

śrīḥ  
śrīmate rāmānujāya namaḥ

॥ śrīviṣṇusahasranāmastotram ॥

śuklāmbaraḍharam viṣṇum śaśivarṇam caturbhujam |  
prasannaḡvadanam dhyāyet sarvaḡvighnopaśāntaye ॥ 1 ॥

yasya dviradaḡvaktrādyāḥ pāriṣadyāḥ paraśśatam |  
vighnam nighnanti satatam viṣṡaksenam tamāśraye ॥ 2 ॥

vyāsam vasiṣṡhānaptāram śakteḥ pautramakalmaṡam |  
parāśarāṡmajam vande śukatātam taponidhim ॥ 3 ॥

vyāsāya viṣṇurūpāya vyāsarūpāya viṣṇave |  
namo vai brahmaḡnidhaye vāsiṣṡhāya namo namaḥ ॥ 4 ॥

avikārāya śuddhāya nityāya paramātmane |  
sadaikaḡrūparūpāya viṣṇave sarvaḡviṣṇave ॥ 5 ॥

yasya smarṇa mātreṇa janmaṡamśārabandhanāt |  
vimucyate namastasmai viṣṇave prabhaviṣṇave ॥ 6 ॥  
om namo viṣṇave prabhaviṣṇave ॥

śrīvaiśampāyana uvāca —  
śrutvā dharmāḡśeṡeṇa pāvanāni ca sarvaśaḥ |  
yudhiṣṡhiraḥ śāntanavam punarḡevābhyabhāṡata ॥ 1 ॥

yudhiṣṡhira uvāca —  
kimḡkam daivatam loke kiḡ vā'pyekam parāyaṇam |  
stuvantaḥ kam kamarcantaḥ prāpnuyurḡmānavāḥ śubham ॥ 2 ॥

ko dharmah sarvaḡdharmāḡnām bhavataḥ paramo mataḥ |  
kiḡ japan mucyate janturḡjanmaṡamśārabandhanāt ॥ 3 ॥

śrībhīṣma uvāca —

jagatprabhuṃ devadevamānantam puruṣottamam |  
stuvanāmāsahasreṇa puruṣaḥ satatotthitaḥ || 4 ||

tameva cārcayanṅnityam bhaktyā puruṣamavyayam |  
dhyāyan stuvanāmasyaṃśca yajamānaṣtameva ca || 5 ||

anādinidhanam viṣṇuṃ sarvalokamaheśvaram |  
lokādhyakṣam stuvanṅnityam sarvaduḥkhātigo bhavet || 6 ||

brahmaṅyam sarvadharmajñam lokānām kīrtipardhanam |  
lokanātham mahadbhūtam sarvabhūtabhavodbhavam || 7 ||

eṣa me sarvadharmāṅnam dharmo'dhikatamo mataḥ |  
yadbhaktyā puṇḍarikākṣam stavairarcenṅnaraḥ sadā || 8 ||

paramam yo mahattejah paramam yo mahattapah |  
paramam yo mahadbrahma paramam yah parāyaṅnam || 9 ||

pavitrāṅnam pavitram yo maṅgalānām ca maṅgalam |  
daivatam devatānām ca bhūtānām yo'vyayaḥ pitā || 10 ||

yataḥ sarvāṅni bhūtāni bhavantyādiyugāgame |  
yasmimśca pralayaṃ yānti punareva yugakṣaye || 11 ||

tasya lokapradhānasya jagannāthasya bhūpate |  
viṣṇornāmasahasram me śṛṇu pāpabhayāpaham || 12 ||

yāni nāmāni gauṅnāni vikhyātāni mahātmanah |  
ṛṣibhiḥ parigītāni tāni vakṣyāmi bhūtaye || 13 ||

ṛṣir<sup>nam</sup>nāmāsahasrasya vedavyāso mahā muniḥ |  
chando'nuṣṭup tathā devo bhagavān devakīṣutaḥ ||

amṛtām|śūdbhavo bījam śaktir|devaki|nandanah|  
trisāmā hr̥dayam tasya śāntyarthe viniyujyate ||

viṣṇum|jiṣṇum mahā|viṣṇum prabhaviṣṇum|maheśvaram|  
anekarūpadaityāntam namāmi puruṣottamam ||

asya śrīviṣṇor|divyasahasranāmastotra|mahāmantrasya| śrīve-  
davyāso bhagavān ṛṣih| anuṣṭup chandah| śrīmahā|viṣṇuḥ para|  
mātmā śrīman|nārāyaṇo devatā| amṛtām|śūdbhavo bhānu|iti bī-  
jam| devaki|nandanah sraṣṭeti śaktih| udbhavaḥ kṣobhaṇo deva  
iti paramo mantraḥ| śaṅkha|bhṛṅ|nandakī cakrīti kīlakam| śārṅga-  
dhanvā gadādhara ityastram| rathāṅga|pāṇirakṣobhya iti netram|  
trisāmā sāmagaḥ sāmetyi kavacam| ānandam para|brahmeti yonih|  
ṛtuḥ sudarśanaḥ kāla iti digbandhaḥ| śrīviśvarūpa iti dhyānam|  
śrīmahā|viṣṇu prītyarthe ~~śrī~~sahasranāma jape viniyogaḥ|

### dhyānam

kṣīro|danvat|pradeśe śuci|maṇi|vilasat  
satsaikate mauktikānām  
mālā|kṛptā|sanasthaḥ sphaṭika|maṇi|nibhair-  
mauktikair|maṇ|ditāṅgaḥ|  
śubhrai|rabhrai radabhrai|rupari-  
viracitair|muktapīyūṣa|parśaiḥ  
ānandī naḥ punīyā|darī|halinaga|gadā-  
śaṅkha|pāṇi|mukundaḥ ||

bhūḥ pādau yasya nābhir|viyada|sura-  
nila|ścandra|sūryau ca netre  
karṇāvāśāḥ śīro dyau|mukham|api  
dahano yasya vāste|yamabdhiḥ|

antaḥsthaṃ yasya viśvaṃ suranarakhaga-  
gobhogigandharvadaityaiḥ  
citraṃ raṃramyate taṃ tribhuvana-  
vapuṣaṃ viṣṇumīśaṃ namāmi ॥

oṃ namo bhagavate vāsudevāya ।

śāntākāraṃ bhujagaśayanaṃ padmanābhaṃ sureśaṃ  
viśvādhāraṃ gaganasadrśaṃ meghavarṇaṃ śubhāṅgaḥ ।  
lakṣmīkāntaṃ kamalahayanaṃ yogihṛddhyānagamyam  
vande viṣṇuṃ bhavaḥbhayaḥharaṃ sarvalokaikaṇāthaṃ ॥

meghaśyāmaṃ pīṭakaūśeyavāsaṃ  
śrīvatsāṅkaṃ kaustubhodbhāsitaṅgaḥ ।  
puṇyopetaṃ puṇḍarikāyatākṣaṃ  
viṣṇuṃ vande sarvalokaikaṇāthaṃ ॥

namaḥ samastabhūtānāmādibhūtāya bhūbhṛte ।  
anekarūparūpāya viṣṇave prabhaviṣṇave ॥

saśaṅkhacakraṃ sakirīṭakuṇḍalaṃ  
sapīṭavastraṃ sarasīruhekṣaṇam ।  
sahāravakṣaḥsthalaśobhikaustubhaṃ  
namāmi viṣṇuṃ śirasā caturbhujam ॥

chāyāyāṃ pārijātasya hemaśimhāsanopari ।  
āsīnamambudaśyāmamāyatākṣamalaṅkṛtam ॥

candrānanaṃ caturbāhuṃ śrīvatsāṅkitavakṣasaḥ ।  
rukmiṇīsatyabhāmābhyāṃ sahitaṃ kṛṣṇamāśraye ॥

anantarūpo'nantaśrīrjitamanyurbhayāpahah |  
caturasro gabhīrātmā vidiśo vyādiśo diśah || 100 ||

anādirbhūrbhuvo lakṣmīḥ svīro rucirāṅgadah |  
janano janajanmādiḥ bhīmo bhīmaparākramah || 101 ||

ādhāranilayo dhātā puṣpahāsaḥ prajāgarah |  
ūrdhvagaḥ satpathācārah prāṇadah praṇavaḥ paṇah || 102 ||

pramāṇaṃ prāṇanilayaḥ prāṇadhṛtprāṇajīvanah |  
tattvaṃ tattvavidekātmā janmamṛtyujarātigaḥ || 103 ||

bhūrbhuvah svastaruṣṭārah savitā prapitāmahah |  
yajño yajñapatiryajvā yajñāṅgo yajñavāhanah || 104 ||

yajñabhṛdyajñakṛdyajñī yajñabhugyajñasādhanah |  
yajñāntakṛdyajñaguhyamannamannāda eva ca || 105 ||

ātmayoniḥ svayaṃjāto vaikhānah sāmāgāyanah |  
devakīnandanah sraṣṭā kṣitīśah pāpanāśanah || 106 ||

śaṅkhabhṛnnandakī cakrī śārṅgadhanvā gadādharah |  
rathāṅgapāṇirakṣobhyaḥ sarvapraharaṇāyudhah || 107 ||  
śrīsarvapraharaṇāyudha om nama iti ||

vanamālī gadī śārṅgī śaṅkhī cakrī ca nandakī |  
śrīmān nārāyaṇo viṣṇurvāsudevo'bhīrakṣatu ||  
śrīvāsudevo'bhīrakṣatu om nama iti ||

sahasrārciḥ saptajihvaḥ saptaidhāḥ saptavāhanaḥ |  
amūrtiranagho'cintyo bhayakṛdbhayanāśanaḥ || 89 ||

aṅurbrhatkṛśaḥ sthūlo guṇabhṛnnirguṇo mahān |  
adhṛtaḥ svadhṛtaḥ svāsyāḥ prāgvamśo vaṃśavardhanaḥ || 90 ||

bhārabhṛtkathito yogī yogīśaḥ sarvakāmadaḥ |  
āśramaḥ śramaṇaḥ kṣāmaḥ suparṇo vāyuvāhanaḥ || 91 ||

dhanurdharo dhanurvedo daṇḍo damayitā'damaḥ |  
aparājitaḥ sarvasaḥo niyantā niyamo yamaḥ || 92 ||

sattvavān sāttvikaḥ satyaḥ satyadharmaparāyaṇaḥ |  
abhiprāyaḥ priyārho'rhaḥ priyakṛtprītiwardhanaḥ || 93 ||

vihāyasagatirjyotiḥ surucirhutabhugvibhuḥ |  
ravirvirocanaḥ sūryaḥ savitā ravilocanaḥ || 94 ||

ananta hutabhugbhoktā sukhado naikado'grajaḥ |  
anirviṇṇaḥ sadāmarṣī lokādhiṣṭhāna madbhutaḥ || 95 ||

sanātsanāntatamaḥ kapilaḥ kapiṛavyayaḥ |  
svastidaḥ svastikṛtsvasti svastibhuksvastidakṣiṇaḥ || 96 ||

araudraḥ kuṇḍalī cakrī vikramyūrjitaśāśanaḥ |  
śabdātigaḥ śabdaśahaḥ śīśiraḥ śarvarīkaraḥ || 97 ||

akrūraḥ peśalo dakṣo dakṣiṇaḥ kṣamiṇām varahaḥ |  
vidvattamo vītabhayaḥ puṇyaśravaṇakīrtanaḥ || 98 ||

uttāraṇo duṣkṛtihā puṇyo duḥsvapnaṇāśanaḥ |  
vīrahā rakṣaṇaḥ santo jīvanaḥ paryavasthitaḥ || 99 ||