

Viṣṇu Gāyatri

ॐ नारायणाय विद्महे
वासुदेवाय धीमहि ।
तन्नो विष्णुः प्रचोदयात् ॥

Om Nārayanāya vidhmahe
Vāsudevāya dhīmahī
Tanno Viṣṇu pracodayāt

Om. I know Lord Narayana, I meditate upon
Lord Vasudeva. May that Viṣṇu impel us.

विष्णु सहस्रनाम स्तोत्रम्

Viṣṇu Sahasranāma
Stotram

Translation based on Sri
Shankarāchārya's commentary

149th अध्याय (Chapter)
अनुशासन पर्व (Section 12)
महाभारत (Mahabharata)
युधिष्ठिर --- भीष्म



शुक्लाम्बरधरं विष्णुं शशिवर्णं चतुर्भुजम् ।

प्रसन्नवदनं ध्यायेत् सर्वविघ्नोपशान्तये ॥१॥

One should meditate on Him (Lord Ganesha), the
one who wears white clothes, who is all pervasive,
whose face is the color (descriptor) of the moon
(cool), who has 4 arms and a peaceful face, for the
removal of all obstacles.

व्यासं वसिष्ठनप्तारं शक्तेः पौत्रमकल्मषम् ।

पराशरात्मजं वन्दे शुकतातं तपोनिधिम् ॥२॥

I salute Sage Vyasa, the great-grandson of Sage
Vasishtha, the impeccable grandson of Sage Shakti,
the son of Parashara, the father of Shuka, who
himself is an abode of tapas (asceticism).

Vasishtha→Shakti→Parashara→Vyasa→Shuka

व्यासाय विष्णुरूपाय व्यासरूपाय विष्णवे ।

नमो वै ब्रह्मनिधये वासिष्ठाय नमो नमः ॥३॥

Salutations to Sage Vyasa who is in the form of Vishnu and to Vishnu who is in the form of Vyasa! Salutations again and again unto him, who is a reservoir of the vedas and who is in the lineage of Sage Vasishtha.

अविकाराय शुद्धाय नित्याय परमात्मने ।

सदैकरूपरूपाय विष्णवे सर्वजिष्णवे ॥४॥

Salutations to Vishnu, who is paramatama (true Self), who is changeless, pure, constant (timeless), always of the same (one) nature and victorious over all.

यस्य स्मरणमात्रेण जन्मसंसारबन्धनात् ।

विमुच्यते नमस्तस्मै विष्णवे प्रभविष्णवे

ॐ नमो विष्णवे प्रभविष्णवे ॥५॥

Salutations unto Him, Lord Vishnu, who is almighty and by merely remembering whom, one is freed from the bondage of life and sorrow.

Om! Salutations unto Lord Vishnu, the mighty one.

श्री वैशम्पायन उवाच -

श्रुत्वा धर्मान् अशेषेण
Having heard about dharma

पावनानि च सर्वशः ।
and acts of purification,

युधिष्ठिरः शान्तनवं
Yudhishtira, to Bhīṣma (son of Śantanu)

पुनरेवाभ्यभाषत ॥६॥
spoke once again.

युधिष्ठिर उवाच

किम् एकं दैवतं लोके

Who is the one God taught in the scriptures?

किं वाप्येकं परायणम् ।

What is the ultimate goal of life?

स्तुवन्तः कं कमर्चन्तः

By praising and worshiping Whom

प्राप्नुयुर्मानवाः शुभम् ॥७॥

can people attain blessings?

को धर्मः सर्वधर्माणां

What dharma, among all dharmas,

भवतः परमो मतः ।

do you consider highest?

किं जपन् मुच्यते जन्तुर्

By chanting what is a person freed

जन्मसंसार – बन्धनात् ॥८॥

from bondage to birth and rebirth?

श्री भीष्म उवाच

जगत्प्रभुं देवदेवम्

The world's master, god of gods,

अनन्तं पुरुषोत्तमम् ।

limitless, supreme being --

स्तुवन् नामसहस्रेण

by praising Him with a thousand names

पुरुषः सततोत्थितः ॥९॥

an ever-devoted person (transcends all suffering).

तमेव चार्चयन्नित्यं

Always worshiping Him,

भक्त्या पुरुषमव्ययम् ।

the immutable being, with devotion,

ध्यायन् स्तुवन् नमस्यंश्च

by meditating, praying and bowing,

यजमानस्तमेव च ॥१०॥

a worshiper (transcends all suffering).

अनादिनिधनं विष्णुं

Without beginning or end, all-pervasive,

सर्वलोकमहेश्वरम् ।

great Lord of all worlds,

लोकाध्यक्षं स्तुवन्नित्यं

the world's ruler -- by always praising Him,

सर्वदुःखातिगो भवेत् ॥११॥

one transcends all suffering.

ब्रह्मण्यं सर्वधर्मज्ञं

The holy source of all dharmas,

लोकानां कीर्तिवर्धनम् ।

enhancing the worlds' fame,

लोकनाथं महद्भूतं

the world-master, great reality,

सर्वभूतभवोद्भवम् ॥१२॥

gives existence to all beings.

एष मे सर्वधर्माणां

Among all dharmas, I

धर्मोऽधिकतमो मतः ।

consider this dharma to be best,

यद्भक्त्या पुण्डरीकाक्षं

by which the lotus-eyed Lord

स्तवैरर्चन्नरः सदा ॥१३॥

is worshiped with praise.

परमं यो महत्तेजः

The supreme, great brilliance,

परमं यो महत्तपः ।

the supreme, great knowledge,

परमं यो महद्ब्रह्म

the supreme, great brahman,

परमं यः परायणम् ॥१४॥

the supreme goal

पवित्राणां पवित्रं यो

... the purest of the pure,

मङ्गलानां च मङ्गलम् ।

the most auspicious of the auspicious,

दैवतं दैवतानां च

the Lord of gods,

भूतानां योऽव्ययः पिता ॥१५॥

the immutable source of all beings ...

यतः सर्वाणि भूतानि

... from whom all beings

भवन्त्यादियुगागमे ।

were born at the beginning of time,

यस्मिंश्च प्रलयं यान्ति

unto whom all will return

पुनरेव युगक्षये ॥१६॥

again at the end of time ...

तस्य लोकप्रधानस्य

... of Him, the worlds' greatest,

जगन्नाथस्य भूपते ।

of the Lord of the universe,

विष्णोर्नामसहस्रं मे

these thousand names of Lord Vishnu

शृणु पापभयापहम् ॥१७॥

which remove sin and fear --
hear from me, O Yudhishtira.

यानि नामानि गौणानि

These names which tell the qualities

विख्यातानि महात्मनः ।

of the great Lord, which are famous,

ऋषिभिः परिगीतानि

which have been sung by the rishis --

तानि वक्ष्यामि भूतये ॥१८॥

I will recite for your benefit.