OM VAIKUNTHAAYA NAMAH
406.OM PURUSHAAYA NAMAH
407.OM PRAANAAYA NAMAH
408.OM PRAANADAAYA NAMAH
409.OM PRANAVAAYA NAMAH
410.OM PRITHAVE NAMAH
411.OM HIRANYAGARBHAAYA NAMAH
412.OM SHATRUGHNAAYA NAMAH
413.OM VYAAPTAAYA NAMAH
414.OM VAAYAVE NAMAH
415.OM ADHOKSHAJAAYA NAMAH
416.OM RITAVE NAMAH
417.OM SUDARSHANAAYA NAMAH
418.OM KAALAAYA NAMAH
419.OM PARAMESHTHINE NAMAH
420.OM PARIGRAHAAYA NAMAH
421.OM UGRAAYA NAMAH

422.OM SANVATSARAAYA NAMAH
423.OM DAKSHAAYA NAMAH
424.OM VISHRAAMAAYA NAMAH
425.OM VISHVADAKSHINAAYA NAMAH
426.OM VISTAARAAYA NAMAH
427.OM STHAAVARASTHAANAVE
NAMAH
428.OM PRAMAANAAYA NAMAH
429.OM BIJAAYAABHYAYAAYA NAMAH
430.OM ARTHAAYA NAMAH
431.OM ANARTHAAYA NAMAH
432.OM MAHAAKOSHAAYA NAMAH
433.OM MAHAABHOGAAYA NAMAH
434.OM MAHAADHANAAYA NAMAH
435.OM ANIRVINNAAYA NAMAH
436.OM STHAVISHTHAAYA NAMAH
437.OM ABHUVI NAMAH
438.OM DHARMAYUPAAYA NAMAH
439.OM MAHAAMAKHAAYA NAMAH
440.OM NAKSHATRAMAYE NAMAH
441.OM NAKSHITRINE NAMAH
442.OM KSHAMAAYA NAMAH
443.OM KSHAAMAAYA NAMAH
444.OM SAMIHANAAYA NAMAH
445.OM YAGYAAYA NAMAH
446.OM IJYAAYA NAMAH
447.OM MAHEJYAAYA NAMAH
448.OM KRATAVE NAMAH
449.OM SATRAAYA NAMAH
450.OM SATAAMGATAYE NAMAH
451.OM SARVADARSHINE NAMAH
452.OM VIMUKTAATMANE NAMAH
453.OM SARVAGYAAYA NAMAH
454.OM GYAANAMUTTAMAAYA NAMAH
455.OM SUVRATAAYA NAMAH
456.OM SUMUKHAAYA NAMAH
457.OM SOOKSHMAAYA NAMAH
458.OM SUGHOSHAAYA NAMAH
459.OM SUKHADAAYA NAMAH
460.OM SUHRIDE NAMAH

461.OM MANOHARAAYA NAMAH
462.OM JITAKRODHAAYA NAMAH
463.OM VIRABAAHAVE NAMAH
464.OM VIDAARANAAYA NAMAH
465.OM SVAAPANAAYA NAMAH
466.OM SVAVASHAAYA NAMAH
467.OM VYAAPINE NAMAH
468.OM NAIKAATMANE NAMAH
469.OM NAIKA KARMA KRITE NAMAH
470.OM VATSARAAYA NAMAH
471.OM VATSALAAYA NAMAH
472.OM VATSINE NAMAH
473.OM RATNAGARBHAAYA NAMAH
474.OM DHANESHVARAAYA NAMAH
475.OM DHARMAGUPE NAMAH
476.OM DHARMAKRITE NAMAH
477.OM DHARMINE NAMAH
478.OM SATE NAMAH
479.OM ASATE NAMAH
480.OM KSHARAAYA NAMAH
481.OM AKSHARAAYA NAMAH
482.OM AVIGYAATRE NAMAH
483.OM SAHASRAANSHAVE NAMAH
484.OM VIDHAATRE NAMAH
485.OM KRITALAKSHANAAYA NAMAH
486.OM GABHASTINEMAYE NAMAH
487.OM SATTVASTHAAYA NAMAH
488.OM SINHAAYA NAMAH
489.OM BHOOTA MAHESHVARAAYA
NAMAH
490.OM AADIDEVAAYA NAMAH
491.OM MAHAADVEVAAYA NAMAH
492.OM DEVESHAAYA NAMAH
493.OM DEVABHRIDHGURAVE NAMAH
494.OM UTTARAAYA NAMAH
495.OM GOPATAYE NAMAH
496.OM GOPTRE NAMAH
497.OM GYAANAGAMYAAYA NAMAH
498.OM PURAATANAAYA NAMAH
499.OM SHARIRABHUUBHRITE NAMAH

500.OM BHOKTRE NAMAH
501.OM KAPINDRAAYA NAMAH
502.OM BHOORIDAKSHINAAYA NAMAH
503.OM SOMAPAAYA NAMAH
504.OM AMRITAPAAYA NAMAH
505.OM SOMAAYA NAMAH
506.OM PURUJITE NAMAH
507.OM PURUSHOTTAMAAYA NAMAH
508.OM VINAYAAYA NAMAH
509.OM JAYAAYA NAMAH
510.OM SATYASANDHAAYA NAMAH
511.OM DAASHAARHAAYA NAMAH
512.OM SAATVATAAM PATAYE NAMAH
513.OM JIVAAYA NAMAH
514.OM VINAYITAASAASHINE NAMAH
515.OM MUKUNDAAYA NAMAH
516.OM AMITA VIKRAMAAYA NAMAH
517.OM AMBHO NIDHAYE NAMAH
518.OM ANANTAATMANE NAMAH
519.OM MAHODADHISHAYAAYA NAMAH
520.OM ANTAKAAYA NAMAH
521.OM AJAAYA NAMAH
522.OM MAHAARHAAYA NAMAH
523.OM SVAABHAAVYAAYA NAMAH
524.OM JITAAMITRAAYA NAMAH
525.OM PRAMODANAAYA NAMAH
526.OM AANANDAAYA NAMAH
527.OM NANDANAAYA NAMAH
528.OM NANDAAYA NAMAH
529.OM SATYA DHARMINE NAMAH
530.OM TRIVIKRAMAAYA NAMAH
531.OM MAHARSHI KAPILA ACHAARYAAYA
NAMAH
532.OM KRITAGYAAYA NAMAH
533.OM MEDINI PATAYE NAMAH
534.OM TRIPADAAYA NAMAH
535.OM TRIDASHAADHYAKSHAAYA
NAMAH
536.OM MAHAA SHRINGAAYA NAMAH
537.OM KRITAANTA KRITE NAMAH

538.OM MAHAAVARAHAAYA NAMAH
539.OM GOVINDAAYA NAMAH
540.OM SUSHENAAYA NAMAH
541.OM KANAKAANGADINE NAMAH
542.OM GUHYAAYA NAMAH
543.OM GABHIRAAYA NAMAH
544.OM GAHANAAYA NAMAH
545.OM GUPTAAYA NAMAH
546.OM CHAKRAGADAADHARAAYA
NAMA
547.OM VEDHASE NAMAH
548.OM SVAANGAAYA NAMAH
549.OM AJITAAYA NAMAH
550.OM KRISHNAAYA NAMAH
551.OM DRIDHAAYA NAMAH
552.OM SANKARSHANAAYA NAMAH
553.OM ACHUTAAYA NAMAH
554.OM VARUNAAYA NAMAH
555.OM VAARUNAAYA NAMAH
556.OM VRIKSHAAYA NAMAH
557.OM PUSHKARAAKSHAAYA NAMAH
558.OM MAHAAMANASE NAMAH
559.OM BHAGAVATE NAMAH
560.OM BHAGAGHNE NAMAH
561.OM AANANDINE NAMAH
562.OM VANAMAALINE NAMAH
563.OM HALAAYUDHAAYA NAMAH
564.OM AADITYAAYA NAMAH
565.OM JYOTIRAADITYAAYA NAMAH
566.OM SAHISHNUVE NAMAH
567.OM GATISATTAMAAYA NAMAH
568.OM SUDHANVANE NAMAH
569.OM KHANDAPARAASHAVE NAMAH
570.OM DAARUNAAYA NAMAH
571.OM DRAVINAPRADAAYA NAMAH
572.OM DIVASPRISHE NAMAH
573.OM SARVADRIGVYAASAAYA NAMAH
574.OM VAACHASPATAYE NAMAH
575.OM AYONIJAAYA NAMAH
576.OM TRISAAMNE NAMAH

577.OM SAAMAGAAYA NAMAH
578.OM SAAMAAYA NAMAH
579.OM NIRVAANAAYA NAMAH
580.OM BHESHAJAAYA NAMAH
581.OM BHISHAJE NAMAH
582.OM SANNYAASA KRITE NAMAH
583.OM SHAMAAYA NAMAH
584.OM SHAANTAAYA NAMAH
585.OM NISHTHAAYA NAMAH
586.OM SHAANTIDAAYA NAMAH
587.OM PARAAYANAAYA NAMAH
588.OM SHUBHAANGAAYA NAMAH
589.OM SHAANTIDAAYA NAMAH
590.OM SRASHTRE NAMAH
591.OM KUMUDAAYA NAMAH
592.OM KUVALESHAAYA NAMAH
593.OM GOHITAAYA NAMAH
594.OM GOPATAYE NAMAH
595.OM GOPTRE NAMAH
596.OM VRISHABHAAKSHAAYA NAMA
597.OM VRISHAPRIYAAYA NAMAH
598.OM ANIVARTINE NAMAH
599.OM NIVRITTAATMANE NAMAH
600.OM SANKSHEPTRE NAMAH
601.OM KSHEMA KRITE NAMAH
602.OM SHIVAAYA NAMAH
603.OM SHRI VATSA VAKKSHASE
NAMAH
604.OM SHRI VAASAAYA NAMAH
605.OM SHRI PATAYE NAMAH
606.OM SHRI MATAAM VARAAYA
NAMAH
607.OM SHRIDAAYA NAMAH
608.OM SHRISHAAYA NAMAH
609.OM SHRINIVAASAAYA NAMAH
610.OM SHRI NIDHAYE NAMAH
611.OM SHRI VIBHAAVANAAYA NAMAH
612.OM SHRI DHARAAYA NAMAH
613.OM SHRI KARAAYA NAMAH
614.OM SHREYASE NAMAH

615.OM SHRIMATE NAMAH
616.OM LOKATRAYAASHRAAYA NAMAH
617.OM SVAKSHAAYA NAMAH
618.OM SVAANGAAYA NAMAH
619.OM SHATAANANDAAYA NAMAH
620.OM NANDINE NAMAH
621.OM JYOTIRGANESHVARAAYA
NAMAH
622.OM VIJITAATMANE NAMAH
623.OM VIDHEYAATMANE NAMAH
624.OM SATKIRTAYE NAMAH
625.OM CHHINNANSANSHAYAAYA
NAMAH
626.OM UDIRNAAYA NAMAH
627.OM SARVATACHAKSHUSE NAMAH
628.OM ANISHAAYA NAMAH
629.OM SHAASHVATASTHIRAAYA
NAMAH
630.OM BHOOSHAYAAYA NAMAH
631.OM BHOOSHANAAYA NAMAH
632.OM BHOOTAYE NAMAH
633.OM VISHOKAAYA NAMAH
634.OM SHOKANAASHANAAYA NAMAH
635.OM ARCHISHMATE NAMAH
636.OM ARCHITAAYA NAMAH
637.OM KUMBHAAYA NAMAH
638.OM VISHUDDHA ATMANE NAMAH
639.OM VISHODHANAAYA NAMAH
640.OM ANIRUDDHAAYA NAMAH
641.OM APRATIRATHAAYA NAMAH
642.OM PRADYUMNAAYA NAMAH
643.OM AMITAVIKRAMAAYA NAMAH
644.OM KAALANEMINIGHNE NAMAH
645.OM VIRAAAYA NAMAH
646.OM SHAURAYE NAMAH
647.OM SHOORAJANESHVARAAYA
NAMAH
648. OM TRILOKAATMANE NAMAH
649.OM TRILOKESHAAYA NAMAH
650.OM KESHAAYA NAMAH
651.OM KESHIGHNE NAMAH

652.OM HARAYE NAMAH
653.OM KAAMADEVAAYA NAMAH
654.OM KAAMAPAALAAYA NAMAH
655.OM KAAMINE NAMAH
656.OM KAANTAAYA NAMAH
657.OM KRITAAGAMAAYA NAMAH
658.OM ANIRDESHYA VAPUSHE NAMAH
659.OM VISHNAVE NAMAH
660.OM VIRAAAYA NAMAH
661.OM ANANTAAYA NAMAH
662.OM DHANANJAYAAYA NAMAH
663.OM BRAHMANYAAYA NAMAH
664.OM BRAHMA KRITE NAMAH
665.OM BRAHMINI NAMAH
666.OM BRAHMANE NAMAH
667.OM BRAHMAVIVARDHANAAYA
NAMAH
668.OM BRAHMA VIDE NAMAH
669.OM BRAAHMANAAYA NAMAH
670.OM BRAHMINI NAMAH
671.OM BRAHMAGYAAYA NAMAH
672.OM BRAAHMANA PRIYAAYA NAMAH
673.OM MAHAA KRAMAAYA NAMAH
674.OM MAHAA KARMANE NAMAH
675.OM MAHAA TEJASE NAMAH
676.OM MAHORAGAAYA NAMAH
677.OM MAHAA KRATVE NAMAH
678.OM MAHAA YAJVANE NAMAH
679.OM MAHAA YAGYAAYA NAMAH
680.OM MAHAA HAVISHE NAMAH
681.OM STAVYAAYA NAMAH
682.OM STAVA PRIYAAYA NAMAH
683.OM STOTRAAYA NAMAH
684.OM STUTAYE NAMAH
685.OM STOTRE NAMAH
686.OM RANAPRIYAAYA NAMAH
687.OM POORNAAYA NAMAH
688.OM POORAYITRE NAMAH
689.OM PUNYAAYA NAMAH
690.OM PUNYA KIRTAYE NAMAH

691.OM ANAAMAYAAYA NAMAH
692.OM MANOJAVAAYA NAMAH
693.OM TIRTHAKARAAYA NAMAH
694.OM VASURETASE NAMAH
695.OM VASUPRADAAYA NAMAH
696.OM VAASUDEVAAYA NAMAH
697.OM VASAVE NAMAH
698.OM VASUMANASE NAMAH
699.OM HAVISHE NAMAH
700.OM SADGATAYE NAMAH
701.OM SATKRITAYE NAMAH
702.OM SATTAAYAI NAMAH
703.OM SADBHOOTAYE NAMAH
704.OM SATPARAAYANAAYA NAMAH
705.OM SHOORA SENAAYA NAMAH
706.OM YADUSHRESHTHAAYA NAMAH
707.OM SANNIVAASAAYA NAMAH
708.OM SUYAAMUNAAYA NAMAH
709.OM BHOOTAAVAASAAYA NAMAH
710.OM VAASUDEVAAYA NAMAH
711.OM SARVAASUNILAYAAYA NAMAH
712.OM ANALAAYA NAMAH
713.OM DARPAGHNE NAMAH
714.OM DARPADAAYA NAMAH
715.OM DRIPTAAYA NAMAH
716.OM DURDHARAAYA NAMAH
717.OM APARAAJITAAYA NAMAH
718.OM VISHVA MOORTAYE NAMAH
719.OM MAHAA MOORTAYE NAMAH
720.OM DIPTA MOORTAYE NAMAH
721.OM AMOORTIMATE NAMAH
722.OM ANEKA MOORTAYE NAMAH
723.OM AVYAKTAAYA NAMAH
724.OM SHATAMOORTAYE NAMAH
725.OM SHATAANANAAYA NAMAH
726.OM EKAAYA NAMAH
727.OM NAIKAAYA NAMAH
728.OM SAVAAYA NAMAH
729.OM KAAYA NAMAH
730.OM KASMAI NAMAH

731.OM YASMAI NAMAH
732.OM TASMAI NAMAH
733.OM PADAMANUTTAMAAYA NAMAH
734.OM LOKABANDHAVE NAMAH
735.OM LOKANAATHAAYA NAMAH
736.OM MAADHAVAAYA NAMAH
737.OM BHAKTAVATSALAAYA NAMAH
738.OM SUVARNAVARNAAAYA NAMAH
739.OM HEMAANGAAYA NAMAH
740.OM VARAANGAAYA NAMAH
741.OM CHANDANAANGADINE NAMAH
742.OM VIRAGHNE NAMAH
743.OM VISHAMAAYA NAMAH
744.OM SHOONYAAYA NAMAH
745.OM GHRITAASHISHE NAMAH
746.OM ACHALAAYA NAMAH
747.OM CHALAAYA NAMAH
748.OM AMAANINE NAMAH
749.OM MAANADAAYA NAMAH
750.OM MAANYAAYA NAMAH
751.OM LOKASVAAMINE NAMAH
752.OM TRILOKADHRISHE NAMAH
753.OM SUMEDHASE NAMAH
754.OM MEDHAJAAYA NAMAH
755.OM DHANYAAYA NAMAH
756.OM SATYAMEDHASE NAMAH
757.OM DHARAADHARAAYA NAMAH
758.OM TEJOVRISHAAYA NAMAH
759.OM DYUTIDHARAAYA NAMAH
760.OM SARVASHASTRABHRITAMVARAAYA
NAMAH
761.OM PRAGRAHAAYA NAMAH
762.OM NIGRAHAAYA NAMAH
763.OM VYAGRAAYA NAMAH
764.OM NAIKASHRINGAAYA NAMAH
765.OM GADAAGRAJAAYA NAMAH
766.OM CHATURMUURTAYE NAMAH
767.OM CHATURBAAHAVE NAMAH
768.OM CHATURVYUUHAAYA NAMAH
769.OM CHATURGATAYE NAMAH

770.OM CHATURAATMANE NAMAH
771.OM CHATURBHAAVAAYA NAMAH
772.OM CHATURVEDAVIDE NAMAH
773.OM EKAPADE NAMAH
774.OM SAMAAVARTAAYA NAMAH
775.OM NIVRITAATMANE NAMAH
776.OM DURJAYAAYA NAMAH
777.OM DURATIKRAMAAYA NAMAH
778.OM DURLABHAAYA NAMAH
779.OM DURGAMAAYA NAMAH
780.OM DURGAAYA NAMAH
781.OM DURAAVAASAAYA NAMAH
782.OM DURAARIGHNE NAMAH
783.OM SHUBHAANGAAYA NAMAH
784.OM LOKASAARANGAAYA NAMAH
785.OM SUTANTAVE NAMAH
786.OM TANTUVARDHANAAYA NAMAH
787.OM INDRAKARMANE NAMAH
788.OM MAHAAKARMANE NAMAH
789.OM KRITAKARMANE NAMAH
790.OM KRITAAGAMAAYA NAMAH
791.OM UDBHAVAAYA NAMAH
792.OM SUNDARAAYA NAMAH
793.OM SUNDAAYA NAMAH
794.OM RATNAABHAAYA NAMAH
795.OM SULOCHANAAYA NAMAH
796.OM ARKAAYA NAMAH
797.OM VAAJASANAAYA NAMAH
798.OM SHRINGINE NAMAH
799.OM JAYANTAAYA NAMAH
800.OM SARVAVIJJAYINE NAMAH
801.OM SUVARNA BINDAVE NAMAH
802.OM AKKSHYOBHYAAYA NAMAH
803.OM SARVA VAAGISHWAR
ESHWARAAYA NAMAH
804.OM MAHAHRIDAAYA NAMAH
805.OM MAHAAGARTAAYA NAMAH
806.OM MAHAABHUUTAAYA NAMAH
807.OM MAHAANIDHAYE NAMAH
808.OM KUMUDAAYA NAMAH

809.OM KUNDARAAYA NAMAH
810.OM KUNDAAYA NAMAH
811.OM PARJANYAAYA NAMAH
812.OM PAAVANAAYA NAMAH
813.OM ANILAAYA NAMAH
814.OM AMRITAANSHAAYA NAMAH
815.OM AMRITAVAPUSHE NAMAH
816.OM SARVAGYAAYA NAMAH
817.OM SARVATOMUKHAAYA NAMAH
818.OM SULABHAAYA NAMAH
819.OM SUVRATAAYA NAMAH
820.OM SIDDHAAYA NAMAH
821.OM SHATRUJITE NAMAH
822.OM SHATRUTAAPANAAYA NAMAH
823.OM NYAGRODHAAYA NAMAH
824.OM UDUMBARAAYA NAMAH
825.OM ASHVATTHAAYA NAMAH
826.OM CHAANOORAANDHRA
NISHOODANAAYA NAMAH
827.OM SAHASRAARCHISHHE NAMAH
828.OM SAPTAJIHVAAYA NAMAH
829.OM SAPTAIDHASE NAMAH
830.OM SAPTAVAAHANAAYA NAMAH
831.OM AMUURTAYE NAMAH
832.OM ANAGHAAYA NAMAH
833.OM ACHINTYAAYA NAMAH
834.OM BHAYAKRITE NAMAH
835.OM BHAYANAASHANAAYA NAMAH
836.OM ANAVE NAMAH
837.OM BRAHATE NAMAH
838.OM KUSHAAYA NAMAH
839.OM STHUULAAYA NAMAH
840.OM GUNABHRITE NAMAH
841.OM NIRGUNAAYA NAMAH
842.OM MAHATE NAMAH
843.OM ADHRITAAYA NAMAH
844.OM SVADHRITAAYA NAMAH
845.OM SVAASYAAYA NAMAH
846.OM PRAAGVAASHAAYA NAMAH
847.OM VANSHAVARDHANAAYA NAMAH

848.OM BHAARABHRITE NAMAH
849.OM KATHITAAYA NAMAH
850.OM YOGINE NAMAH
851.OM YOGISHAAYA NAMAH
852.OM SARVAKAAMADAAYA NAMAH
853.OM AASHRAMAAYA NAMAH
854.OM SHRAMANAAYA NAMAH
855.OM KSHAAMAAYA NAMAH
856.OM SUPARNAAYA NAMAH
857.OM VAAYUVAAHANAAYA NAMAH
858.OM DHANURDHARAAYA NAMAH
859.OM DHANURVEDAAYA NAMAH
860.OM DANDAAYA NAMAH
861.OM DAMITRE NAMAH
862.OM DAMAAYA NAMAH
863.OM APARAAJITAAYA NAMAH
864.OM SARVASAHAAYA NAMAH
865.OM NIYANTRE NAMAH
866.OM NIYAMAAYA NAMAH
867.OM YAMAAYA NAMAH
868.OM SATTVAVATE NAMAH
869.OM SAATTVIKAAYA NAMAH
870.OM SATYAAYA NAMAH
871.OM SATYADHARMAPARAAYANAAYA
NAMAH
872.OM ABHIPRAAYAAYA NAMAH
873.OM PRIYAARHAAYA NAMAH
874.OM AHAAYA NAMAH
875.OM PRIYAKRITE NAMAH
876.OM PRITIVARDHANAAYA NAMAH
877.OM VIHAAYASAGATAYE NAMAH
878.OM JYOTISHE NAMAH
879.OM SURUCHAYE NAMAH
880.OM HUTABHUJE NAMAH
881.OM VIBHAVE NAMAH
882.OM RAVAYE NAMAH
883.OM VIROCHANAAYA NAMAH
884.OM SUURYAAYA NAMAH
885.OM SAVITRE NAMAH
886.OM RAVILOCHANAAYA NAMAH

887.OM ANANTAAYA NAMAH
888.OM HUTABHUJE NAMAH
889.OM BHOKTRE NAMAH
890.OM SUKHADAAYA NAMAH
891.OM NAIKAJAAYA NAMAH
892.OM AGRAJAAYA NAMAH
893.OM ANIRVINNAAYA NAMAH
894.OM SADAAMARSHINE NAMAH
895.OM LOKAADHISHHTHAANAAYA NAMAH
896.OM ADBHUUTAAYA NAMAH
897.OM SANAATE NAMAH
898.OM SANAATANATAMAAYA NAMAH
899.OM KAPILAAYA NAMAH
900.OM KAPAYE NAMAH
901.OM AVYAYAAYA NAMAH
902.OM SVASTIDAAYA NAMAH
903.OM SVASTIKRITE NAMAH
904.OM SVASTINE NAMAH
905.OM SVASTIBHUJE NAMAH
906.OM SVASTIDAKSHINAAYA NAMAH
907.OM ARAUDRAAYA NAMAH
908.OM KUNDALINE NAMAH
909.OM CHAKRINE NAMAH
910.OM VIKRAMINE NAMAH
911.OM URJITASHAASANAAYA NAMAH
912.OM SHABDAATIGAAYA NAMAH
913.OM SHABDASAHAAYA NAMAH
914.OM SHISHIRAAYA NAMAH
915.OM SHARVARIKARAAYA NAMAH
916.OM AKRUURAAYA NAMAH
917.OM PESHALAAYA NAMAH
918.OM DAKSHAAYA NAMAH
919.OM DAKSHINAAYA NAMAH
920.OM KSHAMINAAM VARAAYA
NAMAH
921.OM VIDVATTAMAAYA NAMAH
922.OM VITABHAYAAYA NAMAH
923.OM PUNYASHRAVANAKIRTANAAYA
NAMAH
924.OM UTTAARANAAYA NAMAH

925. OM DUSHKRITIGHNE NAMAH
926. OM PUNYAAYA NAMAH
927. OM DUSVAPNANAASHAAYA NAMAH
928. OM VIRAGHNE NAMAH
929. OM RAKSHANAAYA NAMAH
930. OM SANTAAYA NAMAH
931. OM JIVANAAYA NAMAH
932. OM PARYAVASTHITAAYA NAMAH
933. OM ANANTARUPAAYA NAMAH
934. OM ANANTASHRIYE NAMAH
935. OM JITAMANYAVE NAMAH
936. OM BHAYAAPAHAAYA NAMAH
937. OM CHATURASRAAYA NAMAH
938. OM GABHIRAATMANE NAMAH
939. OM VIDISHAAYA NAMAH
940. OM VYAADISHAAYA NAMAH
941. OM DISHAAYA NAMAH
942. OM ANAADAYE NAMAH
943. OM BHUVOBHUVE NAMAH
944. OM LAKSHMAI NAMAH
945. OM SUVIRAAYA NAMAH
946. OM RUCHIRAANGADAAYA NAMAH
947. OM JANANAAYA NAMAH
948. OM JANAJANMAADAYE NAMAH
949. OM BHIMAAYA NAMAH
950. OM BHIMAPARAAKRAMAAYA NAMAH
951. OM AADHAARANILAYAAYA NAMAH
952. OM DHAATRE NAMAH
953. OM PUSHPA HAASAAYA NAMAH
954. OM PRAJAAGARAAYA NAMAH
955. OM URDHVAGAAYA NAMAH
956. OM SATPATHAACHAARAAYA NAMAH
957. OM PRAANADAAYA NAMAH
958. OM PRANAVAAYA NAMAH
959. OM PANAAYA NAMAH
960. OM PRAMAANAAYA NAMAH
961. OM PRAANANILAYAAYA NAMAH
962. OM PRAANA BHRITE NAMAH
963. OM PRAANA JIVANAAYA NAMAH
964. OM TATTVAAYA NAMAH
965. OM TATTVAIDE NAMAH

966. OM EKAATMANE NAMAH
967. OM JANMAMRITYUJARAATIGAAYA
NAMAH
968. OM BHURBHUVAH SVASTARAVE
NAMAH
969. OM TAARAAYA NAMAH
970. OM SAVITRE NAMAH
971. OM PRAPITAAMAHAAYA NAMAH
972. OM YAGYAAYA NAMAH
973. OM YAGYAPATAYE NAMAH
974. OM YAJVANE NAMAH
975. OM YAGYAANGAAYA NAMAH
976. OM YAGYAVAAHANAAYA NAMAH
977. OM YAGYABHRITE NAMAH
978. OM YAGYAKRITE NAMAH
979. OM YAGYINE NAMAH
980. OM YAGYABHUJE NAMAH
981. OM YAGYASAADHANAAYA NAMAH
982. OM YAGYAANTAKRITE NAMAH
983. OM YAGYAGUHYAAYA NAMAH
984. OM ANNAAYA NAMAH
985. OM ANNAADAAYA NAMAH
986. OM AATMAYONAYE NAMAH
987. OM SVAYAMJAATAAYA NAMAH
988. OM VAIKHAANAAYA NAMAH
989. OM SAAMAGAAYANAAYA NAMAH
990. OM DEVAKINANDANAAYA NAMAH
991. OM SRASHTRE NAMAH
992. OM KSHITISHAAYA NAMAH
993. OM PAAPANAASHANAAYA NAMAH
994. OM SHANKHABHRITE NAMAH
995. OM NANDAKINE NAMAH
996. OM CHAKRINE NAMAH
997. OM SHAARNGADHANVANE NAMAH
998. OM GADAADHARAAYA NAMAH
999. OM RATHAANGPAANAYE NAMAH
1000 OM AKSHOBHYAAYA NAMAH
1001 OM SARVA PRAHARANAAYUDHAAYA
NAMAH

**Iti Shri Vishnu Sahasra
namavali Sampornam.**

1. ॐ विश्वस्मै नमः ।
2. ॐ विष्णवे नमः ।
3. ॐ वषट्काराय नमः ।
4. ॐ भूत भव्य भवत्प्रभवे नमः ।
5. ॐ भूतकृते नमः ।
6. ॐ भूतभृते नमः ।
7. ॐ भावाय नमः ।
8. ॐ भूतात्मने नमः ।
9. ॐ भूत भावनाय नमः ।
10. ॐ पूतात्मने नमः ।
11. ॐ परमात्मने नमः ।
12. ॐ मुक्तानां परमगतये नमः ।
13. ॐ अव्ययाय नमः ।
14. ॐ पुरुषाय नमः ।
15. ॐ साक्षिणे नमः ।
16. ॐ क्षेत्रज्ञाय नमः ।
17. ॐ अक्षराय नमः ।
18. ॐ योगाय नमः ।
19. ॐ योगविदां नेत्रे नमः ।
20. ॐ प्रधान पुरुशेश्वराय नमः ।
21. ॐ नरसिंह वपुशे नमः ।
22. ॐ श्रीमते नमः ।
23. ॐ केशवाय नमः ।
24. ॐ पुरुषोत्तमाय नमः ।
25. ॐ सर्वाय नमः ।
26. ॐ शर्वाय नमः ।
27. ॐ शिवाय नमः ।
28. ॐ स्थाणवे नमः ।
29. ॐ भूतादय नमः ।
30. ॐ निधये अव्ययाय नमः ।
31. ॐ सम्भवाय नमः ।
32. ॐ भावनाय नमः ।
33. ॐ भर्त्रे नमः ।
34. ॐ प्रभवाय नमः ।
35. ॐ प्रभवे नमः ।
36. ॐ ईश्वराय नमः ।
37. ॐ स्वयम्भुवे नमः ।
38. ॐ शम्भवे नमः ।
39. ॐ आदित्याय नमः ।
40. ॐ पुष्कराक्षाय नमः ।
41. ॐ महास्वनाय नमः ।
42. ॐ अनादि निधनाय नमः ।
43. ॐ धात्रे नमः ।
44. ॐ विधात्रे नमः ।
45. ॐ धातु रुत्तमाय नमः ।
46. ॐ अप्रमेयाय नमः ।
47. ॐ हृषीकेशाय नमः ।
48. ॐ पद्मनाभाय नमः ।
49. ॐ अमर प्रभवे नमः ।
50. ॐ विश्व कर्मणे नमः ।
51. ॐ मनवे नमः ।
52. ॐ त्वष्ट्रे नमः ।
53. ॐ स्थविष्ठाय नमः ।
54. ॐ स्थविराय ध्रुवाय नमः ।
55. ॐ अग्राद्याय नमः ।
56. ॐ शाश्वताय नमः ।
57. ॐ कृष्णाय नमः ।
58. ॐ लोहिताक्षाय नमः ।
59. ॐ प्रतर्दनाय नमः ।
60. ॐ प्रभूताय नमः ।
61. ॐ त्रिककुब्धाम्ने नमः ।
62. ॐ पवित्राय नमः ।
63. ॐ मंगलाय परस्मै नमः ।
64. ॐ ईशानाय नमः ।
65. ॐ प्राणदाय नमः ।
66. ॐ प्राणाय नमः ।
67. ॐ ज्येष्ठाय नमः ।
68. ॐ श्रेष्ठाय नमः ।
69. ॐ प्रजापतये नमः ।
70. ॐ हिरण्य गर्भाय नमः ।

71. ॐ भू गभाय नमः ।
72. ॐ माध्वाय नमः ।
73. ॐ मधुसूगनाय नमः ।
74. ॐ ईश्वराय नमः ।
75. ॐ विक्रमिणे नमः ।
76. ॐ धन्विने नमः ।
77. ॐ मेधाविने नमः ।
78. ॐ विक्रमाय नमः ।
79. ॐ क्रमाय नमः ।
80. ॐ अनुत्तमाय नमः ।
81. ॐ दुराधर्षाय नमः ।
82. ॐ कृतज्ञाय नमः ।
83. ॐ कृतये नमः ।
84. ॐ आत्मवते नमः ।
85. ॐ सुरेशाय नमः ।
86. ॐ शरणाय नमः ।
87. ॐ शर्मने नमः ।
88. ॐ विश्वरेतसे नमः ।
89. ॐ प्रजाभवाय नमः ।
90. ॐ अह्ने नमः ।
91. ॐ संवत्सराय नमः ।
92. ॐ व्यालाय नमः ।
93. ॐ प्रत्ययाय नमः ।
94. ॐ सर्वदर्शनाय नमः ।
95. ॐ अजाय नमः ।
96. ॐ सर्वेश्वराय नमः ।
97. ॐ सिध्दाय नमः ।
98. ॐ सिध्दये नमः ।
99. ॐ सर्वादय नमः ।
100. ॐ अच्युताय नमः ।
101. ॐ वृषाकपये नमः ।
102. ॐ अमेयात्मने नमः ।
103. ॐ सर्वयोगविनिः सुताय नमः ।
104. ॐ वसवे नमः ।
105. ॐ वसु-मनसे नमः ।
106. ॐ सत्याय नमः ।
107. ॐ समात्मने नमः ।
108. ॐ सम्मिताय नमः ।
109. ॐ समाय नमः ।
110. ॐ अमोधाय नमः ।
111. ॐ पुण्डरीकाक्षाय नमः ।
112. ॐ वृषाकर्मने नमः ।
113. ॐ वृषाकृतये नमः ।
114. ॐ रुद्राय नमः ।
115. ॐ बहुशिरसे नमः ।
116. ॐ बभ्रवे नमः ।
117. ॐ विश्व योनये नमः ।
118. ॐ शुचिश्रवसे नमः ।
119. ॐ अमृताय नमः ।
120. ॐ शाश्वत स्थाण्वे नमः ।
121. ॐ वरारोहाय नमः ।
122. ॐ महा तपसे नमः ।
123. ॐ सर्वगाय नमः ।
124. ॐ सर्व विद्भावने नमः ।
125. ॐ विष्वक्सेनाय नमः ।
126. ॐ जनार्दनाय नमः ।
127. ॐ वेदाय नमः ।
128. ॐ वेद विदे नमः ।
129. ॐ अव्यङ्गाय नमः ।
130. ॐ वेदाङ्गाय नमः ।
131. ॐ वेद विदे नमः ।
132. ॐ कवये नमः ।
133. ॐ लोकाध्यक्षाय नमः ।
134. ॐ सुराध्यक्षाय नमः ।
135. ॐ धर्माध्यक्षाय नमः ।
136. ॐ कृताकृताय नमः ।
137. ॐ चतुरात्मने नमः ।
138. ॐ चतुर्व्यूहाय नमः ।
139. ॐ चतुर्दंष्ट्राय नमः ।
140. ॐ चतुर्भुजाय नमः ।

141. ॐ भ्राजिष्णवे नमः ।
142. ॐ भोजनाय नमः ।
143. ॐ भोक्त्रे नमः ।
144. ॐ सहिष्णवे नमः ।
145. ॐ जगदादिजाय नमः ।
146. ॐ अनघाय नमः ।
147. ॐ विजयाय नमः ।
148. ॐ जेत्रे नमः ।
149. ॐ विश्व योनये नमः ।
150. ॐ पुनर्वसवे नमः ।
151. ॐ उपेन्द्राय नमः ।
152. ॐ वामनाय नमः ।
153. ॐ प्रांशवे नमः ।
154. ॐ अमोघाय नमः ।
155. ॐ शुचये नमः ।
156. ॐ ऊर्जिताय नमः ।
157. ॐ अतीन्द्राय नमः ।
158. ॐ सङ्ग्रहाय नमः ।
159. ॐ सर्गाय नमः ।
160. ॐ धृतात्मने नमः ।
161. ॐ नियमाय नमः ।
162. ॐ यमाय नमः ।
163. ॐ वेद्याय नमः ।
164. ॐ वैद्याय नमः ।
165. ॐ सदायोगिने नमः ।
166. ॐ वीरघ्ने नमः ।
167. ॐ माध्वाय नमः ।
168. ॐ मध्वे नमः ।
169. ॐ अतीन्द्रियाय नमः ।
170. ॐ महा मायाय नमः ।
171. ॐ महोत्साहाय नमः ।
172. ॐ महा बलाय नमः ।
173. ॐ महा बुध्दये नमः ।
174. ॐ महा वीर्याय नमः ।
175. ॐ महा शक्तये नमः ।
176. ॐ महा द्युतये नमः ।
177. ॐ अनिर्देश्य वपुषे नमः ।
178. ॐ श्रीमते नमः ।
179. ॐ अमेयात्मने नमः ।
180. ॐ महाद्रि धृषे नमः ।
181. ॐ महेष्वासाय नमः ।
182. ॐ महीभर्त्रे नमः ।
183. ॐ श्रीनिवासाय नमः ।
184. ॐ सतां गतये नमः ।
185. ॐ अनिरुद्धाय नमः ।
186. ॐ सुरानन्दाय नमः ।
187. ॐ गोविन्दाय नमः ।
188. ॐ गोविदां पतये नमः ।
189. ॐ मरीचये नमः ।
190. ॐ दमनाय नमः ।
191. ॐ हंसाय नमः ।
192. ॐ सुपर्णाय नमः ।
193. ॐ भुजगोत्तमाय नमः ।
194. ॐ हिरण्यनाभाय नमः ।
195. ॐ सु तपसे नमः ।
196. ॐ पद्मनाभाय नमः ।
197. ॐ प्रजापतये नमः ।
198. ॐ अमृत्यवे नमः ।
199. ॐ सर्व दूशे नमः ।
200. ॐ सिंहाय नमः ।
201. ॐ सन्धात्रे नमः ।
202. ॐ सन्धिमतये नमः ।
203. ॐ स्थिराय नमः ।
204. ॐ अजाय नमः ।
205. ॐ दुर्मर्षणाय नमः ।
206. ॐ शास्त्रे नमः ।
207. ॐ विश्रुतात्मने नमः ।
208. ॐ सुरारिघ्ने नमः ।
209. ॐ गुरवे नमः ।
210. ॐ गुरुतमाय नमः ।

211. ॐ धाम्ने नमः ।
212. ॐ सत्याय नमः ।
213. ॐ सत्य पराक्रमाय नमः ।
214. ॐ निमिषाय नमः ।
215. ॐ अनिमिषाय नमः ।
216. ॐ स्रग्विणे नमः ।
217. ॐ वाचस्पतिरुदारधिषे नमः ।
218. ॐ अग्रण्ये नमः ।
219. ॐ ग्रामण्ये नमः ।
220. ॐ श्रीमते नमः ।
221. ॐ न्यायाय नमः ।
222. ॐ नेत्रे नमः ।
223. ॐ समीरणाय नमः ।
224. ॐ सहस्र मूर्ध्ने नमः ।
225. ॐ विश्वात्मने नमः ।
226. ॐ सहस्राक्षाय नमः ।
227. ॐ सहस्र पदे नमः ।
228. ॐ आवर्तनाय नमः ।
229. ॐ निवृत्तात्मने नमः ।
230. ॐ संवृताय नमः ।
231. ॐ संप्रमर्दनाय नमः ।
232. ॐ अहः संवर्तकाय नमः ।
233. ॐ वह्नये नमः ।
234. ॐ अनिलाय नमः ।
235. ॐ धरणी धराय नमः ।
236. ॐ सुप्रसादाय नमः ।
237. ॐ प्रसन्नात्मने नमः ।
238. ॐ विश्व धृषे नमः ।
239. ॐ विश्व भुजे नमः ।
240. ॐ विभवे नमः ।
241. ॐ सत्कर्त्रे नमः ।
242. ॐ सत्कृताय नमः ।
243. ॐ साधवे नमः ।
244. ॐ जह्वे नमः ।
245. ॐ नारायणाय नमः ।
246. ॐ नराय नमः ।
247. ॐ असह्वयेयाय नमः ।
248. ॐ अप्रमेयात्मने नमः ।
249. ॐ विशिष्टाय नमः ।
250. ॐ शिष्टकृते नमः ।
251. ॐ शुचये नमः ।
252. ॐ सिद्धार्थाय नमः ।
253. ॐ सिद्ध सङ्कल्पाय नमः ।
254. ॐ सिद्धिदाय नमः ।
255. ॐ सिद्धि साधनाय नमः ।
256. ॐ वृषाहिणे नमः ।
257. ॐ वृषभाय नमः ।
258. ॐ विष्णवे नमः ।
259. ॐ वृषपर्वणे नमः ।
260. ॐ वृषोदराय नमः ।
261. ॐ वर्धणाय नमः ।
262. ॐ वर्धमानाय नमः ।
263. ॐ विविक्ताय नमः ।
264. ॐ श्रुति सागराय नमः ।
265. ॐ सुभुजाय नमः ।
266. ॐ दुर्धराय नमः ।
267. ॐ वाग्मिने नमः ।
268. ॐ महेन्द्राय नमः ।
269. ॐ वसुदाय नमः ।
270. ॐ वसवे नमः ।
271. ॐ नैक रूपाय नमः ।
272. ॐ बृह द्रूपाय नमः ।
273. ॐ शिपिविष्टाय नमः ।
274. ॐ प्रकाशनाय नमः ।
275. ॐ ओजस्तेजोद्युति धराय नमः ।
276. ॐ प्रकाशात्मने नमः ।
277. ॐ प्रतापनाय नमः ।
278. ॐ ऋद्धाय नमः ।
279. ॐ स्पष्टाक्षराय नमः ।
280. ॐ मन्त्राय नमः ।

281. ॐ चन्द्रांशवे नमः ।
282. ॐ भास्कर द्युतये नमः ।
283. ॐ अमृतां शूद्रवाय नमः ।
284. ॐ भानवे नमः ।
285. ॐ शशबिन्दवे नमः ।
286. ॐ सुरेश्वराय नमः ।
287. ॐ औषधाय नमः ।
288. ॐ जगतस् सेतवे नमः ।
289. ॐ सत्य धर्म पराक्रमाय नमः ।
290. ॐ भूत भव्य भवन्नाथाय नमः ।
291. ॐ पवनाय नमः ।
292. ॐ पावनाय नमः ।
293. ॐ अनलाय नमः ।
294. ॐ कामघ्ने नमः ।
295. ॐ काम कृते नमः ।
296. ॐ कान्ताय नमः ।
297. ॐ कामाय नमः ।
298. ॐ काम प्रदाय नमः ।
299. ॐ प्रभवे नमः ।
300. ॐ युगादि कृते नमः ।
301. ॐ युगावर्ताय नमः ।
302. ॐ नैकमायाय नमः ।
303. ॐ महाशनाय नमः ।
304. ॐ अदृश्याय नमः ।
305. ॐ व्यक्त रूपाय नमः ।
306. ॐ सहस्रजिते नमः ।
307. ॐ अनन्तजिते नमः ।
308. ॐ इष्टाय नमः ।
309. ॐ विशिष्टाय नमः ।
310. ॐ शिष्टेष्टाय नमः ।
311. ॐ शिखण्डिने नमः ।
312. ॐ नहुषाय नमः ।
313. ॐ वृषाय नमः ।
314. ॐ क्रोधघ्ने नमः ।
315. ॐ क्रोध कृते कर्त्रे नमः ।
316. ॐ विश्व बाहवे नमः ।
317. ॐ महीधराय नमः ।
318. ॐ अच्युताय नमः ।
319. ॐ प्रथिताय नमः ।
320. ॐ प्राणाय नमः ।
321. ॐ प्राणदाय नमः ।
322. ॐ वासवानुजाय नमः ।
323. ॐ अपां निधये नमः ।
324. ॐ अधिष्ठानाय नमः ।
325. ॐ अप्रमत्ताय नमः ।
326. ॐ प्रतिष्ठिताय नमः ।
327. ॐ स्कन्दाय नमः ।
328. ॐ स्कन्दधराय नमः ।
329. ॐ धुर्याय नमः ।
330. ॐ वरदाय नमः ।
331. ॐ वायु वाहनाय नमः ।
332. ॐ वासुदेवाय नमः ।
333. ॐ बृहद्भावेने नमः ।
334. ॐ आदि देवाय नमः ।
335. ॐ पुरन्दराय नमः ।
336. ॐ अशोकाय नमः ।
337. ॐ तारणाय नमः ।
338. ॐ ताराय नमः ।
339. ॐ शूराय नमः ।
340. ॐ शौरये नमः ।
341. ॐ जनेश्वराय नमः ।
342. ॐ अनुकूलाय नमः ।
343. ॐ शतावर्ताय नमः ।
344. ॐ पद्मिने नमः ।
345. ॐ पद्म निभेक्षणाय नमः ।
346. ॐ पद्म नाभाय नमः ।
347. ॐ अरविन्दाक्षाय नमः ।
348. ॐ पद्म गर्भाय नमः ।
349. ॐ शरीर भृते नमः ।
350. ॐ महर्षये नमः ।

351. ॐ ऋद्धाय नमः ।
352. ॐ वृद्धात्मने नमः ।
353. ॐ महाक्षाय नमः ।
354. ॐ गरुड ध्वजाय नमः ।
355. ॐ अतुलाय नमः ।
356. ॐ शरभाय नमः ।
357. ॐ भीमाय नमः ।
358. ॐ समयज्ञाय नमः ।
359. ॐ हविर्हरये नमः ।
360. ॐ सर्व लक्षण लक्षण्याय नमः ।
361. ॐ लक्ष्मीवते नमः ।
362. ॐ समितिञ्जयाय नमः ।
363. ॐ विक्षराय नमः ।
364. ॐ रोहिताय नमः ।
365. ॐ मार्ग हेतवे नमः ।
366. ॐ दामोदराय नमः ।
367. ॐ सहाय नमः ।
368. ॐ महीधराय नमः ।
369. ॐ महा भागाय नमः ।
370. ॐ वेगवते नमः ।
371. ॐ अमिताशनाय नमः ।
372. ॐ उद्भवाय नमः ।
373. ॐ क्षोभणाय नमः ।
374. ॐ देवाय नमः ।
375. ॐ श्री गर्भाय नमः ।
376. ॐ परमेश्वराय नमः ।
377. ॐ करणाय नमः ।
378. ॐ कारणाय नमः ।
379. ॐ कर्त्रे नमः ।
380. ॐ विकर्त्रे नमः ।
381. ॐ गहनाय नमः ।
382. ॐ गुहाय नमः ।
383. ॐ व्यवसायाय नमः ।
384. ॐ व्यवस्थानाय नमः ।
385. ॐ संस्थानाय नमः ।
386. ॐ स्थानदाय नमः ।
387. ॐ ध्रुवाय नमः ।
388. ॐ परद्धये नमः ।
389. ॐ परमाय नमः ।
390. ॐ स्पष्टाय नमः ।
391. ॐ तुष्टाय नमः ।
392. ॐ पुष्टाय नमः ।
393. ॐ शुभेक्षणाय नमः ।
394. ॐ रामाय नमः ।
395. ॐ विरामाय नमः ।
396. ॐ विरजाय नमः ।
397. ॐ मार्गाय नमः ।
398. ॐ नेयाय नमः ।
399. ॐ नाथाय नमः ।
400. ॐ अनयाय नमः ।
401. ॐ वीराय नमः ।
402. ॐ शक्तिमतां श्रेष्ठाय नमः ।
403. ॐ धर्माय नमः ।
404. ॐ धर्मविमुत्तमाय नमः ।
405. ॐ वैकुण्ठाय नमः ।
406. ॐ पुरुषाय नमः ।
407. ॐ प्राणाय नमः ।
408. ॐ प्राणदाय नमः ।
409. ॐ प्रणवाय नमः ।
410. ॐ पृथ्वे नमः ।
411. ॐ हिरण्य गर्भाय नमः ।
412. ॐ शत्रुघ्नाय नमः ।
413. ॐ व्याप्ताय नमः ।
414. ॐ वायवे नमः ।
415. ॐ अधोक्षजाय नमः ।
416. ॐ ऋतवे नमः ।
417. ॐ सुदर्शनाय नमः ।
418. ॐ कालाय नमः ।
419. ॐ परमेष्ठिने नमः ।
420. ॐ परिग्रहाय नमः ।

421. ॐ उग्राय नमः ।
422. ॐ संवत्सराय नमः ।
423. ॐ दक्षाय नमः ।
424. ॐ विश्रामाय नमः ।
425. ॐ विश्वदक्षिणाय नमः ।
426. ॐ विस्ताराय नमः ।
427. ॐ स्थावर स्थाणवे नमः ।
428. ॐ प्रमाणाय नमः ।
429. ॐ बीजाय अव्ययाय नमः ।
430. ॐ अर्थाय नमः ।
431. ॐ अनर्थाय नमः ।
432. ॐ महा कोशाय नमः ।
433. ॐ महा भोगाय नमः ।
434. ॐ महा धनाय नमः ।
435. ॐ अनिर्विण्णाय नमः ।
436. ॐ स्थविष्ठाय नमः ।
437. ॐ अभुवे नमः ।
438. ॐ धर्म यूपाय नमः ।
439. ॐ महा मखाय नमः ।
440. ॐ नक्षत्र नेमये नमः ।
441. ॐ नक्षत्रिने नमः ।
442. ॐ क्षमाय नमः ।
443. ॐ क्षामाय नमः ।
444. ॐ समीहनाय नमः ।
445. ॐ यज्ञाय नमः ।
446. ॐ इज्याय नमः ।
447. ॐ महेज्याय नमः ।
448. ॐ क्रतवे नमः ।
449. ॐ सत्राय नमः ।
450. ॐ सतां गतये नमः ।
451. ॐ सर्व दशिने नमः ।
452. ॐ विमुत्तात्मने नमः ।
453. ॐ सर्वज्ञाय नमः ।
454. ॐ ज्ञान उत्तमाय नमः ।
455. ॐ सुव्रताय नमः ।
456. ॐ सुमुखाय नमः ।
457. ॐ सूक्ष्माय नमः ।
458. ॐ सुघोषाय नमः ।
459. ॐ सुखदाय नमः ।
460. ॐ सुहृदे नमः ।
461. ॐ मनोहराय नमः ।
462. ॐ जित क्रोधाय नमः ।
463. ॐ वीर बाहवे नमः ।
464. ॐ विदारणाय नमः ।
465. ॐ स्वापनाय नमः ।
466. ॐ स्व वशाय नमः ।
467. ॐ व्यापिने नमः ।
468. ॐ नैकात्मने नमः ।
469. ॐ नैक कर्म कृते नमः ।
470. ॐ वत्सराय नमः ।
471. ॐ वत्सलाय नमः ।
472. ॐ वत्सिने नमः ।
473. ॐ रत्न गर्भाय नमः ।
474. ॐ धनेश्वराय नमः ।
475. ॐ धर्म गुपे नमः ।
476. ॐ धर्म कृते नमः ।
477. ॐ धर्मिणे नमः ।
478. ॐ सते नमः ।
479. ॐ असते नमः ।
480. ॐ क्षराय नमः ।
481. ॐ अक्षराय नमः ।
482. ॐ अविज्ञात्रे नमः ।
483. ॐ सहस्रांशवे नमः ।
484. ॐ विधात्रे नमः । नमः ।
485. ॐ कृत लक्षणाय नमः ।
486. ॐ गभास्तिनेमये नमः ।
487. ॐ सत्त्वस्थाय नमः ।
488. ॐ सिंहाय नमः ।
489. ॐ भूतमहेश्वराय नमः ।
490. ॐ आदिदेवाय नमः ।

491. ॐ महादेवाय नमः ।
492. ॐ देवेशाय नमः ।
493. ॐ देवभृद्गुरवे नमः ।
494. ॐ उत्तराय नमः ।
495. ॐ गोपतये नमः ।
496. ॐ गोप्त्रे नमः ।
497. ॐ ज्ञान गम्याय नमः ।
498. ॐ पुरातनाय नमः ।
499. ॐ शरीर भूत भृते नमः ।
500. ॐ भोक्त्रे नमः ।
501. ॐ कपीन्द्राय नमः ।
502. ॐ भूरिदक्षिणाय नमः ।
503. ॐ सोमपाय नमः ।
504. ॐ अमृतपाय नमः ।
505. ॐ सोमाय नमः ।
506. ॐ पुरुजिते नमः ।
507. ॐ पुरुषोत्तमाय नमः ।
508. ॐ विनयाय नमः ।
509. ॐ जयाय नमः ।
510. ॐ सत्यसन्धाय नमः ।
511. ॐ दाशार्हाय नमः ।
512. ॐ सात्वतां पतये नमः ।
513. ॐ जीवाय नमः ।
514. ॐ विनयिता साक्षिणे नमः ।
515. ॐ मुकुन्दाय नमः ।
516. ॐ अमित विक्रमाय नमः ।
517. ॐ अम्भोनिधये नमः ।
518. ॐ अनन्तात्मने नमः ।
519. ॐ महोदधि शयाय नमः ।
520. ॐ अन्तकाय नमः ।
521. ॐ अजाय नमः ।
522. ॐ महार्हाय नमः ।
523. ॐ स्वाभाव्याय नमः ।
524. ॐ जितामित्राय नमः ।
525. ॐ प्रमोदनाय नमः ।
526. ॐ आनन्दाय नमः ।
527. ॐ नन्दनाय नमः ।
528. ॐ नन्दाय नमः ।
529. ॐ सत्य धर्मिणे नमः ।
530. ॐ त्रिविक्रमाय नमः ।
531. ॐ महर्षि कपिलाचार्याय नमः ।
532. ॐ कृतज्ञाय नमः ।
533. ॐ मेदिनी पतये नमः ।
534. ॐ त्रिपदाय नमः ।
535. ॐ त्रिदशाध्यक्षाय नमः ।
536. ॐ महाशृङ्गाय नमः ।
537. ॐ कृतान्त कृते नमः ।
538. ॐ महावराहाय नमः ।
539. ॐ गोविन्दाय नमः ।
540. ॐ सुषेणाय नमः ।
541. ॐ कनकाङ्गदिने नमः ।
542. ॐ गुद्याय नमः ।
543. ॐ गभीराय नमः ।
544. ॐ गहनाय नमः ।
545. ॐ गुप्ताय नमः ।
546. ॐ चक्र गदा धराय नमः ।
547. ॐ वेधसे नमः ।
548. ॐ स्वाङ्गाय नमः ।
549. ॐ अजिताय नमः ।
550. ॐ कृष्णाय नमः ।
551. ॐ दूढाय नमः ।
552. ॐ सङ्कर्षणाय नमः ।
553. ॐ अच्युताय नमः ।
554. ॐ वरुणाय नमः ।
555. ॐ वारुणाय नमः ।
556. ॐ वृक्षाय नमः ।
557. ॐ पुष्कराक्षाय नमः ।
558. ॐ महा मनसे नमः ।
559. ॐ भगवते नमः ।
560. ॐ भगन्ने नमः ।

561. ॐ आनन्दिने नमः ।
562. ॐ वनमालिने नमः ।
563. ॐ हलायुधाय नमः ।
564. ॐ आदित्याय नमः ।
565. ॐ ज्योतिरादित्याय नमः ।
566. ॐ सहिष्णवे नमः ।
567. ॐ गतिसत्तमाय नमः ।
568. ॐ सुधन्वने नमः ।
569. ॐ खण्डपरशवे नमः ।
570. ॐ दारुणाय नमः ।
571. ॐ द्रविण प्रदाय नमः ।
572. ॐ दिवस्पृशे नमः ।
573. ॐ सर्व दुग्व्यासाय नमः ।
574. ॐ वाचस्पतये नमः ।
575. ॐ अयोनिजाय नमः ।
576. ॐ त्रिसाम्ने नमः ।
577. ॐ सामगाय नमः ।
578. ॐ सामाय नमः ।
579. ॐ निर्वाणाय नमः ।
580. ॐ भेषजाय नमः ।
581. ॐ भिषजे नमः ।
582. ॐ संयास कृते नमः ।
583. ॐ शमाय नमः ।
584. ॐ शान्ताय नमः ।
585. ॐ निष्ठाय नमः ।
586. ॐ शान्तये नमः ।
587. ॐ परायणाय नमः ।
588. ॐ शुभाङ्गाय नमः ।
589. ॐ शान्तिदाय नमः ।
590. ॐ स्रष्ट्रे नमः ।
591. ॐ कुमुदाय नमः ।
592. ॐ कुव्लेशाय नमः ।
593. ॐ गोहिताय नमः ।
594. ॐ गोपतये नमः ।
595. ॐ गोप्त्रे नमः ।
596. ॐ वृष्भाक्षाय नमः ।
597. ॐ वृषप्रियाय नमः ।
598. ॐ अनिवर्तिने नमः ।
599. ॐ निवृत्तात्मने नमः ।
600. ॐ संक्षेप्त्रे नमः ।
601. ॐ क्षेम कृते नमः ।
602. ॐ शिवाय नमः ।
603. ॐ श्रीवत्स वक्षसे नमः ।
604. ॐ श्रीवासाय नमः ।
605. ॐ श्रीपतये नमः ।
606. ॐ श्रीमतां वराय नमः ।
607. ॐ श्रीदाय नमः ।
608. ॐ श्रीशाय नमः ।
609. ॐ श्रीनिवासाय नमः ।
610. ॐ श्रीनिधये नमः ।
611. ॐ श्रीविभावनाय नमः ।
612. ॐ श्रीधराय नमः ।
613. ॐ श्रीकराय नमः ।
614. ॐ श्रेयसे नमः ।
615. ॐ श्रीमते नमः ।
616. ॐ लोक त्रयाश्रयाय नमः ।
617. ॐ स्वक्षाय नमः ।
618. ॐ स्वाङ्गाय नमः ।
619. ॐ शतानन्दाय नमः ।
620. ॐ नन्दिने नमः ।
621. ॐ ज्योतिर्गणेश्वराय नमः ।
622. ॐ विजितात्मने नमः ।
623. ॐ विधेयात्मने नमः ।
624. ॐ सत्कीर्तये नमः ।
625. ॐ छिन्न संशयाय नमः ।
626. ॐ उदीर्णाय नमः ।
627. ॐ सर्वतश्चक्षुषे नमः ।
628. ॐ अनीशाय नमः ।
629. ॐ शाश्वत स्थिराय नमः ।
630. ॐ भूशयाय नमः ।

631. ॐ भूषणाय नमः ।
632. ॐ भूतये नमः ।
633. ॐ विशोकाय नमः ।
634. ॐ शोक नाशनाय नमः ।
635. ॐ अर्चिष्मते नमः ।
636. ॐ अर्चिताय नमः ।
637. ॐ कुम्भाय नमः ।
638. ॐ विशुद्धात्मने नमः ।
639. ॐ विशोधनाय नमः ।
640. ॐ अनिरुद्धाय नमः ।
641. ॐ अप्रतिरथाय नमः ।
642. ॐ प्रद्युम्नाय नमः ।
643. ॐ अमित विक्रमाय नमः ।
644. ॐ कालनेमि निघ्ने नमः ।
645. ॐ वीराय नमः ।
646. ॐ शौरये नमः ।
647. ॐ शूर जनेश्वराय नमः ।
648. ॐ त्रिलोकात्मने नमः ।
649. ॐ त्रिलोकेशाय नमः ।
650. ॐ केशवाय नमः ।
651. ॐ केशिघ्ने नमः ।
652. ॐ हरये नमः ।
653. ॐ काम देवाय नमः ।
654. ॐ कामपालाय नमः ।
655. ॐ कामिने नमः ।
656. ॐ कान्ताय नमः ।
657. ॐ कृतागमाय नमः ।
658. ॐ अनिर्देश्य वपुषे नमः ।
659. ॐ विष्णवे नमः ।
660. ॐ वीराय नमः ।
661. ॐ अनन्ताय नमः ।
662. ॐ धनञ्जयाय नमः ।
663. ॐ ब्रह्मण्याय नमः ।
664. ॐ ब्रह्मकृते नमः ।
665. ॐ ब्रह्मिणे नमः ।
666. ॐ ब्रह्मणे नमः ।
667. ॐ ब्रह्म विवर्धनाय नमः ।
668. ॐ ब्रह्म विदे नमः ।
669. ॐ ब्राह्मणाय नमः ।
670. ॐ ब्रह्मिणे नमः ।
671. ॐ ब्रह्मज्ञाय नमः ।
672. ॐ ब्राह्मण प्रियाय नमः ।
673. ॐ महा क्रमाय नमः ।
674. ॐ महा कर्मणे नमः ।
675. ॐ महा तेजसे नमः ।
676. ॐ महोरगाय नमः ।
677. ॐ महा क्रत्वे नमः ।
678. ॐ महा यज्वने नमः ।
679. ॐ महा यज्ञाय नमः ।
680. ॐ महा हविषे नमः ।
681. ॐ स्तव्याय नमः ।
682. ॐ स्तव प्रियाय नमः ।
683. ॐ स्तोत्राय नमः ।
684. ॐ स्तुताय नमः ।
685. ॐ स्तोत्रे नमः ।
686. ॐ रण प्रियाय नमः ।
687. ॐ पूर्णाय नमः ।
688. ॐ पूरयित्रे नमः ।
689. ॐ पुण्याय नमः ।
690. ॐ पुण्य कीर्तये नमः ।
691. ॐ अनामयाय नमः ।
692. ॐ मनोजवाय नमः ।
693. ॐ तीर्थ कराय नमः ।
694. ॐ वसु रेतसे नमः ।
695. ॐ वसु प्रदाय नमः ।
696. ॐ वासुदेवाय नमः ।
697. ॐ वसवे नमः ।
698. ॐ वसुमनसे नमः ।
699. ॐ हविषे नमः ।
700. ॐ सद्गतये नमः ।

701. ॐ सत्कृतये नमः ।
702. ॐ सत्तायै नमः ।
703. ॐ सद्भूतये नमः ।
704. ॐ सत्परायणाय नमः ।
705. ॐ शूर सेनाय नमः ।
706. ॐ यदु श्रेष्ठाय नमः ।
707. ॐ सन्निवासाय नमः ।
708. ॐ सुयामुनाय नमः ।
709. ॐ भूतवासाय नमः ।
710. ॐ वासु देवाय नमः ।
711. ॐ सर्वासुनिलयाय नमः ।
712. ॐ अनलाय नमः ।
713. ॐ दर्पणे नमः ।
714. ॐ दर्पदाय नमः ।
715. ॐ दृप्ताय नमः ।
716. ॐ दुर्धराय नमः ।
717. ॐ अपराजिताय नमः ।
718. ॐ विश्व मूर्तये नमः ।
719. ॐ महा मूर्तये नमः ।
720. ॐ दीप्त मूर्तये नमः ।
721. ॐ अमूर्तिमते नमः ।
722. ॐ अनेक मूर्तये नमः ।
723. ॐ अव्यक्ताय नमः ।
724. ॐ शत मूर्तये नमः ।
725. ॐ शताननाय नमः ।
726. ॐ एकाय नमः ।
727. ॐ नैकाय नमः ।
728. ॐ सवाय नमः ।
729. ॐ काय नमः ।
730. ॐ कस्मै नमः ।
731. ॐ यस्मै नमः ।
732. ॐ तस्मै नमः ।
733. ॐ पदमनुत्तमाय नमः ।
734. ॐ लोक बन्धवे नमः ।
735. ॐ लाक नाथाय नमः ।
736. ॐ माध्वाय नमः ।
737. ॐ भक्त वत्सलाय नमः ।
738. ॐ सुवर्ण वर्णाय नमः ।
739. ॐ हेमाङ्गाय नमः ।
740. ॐ वराङ्गाय नमः ।
741. ॐ चन्द्रनाङ्गदिने नमः ।
742. ॐ वीरघ्ने नमः ।
743. ॐ विषमाय नमः ।
744. ॐ शून्याय नमः ।
745. ॐ घृताशिषे नमः ।
746. ॐ अचलाय नमः ।
747. ॐ चलाय नमः ।
748. ॐ अमानिने नमः ।
749. ॐ मानदाय नमः ।
750. ॐ मान्याय नमः ।
751. ॐ लोक स्वामिने नमः ।
752. ॐ त्रिलोक धृषे नमः ।
753. ॐ सुमेधसे नमः ।
754. ॐ मेधजाय नमः ।
755. ॐ धन्याय नमः ।
756. ॐ सत्य मेधसे नमः ।
757. ॐ धराधराय नमः ।
758. ॐ तेजोवृषाय नमः ।
759. ॐ द्युतिधराय नमः ।
760. ॐ सर्वशस्त्रभतां वराय नमः ।
761. ॐ प्रग्रहाय नमः ।
762. ॐ निग्रहाय नमः ।
763. ॐ व्यग्राय नमः ।
764. ॐ नैक श्रृङ्गाय नमः ।
765. ॐ गदा ग्रजाय नमः ।
766. ॐ चतुर्मूर्तये नमः ।
767. ॐ चतुर्बाहुवे नमः ।
768. ॐ वतुर्व्यूहाय नमः ।
769. ॐ चतुर्गतये नमः ।
770. ॐ चतुरात्मने नमः ।

771. ॐ चतुर्भावाय नमः ।
772. ॐ चतुर्वेद विदे नमः ।
773. ॐ एकपदे नमः ।
774. ॐ समावर्ताय नमः ।
775. ॐ निवृत्तात्मने नमः ।
776. ॐ दुर्जयाय नमः ।
777. ॐ दुरतिक्रमाय नमः ।
778. ॐ दुर्लभाय नमः ।
779. ॐ दुर्गमाय नमः ।
780. ॐ दुर्गाय नमः ।
781. ॐ दुरावासाय नमः ।
782. ॐ दुरारिघ्ने नमः ।
783. ॐ शुभाङ्गाय नमः ।
784. ॐ लोक सारङ्गाय नमः ।
785. ॐ सुतन्त्रवे नमः ।
786. ॐ तन्तुवर्धनाय नमः ।
787. ॐ इन्द्र कर्मणे नमः ।
788. ॐ महा कर्मणे नमः ।
789. ॐ कृत कर्मणे नमः ।
790. ॐ कृतागमाय नमः ।
791. ॐ उद्भवाय नमः ।
792. ॐ सुन्दराय नमः ।
793. ॐ सुन्दाय नमः ।
794. ॐ रत्नाभाय नमः ।
795. ॐ सुलोचनाय नमः ।
796. ॐ अर्काय नमः ।
797. ॐ वाजसनाय नमः ।
798. ॐ श्रृङ्गिणे नमः ।
799. ॐ जयन्ताय नमः ।
800. ॐ सर्व विज्जयिने नमः ।
801. ॐ सुवर्ण बिन्दवे नमः ।
802. ॐ अक्षोभ्याय नमः ।
803. ॐ सर्व वागीश्वरेश्वराय नमः ।
804. ॐ महा हृदाय नमः ।
805. ॐ महा गर्ताय नमः ।
806. ॐ महा भूताय नमः ।
807. ॐ महा निधये नमः ।
808. ॐ कुमुदाय नमः ।
809. ॐ कुन्दराय नमः ।
810. ॐ कुन्दाय नमः ।
811. ॐ पर्जन्याय नमः ।
812. ॐ पावनाय नमः ।
813. ॐ अनिलाय नमः ।
814. ॐ अमृतांशाय नमः ।
815. ॐ अमृत वपुषे नमः ।
816. ॐ सर्वज्ञाय नमः ।
817. ॐ सर्वतो मुखाय नमः ।
818. ॐ सुलभाय नमः ।
819. ॐ सुव्रताय नमः ।
820. ॐ सिध्दाय नमः ।
821. ॐ शत्रु जिते नमः ।
822. ॐ शत्रु तापनाय नमः ।
823. ॐ न्यग्रोधाय नमः ।
824. ॐ उदुम्बराय नमः ।
825. ॐ अश्वत्थाय नमः ।
826. ॐ चाणूरात्र निषूदनाय नमः ।
827. ॐ सहस्रार्चिषे नमः ।
828. ॐ सप्त जिह्वाय नमः ।
829. ॐ सप्तैधसे नमः ।
830. ॐ सप्त वाहनाय नमः ।
831. ॐ अमूर्त्ये नमः ।
832. ॐ अनघाय नमः ।
833. ॐ अचिन्त्याय नमः ।
834. ॐ भय कृते नमः ।
835. ॐ भय नाशनाय नमः ।
836. ॐ अणवे नमः ।
837. ॐ बृहते नमः ।
838. ॐ कुशाय नमः ।
839. ॐ स्थूलाय नमः ।
840. ॐ गुणभृते नमः ।

841. ॐ निर्गुणाय नमः ।
842. ॐ महते नमः ।
843. ॐ अधृताय नमः ।
844. ॐ स्वधृताय नमः ।
845. ॐ स्वास्याय नमः ।
846. ॐ प्राग्वंशाय नमः ।
847. ॐ वंश वर्धनाय नमः ।
848. ॐ भारभृते नमः ।
849. ॐ कथिताय नमः ।
850. ॐ योगिने नमः ।
851. ॐ योगीशाय नमः ।
852. ॐ सर्व कामदाय नमः ।
853. ॐ आश्रमाय नमः ।
854. ॐ श्रमणाय नमः ।
855. ॐ क्षामाय नमः ।
856. ॐ सुपर्णाय नमः ।
857. ॐ वायु वाहनाय नमः ।
858. ॐ धनुर्धराय नमः ।
859. ॐ धनुर्वेदाय नमः ।
860. ॐ दण्डाय नमः ।
861. ॐ दमयित्रे नमः ।
862. ॐ दमाय नमः ।
863. ॐ अपराजिताय नमः ।
864. ॐ सर्वसहाय नमः ।
865. ॐ नियन्त्रे नमः ।
866. ॐ नियमाय नमः ।
867. ॐ यमाय नमः ।
868. ॐ सत्ववते नमः ।
869. ॐ सात्त्विकाय नमः ।
870. ॐ सत्त्याय नमः ।
871. ॐ सत्य धर्म परायणाय नमः ।
872. ॐ अभिप्रायाय नमः ।
873. ॐ प्रियार्हाय नमः ।
874. ॐ अहाय नमः ।
875. ॐ प्रिय कृते नमः ।
876. ॐ प्रीति वर्धनाय नमः ।
877. ॐ विहायस गतये नमः ।
878. ॐ ज्योतिषे नमः ।
879. ॐ सुरुचये नमः ।
880. ॐ हुत भुजे नमः ।
881. ॐ विभवे नमः ।
882. ॐ रवये नमः ।
883. ॐ विरोचनाय नमः ।
884. ॐ सूर्याय नमः ।
885. ॐ सवित्रे नमः ।
886. ॐ रवि लोचनाय नमः ।
887. ॐ अनन्ताय नमः ।
888. ॐ हुतभुजे नमः ।
889. ॐ भोक्त्रे नमः ।
890. ॐ सुखदाय नमः ।
891. ॐ नैकजाय नमः ।
892. ॐ अग्रजाय नमः ।
893. ॐ अनिर्विण्णाय नमः ।
894. ॐ सदामर्षिणे नमः ।
895. ॐ लोकाधिष्ठानाय नमः ।
896. ॐ अद्भुताय नमः ।
897. ॐ सनाते नमः ।
898. ॐ सनातन तमाय नमः ।
899. ॐ कपिलाय नमः ।
900. ॐ कपये नमः ।
901. ॐ अव्ययाय नमः ।
902. ॐ स्वस्ति दाय नमः ।
903. ॐ स्वस्तिकृते नमः ।
904. ॐ स्वस्तित्ने नमः ।
905. ॐ स्वस्ति भुजे नमः ।
906. ॐ स्वस्ति दक्षिणाय नमः ।
907. ॐ अरौद्राय नमः ।
908. ॐ कुण्डलिने नमः ।
909. ॐ चक्रिणे नमः ।
910. ॐ विक्रमिणे नमः ।

911. ॐ ऊर्जित शासनाय नमः ।
912. ॐ शब्दातिगाय नमः ।
913. ॐ शब्द सहाय नमः ।
914. ॐ शिशिराय नमः ।
915. ॐ शर्वरीकराय नमः ।
916. ॐ अक्रूराय नमः ।
917. ॐ पेशलाय नमः ।
918. ॐ दक्षाय नमः ।
919. ॐ दक्षिणाय नमः ।
920. ॐ क्षमिणां वराय नमः ।
921. ॐ विद्वत्तमाय नमः ।
922. ॐ वीत भयाय नमः ।
923. ॐ पुण्य श्रवण कीर्तनाय नमः ।
924. ॐ उत्तारणाय नमः ।
925. ॐ दुष्कृतिघ्ने नमः ।
926. ॐ पुण्याय नमः ।
927. ॐ दुस्स्वप्न नाशाय नमः ।
928. ॐ वीरघ्ने नमः ।
929. ॐ रक्षणाय नमः ।
930. ॐ सन्ताय नमः ।
931. ॐ जीवनाय नमः ।
932. ॐ पर्यवस्थिताय नमः ।
933. ॐ अनन्त रूपाय नमः ।
934. ॐ अनन्त श्रिये नमः ।
935. ॐ जित मन्यवे नमः ।
936. ॐ भयापहाय नमः ।
937. ॐ चतुरश्राय नमः ।
938. ॐ गभीरात्मने नमः ।
939. ॐ विदिशाय नमः ।
940. ॐ व्यादिशाय नमः ।
941. ॐ दिशाय नमः ।
942. ॐ अनादये नमः ।
943. ॐ भुवो भुवे नमः ।
944. ॐ लक्ष्म्यै नमः ।
945. ॐ सुवीराय नमः ।
946. ॐ रुचिराङ्गदाय नमः ।
947. ॐ जननाय नमः ।
948. ॐ जनजन्मादये नमः ।
949. ॐ भीमाय नमः ।
950. ॐ भीम पराक्रमाय नमः ।
951. ॐ आधार निलयाय नमः ।
952. ॐ धात्रे नमः ।
953. ॐ पुष्प हासाय नमः ।
954. ॐ प्रजागराय नमः ।
955. ॐ ऊर्ध्वगाय नमः ।
956. ॐ सत्पथाचाराय नमः ।
957. ॐ प्राणदाय नमः ।
958. ॐ प्रणवाय नमः ।
959. ॐ पणाय नमः ।
960. ॐ प्रमाणाय नमः ।
961. ॐ प्राण निलयाय नमः ।
962. ॐ प्राण धृते नमः ।
963. ॐ प्राण जीवनाय नमः ।
964. ॐ तत्त्वाय नमः ।
965. ॐ तत्त्व विदे नमः ।
966. ॐ एकात्मने नमः ।
967. ॐ जन्म मृत्यु जरातिगाय नमः ।
968. ॐ भुर्भुवः स्वस्तरवे नमः ।
969. ॐ ताराय नमः ।
970. ॐ सवित्रे नमः ।
971. ॐ प्रपितामहाय नमः ।
972. ॐ यज्ञाय नमः ।
973. ॐ यज्ञ पतये नमः ।
974. ॐ यज्ञ वने नमः ।

975. ॐ यज्ञाङ्गाय नमः ।
976. ॐ यज्ञ वाहनाय नमः ।
977. ॐ यज्ञ भृते नमः ।
978. ॐ यज्ञ कृते नमः ।
979. ॐ यज्ञिने नमः ।
980. ॐ यज्ञ भुजे नमः ।
981. ॐ यज्ञ साधनाय नमः ।
982. ॐ यज्ञान्त कृते नमः ।
983. ॐ यज्ञ गुद्याय नमः ।
984. ॐ अन्नाय नमः ।
985. ॐ अन्नादाय नमः ।
986. ॐ आत्म योनये नमः ।
987. ॐ स्वयं जाताय नमः ।
988. ॐ वैखानाय नमः ।
989. ॐ साम गायनाय नमः ।
990. ॐ देवकी नन्दनाय नमः ।
991. ॐ स्रष्ट्रे नमः ।

992. ॐ क्षितीशाय नमः ।
993. ॐ पाप नाशनाय नमः ।
994. ॐ शङ्ख भृते नमः ।
995. ॐ नन्दकिने नमः ।
996. ॐ चक्रिने नमः ।
997. ॐ शार्ङ्ग धन्वने नमः ।
998. ॐ गदा धराय नमः ।
999. ॐ रथाङ्ग पाणये नमः ।
१००० ॐ अक्षोभ्याय नमः ।
१००१ ॐ सर्व प्रहरणायुधाय नमः ।

इति श्री विष्णु सहस्र नामावली सम्पूर्णम्

VISHNU SAHAstra NAAM STOTRAM

HARII OM

SHUKLAAMBARADHARAM VISHHNUM SHASHIVARNAM CHATURBHUJAM |
PRASANNAVADANAM DHYAAAYET SARVA VIGHNOPA.SHAANTAYE || (1)

VYAASAM VASISHHTHA NAPTAARAM SHAKTEH PAUTRAMAKALMASHHAM |
PARAASHARAATMAJAM VANDE SHUKATAATAM TAPONIDHIM || (2)

VYAASAAYA VISHHNU-ROOPAAYA VYAASA ROOPAAYA VISHHNAVE |
NAMO VAI BRAHMA NIDHAYE VAASISHHTHAAYA NAMO NAMAH || (3)

AVIKAARAAYA SHUDDHAAYA NITYAAYA PARAMAATMANE |
SADAIKA ROOPA ROOPAAYA VISHHNAVE SARVA JISHHNAVE || (4)

YASYA SMARANA MAATRENA JANMASAM SAARA BANDHANAAT |
VIMUCHYATE NAMASTASMAI VISHHNAVE PRABHAVISHHNAVE || (5)

|| OM NAMO VISHHNAVE PRABHAVISHHNAVE ||

SHRII VAISHAMPAAYANA UVAACHA -

SHRUTVAA DHARMAANASHESHENA PAAVANAANI CHA SARVASHAH |
YUDHISHHTHIRAH SHAANTANAVAM PUNAREVAA-BHYABHAASHHATA || (6)

YUDHISHHTHIRA UVAACHA -

KIMEKAM DAIVATAM LOKE KIMVAPYEKAM PARAAYANAM |
STUVANTAH KAM KAMARCHANTAH PRAAPNUYUR-MAANAVAAH SHUBHAM || (7)

KO DHARMAH SARVADHARMAANAAM BHAVATAH PARAMO MATAH |
KIN JAPAN MUCHYATE JANTUR-JANMASAM-SAARA-BANDHANAAT || (8)

SHRII BHIISHHMA UVAACHA -

JAGATPRABHUM DEVEDEVAMANANTAM PURUSHHOTTAMAM |
STUVANNAAMA-SAHASRENA PURUSHHAH SATATOTTHITAH || (9)

TAMEVA CHAARCHAYANNITYAM BHAKTYAA PURUSHHAMAVYAYAM |
DHYAAYAN STUVANNAMASYAM SHCHA YAJAMAANASTAMEVA CHA || (10)

ANAADINIDHANAM VISHHNUM SARVALOKAMAHESHVARAM |
LOKAADHYAKSHAM STUVANNITYAM SARVADUHKHAATIGO BHAVET || (11)

BRAHMANYAM SARVADHARMAGYAM LOKAANAAM KIIRTIVARDHANAM |
LOKANAATHAM MAHADBHUUTAM SARVABHUUTABHAVODDBHAVAM || (12)

ESHHA ME SARVADHARMAANAAM DHARMO.ADHIKATAMO MATAH |
YADBHAKTYAA PUNDARII-KAAKSHAM STAVAIRARCHENNARAH SADAA || (13)

PARAMAM YO MAYATTEJAH PARAMAM YO MAHATTAPAH |
PARAMAM YO MAHAD BRAHMA PARAMAM YAH PARAAYANAM || (14)

PAVITRAANAAM PAVITRAM YO MANGALAANAAM CHA MANGALAM |
DAIVATAM DEVATAANAAM CHA BHUUTAANAAM YO.AVYAYAH PITAA || (15)

YATAH SARVAANI BHUUTAANI BHAVANTYAADIYUGAAGAME |
YASMIM SHCHA PRALAYAM YAANTI PUNAREVA YUGAKSHAYE || (16)

TASYA LOKAPRADHAANASYA JAGANNAATHASYA BHUUPATE |
VISHHNORNAAMASAHASRAM ME SHRUNU PAAPABHAYAAPAHAM || (17)

YAANI NAAMAANI GAUNAANI VIKHYAATAANI MAHAATMANAH |
RISHHIBHIH PARIGIITAANI TAANI VAKSHYAAMI BHUUTAYE || (18)

RISHHIRNAAMNAAM SAHASRASYA VEDAVYAASO MAHAAMUNIH |
CHHANDO.ANUSHHTUP TATHAA DEVO BHAGAVAN DEVAKIISUTAH || (19)

AMRITAAM SHOODBHAVO BIJAM SHAKTIRDEVAKII NANDANAH |
TRISAAMAA HRUDAYAM TASYA SHAANTYARTHE VINIYUJYATE || (20)

VISHHNUM JISHHNUM MAHAAVISHHNUM PRABHAVISHHNUM MAHESHVARAM |
ANEKARUUPA DAITYAANTAM NAMAAMI PURUSHHOTTAMAM || (21)

ASYA SHRII VISHHNORDIVYA SAHASRANAAMA STOTRA MAHAAMANTRASYA |

SHRIIVEDAVYAASO BHAGAVANRISHHIIH |ANUSHHTUP CHHANDAH |
SHRII MAHAAVISHHNUH PARAMAATMAA SHRIIMANNAARAAYANO DEVATAA |

AMRUTAAM SHUUDBHAVO BHAANURITI BIJAM |
DEVAKII NANDANAH SRASHHTETI SHAKTIH |
UDBHAVAH KSHOBHANO DEVA ITI PARAMO MANTRAH |
SHANKHABHRIN.NANDAKII CHAKRIITI KIILAKAM |
SHAARNGA DHANVAA GADAADHARA ITYASTRAMA |
RATHAANGA PAANIR AKSHOBHYA ITI NETRAMA |
TRISAAMAA SAAMAGAH SAAMETI KAVACHAM |
AANANDAM PARABRAHMETI YONIH |
RITUH SUDARSHANAH KAALA ITI DIGBANDHAH |
SHRIIVISHVARUUPA ITI DHYAANAM |

SHRIIMAHAAVISHHNU PRIITYARTHE SAHASRANAAMAJAPE VINIYOGAH ||

(DHYAANAM)

KSHIIRODHAN.VATPRADESHE SHUCHIMANI.VILASATSAIKATE
MAUKTIKAANAAM

MAALAAKLIPTAASANASTHAH
SPHATIKAMANI.NIBHAIR.MAUKTIKAI.RMANDITAANGAH |

SHUBHRAI.RABHRAIRADABHRAI.RUPARIVIRACHITAIKRMUKTAPIIYUUSHHA
VARSHHAIH
AANANDII NAH PUNIIYAADARINALINAGADAA SHANKHAPAANIRMUKUNDAH ||

BHOOH PAADAO YASYA NAABHIRVIYADASURANILASHCHANDRA SOORYAU
CHA NETRE
KARNAAVAASHAAH SHIRO DYAUURMUKHAMAPI DAHANO YASYA
VAASTEYAMABDHIH |

ANTAHSTHAM YASYA VISHVAM
SURANARAKHAGAGOBHOGIGANDHARVADAITYAIH
CHITRAM RAMRAMYATE TAM TRIBHUVANA VAPUSHHAM VISHHNUMIISHAM
NAMAAMI ||

SHAANTAAKAARAM BHUJAGA-SHAYANAM PADMANAABHAM SURESHAM
VISHVAAKHAARAM GAGANA-SADRISHAM MEGHAVARNAM SHUBHA-ANGAM |

LAKSHMEE-KAANTAM KAMALA-NAYANAM YOGIBHIR-DHYAANA-GAMYAM
VANDE VISHHNUM BHAVA-BHAYA-HARAM SARVA-LOKAIKA-NAATHAM ||

MEGHASHYAAMAM PEETHAKAUSHEYA-VAASAM SRIVATA-SAANGAM
KAUSTHUBHODH-BHAASITHAANGAM |
PUNYOPEYTHAM PUNDAREEKAYATHAKSHAM VANDE VISHNUM SARVA-
LOKAIKA-NAATHAM ||

SASHANKHA CHAKRAM SAKIREEDA KUNDALAM SAPEETHA VASTRAM
SARASEERUHEKSHANAM |
SAHAARAVAKSHAH STHALAKAUSTHUBHASRIYAM NAMAAMI VISHNUM
SHIRSACHATURBHUJAM ||

CHAAYAAYAAM PAARIJAATHASYA HEMASIMHASANOPARI
AASINAMAMBUDA SHYAMA MAAYA THAKSHAMALANKRITHAM |

CHANDRANANAM CHATURBAAHUM SRIVATSANGITAVAKSHASAM
RUKMANI SATYABHAAMAABHYAM SAHITAM KRISHNAM ASRAYEI ||

THE CHANT

AUM NAMO BHAGAVATE VAASUDEVAAYA |

OM VISHVAM VISHHNUR-VASHHATHKAARO BHOOTA-BHAVYA-BHAVAT-PRABHUH |
BHOOTA-KRIT BHOOTA-BHRID BHAAVO BHOOTAATMAA BHOOTABHAAVANAH ||(1)

PUUTAATMAA PARAMAATMAA CHA MUKTAANAAM PARAMAA GATIH |
AVYAYAH PURUSHAH SAAKSHEE KSHETRAJNO AKSHARA EVA CHA ||(2)

YOGO YOGA-VIDAAM NETAA PRADHAANA-PURUSHESHVARAH |
NAARASIMHA-VAPUH SHRIIMAAN KESHAVAH PURUSHOTTAMAH ||(3)

SARVAH SHARVAH SHIVAH STHAANUR BHOOTAADIR NIDHIR-AVYAYAH |
SAMBHAVO BHAAVANO BHARTAA PRABHAVAH PRABHUR-EESHVARAH ||(4)

SVAYAMBHOOH SHAMBHUR AADITYAH PUSHHKARAAKSHO MAHAASVANAH |
ANAADI-NIDHANO DHAATAA VIDHAATAA DHAATURUTTAMAH ||(5)

APRAMEYO HRISHEEKESHAH PADMANAABHO-A-MARAPRABHUH |
VISHVAKARMAA MANUSTVASHHTAA STHAVISHHTAH STHAVIRO DHRUVAH ||(6)

AGRAAHYAH SHAASHVATAH KRISHHNO LOHITAAKSHAH PRATARDANAH |
PRABHOOTAH TRIKAKUB-DHAAMA PAVITRAM MANGALAM PARAM ||(7)

EESHAANAH PRAANADAH PRAANO JYESHHTAH SHRESHHTAH PRAJAAPATIH |
HIRANYA-GARBHO BHUU-GARBHO MAADHAVO MADHUSUUDANAH ||(8)

EESHVARO VIKRAMEE DHANVEE MEDHAAVEE VIKRAMAH KRAMAH |
ANUTTAMO DURAADHARSHHAH KRITAGYAH KRITIR-AATMAVAAN ||(9)

SURESHAH SHARANAM SHARMA VISHVA-RETAH PRAJAA-BHAVAH |
AHAH SAMVATSARO VYAALAH PRATYAYAH SARVADARSHANAH ||(10)

AJAH SARVESHVARAH SIDDHAH SIDDHIH SARVAADIR ACHYUTAH |
VRISHHAAKAPIR AMEYAATMAA SARVA-YOGA-VINIHSSRITAH ||(11)

VASUR-VASUMANA AH SATYAH SAMAAATMAA SAMMITAH SAMAH |
AMOGHAH PUNDAREEKAAKSHO VRISHHAKARMAA VRISHHAAKRITIH ||(12)

RUDRO BAHU-SHIRAA BABHRUR VISHVAYONIH-SHUCHI-SHRAVAH |
AMRITAH SHAASHVATAH-STHAANUR-VARAAROH MAHAATAPAH ||(13)

SARVAGAH SARVAVID-BHAANUHR-VISHHVAK-SENO JANAARDANAH |
VEDO VEDAVID-AVYANGO VEDAANGO VEDAVIT KAVIH ||(14)

LOKAADHYAKSHAH SURAADHYAKSHO DHARMAADHYAKSHAH KRITAA-KRITAH |

CHATURAAATMAA CHATURVYUHAS-CHATUR-DAMSHTRASH-CHATUR-BHUJAH ||(15)

BHRAAJISHHNUR-BHOJANAM BHOKTAA SAHISHHNUR-JAGADAADIJAH |
ANAGHO VIJAYO JETAA VISHVAYONIH PUNARVASUH ||(16)

UPENDRO VAAMANAH PRAAMSHUR-AMOGHAH SHUCHIR-OORJITAH |
ATEENDRAH SAMGRAHAH SARGO DHRITAATMAA NIYAMO YAMAH ||(17)

VEDYO VAIDYAH SADAAYOGEE VEERAHAA MAADHAVO MADHUH |
ATI-INDRIYO MAHAAMAAYO MAHOTSAHO MAHAABALAH ||(18)

MAHAABUDDHIR-MAHAA-VEERYO MAHAA-SHAKTIR MAHAA-DYUTIH |
ANIRDESHYA-VAPUH SHRIIMAAAN AMEYAATMAA MAHAADRI-DHRIK ||(19)

MAHESHVAAASO MAHIIBHARTAA SHREENIVAASAH SATAAM GATIH |
ANIRUDDHAH SURANANDO GOVINDO GOVIDAAM-PATIH ||(20)

MAREECHIR-DAMANO HAMSAH SUPARNO BHUJAGOTTAMAH |
HIRANYANAABHAH SUTAPAAH PADMANAABHAH PRAJAAPATIH ||(21)

AMRITYUH SARVA-DRIK SIMHAH SAN-DHAATAA SANDHIMAAN STHIRAH |
AJO DURMARSHHANAH SHAASTAA VISHRUTAATMAA SURAARIHAA ||(22)

GURUH-GURUTAMO DHAAMAH SATYAH-SATYA-PARAAKRAMAH |
NIMISHHO-A-NIMISHHAH SRAGVEE VAACHASPATIR-UDAARA-DHEEH ||(23)

AGRANEER-GRAAMANIHH SHRIIMAAAN NYAAYO NETAA SAMIIRANAH |
SAHASRA-MUURDHAH VISHVAATMAA SAHASRAAKSHAH SAHASRAPAAT ||(24)

AAVARTANO NIVRITTAATMAA SAMVRITAH SAM-PRAMARDANAH |
AHAAH SSAMVARTAKO VANHIR ANILO DHARANIIDHARAH ||(25)

SUPRASAADAH PRASANNAATMAA VISHVA-DHRIG-VISHVABHUG-VIBHUH |
SATKARTAA SATKRITAH SAADHUR JAHNUR-NAARAAYANO NARAH ||(26)

ASANKHYEYO-APRAMEYAATMAA VISHISHHTAH SHISHHTA-KRIT-SHHUCHIH |
SIDDHAARTHAAH SIDDHASANKALPAH SIDDHIDAH SIDDHISAADHANAH ||(27)

VRISHHAAHEE VRISHHABHO VISHHNUR-VRISHHAPARVAA VRISHHODARAH |
VARDHANO VARDHAMAANASHCHA VIVIKTAH SHRUTI-SAAGARAH ||(28)

SUBHUJO DURDHARO VAAGMII MAHENDRO VASUDO VASUH |
NAIKA-RUUPO BRIHAD-RUUPAH SHIPIVISHHTAH PRAKAASHANAH ||(29)

OJAS-TEJO-DYUTIDHARAH PRAKAASHA-ATMAA PRATAAPANAH |
RIDDAAH SPASHHTAAKSHARO MANTRASH-CHANDRAANSHUR-BHAASKARA-DYUTIH ||(30)

AMRITAAMSHUUDHBHAVO BHAANUH SHASHABINDUH SURESHVARAH |
AUSHHADHAM JAGATAH SETUH SATYA-DHARMA-PARAAKRAMAH ||(31)

BHOOTA-BHAVYA-BHAVAN-NAATHAH PAVANAH PAAVANO-ANALAH |
KAAMAHAA KAAMAKRIT-KAANTAH KAAMAH KAAMAPRADAH PRABHUH ||(32)

YUGAADI-KRIT YUGAAVARTO NAIKAMAAYO MAHAASHANAH |
ADRISHYO VYAKTARUUPASHCHA SAHASRAJID ANANDAJIT ||(33)

ISHHTO VISHISHHTAH SHISHHTESHHTAH SHIKHANDII NAHUSHHO VRISHHAH |
KRODHAAHAA KRODHAKRIT KARTAA VISHVABAAHUR MAHIIDHARAH ||(34)

ACHYUTAH PRATHITAH PRAANAH PRAANADO VAASAVAANUJAH |
APAAM NIDHIRADHISHHTAANAM APRAMATTAH PRATISHHTHITAH ||(35)

SKANDAH SKANDA-DHARO DHURYO VARADO VAAYUVAAHANAH |
VAASUDEVO BRIHAD BHAANUR AADIDEVAH PURANDARAH ||(36)

ASHOKA-STAARANA-STAARAH SHUURAH SHAURIRJANESHVARAH |
ANUKUULAH SHATAAVARTAH PADMEE PADMANIBHEKSHANAH ||(37)

PADMANAABHO-ARAVINDAAKSHAH PADMAGARBHAH SHARIIRABHRIT |
MAHARDHI-RIDDHOH VRIDDHAATMAA MAHAAKSHO GARUDADHVAJAH ||(38)

ATULAH SHARABHO BHIIMAH SAMAYAGYO HAVIRHARIH |
SARVALAKSHANA LAKSHANYO LAKSHMIIVAAN SAMITINJAYAH ||(39)

VIKSHARO ROHITO MAARGO HETUR DAAMODARAH SAHAH |
MAHIIDHARO MAHAABHAAGO VEGAVAN-AMITAASHANAH ||(40)

UDBHAVAH KSHOBHANO DEVAH SHRIIGARBHAH PARAMESHVARAH |
KARANAM KAARANAM KARTAA VIKARTAA GAHANO GUHAH ||(41)

VYAVASAAYO VYAVASTHAANAH SAMSTHAANAH STHAANADO-DHRUVAH |
PARARRDVIH PARAMASPASHTAH-TUSHHTAH PUSHHTAH SHUBHEKSHANAH ||(42)

RAAMO VIRAMO VIRAJO MAARGO NEYO NAYO-ANAYAH |
VEERAH SHAKTIMATAAM SHRESHHTAH DHARMO DHARMAVIDUTTAMAH ||(43)

VAIKUNTHAH PURUSHHAH PRAANAH PRAANADAH PRANAVAH PRITHUH |
HIRANYAGARBHAH SHATRUGHNO VYAAPTO VAAYURADHOKSHAJAH ||(44)

RITUH SUDARSHANAH KAALAH PARAMESHHTHII PARIGRAHAH |
UGRAH SAMVATSARO DAKSHO VISHRAAMO VISHVA-DAKSHINAH ||(45)

VISTAARAH STHAAVARAH STHAANUH PRAMAANAM BIJJAMAVYAYAM |
ARTHO ANARTHO MAHAAKOSHO MAHAABHOGO MAHAADHANAH ||(46)

ANIRVINNAH STHAVISHHTHO-ABHOORDHARMA-YUUPO MAHAA-MAKHAH |
NAKSHATRANEMIR NAKSHATREE KSHAMAH KSHAAMAH SAMEEHANAH ||(47)

YAGYA IJYO MAHEJYASHCHA KRATUH SATRAM SATAAM GATIH |
SARVADARSHEE VIMUKTAATMAA SARVAGYO GYAANAMUTTAMAM ||(48)

SUVRATAH SUMUKHAH SUUKSHMAH SUGHOSHHAH SUKHADAH SUHRIT |
MANOHARO JITA-KRODHO VIIRABA AHURVIDAARANAH ||(49)

SVAAPANAH SVAVASHO VYAAPEE NAIKAATMAA NAIKAKARMAKRIT |
VATSARO VATSALO VATSEE RATNAGARBHO DHANESHVARAH ||(50)

DHARMAGUB DHARMAKRID DHARMII SADASATKSHARA AKSHARAM |
AVIGYAATAA SAHA STRAAMSHUR VIDHAATAA KRITALAKSHANAH ||(51)

GABHASTINEMIH SATTVASTHAH SIMHO BHOOTAMAHESHVARAH |
AADIDEVO MAHA ADEVO DEVESHO DEVABHRID GURUH ||(52)

UTTARO GOPATIRGOPTAA GYAANAGAMYAH PURAATANAH |
SHAREERA BHOOTABHRID BHOKTAA KAPEENDRO BHOORIDAKSHINAH ||(53)

SOMAPO-AMRITAPAH SOMAH PURUJIT PURUSATTAMAH |
VINAYO JAYAH SATYASANDHO DAASHAARHAH SAATVATAAM PATIH ||(54)

JIIVO VINAYITAA-SAAKSHEE MUKUNDO-AMITAVIKRAMAH |
AMBHONIDHIRANANTAATMAA MAHODADHISHAYO-ANTAKAH ||(55)

AJO MAHAARHAH SVAABHAAVYO JITAAMITRAH PRAMODANAH |
AANANDO NANDANO NANDAH SATYADHARMAA TRIVIKRAMAH ||(56)

MAHARSHHIH KAPILAACHAARYAH KRITAGYO MEDINEEPATIH |
TRIPADASTRIDASHAADHYAKSHO MAHAASHRINGAH KRITAANTAKRIT ||(57)

MAHA AVARAAHO GOVINDAH SUSHHENAH KANAKAANGADEE |
GUHYO GABHIIRO GAHANO GUPTASHCHAKRA-GADAADHARAH ||(58)

VEDHAAH SVAANGOJITAH KRISHHNO DRIDHAH SANKARSHHANOACHYUTAH |
VARUUNO VAARUNO VRIKSHAH PUSHHKARA AKSHO MAHAAMANA AH ||(59)

BHAGAVAN BHAGAHANANDII VANAMAALII HALAAYUDHAH |
AADITYO JYOTIRAADITYAH SAHIISHHNUR-GATISATTAMAH ||(60)

SUDHANVAA KHANDAPARASHURDAARUNO DRAVINAPRAHAH |

DIVIH-SPRIK SARVADRIK VYAASO VAACHASPATIR-AYONIJAH ||(61)

TRISAAMAA SAAMAGAH SAAMA NIRVAANAM BHESHHAJAM BHISHHAK |
SANNYAASAKRIT-CHHAMAH SHAANTO NISHHTHAA SHAANTIH PARAAYANAM ||(62)

SHUBHAANGAH SHAANTIDAH SRASHHTAA KUMUDAH KUVALESHAYAH |
GOHITO GOPATIRGOPTAA VRISHHABHAAKSHO VRISHHAPRIYAH ||(63)

ANIVARTII NIVRITTAATMAA SA.NKSHEPTAA KSHEMAKRIT-SHHIVAH |
SHRIIVATSAVAKSHAHAH SHRIIVAASAH SHRIIPATIH SHRIIMATAAM VARAH ||(64)

SHRIIDAH SHRIISHAH SHRIINIVAASAH SHRIINIDHIH SHRIIVIBHAAVANAH |
SHRIIDHARAH SHRIIKARAH SHREYAH SHRIIMAAN-LLOKATRAYAASHRAYAH ||(65)

SVAKSHH SVANGAH SHATAANANDO NANDIRJYORTIRGANESHVARAH |
VIJITAATMAA VIDHEYAATMAA SATKIIRTISHCHHINNASA.NSHAYAH ||(66)

UDIIRNAH SARVATAS-CHAKSHURANIISHAH SHAASHVATASTHIRAH |
BHOOSHAYO BHOOSHANO BHOOTIRVISHOKAH SHOKANAASHANAH ||(67)

ARCHISHHMAANARCHITAH KUMBHO VISHUDDHAATMAA VISHODHANAH |
ANIRUDDHO.APRATIRATHAH PRADYUMNO.AMITAVIKRAMAH ||(68)

KAALANEMINIHAA VIIRAH SHAURIH SHUURAJANESHVARAH |
TRILOKAATMAA TRILOKESHAH KESHAVAH KESHIHAA HARIH ||(69)

KAAMADEVAH KAAMAPAALAH KAAMII KAANTAH KRITAAGAMAH |
ANIRDESHYAVAPURVISHHNUR VIIROANANTO DHANA.NJAYAH ||(70)

BRAHMANYO BRAHMAKRIT BRAHMAA BRAHMA BRAHMAVIVARDHANAH |
BRAHMAVID BRAAHMANO BRAHMII BRAHMAGYO BRAAHMANAPRIYAH ||(71)

MAHAAKRAMO MAHAAKARMAA MAHAATEJAA MAHORAGAH |
MAHAAKRATURMAHAAYAJVAA MAHAAYAGYO MAHAAHAVIH ||(72)

STAVYAH STAVAPRIYAH STOTRAM STUTIH STOTAA RANAPRIYAH |
PUURNAH PUURAYITAA PUNYAH PUNYAKIIRTIRANAAMAYAH ||(73)

MANOJAVASTIIRTHAKARO VASURETAA VASUPRADAH |
VASUPRADO VAASUDEVO VASURVASUMANAA HAVIH ||(74)

SADGATIH SATKRITIH SATTAA SADBHOOTIH SATPARAAYANAH |
SHUURASENO YADUSHRESHHTAH SANNIVAASAH SUYAAMUNAH ||(75)

BHOOTAAVAASO VAASUDEVAH SARVAASUNILAYO-ANALAH |
DARPAHAA DARPADO DRIPTO DURDHARO-ATHAAPARAAJITAH ||(76)

VISHVAMUURTIR.MAHAAMUURTIR.DIIPTAMUURTIR-AMUURTIMAAN |
ANEKAMUURTIRAVYAKTAH SHATAMUURTIH SHATAANANAH ||(77)

EKO NAIKAH SAVAH KAH KIM YAT.TAT.PADAMANUTTAMAM |
LOKABANDHUR.LOKANAATHO MAADHAVO BHAKTAVATSALAH ||(78)

SUVARNOVARNO HEMAANGO VARAANGA.SHCHANDANAANGADII |
VIIRAHAA VISHHAMAH SHUUNYO GHRITAASHIIR.ACHALASHCHALAH ||(79)

AMAANII MAANADO MAANYO LOKASVAAMII TRILOKADHRIK |
SUMEDHAA MEDHAJO DHANYAH SATYAMEDHAA DHARAADHARAH ||(80)

TEJOVRISHHO DYUTIDHARAH SARVASHASTRABHRITAAM VARAH |
PRAGRAHO NIGRAHO VYAGRO NAIKASHRINGO GADAAGRAJAH ||(81)

CHATURMUURTI.SHCHATURBAAHU.SHCHATURVYUUHA.SHCHATURGATIH |
CHATURAATMAA CHATURBHAAVA.SHCHATURVEDAVIDEKAPAAT ||(82)

SAMAAVARTO-ANIVRITTAATMAA DURJAYO DURATIKRAMAH |
DURLABHO DURGAMO DURGO DURAAVAASO DURAARIHAA ||(83)

SHUBHAANGO LOKASAARANGAH SUTANTU.STANTUVARDHANAH |
INDRAKARMAA MAHAAKARMAA KRITAKARMAA KRITAAGAMAH ||(84)

UDBHAVAH SUNDARAH SUNDO RATNANAABHAH SULOCHANAH |
ARKO VAAJASANAH SHRINGII JAYANTAH SARVAVIJ-JAYII ||(85)

SUARNABINDURAKSHOBHYAH SARVAVAAGEESHVARESHVARAH |
MAHAAHRADO MAHAAGARTO MAHAABHOOTO MAHAANIDHH ||(86)

KUMUDAH KUNDARAH KUNDAH PARJANYAH PAAVANO-ANILAH
AMRITAASHO-AMRITAVAPUH SARVAGYAH SARVATOMUKHAH ||(87)

SULABHAH SUVRATAH SIDDHAH SHATRUJICHCHHATRUTAAPANAH |
NYAGRODHO.UDUMBARO-ASHVATTHA.SHCHAANUURAANDHRANISHHUUDANAH ||(88)

SAHASRAARCHIH SAPTAJIVHAH SAPTAIDHAAH SAPTAVAAHANAH |
AMUURTIRANAGHO-ACHINTYO BHAYAKRIT BHAYANAASHANAH ||(89)

ANURBRIHAT KRISHAH STHUULO GUNABHRINNIRGUNO MAHAAN |
ADHRITAH SVADHRITAH SVAASYAH PRAAGVANSO VANSHAVARDHANAH ||(90)

BHAARABHRIT.KATHITO YOGII YOGIISHAH SARVAKAAMADAH |
AASHRAMAH SHRAMANAH KSHAAMAH SUPARNO VAAYUVAAHANAH ||(91)

DHANURDHARO DHANURVEDO DANDO DAMAYITAA DAMAH |
APARAAJITAH SARVASAHO NIYANTAA NIYAMO YAMAH ||(92)

SATTVAVAAAN SAATTVIKAH SATYAH SATYADHARMAPARAAYANAH |
ABHIPRAAYAH PRIYAARHO-ARHAH PRIYAKRIT-PRIITIVARDHANAH ||(93)

VIHAAYASAGATIRJYOTIH SURUCHIRHUTABHUG VIBHUH |
RAVIRVIROCHANAH SUURYAH SAVITAA RAVILOCHANAH ||(94)

ANANTO HUTABHUGBHKOTAA SUKHADO NAIKAJO.AGRAJAH |
ANIRVINNAH SADAAMARSHHII LOKADHISHHHTHAANAMAD.HBHUTAH ||(95)

SANAAT SANAATANATAMAH KAPILAH KAPIRAVYAYAH |
SVASTIDAH SVASTIKRIT SVASTI SVASTIBHUK SVASTIDAKSHINAH ||(96)

ARAUDRAH KUNDALII CHAKRII VIKRAMYUURJITASHAASANAH |
SHABDAATIGAH SHABDASAHAH SHISHIRAH SHARVARIIKARAH ||(97)

AKRUURAH PESHALO DAKSHO DAKSHINAH KSHAMINAAM VARAH |
VIDVATTAMO VIITABHAYAH PUNYASHRAVANAKIIRTANAH ||(98)

UTTAARANO DUSHHKRITIHAA PUNYO DUHSVAPNANAASHANAH |
VEERAHAA RAKSHANAH SANTO JIVANAH PARYAVASTHITAH ||(99)

ANANANTARUUPO-ANANTASHREER JITAMANYUR BHAYAAPAHAH |
CHATURASRO GABHIIRAATMAA VIDISHO VYAADISHO DISHAH ||(100)

ANAADIRBHOORBHUVO LAKSHMIH SUVIIRO RUCHIRAANGADAH |
JANANO JANAJANMAADIR BHEEMO BHIIMAPARAAKRAMAH ||(101)

AADHAARANILAYO-DHAATAA PUSHHPAHAASAH PRAJAAGARAH |
UURDHVAGAH SATPATHAACHAARAH PRAANADAH PRANAVAH PANAH ||(102)

PRAMAANAM PRAANANILAYAH PRAANABHRIT PRAANAJIVANAH |
TATTVAM TATTVAVIDEKAATMAA JANMAMRITYU.JARAATIGAH ||(103)

BHOORBHAVAH SVASTARUSTAARAH SAVITAA PRAPITAAMAHAH |
YAGYO YAGYAPATIRYAJVAA YAGYAANGO YAGYAVAAHANAH ||(104)

YAGYABHRID.YAGYAKRID.YAGYII YAGYABHUG.YAGYASAADHANAH |
YAGYAANTAKRID.YAGYAGUHYAMANNAM.ANNAADA EVA CHA ||(105)

AATMAYONIH SVAYAMJAATO VAIKHAANAH SAAMAGAAYANAH |
DEVAKIINANDANAH SRASHHTAA KSHITIISHAH PAAPANAASHANAH ||(106)

SHANKHABHRINNANDAKII CHAKREE SHAARNGARDHANVAA GADAADHARAH |

RATHAANGAPAANIR.AKSHOBHYAH SARVAPRAHARANAAYUDHAH ||(107)

SARVAPRAHARANAAYUDHA OM NAMAH ITI | .

VANAMAALI GADEE SHAARNGII SHANKHII CHAKRII CHA NANDAKII |
SRIIMAANNAARAAYANO VISHNUR.VAASUDEVOABHIRAKSHATHU ||

PHALA SRUTI

ITIIDAM KIIRTANIIYASYA KESHAVASYA MAHAATMANAH |
NAAMNAAM SAHASRAM DIVYAANAAM-ASHESHENA PRAKIIRTITAM || (1)

YA EDAM SHRUNYAA-NITYAM YASHCHAPI PARIKIRTAYAET |
NAA-ASHUBHAM PRAPTYUNAAT KINCHIT-SOMUTREH CHA MANAVAH || (2)

VEEDANTAGO BRAHMANA-ASYAT KSHATRIYO VIJAYEE BHAVAET |
VAISHYO DHANA-SAMRIDHASYA-CHHUUDRA-SUKHAMVAAPNUYAAT || (3)

DHARMAARTHII PRAAPNUYAAD-DHARMAM.ARTHAARTHII
CHA.ARTHAMAAPNUYAAT |
KAAMAANAVA.APNUYAATKAAMII PRAJAARTHII CHA-APNUYAAT PRAJAAH || (4)

BHAKTIMAAN YAH SADOTTHAAYA SHUCHISTADGATAMAANASAH |
SAHASRAM VAASUDEVASYA NAAMNAAMETATPRAKIIRTAYET || (5)

YASHAH PRAAPNOTI VIPULAM GYAATIPRAADHAANYAMEVA CHA |
ACHALAAM SHRIYAMAAPNOTI SHREYAH PRAAPNOTYAN.UTTAMAM || (6)

NA BHAYAM KVACHIDAAPNOTI VIIRYAM TEJASHCHA VINDATI |
BHAVATYAROGO DYUTIMAAN-BALA-RUUPA-GUNAAANVITAH || (7)

ROGAARTO MUCHYATE ROGAA-DBADDHO MUCHYETA BANDHANAAT |
BHAYAAN.MUCHYETA BHIITASTU MUCHYETAAPANNA AAPADAH || (8)

DURGAANYATIT.ARATYAASHU PURUSHHAH PURUSHHOTTAMAM |
STUVANNAAMA-SAHASRENA NITYAM BHAKTISAMANVITAH || (9)

VAASUDEVAASHRAYO MARTYO VAASUDEVAPARAAYANAH |
SARVAPAAPA-VISHUDDHAATMAA YAATI BRAHMA SANAATANAM || (10)

NA VAASUDEVABHAKTAANAAM-ASHUBHAM VIDYATE KVACHIT |
JANMA.MRITYU.JARAAVYAADHI.BHAYAM NAIVOPAJAAYATE || (11)

IMAM STAVAMA-DHIIYAANAH SHRADDHAABHAKTISAMANVITAH |
YUJYETAATMAA SUKHAKSHAANTI SHRIIDHRITI SMRITI KIIRTIBHIH || (12)

NA KRODHO NA CHA MAATSARYAM NA LOBHO NAASHUBHAA MATIH |
BHAVANTI KRITA PUNYAANAAM BHAKTAANAAM PURUSHHOTTAME || (13)

DYAUH SACHANDRAARKA-NAKSHATRAA KHAM DISHO BHUURMAHODADHIH |
VAASUDEVASYA VIIRYENA VIDHRITAANI MAHAATMANAH || (14)

SASURAASURA-GANDHARVAM SAYAKSHO.RAGARAAKSHASAM |
JAGADVASHE VARTATEDAM KRISHHNASYA SACHARAACHARAM || {15}

INDRIYAANI MANO BUDDHIH SATTVAM TEJO BALAM DHRITIH |
VAASUDEVA.ATMAKAANYAAHUH KSHETRAM KSHETRAGYA EVA CHA || (16)

SARVAAGAMAANAA.MAACHAARAH PRATHAMAM PARIKALPATE |
AACHARAPRABHAVO DHARMO DHARMASYA PRABHURACHYUTAH || (17)

RISHHAYAH PITARO DEVA MAHAABHUUTAANI DHAATAVAH |
JANGAMAAJANGAMAM CHEDAM JAGANNAARAAYAN.ODBHAVAM || (18)

YOGO GYAANAM TATHAA SAA.NKHYAM VIDYAAH SHILPAADI KARMA CHA |
VEDAAH SHAASTRAANI VIGYAANAM.ETAT.SARVAM JANAARDANAAT || (19)

EKO VISHHNURMAHADDBHUUTAM PRITHAG.BHUUTAANYANEKASHAH |
TRII.NLOKAANYAAPYA BHUUTAATMAA BHU.NKTE VISHVABHUGAVYAYAH || (20)

IMAM STAVAM BHAGAVATO VISHHNORVYAASENA KIIRTITAM |
PATHEDYA ICHCHHET.PURUSHHAH SHREYAH PRAAPTUM SUKHAANI CHA || (21)

VISHVESHVARAMAJAM DEVAM JAGATAH PRABHAVAAPYAYAM |
BHAJANTI YE PUSHKARAAKSHAM NA TE YAANTI PARAABHAVAM || (22)

|| NA TE YAANTI PARAABHAVAM OM NAMA ITI ||

ARJUNA UVAACHA -

PADMAPATRAVISHAALAAKSHA PADMANAABHA SUROTTAMA |
BHAKTAANAAM-ANURAKTAANAAM TRAATAA BHAVA JANAARDANA || (23)

SHRII BHAGAVANUVAACHA -

YO MAAM NAAMASAHASRENA STOTUM-ICHCHHATI PAANDAVA |
SOHA.AMEKENA SHLOKENA STUTA EVA NA SAMSHAYAH || (24)

|| STUTA EVA NA SAM SHAYA OM NAMA ITI ||

VYAASA UVAACHA -

VAASANAAD-VAASUDEVASYA VAASITAM TE JAGATRAYAM |
SARVABHUUTA-NIVAASOSI VAASUDEVA NAMOSTU TE || (25)

|| SHRII VAASUDEVA NAMO.ASTUTA OM NAMA ITI ||

PAARVATYUVAACHA -

KENOPAAYENA LAGHUNAA VISHHNOR NAAMA SAHASRAKAM |
PATHYATE PANDITAIR NITYAM SHROTUM-ICHCHHAAM-YAHAM PRABHO || (26)

IISHVARA UVAACHA -

SHRIIRAAMA RAAMA RAAMETI RAME RAAME MANORAME |
SAHASRA NAAMA TATTULYAM RAAMANAAMA VARAANANE || (27) ...(3X)

|| SHRII RAAMANAAMA VARAANANA OM NAMA ITI ||

BRAHMOVAACHA -

NAMO.STVANANTAAYA SAHASRA MUURTTAYE SAHASRA PAADAAKSHI SHIRORU BAAHAVE |
SAHASRANAAMNE PURUSHHAAYA SHAASHVATE SAHASRAKOTII YUGADHAARINE NAMAH || (28)

|| SAHASRAKOTII YUGADHAARINA OM NAMA ITI ||

SAJNJAYA UVAACHA -

YATRA YOGESHVARAH KRISHHNO YATRA PAARTHO DHANURDHARAH |
TATRA SHRIIRVIJAYO BHUUTIRDHRUVAA NIITIRMATIR MAMA || (29)

SHRIIBHAGAVANUVAACHA -

ANANYAA.SHCHINTAYANTO MAAM YE JANAAH PARYUPAASATE |
TESHHAAM NITYAABHI.YUKTAANAAM YOGAKSHEMAM VAHAAMYAHAM || (30)

PARITRAANAAYA SAADHOONAAM VINAASHAAYA CHA DUSHHA KRITAAM |
DHARMA SAMSTHAAPANAAARTHAAYA SAMBHAVAAMI YUGE YUGE || (31)

AARTAA VISHHANNAAH SHITHILAASHCHA BHIITAAH GHORESHHU CHA
VYAADHISHHU VARTTAMAANAAH |
SA.NKIIRTYA NAARAAYANA SHABDAMAATRAM VIMUKTA DUHKHAAH SUKHINO
BHAVANTI || (32)

ITI SHRIIMAHABHAARATE SHATSAHSRIKAAYAAM SAMHITAAYAAM
VIIYAASHIKYAAMNUSHAASANPARVAANTARGATAA.NUSHAASHANIKPARVAANN
I BHIISHMAYUDHISTARASAMVAADE
SHRIIVISHNURSAHASRA NAAMASTOOTRAM SAMPOORNAM

OM TAT SAT, OM TAT SAT, OM TAT SAT

AARATI

OM JAYA JAGADISHA HARE SVAAMI JAYA JAGADISHA HARE
BHAKTA JANON KE SANKAT, KSHANA MEN DOOR KARE.

1. JO DHYAAVE PHALA PAAVE, DUKH BINASE MANA KAA.
SUKHA SAMPATI GHARA AAVE, KASHTA MITE TANA KAA.
2. MAATA PITAA TUMA MERE, SHARANA GAHUN KISAKI.
TUMA BINA AURA NA DUUJAA, AASA KARUN MAIN JISAKI.
3. TUMA PURANA PARAMAATMAA, TUMA ANTARAYAAMI.
PAARABRAHMA PARAMESHVARA, TUMA SABA KE SVAAMI.
4. TUMA KARUNAA KE SAAGAR, TUMA PAALANA KARTAA.
MAIN SEVAKA TUMA SVAAMI, KRIPAA KARO BHARTAA.
5. TUMA HO EKA AGOCHARA, SABAKE PRAANAPATI.
KISA VIDHI MILUN DAYAAMAYA, TUMAKO MAIN KUMATI.
6. DEENA BANDHU DUKHAHARTAA, TUMA RAKSHAKA MERE.
KARUNAA HASTA BADHAAO, DVAARA PADAA TERE.
7. VISHAYA VIKAAAR MITAAO, PAAPA HARO DEVAA.
SHRADDHAA BHAKTI BADHAAO, SANTANA KI SEVAA.

॥ ॐ जय जगदीश हरे आरती ॥

| | |
|--|----------|
| ॐ जय जगदीश हरे स्वामी जय जगदीश हरे । | |
| भक्त जनों के संकट क्षण में दूर करे ॥ | ॐ जय---- |
| जो ध्यावे फल पावे दुख बिनसे मन का । | |
| सुख सम्पति घर आवे कष्ट मिटे तन का ॥ | ॐ जय---- |
| मात पिता तुम मेरे शरण गहूं मैं किसकी । | |
| तुम बिन और ना दूजा आश करूँ किसकी ॥ | ॐ जय---- |
| तुम पूरण परमात्मा तुम अंतर्यामी । | |
| पार ब्रह्म परमेश्वर तुम सबके स्वामी ॥ | ॐ जय---- |
| तुम करुणा के सागर तुम पालन करता । | |
| मैं मूरख खल कामी कृपा करो भरता ॥ | ॐ जय---- |
| तुम हो एक अगोचर सबके प्राण पती । | |
| किस विधी मित्ठूँ दयामय तुमको मैं कुमति ॥ | ॐ जय---- |
| दीन बंधु दुख हरता तुम रक्षक मेरे । | |
| करुणा हस्त बढ़ाओ द्वार पड़ा तेरे ॥ | ॐ जय---- |
| विषय विकार मिटाओ पाप हरो देवा । | |
| श्रद्धा भक्ति बढ़ाओ संतन की सेवा ॥ | ॐ जय---- |

॥ श्री सत्य नारायण जी की आरती ॥

| | |
|---|-------------------|
| ॐ जय लक्ष्मी रमणा स्वामी जय लक्ष्मी रमणा, | |
| सत्य नारायण स्वामी जन पातक हरणा ॥ | ॐ जय लक्ष्मी---- |
| रत्न जटित सिंधासन अद्भुत छबि राजै, | |
| नारद करत निराजन घंटा ध्वनि बाजै ॥ | ॐ जय लक्ष्मी--- |
| प्रकट भये कलि कारण द्विज को दरस दियो, | |
| बूढे ब्राह्मण बनकर कञ्चन महल कियो ॥ | ॐ जय लक्ष्मी--- |
| दुर्बल भील कठारो जिन पर कृपा करी, | |
| चन्द्र चूड एक राजा जिनकी विपत हरी ॥ | ॐ जय लक्ष्मी--- |
| वैश्य मनोरथ पायो श्रद्धा तज दीन्हीं, | |
| सो फल भोग्यो प्रभुजी फिर स्तुति कीन्हीं ॥ | ॐ जय लक्ष्मी--- |
| भाव भक्ति के कारण छिन छिन रूप धर्यो, | |
| श्रद्धा धारण कीनी तिनको काज सर्यो ॥ | ॐ जय लक्ष्मी----- |
| ग्वाल बाल संग राजा बन में भक्ति करी, | |
| मन वांच्छित फल दीन्हों दीन दयालु हरी ॥ | ॐ जय लक्ष्मी----- |
| चढत प्रसाद सवायो कदली फल मेवा, | |

धूप दीप तुलसी से राजी सत्य देवा ॥ ॐ जय लक्ष्मी-----
सत्यनारायणजी की आरती जो कोई गावै,
तन धन सुख सम्पति फल मन वांक्षित पावै ॥ ॐ जय लक्ष्मी-----

मन्त्र पुष्पान्जली पुजा के अन्त में करे

- १ - कर्पूर गौरम् करुणा अवतारम् सन्सार सारम् भुजगेन्द्र हारम्
सदा वसन्तम हृदयारविन्दे भवं भवानी सहितम् नमामी
- २ - त्वमेव माता च पिता त्वमेव त्वमेव बन्धू च सखा त्वमेव
त्वमेव विधा द्रविणम त्वमेव त्वमेव सर्वम् मम देव देव
- ३ - सर्व मंगल मांगल्ये शिवे सर्वार्थ साधिके
शरण्ये त्र्यम्बके गौरी नारायणी नमोस्तुते
- ४ - कायेन वाचा मनसेन्द्रियैर्वा भुध्यात्मना वा प्रकृतेस्वभावात्
करोमि यद् यद् सकलम् परस्मै नारायणायेति समर्पयामि
सदा शिवायेति समर्पयामि जगदम्बिकायेति समर्पयामि
- ५- ना ना सुगन्धि पुष्पाणी यथा कालोद्भवानि च
पुष्पान्जलिर्मया दत्त ग्रीहाण परमेश्वर

॥ क्षमा याचना ॥

मन्त्रहीनं क्रियाहीनं, भक्तिहीनं सुरेश्वर । यत्पूजितं मया देव, परिपूर्णम् तदस्तु मे ॥
आवाहनं न जानामि, न जानामि विसर्जनम् । पूजनं चैव न जानामि, क्षमस्व परमेश्वर ॥
अन्यथा शरणं नास्ति, त्वमेव शरणं मम । तस्मात् कारुण्य भावेन, रक्ष मां परमेश्वर ॥

॥ शान्ति पाठ ॥

ॐ द्यौः शान्ति रन्तरिक्ष ५ शान्तिः पृथिवी शान्ति रापः शान्ति रोषधयः
शान्ति वनस्पतयः शान्तिर्विष्वेदेवाः शान्तिर्ब्रह्म शान्तिः सर्व ५ शान्तिः
शान्तिरेव शान्तिः सा मा शान्तिरेधि ॥ ॐ शान्ति शान्ति शान्तिः ॥

॥ विविध गायत्री मन्त्र ॥

- ॥ गणेश ॥ ॐ एक दन्ताय विद्महे वक्रतुण्डाय धीमहि तन्नो दन्तिः प्रचोदयात् ॥
॥ शिव ॥ ॐ तत् पुरुषाय विद्महे महादेवाय धीमहि तन्नो रुद्रः प्रचोदयात् ॥
॥ गायत्री ॥ ॐ भूर्भुव स्वः तसवितुर्वरेण्यं भर्गो देवस्य धीमहि धियो यो नः प्रचोदयात् ॥
॥ विष्णु ॥ ॐ नारायणाय विद्महे वासुदेवाय धीमहि तन्नो विष्णुः प्रचोदयात् ॥
॥ लक्ष्मी ॥ ॐ महालक्ष्म्यै विद्महे च विष्णु प्रियायै धीमहि तन्नो लक्ष्मिः प्रचोदयात् ॥

॥ ब्रह्मा ॥ ॐ चतुर्मुखाय विद्महे हंसारूढाय धीमहि तन्नो ब्रह्मा प्रचोदयात् ॥

॥ दुर्गा ॥ ॐ गिरिजायै विद्महे शिव प्रियायै धीमहि तन्नो दुर्गाः प्रचोदयात् ॥

॥ सरसवती ॥ ॐ सरस्वत्यै च विद्महे ब्रह्म पुत्र्यै च धीमहि तन्नः सरस्वतीः प्रचोदयात् ॥

Short introduction of Hindu Heritage Society

History

Hindu Heritage Society was founded in 1998 to promote Hinduism in Australia, The society had originally known as "KALAA MANDIR" and had a name changed later to reflect its aims and objectives.

The society has very warm support from the community and has a good number of dedicated members. We do not have membership barriers based on cast, creed, country of origin or individual beliefs. One has to be a member of one of the many arms of the Hindu Religion to join the HHS and benefit from its activities.

HHS organizes various cultural and educational programs for both children and adults. In past it has organised religious and cultural activities for the local community which includes ***Kumbh Milan in 1999, Sarva Dharma Prarthna Samelan*** (all religion seminar where Hindus, Jainis, Buddhists, and Shikha have participated and was one of the unique in Australia. It has also organised **Shri Krishna Leela in 2000**. HHS has also rendered help to the earthquake victims in Gujrat and joined with other religious organisations for the inter faith prayer offered to the victims of the bombing incident in America.

HHS actively provides Religious services through **Pt Narayan Bhatt** and through other dedicated religious, social people. HHS publishes **Divya Darshan** a quarterly magazine, which contains highly authentic information and covers Religious, Cultural, Educational and moral teachings.

Heritage means preserving one's religion, arts, culture and inherited properties (values). Hindus have a very rich historic heritage in countries they have settled such as America, Australia, Canada, New Zealand, Fiji, many African Nations, England, Malaysia, and Singapore etc. This is evident by the retention of that rich heritage by the people from Hindu origin of South Asian countries (SAARC) which include India, Nepal, Bangladesh, Bhutan, Pakistan, Sri Lanka and Maldives.

The HHS is doing its share to promote that Hindu culture for the people of Hindu origin in Australia. Come and share your views here. Any constructive

criticism of our activities will be welcome. However, the committee at all times will be mindful of the feelings of other sects within the wider realms of Hinduism.

AIMS AND OBJECTIVES OF HHS

- **Promote the cultural, social and educational welfare of mankind.**
- **Impart education to both, children and adults, invite educated guests, Swami's and Priests to cultural functions where they will perform presentations and rituals as appropriate.**
- **Organize youth activities and provide assistance to those students who have difficulty researching in issues related to Hinduism.**
- **Organize performing arts and Visual arts presentations to promote the Indian Arts such as painting, Drawings, Music & Dance.**
- **Establish Hindu Heritage Centres, Institutions and Reference Libraries, where these activities can be carried out regularly.**
- **Establish branches in state and interstate with similar aims and objectives and as the management committee may consider appropriate.**
- **Generate funds for use of the Society through appropriate activities and to help the needy and destitute in case of tragedy, disasters and emergencies.**
- **Establish web site of HHS and publish yearly, quarterly or monthly publications to promote the culture.**

Regular activities of Hindu Heritage Society and Some of our achievements

In its short history, The Hindu Heritage Society Inc. has come a long way in achieving some of its goals, as laid out in its Aims and Objectives. A legally constituted charitable organization, with a comprehensive constitution to guide us, our executive members have, with the willing contribution from our members and volunteers achieved a lot of success.

1. Organizing three annual functions for the last three years; Saraswati Poojan, Guru Purnima (Sanskrit Diwas celebration) and Devi Jagran.
2. Divya Darshan – the Societies flagship magazine publication.
3. FAQ in Hinduism booklet publication.
4. Our service to community through donations and personal involvement.
5. Association with other organizations to promote culture and Education.
6. Regular religious services by associated members.
7. Regular religious, language and music classes.
8. Daily devotional Radio Programme in Sydney, including on the internet.

We do not live on our laurels, we still have a long way to go and with the grace of the almighty Lord, we will fulfil our dreams.

Some of the long time aims (dreams) harbored by our hard working committee are to one day achieve these;

- To be able to serve all persons of Hindu faith, whatever sect or denomination they belong to.
- Promote Hindu Heritage and Culture within Australia.

- Establish a Hindu reference library in all capital cities of Australia. Priority based religious service to our members.
- Far fetched as it may seem, to bring Unity among all members of the Hindu faith.
- To establish a Community Centre in Sydney (and later in other major cities) for religious / social functions.

How can you be part of us

Hindu Heritage Society Inc. is a charitable organization, run by volunteers. Our aim is to serve the needy in the name of Hinduism. Need has no barriers in so far as religion is concerned. We contributed to the natural disaster funds (such as Tsunami appeal, Hurricane Katrina appeal etc) in what ever small way we could. Funds permitting, we can do so much more. We do not collect funds to make a profit – whatever income is generated through our various activities, are given in donations or are used to cover expenses for our activities.

If anyone wishes to become a member of the HHS, application forms are available on our Web site: www.hinduheritage.org.au or you can contact any of our members to obtain the forms.

Current committee members of *Hindu Heritage Society Inc.* are:

Pt. Narayan Bhatt

President

Email: panditji01@hotmail.com
punditji01@yahoo.com.au
Tel: 612 9600 7815
Mob: 0433 212 888

Smt Lalita Singh

Treasurer

Email: shandil@hotmail.com,
Tel: (02) 9896 1521
Mob: 0404 346 800

Pt. Jagdish Maharaj

Secretary

Email:
pdtjagdishmaharaj@hotmail.com
Tel: 9896 5156
Mob:0412 931 965

Shri Yadav Dhungel

Member

Email: y_dhungel@hotmail.com
Tel: 02) 9873 4742

Lord Vishnu

*Yadaa Yadaa hi Dharmasya Glanirbhavati Bharata
Abhyuttanam Adharmasya Tadaatmaanam Srujamyaham*

*Paritranaya Sadhunaam Vinaashaya ch Dushkritaam
Dharmasansthapanarthaya Sambhavami Yuge Yuge*

Meaning: Whenever Dharma or the situation of law and order is endangered on this world, I incarnate onto this world to re establish Dharma, law and order and to protect the Sadhus or Saints and to destroy the evil elements of the society.

Throughout the ages, Lord Vishnu has incarnated in various life forms through different yugas (ages or eons) in situations where Dharma was in danger, because of certain dushta (evil) elements in the world. In mythology, there are ten documented instances of incarnation of Lord Vishnu. These incarnations are termed as the *Avatars* of Lord Vishnu.

Vishnu, preserver of human life is one of the Trimurti. He is generous and known as being ‘Sattvaguna’ (kind and merciful). Vishnu is the only God of the Trimurti who is reborn whenever there is a crisis on earth. If ‘Dharma’ (righteousness) is disturbed, Vishnu descends to earth in an avatar (a various forms) to fight the forces of evil.

The Puranas list the Dasavatars’ (ten avatars) Vishnu took on to sustain the cosmos. Seen in order, they represent the evolution of mankind from the fish stage to ‘Purusha’ (man).

These avatars were Matsya (fish), Kurma (tortoise), Varaha (boar), Narasimha (man-lion), Vamana (dwarf), Parashurama (a powerful warrior), Rama, Krishna, Buddha and Kalki (white horse).

A romantic aspect of the myths is that whenever Vishnu descends to earth he marries Lakshmi (his Goddess wife). They are destined to marry on earth as in heaven. When Vishnu is Rama, Lakshmi is born as Sita. As Krishna he marries her as Rukmani.