

|| shrl viShNu sahasranAma stOtram ||

shuklAmbaradharam viShNum shashivarNam chaturbhujam |  
prasanna vadanan dhyAyEt sarva vighnOpashAntayE ||

yasya dvirada vaktrAdyA: pAriShadyA: parashhatam |  
vighnam nighnanti satatam viShvaksEnam tamAshrayE ||

vyAsam vasiShTha naptAram shaktE: pautram akalmaSham |  
parAsharAtmajam vandE shukhatAtam tapOnidhim ||

vyAsAya viShNu rUpAya vyAsa rUpAya viShNavE |  
namO vai brahma nidhayE vAsiShThAya namO nama: ||

avikArAya shuddhAya nityAya paramAtmanE |  
sadaikarUpa rUpAya viShNavE sarva jiShNavE ||

yasya smaraNa mAtrENA janma samsAra bandhanAt |  
vimuchyatE namastasmai viShNavE prabha viShNavE ||  
Om namO viShNavE prabha viShNavE ||

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shrl vaishampAyana uvAcha  
shrutvA dharmAnashEshENA pAvanAni cha sarvasha: |  
yudhiShThira: shAntanavam punarEvAbhya bhAShata ||

yudhiShThira uvAcha  
kimEkam daivatam IOkE kim vA-pyEkam parAyaNam |  
stuvanta: kam kamarchanta: prApnuyur mAvaNa: shubham ||

kO dharma: sarva dharmANAm bhavata: paramO mata: |  
kim japan muchyatE jantur janma samsAra bandhanAt ||

shrl bhlShma uvacha  
jagatprabhumi dEva dEvam anantam puruShOttamam |  
stuvan nAma sahasrENA puruSha: satatOtthita: ||

tamEva chArchayan nityam bhaktyA purusham avyayam |  
dhyAyan stuvan namasyamshcha yajamAnas tamEva cha ||

anAdi nidhanam viShNum sarva IOka mahEshvaram |  
IOkAdhyakSham stuvan nityam sarva du:khAdhigO bhavEt ||

brahmaNyam sarva dharmagnjam IOkAnAm kIrti vardhanam |  
IOkanAtham mahadbhUtam sarva bhUta bhavOd bhavam ||

ESha mE sarva dharmANAm dharmO-dhikatamO mata: |  
yadbhaktyA puNDarIkAkSham stavairarchEn nara: sadA: ||

paramam yO mahat tEja: paramam yO mahat tapa: |  
paramam yO mahad brahma paramam ya: parAyaNam ||

pavitrANAm pavitram yO manggaLAnAm cha manggaLam |  
daivatam dEvatAnAm cha bhUtAnAm yO-vyaya: pitA ||

yata: sarvANI bhUtAni bhavantyAdi yugAgamE |  
yasmimshcha pralayam yAnti punarEva yugakShayE ||

tasya IOka pradhAnasya jagannAthasya bhUpate |  
viShNOr nAma sahasram mE shruNu pApa bhayApaham ||

yAni nAmAni gauNAni vikhyAtAni mahAtmana: |  
riShibhi: parigItAni tAni vakShyAmi bhUtayE ||

riShir nAmnAm sahasrasya vEdavyAsO mahA muni: |  
ChandO-nuShTup tathA dEvO bhagavAn dEvaki suta: ||

amrutAm shUdbhavO bljam shaktir dEvaki nandana: |  
trisAmA hrudayam tasya shAntyarthE viniyujyatE ||

viShNum jiShNum mahA viShNum prabha viShNum mahEshvaram |  
anEka rUpa daityAntam namAmi puruShOttamam ||

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asya shrl viShNOr divya sahasranAma stOtra mahA mantrasya |  
shrl vEdavyAsO bhagavAn riShi: |  
anushTup Chanda: |  
shrl mahAviShNu: paramAtmA shrlman nArAyaNO dEvatA |  
amrutAm shUdbhavO bhAnuriti bljam |  
dEvaki nandana: sraShTEti shakti: |  
udbhava: kShObhaNO dEva iti paramO mantra: |  
shangkhabhrun nandakI chakrIti kllakam |  
shArnggadhanvA gadAdhara ityastram |  
rathAngapANir akShObhya iti nEtram |  
trisAmA sAmaga: sAmEti kavacham |  
Anandam parabrahmEti yOni: |  
rutu: sudarshana: kAla iti digbandha: |

shrl vishva rUpa iti dhyAnam |  
shrl mahAviShNu kaingkarya rUpE sahasranAma japE viniyOga: |

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### **dhyAnam**

kShIrO dhanvat pradEshE shuchimaNi vilasat saikatE mauktikAnAm  
mAlA kluptA sanastha: sphaTikamaNi nibhair mauktikair maNDitAngga: |  
shubhrairabhrai radabhrair upari virachitair mukta plyUsha varShai:  
AnandI na: punlyAdarinalina gadA shangkhapANir mukunda: |  
bhU: pAdau yasya nAbhir viyadasuraniIash chandra sUryau cha nEtrE |  
karNA vAshA: shirO dyaur mukhamapi dahanO yasya vAstEyamabdhi: |  
anta:stham yasya vishvam sura nara khaga gO bhOgi gandharva daityai: |  
chitram ramramyatE tam tribhuvana vapuSham viShNumIsham namAmi ||

shAntAkAram bhujaga shayanam padmanAbham surEsham  
vishvAdhAram gagana sadrusham mEghavarNam shubhAnggam |

lakShmi kAntam kamala nayanam yOgihrud dhyAna gamyam  
vandE viShNum bhava bhaya haram sarva lOkika nAtham ||

mEghashyAmam pltakOushEya vAsam  
shrlvatsAngkam kOustubhOd bhAsi tAnggam |  
punyOpEtam puNDarIkAyatAkSham  
viShNum vandE sarva lOkika nAtham ||

sashangkha chakram sakirITa kuNDalam  
sapIta vastram sarasIru hEkShaNam |  
sahAra vakSha:sthala shObhi kaustubham  
namAmi viShNum shirasA chaturbhujam ||

ChAyAyAm pArijAtasya hEmasimhAsanO pari |  
AsInamambuda shyAmam AyatAkSham alangkrutam ||

chandrAnanam chatur bAhum shrlvatsAngkita vakShasam |  
rukmiNI satyabhAmAbhyAm sahitam krushNam AshrayE ||

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Om vishvam, viShNur, vaShaTkArO, bhUta bhavya bhavatprabhu:   bhUtha krud, bhUdha brud, bhAvO, bhUtAtmA, bhUta bhAvana:	1
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yagnja bhrud, yagnja krud, yagnjl, yagnja bhug, yagnja sAdhana:   yagnjAnta krud, yagnja guhyam, annam, annAda Eva cha	105

AtmayOni:, svayam jAtO, vaikhAna:, sAma gAyana:   dEvakI nandana:, sraShTA, kShitIsha:, pApA nAshana:	106
shangkha bhrun, nandakI, chakrl, shArngga dhanvA, gadA dhara:   rathAnggapANir, akShObhya:, sarva praharaNAyudha:   sarva praharaNAyudha Om nama ithi	107
** vanamAll gadI shArnggl shangkhI chakrl cha nandakI   shrlmAn nArAyaNO viShNur vAsudEvO-bhirakShatu   shrl vAsudEvO-bhirakShatu Om nama iti	108

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### phala shruti

itIdam kIrtaNyasya kEshavasya mahAtmana:   nAmnAm sahasram divyAnAm ashEShENA prakIrtaM	1
ya idam shruNuyAn nityam yashchApi parikIrtaM   nAshubham prApnuM At kinjchit sO-mutrEha cha mAnava:	2
vEdAntagO brAhmaNa: syAt kShatriyO vijayl bhavEt   vaishyO dhana samruddha: syAt ChUdra: sukhamavApnuM At	3
dharmaRthI prApnuM Ad dharmam arthaRthI chArthamApnuM At   kAmAnavApnuM At kAmI prajArthI chApnuM At prajA:	4
bhaktimAn ya: sadOtthAya shuchis tadgata mAnasa:   sahasram vAsudEvAya nAmnAm Etat prakIrtaM	5
yasha: prApnOti vipulam gnjAti prAdhAnyam Eva cha   achalAm shriyamApnOti shrEya: prApnOti anuttamam	6
na bhayam kvachidApnOti vIryam tEjashcha vindati   bhavatyarOgO dyutimAn balarUpa guNAnvita:	7
rOgArtO muchyatE rOgAd baddhO muchyEta bandhanAt   bhayAn muchyEta bhItastu muchyEtApanna Apada:	8
durgAN yatitaratyAshu puruSha: puruShOttamam   stuvan nAma sahasrENA nityam bhakti samanvita:	9
vAsudEvAshrayO martyO vAsudEva parAyaNa:   sarva pApA vishuddhAtmA yAti brahma sanAtanam	10

na vAsudEva bhaktAnAm ashubham vidyatE kvachit   janma mrutyu jarA vyAdhi bhayam naivO pajAyatE	11
imam stavamadhlyAna: sraddhA bhakti samanvita:   yuyjEtAtma sukha kShAnti shrl dhruti smruti klrtibhi:	12
na krOdhO na cha mAtsaryam na lObhO nAshubhA mati:   bhavanti krutapuNyAnAm bhaktAnAm puruShOttamE	13
dyaU: sachandrArka nakShatra kham dishO bhUr mahOdadhi:   vAsudEvasya vIryENA vidhrutAni mahAtmanA:	14
sasurAsura gandharvam sayakShOraga rAkShasam   jagat vashE vartatEdam kruShNasya sacharAcharam	15
indriyANI manO buddhi: sattvam tEjO balam dhruti:   vAsudEvAtmakAnyAhu: kShEtram kShEtragnja Eva cha	16
sarvAgamAnAm AchAra: prathamam pari kalpita:   AchAra prathamO dharmO dharmasya prabhur achyuta:	17
riShaya: pitarO dEvA mahAbhUtAni dhAtava:   janggamA janggamam chEdam jagan nArAyaNOd bhavam	18
yOgO gnjAnam tathA sAngkhyam vidyA: shilpAdi karma cha   vEdA: shAstrANI vignjAnam Etat sarvam janArdanAt	19
EkO viShNur mahadbhUtam pruthag bhUtanya nEkasha:   trIn lOkAn vyApya bhUtAtmA bhungktE vishvabhuGavyaya:	20
imam stavam bhagavatO viShNOr vyAsEna klrtitam   paThEdya ichChEt puruSha: shrEya: prAptum sukhAni cha	21
vishvEshvaramajam dEvam jagata: prabhum avyayam   bhajanti yE puShkarAkSham na tE yAntि parAbhavam   na tE yAntि parAbhava Om nama iti	22

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arjuna uvAcha  
padma patra vishAIkSha padma nAbha surOttama |  
bhaktAnAm anuraktAnAm trAtA bhava janArdana ||

shrl bhagavAn uvAcha  
yO mAm nAma sahasrENA stOtum ichChati pANDava |  
sOha-mEkEna shlOkEna stuta Eva na samshaya: |  
stuta Eva na samshaya Om nama iti ||

vyAsa uvAcha  
vAsanAd vAsudEvasya vAsitam bhuvana trayam |  
sarvabhUta nivAsO-si vAsudEva namO-stu tE |  
shrl vAsudEva namO-stuta Om nama iti ||

pArvatyuvAcha  
kEnOpAyEna laghunA viShNOr nAma sahasrakam |  
paThyatE paNDitair nityam shrOtum ichChAmyaham prabhO ||

Ishvara uvAcha  
\*\* shrl rAma rAma rAmEti ramE rAmE manOramE |  
sahasranAma tattulyam rAma nAma varAnanE |  
shrl rAma nAma varAnana Om nama iti ||

brahmOvAcha  
namO-stvanantAya sahasra mUrtayE sahasrapAdAkShi shirOru bAhavE |  
sahasra nAmnE puruShAya shAshvatE sahasra kOTI yugadhAriNE nama: |  
sahasrakOTI yuga dhariNa Om nama iti ||

sanjjaya uvAcha  
yatra yOgEshvara: kruShNO yatra pArthO dhanurdhara: |  
tatra shrlr vijayO bhUtir dhruvA nltir matir mama ||

shrl bhagavAn uvAcha  
ananyAshchintayantO mAm yE janA: paryupAsatE |  
tEshAm nityAbhiyuktAnAm yOga kShEmam vahAmyaham ||

paritrANAYa sAdhUnAm vinAshAya cha duShkrutAm |  
dharma samsthApanArthAya sambhavAmi yugE yugE ||

ArtA viShaNNa: shithilAshcha bhItA:  
ghOrEshu cha vyAdhiShu vartamAnA: |  
sangkIrtya nArAyaNa shabda mAtram  
vimukta du:khA: sukhinO bhavanti ||

kAyEna vAchA manasEndriyairvA  
buddhyA--tmanA vA prakrute: svabhAvAt |  
karOmi yadyat sakalam parasmai  
nArAyaNAyEti samarpayAmi ||  
shrlman nArAyaNAyEti samarpayAmi ||

**shrl viShNu sahasranAma stOtram sampUrNam**

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