



SACRED HYMN · SANSKRIT (DEVANAGARI) WITH MEANING

NARAYANA SUKTAM

— ❖ —
Taittiriya Aranyaka

THE COMPLETE HYMN · SANSKRIT (DEVANAGARI)

From the Taittiriya Aranyaka (10.13), with the Narayana Gayatri that is traditionally chanted after it.

VERSE 1

सहस्रशीर्षं देवं विश्वाक्षं विश्वशम्भुवम् ।
विश्वं नारायणं देवमक्षरं परमं पदम् ॥

The thousand-headed god, all-seeing, the source of the well-being of all: Narayana, the god who is the universe, the imperishable, the supreme abode.

VERSE 2

विश्वतः परमान्नित्यं विश्वं नारायणं हरिम् ।
विश्वमेवेदं पुरुषस्तद्विश्वमुपजीवति ॥

Higher than the universe, eternal, and yet the universe itself, is Narayana, Hari. This whole universe is the Purusha alone, and the universe lives by him.

VERSE 3

पतिं विश्वस्यात्मे श्वरं शाश्वतं शिवमच्युतम् ।
नारायणं महाज्ञेयं विश्वात्मानं परायणम् ॥

He is the lord of the universe, the ruler of all selves, eternal, auspicious and unfailing: Narayana, the great one who is to be known, the self of all, the supreme refuge.

VERSE 4

नारायण परो ज्योतिरात्मा नारायणः परः ।
नारायण परं ब्रह्म तत्त्वं नारायणः परः ॥

Narayana is the supreme light; Narayana is the supreme self. Narayana is the supreme Brahman; Narayana is the supreme reality.

VERSE 5

नारायण परो ध्याता ध्यानं नारायणः परः ।
यच्च किञ्चिज्जगत्सर्वं दृश्यते श्रूयतेऽपि वा ॥

Narayana is the supreme meditator; Narayana is the supreme meditation. Whatever there is in this whole world, whether seen or heard of,

VERSE 6

अन्तर्बहिश्च तत्सर्वं व्याप्य नारायणः स्थितः ।
अनन्तमव्ययं कविं समुद्रेऽन्तं विश्वशम्भुवम् ॥

all of it Narayana pervades, inside and outside, and abides. He is the infinite, the imperishable, the all-knowing seer, the final goal dwelling in the ocean, the source of the well-being of all.

VERSE 7

पद्मकोशप्रतीकाशं हृदयं चाप्यधोमुखम् ।
अधो निष्ठया वितस्त्यान्ते नाभ्यामुपरि तिष्ठति ॥

The heart, which resembles a lotus bud and hangs downward, lies a span below the base of the throat and above the navel.

VERSE 8

ज्वालमालाकुलं भाती विश्वस्यायतनं महत् ।
सन्ततं शिलाभिस्तु लम्बत्याकोशसन्निभम् ॥

Encircled as if by a garland of flames, it shines as the great dwelling place of the universe. Surrounded by channels on every side, it hangs down like a lotus bud.

VERSE 9

तस्यान्ते सुषिरं सूक्ष्मं तस्मिन् सर्वं प्रतिष्ठितम् ।
तस्य मध्ये महानग्निर्विश्वार्चिर्विश्वतोमुखः ॥

Within it is a subtle opening, and in that everything is established. In its centre is a great fire, with flames spreading everywhere and facing in every direction.

VERSE 10

सोऽग्रभुग्विभजन्तिष्ठन्नाहारमजरः कविः ।
तिर्यगूर्ध्वमधश्शायी रश्मयस्तस्य सन्तता ॥

That ageless and wise fire receives food first and, abiding there, distributes the nourishment. Its rays spread out on every side, upward and downward.

VERSE 11

सन्तापयति स्वं देहमापादतलमस्तकः ।
तस्य मध्ये वह्निशिखा अणीयोर्ध्वा व्यवस्थितः ॥

It warms its own body from the soles of the feet to the crown of the head. In its centre stands a tongue of flame, very subtle and pointing upward.

VERSE 12

नीलतोयदमध्यस्थाद्विद्युल्लेखेव भास्वरा ।
नीवारशूकवत्तन्वी पीता भास्वत्यणूपमा ॥

It is as brilliant as a streak of lightning in the middle of a dark rain cloud, as slender as the tip of a grain of wild rice, golden in colour, shining, and as fine as an atom.

VERSE 13

तस्याः शिखाया मध्ये परमात्मा व्यवस्थितः ।
स ब्रह्म स शिवः स हरिः सेन्द्रः सोऽक्षरः परमः स्वराट् ॥

In the middle of that flame the Supreme Self abides. He is Brahma, he is Shiva, he is Hari, he is Indra; he is the imperishable, the supreme, the self-ruling one.

CLOSING

ऋतं सत्यं परं ब्रह्म पुरुषं कृष्णपिङ्गलम् ।
ऊर्ध्वरितं विरूपाक्षं विश्वरूपाय वै नमो नमः ॥

He is cosmic order and truth, the supreme Brahman, the Purusha dark and tawny, whose vital power rises upward, whose eyes are unlike any other. To him whose form is the universe, salutations again and again.

NARAYANA GAYATRI

नारायणाय विद्महे वासुदेवाय धीमहि ।
तन्नो विष्णुः प्रचोदयात् ॥

We come to know Narayana; we meditate on Vasudeva. May that Vishnu inspire and guide us.

READ IT ON ITS PAGE

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