

लघुन्यास

ऋषिर्नाम्नाम् सहस्रस्य
वेदव्यासो महामुनिः।
छन्दोऽनुष्टुप् तथा देवो
भगवान् देवकीसुतः॥१९॥

For these 1000 names, Veda-Vyasa is the rishi.
Anushtup is the meter.
The son of Devaki is the devata.

अमृतांशूद्भवो बीजम्
शक्तिर्देवकीनन्दनः।
त्रिसामा हृदयम् तस्य
शान्त्यर्थे विनियुज्यते॥२०॥

The names of the Lord is the seed.
Devakinandana is the *shakti*.
Trisama is in the heart.
Chanting is done for the sake of peace.

विष्णुम् जिष्णुम् महाविष्णुम्
प्रभविष्णुम् महेश्वरम्।
अनेकरूपदैत्यान्तम्
नमामि परुषोत्तमम्॥२१॥

I salute that Lord who is all pervasive, ever victorious and all powerful, who is the Lord of all, who puts an end to *asuras*, who takes many forms.

पूर्वन्यासः
श्रीवेदव्यास उवाच -

ॐ अस्य श्रीविष्णोर्दिव्यसहस्रनामस्तोत्रमहामन्त्रस्य॥
श्री वेदव्यासो भगवान ऋषिः। → Forehead
अनुष्टुप् छन्दः। → Mouth
श्रीमहाविष्णुः परमात्मा श्रीमन्नारायणो देवता। → Heart
अमृतांशूद्भवो भानुरिति बीजम्। → Navel
देवकीनन्दनः स्रष्टेति शक्तिः। → Pelvis
उद्भवः क्षोभणो देव इति परमो मन्त्रः। → Mouth

शङ्खभृन्नन्दकी चक्रीति कीलकम्। → Ankles
शाङ्गधन्वा गदाधर इत्यस्त्रम्। → Clap hands
रथाङ्गपाणिरक्षोभ्य इति नेत्रम्। → Forehead w/thumbs
त्रिसामा सामगः सामेति कवचम्। → Shoulders
आनन्दं परब्रह्मेति योनिः। → Reproductive organs
ऋतुः सुदर्शनः काल इति दिग्बन्धः॥ → Snap finger
श्रीविश्वरूप इति ध्यानम्। → Rotate joined palms in
श्रीमहाविष्णुप्रीत्यर्थं सहस्रनामजपे विनियोगः॥

अथ न्यासः
ॐ शिरसि वेदव्यासऋषये नमः।
ॐ मुखे अनुष्टुप्छन्दसे नमः।
ॐ हृदि श्रीकृष्णपरमात्मदेवतायै नमः।
ॐ गुह्ये अमृतांशूद्भवो भानुरिति बीजाय नमः।
ॐ पादयोर्देवकीनन्दनः स्रष्टेति शक्तये नमः।
ॐ सर्वाङ्गे शङ्खभृन्नन्दकी चक्रीति कीलकाय नमः।
ॐ करसंपूटे मम श्रीकृष्णप्रीत्यर्थं जपे विनियोगाय नमः॥
इति ऋषयादिन्यासः॥

अथ करन्यासः
ॐ विश्वं विष्णुर्वषट्कार इत्यङ्गुष्ठाभ्यां नमः।
ॐ अमृतांशूद्भवो भानुरिति तर्जनीभ्यां नमः।
ॐ ब्रह्मण्यो ब्रह्मकृद्ब्रह्मेति मध्यमाभ्यां नमः।
ॐ सुवर्णबिन्दुरक्षोभ्य इत्यनामिकाभ्यां नमः।
ॐ निमिषोऽनिमिषः स्रग्वीति कनिष्ठिकाभ्यां नमः।
ॐ रथाङ्गपाणिरक्षोभ्य इति करतलकरपृष्ठाभ्यां नमः।
इति करन्यासः॥

अथ षडङ्गन्यासः
ॐ विश्वं विष्णुर्वषट्कार इति हृदयाय नमः।
अमृतांशूद्भवो भानुरिति शिरसे स्वाहा।
ब्रह्मण्यो ब्रह्मकृद्ब्रह्मेति शिखायै वषट्।
सुवर्णबिन्दुरक्षोभ्य इति कवचाय हुम्।
निमिषोऽनिमिषः स्रग्वीति नेत्रत्रयाय वौषट्।
रथाङ्गपाणिरक्षोभ्य इत्यस्त्राय फट्।
इति षडङ्गन्यासः॥
श्रीकृष्णप्रीत्यर्थं विष्णोर्दिव्यसहस्रनामजपमहं करिष्ये इति
सङ्कल्पः।

अथ ध्यानम्
क्षीरोदन्वत्प्रदेशे शुचिमणिविलसत्सैकतेमौक्तिकानां
मालाक्लृप्तासनस्थः स्फटिकमणिनिभैर्मौक्तिकैर्मण्डिताङ्गः।
शुभ्रैरभ्रैरदभ्रैरुपरिविरचितैर्मुक्तपीयूष वर्षैः
आनन्दी नः पुनीयादरिनलिनगदा शङ्खपाणिर्मुकुन्दः॥२२॥

May that Lord Mukunda, who is happy being Himself, who has a wheel, lotus, mace and conch in his hands, whose limbs are decorated with pearls as clear as crystal, who is seated on a throne embellished with pearls, in the abode of the milky ocean, with the sand shining like pure precious stones, under a canopy of white, water-laden clouds pouring the rain of amrita – purify us.

भूः पादौ यस्य नाभिर्वियदसुरनिलश्चन्द्र सूर्यौ च नेत्रे
कर्णावाशाः शिरो द्यौर्मुखमपि दहनो यस्य वास्तेयमब्धिः।
अन्तःस्थं यस्य विश्वं सुरनरखगगोभोगिगन्धर्वदैत्यैः
चित्रं रंरम्यते तं त्रिभुवन वपुषं विष्णुमीशं नमामि॥२३॥

I salute Lord Vishnu, who is in the form of the three worlds; the one for whom the earth is the feet, the sky is the navel, wind is the breath, the sun and moon are the two eyes, the quarters are the ears, the heaven is the head, fire is the mouth and the ocean is the bladder. This entire variegated universe of *devas*, humans, birds, cows, reptiles, celestials, demons is present within Him, dancing beautifully. To that Lord Vasudeva, my salutations.

शान्ताकारं भुजगशयनं पद्मनाभं सुरेशं
विश्वाधारं गगनसदृशं मेघवर्णं शुभाङ्गम्।
लक्ष्मीकान्तं कमलनयनं योगिभिर्ध्यानगम्यं
वन्दे विष्णुं भवभयहरं सर्वलोकैकनाथम्॥२४॥

I salute that Vishnu, who has a form that is calm, who has a lotus in His navel, *Ananta* as His bed, who is the Lord of the *devas* and the support of the whole universe, who is all pervasive like space, and dark like the clouds, whose limbs are auspicious, whose eyes are like lotus petals, who is the consort of Lakshmi, who is recognized through meditation in the heart of yogis, who removes the fear of *samsara*, and who is the only Lord of all the *lokas*, the worlds.

मेघश्यामं पीतकौशेयवासं
श्रीवत्साङ्गं कौस्तुभोद्भासिताङ्गम्।
पुण्योपेतं पुण्डरीकायताक्षं
विष्णुं वन्दे सर्वलोकैकनाथम्॥२५॥

I salute that Vishnu, who is dark like the clouds, who wears yellow silken clothes, who has the mark of *srivatsa* on His chest, whose chest is radiant with the jewel of *kaustubha* in His necklace, who is the embodiment of all our *punya*, who has long eyes like the lotus petal and who is the only Lord of all *lokas*.

नमः समस्तभूतानामादिभूताय भूभृते।
अनेकरूपरूपाय विष्णवे प्रभविष्णवे॥ २६॥

My salutations to that all-pervading Vishnu, the one who is the *adi*, the cause of all beings, who sustains the earth, who has manifold forms and who is omnipotent.

सशङ्खचक्रं सकिरीटकुण्डलं
सपीतवस्त्रं सरसीरुहेक्षणम् ।
सहारवक्षःस्थलकौस्तुभश्रियं
नमामि विष्णुं शिरसा चतुर्भुजम्॥ २७॥

I bow my head and salute that Vishnu, who has four arms, who is adorned with the conch and discus, with the crown and earrings, with yellow garments, with eyes like the lotus petals, with the jewel of *kaustubha* shining on His chest bedecked with necklaces.

छायायां पारिजातस्य हेमसिंहासनोपरि ।
आसीनमम्बुदश्याममायताक्षमलंकृतम् ॥ २८॥

I surrender to Him, the one who is seated on a golden throne in the shade of the *parijata* tree, who is dark like the clouds, who has long beautiful eyes and who is adorned with beautiful ornaments.

चन्द्राननं चतुर्बाहुं श्रीवत्साङ्कित वक्षसं ।
रुक्मिणी सत्यभामाभ्यां सहितं कृष्णमाश्रये ॥ २९॥

I surrender to that Krishna, whose face is beautiful like the moon, who has four arms, whose chest is marked with the *srivatsa*, and who is along with Rukmini and Satyabhama.