

Verse 1

भीष्म उवाच

इतीदं कीर्तनीयस्य

Thus the praiseworthy,

केशवस्य महात्मनः ।

great Lord Vishnu's

नाम्नां सहस्रं दिव्यानाम्

thousand divine names

अशेषेण प्रकीर्तितम् ॥

have been completely recited.

Verse 2

य इदं शृणुयान्नित्यं

Whoever listens to this every day

यश्चापि परिकीर्तयेत् ।

and whoever recites it

नाशुभं प्राप्नुयात् कश्चित्

will suffer nothing inauspicious

ऽमुत्रेह च मानवः ॥

in this life or in the hereafter.

Verse 3

वेदान्तगो ब्राह्मणः स्यात्

A brahmana will attain the goal of Vedanta,

क्षत्रियो विजयी भवेत् ।

a kshatriya will be victorious,

वैश्यो धनसमृद्धः स्यात्

a vaishya will become prosperous,

च्छूद्रः सुखमवाप्नुयात् ॥

and a shudra will gain happiness.

Verse 4

धर्मार्थी प्राप्नुयाद्धर्मम्

One seeking dharma will gain dharma,

अर्थार्थी चार्थमाप्नुयात् ।

one seeking artha will gain artha,

कामानवाप्नुयात्कामी

one seeking kama will gain kama,

प्रजार्थी प्राप्नुयात्प्रजाम् ॥

one seeking progeny will gain progeny.

Verse 5

भक्तिमान् यः सदोत्थाय

A devotee, always engaged in worship,

शुचिस्तद्गतमानसः ।

pure, with his mind fixed on the Lord --

सहस्रं वासुदेवस्य

these thousand names of Lord Vishnu,

नाम्नामेतत्प्रकीर्तयेत् ॥

if he recites ...

Verse 6

यशः प्राप्नोति विपुलं

... he gains great fame

ज्ञातिप्राधान्यमेव च ।

and becomes foremost in his clan.

अचलां श्रियमाप्नोति

He gains lasting prosperity

श्रेयः प्राप्नोत्यनुत्तमम् ॥

and the highest good (moksha).

Verse 7

न भयं क्वचिदाप्नोति

He is afraid of nothing.

वीर्यं तेजश्च विन्दति ।

He gains strength and brilliance.

भवत्यरोगो द्युतिमान्

He becomes healthy, radiant,

बलरूपगुणान्वितः ॥

and endowed with strength and beauty.

Verse 8

रोगार्तो मुच्यते रोगाद्

The sick will be freed from illness,

बद्धो मुच्येत बन्धनात् ।

the bound will be freed from bondage,

भयान्मुच्येत भीतस्तु

the fearful will be freed from fear,

मुच्येतापन्न आपदः ॥

the afflicted will be freed from misfortune.

Verse 9

दुर्गाण्यतितरत्याशु

He quickly crosses all difficulties

पुरुषः पुरुषोत्तमम् ।

by praising the Lord

स्तुवन्नामसहस्रेण

with these thousand names

नित्यं भक्तिसमन्वितः ॥

everyday, being endowed with devotion.

Verse 10

वासुदेवाश्रयो मर्त्यो

A mortal being, resorting to Lord Vishnu,

वासुदेवपरायणः ।

having Lord Vishnu as his goal,

सर्वपापविशुद्धात्मा

purified of all sin,

याति ब्रह्म सनातनम् ॥

reaches eternal brahman.

Verse 11

न वासुदेवभक्तानाम्

For devotees of Lord Vishnu,

अशुभं विद्यते क्वचित् ।

there is never any evil.

जन्ममृत्युजराव्याधि

Fear of birth, death, old age and disease

भयं नैवोपजायते ॥

does not arise for him.

Verse 12

इमं स्तवमधीयानः

One who recites this hymn,

श्रद्धाभक्तिसमन्वितः ।

endowed with faith and devotion,

युज्येतात्मसुखक्षान्ति

will gain happiness, patience,

श्रीधृतिस्मृतिकीर्तिभिः ॥

prosperity, courage, memory and fame.

Verse 13

न क्रोधो न च मात्सर्यं

No anger or jealousy

न लोभो नाशुभा मतिः ।

or greed or evil thoughts

भवन्ति कृतपुण्यानां

will arise for one blessed by

भक्तानां पुरुषोत्तमे ॥

and devoted to the supreme Lord.

Verse 14

द्यौः सचन्द्रार्कनक्षत्रा

The heavens, along with the sun, moon and stars,

खं दिशो भूर्महोदधिः ।

space, directions, earth and ocean --

वासुदेवस्य वीर्येण

by the power of Lord Vishnu,

विधृतानि महात्मनः ॥

the great one, all these are supported.

Verse 15

ससुरासुरगन्धर्वं

Along with devas, asuras, and gandharvas,

सयक्षोरगराक्षसम् ।

along with yakshas, uragas, and rakshasas,

जगद्वशे वर्ततेदं

this entire world is under the control

कृष्णस्य सचराचरम् ॥

of the Lord, including the movable and immovable.

Verse 16

इन्द्रियाणि मनो बुद्धिः

Senses, mind, intellect,

सत्त्वं तेजो बलं धृतिः ।

goodness, brilliance, strength and courage --

वासुदेवात्मकान्याहुः

are all said to be forms of the Lord,

क्षेत्रं क्षेत्रज्ञ एव च ॥

including the body and its knower.

Verse 17

सर्वागमानामाचारः

In all scriptures, proper conduct

प्रथमं परिकल्प्यते ।

is considered foremost.

आचारप्रभवो धर्मो

Dharma arises from that conduct

धर्मस्य प्रभुरच्युतः ॥

and of that dharma, Vishnu is Lord.

Verse 18

ऋषयः पितरो देवा

The sages, ancestors, gods,

महाभूतानि धातवः ।

elements, minerals,

जङ्गमाजङ्गमं चेदं

the movable and immovable --

जगन्नारायणोद्भवम् ॥

is all born from Lord Vishnu.

Verse 19

योगो ज्ञानं तथा साङ्ख्यं

Knowledge of yoga, sankhya,

विद्याः शिल्पादि कर्म च ।

and skills like sculpture, etc,

वेदाः शास्त्राणि विज्ञानम्

the Vedas and other scriptures --

एतत्सर्वं जनार्दनात् ॥

all this knowledge comes from Lord Vishnu.

Verse 20

एको विष्णुर्महद्भूतं

Lord Vishnu is the one great being.

पृथग्भूतान्यनेकशः ।

The many separate beings

त्रींलोकान्व्याप्य भूतात्मा

in the three worlds -- by pervading them

भुङ्क्ते विश्वभुगव्ययः ॥

the immutable Lord supports them all.

Verse 21

इमं स्तवं भगवतो

This hymn of Lord

विष्णोर्व्यासेन कीर्तितम् ।

Vishnu, as recited by Vyasa,

पठेद्य इच्छेत्पुरुषः

should be recited by whoever

श्रेयः प्राप्तुं सुखानि च ॥

wants to obtain moksha and happiness.

Verse 22

विश्वेश्वरमजं देवं

The unborn Lord of the cosmos,

जगतः प्रभुमव्ययम् ।

the immutable Lord of the world --

भजन्ति ये पुष्कराक्षं

those who worship the lotus-eyed Lord

न ते यान्ति पराभवम् ॥

will never meet with failure in life.

न ते यान्ति पराभवम् ॐ नम इति ।

Verse 23

अर्जुन उवाच --

पद्मपत्रविशालाक्ष पद्मनाभ सुरोत्तम ।

भक्तानामनुरक्तानां त्राता भव जनार्दन ॥

O Janardana! You who have wide eyes like the petals of a lotus, who have a lotus in the navel, who are the best among the devas, be the protector of those devotees who are full of love for you.

Verse 24

श्रीभगवानुवाच --

यो मां नामसहस्रेण स्तोतुमिच्छति पाण्डव ।

सोऽहमेकेन श्लोकेन स्तुत एव न संशयः ॥

स्तुत एव न संशय ॐ नम इति ।

O Pandava! If whoever wishes to worship me by these 1000 names is unable to do so, I would be praised even with this 1 shloka (that follows); there is no doubt about this.

Verse 25

व्यास उवाच --

वासनाद्वासुदेवस्य वासितं भुवनत्रयम् ।  
सर्वभूतनिवासोऽसि वासुदेव नमोऽस्तु ते ॥

श्री वासुदेव नमोऽस्तुत ॐ नम इति।

Because of the (enlivening), suffusing of existence by Vasudeva, the 3 worlds exist. You are the indweller of all beings. O Vasudeva, salutations to you!

Verse 26

पार्वत्युवाच --

केनोपायेन लघुना विष्णोर्नामसहस्रकम् ।  
पठ्यते पण्डितैर्नित्यं श्रोतुमिच्छाम्यहं प्रभो ॥

O Lord! I wish to hear the easy method by which these 1000 names of Lord Vishnu are chanted daily by the wise.

Verse 27

ईश्वर उवाच --

श्रीराम राम रामेति रमे रामे मनोरमे ।  
सहस्रनाम तत्तुल्यं राम नाम वरानने ॥

श्रीरामनाम वरानन ॐ नम इति ।

I revel in Rama, who has a beautiful face, who delights the mind, saying "Sri Rama, Rama, Rama". This name of Rama is equal to the 1000 names.

Verse 28

ब्रह्मोवाच --

नमोऽस्त्वनन्ताय सहस्रमूर्तये  
सहस्रपादाक्षिशिरोरुबाहवे ।  
सहस्रनाम्ने पुरुषाय शाश्वते  
सहस्रकोटियुगधारिणे नमः ॥

सहस्रकोटियुगधारिणे ॐ नम इति ।

Salutations to that timeless Purusha, who is limitless, who has a 1000 forms, thousands of legs, eyes, heads, great arms; the one who has a 1000 names; the one who is the basis of the continuity of time, as 1000 crores of yugas.