

- 1 Ādi (225)
- 2 Sabhā (72)
- 3 Āranyaka (299)
- 4 Virāta (67)
- 5 Udyoga (197)
- 6 Bhīshma (117)
- 7 Drona (173)
- 8 Karna (69)
- 9 Shālyā (64)
- 10 Saṁptika (18)
- 11 Strī Parva (27)
- 12 Shānti (353)
- 13 Anushāsana – 154 chapters
- 14 Ashvamedhika (96)
- 15 Āshramavāsika (47)
- 16 Mausala (9)
- 17 Mahāprasthānika (3)
- 18 Svargārohana (5)

**Vishnu Sahasranama
(portion)**

**Anushāsana Parva
Chapter 135**

Swami Tadatmananda
Arsha Bodha Center

वैशम्पायन उवाच

Rishi Vaishampayana said,
vaiśampāyana uvāca

श्रुत्वा धर्मानशेषेण

Having heard about dharma
śrutvā dharmān aśeṣeṇa

पावनानि च सर्व |

and acts of purification,
pāvanāni ca sarvaśaḥ

युधिष्ठिरः शान्तनवं

Yudhishtira, unto Bhishma
yudhiṣṭhiraḥ śāntanavaṁ

पुनरेवाभ्यभाषत ||

spoke once again.
punar evābhyabhāṣata (135.1)

युधिष्ठिर उवाच

Yudhishtira said,
yudhiṣṭhira uvāca

किमेकं दैवतं लोके

Who is the one God taught in the scriptures?
kim ekaṁ daivataṁ loke

किं वाप्येकं परायणम् |

What is the ultimate goal of life?
kiṁ vāpy ekaṁ parāyaṇam

स्तुवन्तः कं कमर्चन्तः

By praising and worshiping Whom
stuvantaḥ kaṁ kam arcantaḥ

प्राप्तुयुर्मानवाः शुभम्वं ||

can people attain blessings?
prāpnuyur mānavāḥ śubham (135.2)

को धर्मः सर्वधर्माणां

What dharma, among all dharmas,
ko dharmāḥ sarva-dharmāṇāṁ

भवतः परमो मतः |

do you consider highest?
bhavataḥ paramo mataḥ

किं जपन्मुच्यते जन्तुर्

By chanting what is a person freed
kiṁ japan mucyate jantur

जन्मसंसारबन्धनात् ||

from bondage to birth and rebirth?
janma-saṁsāra-bandhanāt (135.3)

भीष्म उवाच

Bhishma said,
bhīṣma uvāca

जगत्प्रभुं देवदेवम्

The world's master, god of gods,
jagat-prabhuṁ deva-devaman

अनन्तं पुरुषोत्तमम् |

limitless, supreme being --
anantaṁ puruṣottamam

स्तुवन्नामसहस्रेण

by praising Him with a thousand names
stuvan nāma-sahasreṇa

पुरुषः सततोत्थितः ||

an ever-devoted person (transcends all suffering).
puruṣaḥ satatotthitaḥ (135.4)

तमेव चार्चयन्नित्यं

Always worshiping Him,
tam eva cārcayan nityam

भक्त्या पुरुषमव्ययम् |

the immutable being, with devotion,
bhaktyā puruṣam avyayam

ध्यायन्स्तुवन्नमस्यंश्च

by meditating, praying and bowing,
dhyāyan stuvan namasyamś ca

यजमानस्तमेव च ||

a worshiper (transcends all suffering).
yajamānas tam eva ca (135.5)

अनादिनिधनं विष्णुं

Without beginning or end, all-pervasive,
anādi-nidhanam viṣṇum

सर्वलोकमहेश्वरम् |

great Lord of all worlds,
sarva-loka-maheśvaram

लोकाध्यक्षं स्तुवन्नित्यं

the world's ruler -- by always praising Him,
lokādhyakṣam stuvan nityam

सर्वदुःखातिगो भवेत् ||

one transcends all suffering.
sarva-duḥkhātigo bhavet (135.6)

यतः सर्वाणि भूतानि

From whom all beings
yataḥ sarvāṇi bhūtāni

भवन्त्यादियुगागमे |

were born at the beginning of time,
bhavanty ādi-yugāgame

यस्मिंश्च प्रलयं यान्ति

unto whom all will return
yasmimś ca pralayaṁ yānti

पुनरेव युगक्षये ||

again at the end of time ...
punar eva yuga-kṣaye (135.11)

तस्य लोकप्रधानस्य

... of Him, the worlds' greatest,
tasya loka-pradhānasya

जगन्नाथस्य भूपते |

of the Lord of the universe,
jagan-nāthasya bhūpate

विष्णोर्नामसहस्रं मे

these thousand names of Lord Vishnu
viṣṇor nāma-sahasraṁ me

शृणु पापभयापहम् ||

which remove sin and fear -- hear from me, O Yudhishtira.
śṛṇu pāpa-bhayāpaham (135.12)

यानि नामानि गौणानि

These names which tell the qualities
yāni nāmāni gauṇāni

विख्यातानि महात्मनः |

of the great Lord, which are famous,
vikhyātāni mahātmanah

ऋषिभिः परिगीतानि

which have been sung by the rishis --
ṛṣibhiḥ parigītāni

तानि वक्ष्यामि भूतये ||

I will recite for your benefit.
tāni vakṣyāmi bhūtaye (135.13)

विश्वं विष्णुर्वषट्कारो

Universe, All-pervasive, Invoked with the vashat mantra,
viśvaṁ viṣṇur vaṣaṭ-kāro

भूतभव्यभवत्प्रभुः |

Lord of past, future, & present,
bhūta-bhavya-bhavat-prabhuḥ

भूतकृद्भूतभृद्भावो

Being-creator, Being-supporter, Existence,
bhūtakṛd bhūtabhṛd bhāvo

भूतात्मा भूतभावनः ||

Self of all, Being-sustainer,
bhūtātmā bhūta-bhāvanaḥ (135.14)

पूतात्मा परमात्मा च

Pure self, Supreme self,
pūtātmā paramātmā ca

मुक्तानां परमा गतिः |

For the liberated, the supreme goal,
muktānāṁ paramā gatiḥ

अव्ययः पुरुषः साक्षी

Unchanging, Indweller, Witness,
avyayaḥ puruṣaḥ sākṣī

क्षेत्रज्ञोऽक्षर एव च ||

World-knower, Immutable,
kṣetrajño 'kṣara eva ca (135.15)

योगो योगविदां नेता

Attained by yoga, Leader of yogis,
yogo yogavidāṁ netā

प्रधानपुरुषेश्वरः |

Lord of matter & consciousness,
pradhāna-puruṣeśvaraḥ

नारसिंहवपुः श्रीमान्

Having a man-lion body, Having goddess Lakshmi,
nāra-simha-vapuḥ śrīmān

केशवः पुरुषोत्तमः ||

With beautiful hair, Highest being,
keśavaḥ puruṣottamaḥ (135.16)

सर्वः शर्वः शिवः स्थाणुर्
All, Destroyer, Holy, Immovable,
sarvaḥ śarvaḥ śivaḥ sthāṇur

भूतादिर्निधिरव्ययः |
Source of beings, Abode, Unchanging,
bhūtādir nidhir avyayaḥ

सम्भवो भावनो भर्ता
Self-born, Giver of karma-phala, Sustainer,
sambhavo bhāvano bhartā

प्रभवः प्रभुरीश्वरः ||
Origin, Powerful, Lord,
prabhavaḥ prabhur īśvaraḥ (135.17)

स्वयम्भूः शम्भुरादित्यः
Self-existent, Giver of peace, Abiding in the sun,
svayambhūḥ śambhur ādityaḥ

पुष्कराक्षो महास्वनः |
Lotus-eyed, Great sound (Vedas),
puṣkarākṣo mahāsvanaḥ

अनादिनिधनो धाता
Without start or end, Sustainer,
anādi-nidhano dhātā

विधाता धातुरुत्तमः ||
Giver of karma-phala, Exalted sustainer,
vidhātā dhātur uttamaḥ (135.18)

अप्रमेयो हृषीकेशः
Immeasurable, Lord of senses,
aprameyo hr̥ṣīkeśaḥ

पद्मनाभोऽमरप्रभुः |
Lotus-naveled, Lord of gods,
padmanābho 'mara-prabhuḥ

विश्वकर्मा मनुस्त्वष्टा
Universe-creator, Intelligent, Destroyer
viśvakarmā manus tvaṣṭā

स्थविष्ठः स्थविरो ध्रुवः ||
Biggest, Ancient & unchanging,
sthaviṣṭhaḥ sthaviro dhruvaḥ (135.19)

अग्राह्यः शाश्वतः कृष्णो
Ungraspable, Eternal, Dark,
agrāhyaḥ śāśvataḥ kṛṣṇo

लोहिताक्षः प्रतर्दनः |
Red-eyed, Destroyer,
lohitākṣaḥ pratardanaḥ

प्रभूतस्त्रिककुब्धाम
Well-endowed, Foundation of three worlds,
prabhūtas trikakub-dhāma

पवित्रं मङ्गलं परम् ||
Purifying, Supreme auspiciousness,
pavitraṁ maṅgalaṁ param (135.20)

ईशानः प्राणदः प्राणो

Ruler, Giver of life, Life,
īśānaḥ prāṇadaḥ prāṇo

ज्येष्ठः श्रेष्ठः प्रजापतिः |

Eldest, Best, Lord of beings,
jyeṣṭhaḥ śreṣṭhaḥ prajāpatiḥ

हिरण्यगर्भो भूगर्भो

Creator, Containing the world,
hiraṇya-garbho bhū-garbho

माधवो मधुसूदनः ||

Lakshmi's husband, Slayer of Madhu (demon),
mādhavo madhu-sūdanaḥ (135.21)

ईश्वरो विक्रमी धन्वी

All-powerful, Valiant, Wielding a bow,
īśvaro vikramī dhanvī

मेधावी विक्रमः क्रमः |

Intelligent, Vamana, Mover,
medhāvī vikramaḥ kramaḥ

अनुत्तमो दुराधर्षः

Unexcelled, Unassailable,
anuttamo durādharaḥ

कृतज्ञः कृतिरात्मवान् ||

Action-knower, Effort, Self-existent,
kṛtajñaḥ kṛtir ātmavān (135.22)

सुरेशः शरणं शर्म

Lord of the gods, Refuge, Bliss,
sureśaḥ śaraṇam śarma

विश्वरेताः प्रजाभवः |

Source of world, Source of beings,
viśva-retāḥ prajā-bhavaḥ

अहः संवत्सरो व्यालः

Day, Year, Ungraspable,
ahaḥ saṁvatsaro vyālaḥ

प्रत्ययः सर्वदर्शनः ||

Consciousness, All-seeing,
pratyayaḥ sarva-darśanaḥ (135.23)

अजः सर्वेश्वरः सिद्धः

Unborn, Lord of all, Perfect,
ajaḥ sarveśvaraḥ siddhaḥ

सिद्धिः सर्वादिरच्युतः |

Perfection, Source of all, Undecaying,
siddhiḥ sarvādir acyutaḥ

वृषाकपिरमेयात्मा

Dharma-restorer, Immeasurable,
vṛṣā-kapir ameyātmā

सर्वयोगविनिःसृतः ||

Untainted by all contact,
sarva-yoga-viniḥṣṛtaḥ (135.24)

इतीदं कीर्तनीयस्य

Thus the praiseworthy,
itīdam kīrtanīyasya

केशवस्य महात्मनः |

great Lord Vishnu's
keśavasya mahātmanah

नाम्नां सहस्रं दिव्यानाम्

thousand divine names
nāmnāṃ sahasraṃ divyānām

अशेषेण प्रकीर्तितम् ||

have been completely recited.
aśeṣeṇa prakīrtitam (135.121)

दुर्गाण्यतितरत्याशु

He quickly crosses all difficulties
durgāṅy atita-ratyāśu

पुरुषः पुरुषोत्तमम् |

by praising the Lord
puruṣaḥ puruṣottamam

स्तुवन्नामसहस्रेण

with these thousand names
stuvan nāma-sahasreṇa

नित्यं भक्तिसमन्वितः ||

everyday, being endowed with devotion.
nityaṃ bhakti-samanvitaḥ (135.129)

वासुदेवाश्रयो मर्त्यो

A mortal being, resorting to Lord Vishnu,
vāsudevāśrayo martyo

वासुदेवपरायणः |

having Lord Vishnu as his goal,
vāsudeva-parāyaṇaḥ

सर्वपापविशुद्धात्मा

purified of all sin,
sarva-pāpa-viśuddhātmā

याति ब्रह्म सनातनम् ||

reaches eternal brahman.
yāti brahma sanātanam (135.130)

न वासुदेवभक्तानाम्

For a devotee of Lord Vishnu,
na vāsudeva-bhaktānām

अशुभं विद्यते क्वचित् |

there is never any evil.
aśubhaṃ vidyate kvacit

जन्ममृत्युजराव्याधि

Fear of birth, death, old age and disease
janma-mṛtyu-jarā-vyādhi-

भयं वाप्युपजायते ||

does not arise for him.
bhayaṃ vāpy upajāyate (135.131)