

NARAYANA SOOKTHA WITH MANTRAPUSPAM

**OM dhata purasta dya mudayahara
Sakrah Pravidvan Pradisascha Tasrah
Tamevam Vidyannamruta Ihabhavati
Nanyah Pantha Ayanaya Vidyate**

At the out set the virat purusa was extolled by Brahma, All living beings protecting from all sides. The one who protects every one spread an all sides known by Indra as Bhagavan (paramatma) He alone By praying divine nectar gets due to it The person, having the knowledge of the Lord in his form assumes immortal from in this world. Without this Way for getting Moksa Not known

**Sahasra, Sreesam Devam Visvaksham Visva Shambhuvam.
Visvannarayanam, Devamaksharam, Paramam Padam
Visvatah paraman Nityam | Visvam Narayana Gum Harim.
Vismevedam purusah tadvisva mupa Jeevati|**

The one having thousands of heads, the paramatma, possessing the universe as his eyes, grants happiness to the world He is Visva, Narayana, God, Immortal, The Eminent and the basis of every thing. He is par excellent in the world; the ever present Visnu, Narayana in the universe. The purusothama with his knowledge of the world is allowing us to live.

**Patim Visvasyatme Svaragum, Sasvatagum Siva machyutam.
Nrayanam Maha Jneyam, Visvatmanam parayanam
Narayana parojyotih, Atma Narayanah Parah.
Narayana parah Brahma Tatvam Narayanah Parah
Narayana parodyata, Dhyanam Narayanah para**

He is the Lord of the world; the governing authority of Atma, the permanent, the auspicious and never befallen. He is Narayana, the one fit to be known, Atma of the world, the inquisitive one. Narayana alone is the brilliant light, Narayana is the glorious Atma. Naryaana alone is real and excellent illumination. Narayana is only the least tattva. Narayana is living worshipped as the greatest duty. Narayana is the best meditator.

**Yacchhaa kinchhit jagatsarvam, Drusyate Srooyatepiva|
Antat bahisca tatsarvam, Vyapya Narayana Sthitah||
Anatamavyayam Kavigum Samudrentam Visvashambhuvam.
Padmakosha prateekasagum, Hrudayam Chapya dhomukham|**

The one that is being visible from the minutest thing to the mightiest in the entire world and being heart Both inside and outside and everywhere Narayana is pervading He will not present at the end or he will disappear or reduces himself, the all knowing, the end of the ocean, the one who does good to the universe. Like the emerging bud of the lotus flower, having the face of the heart inverted

**Adonistya Vitasyante Nabhya muparitistati.
Jvalamala mulam bhati Visvasyayata Nam Mahat|
Santatagum silabhistu, lambatya Kosha Sannibham.
Tasyamnte Susiragum Sookshyam tasmim, sarvam Pratistitham|**

This is present, twenty two inches below the end of the oesophagus and above the umbilical cord (Navel region). This illumines like the garland of fire sparks and becomes the great centre of the world. This is always suspended with the strong veins resembling the inverted lotus bud. At the end of the hole the nerves of susumna in a subtle way is well established.

**Tasya, madhye mahanagnir Visvarchir, Visvato mukhah|
Sogra bhugvi bhajam Tista nnahara majarah kavih|
Tirya goordhva Madhassayee rashmaya tasya Santatha|
Santapayati Sandeha mapada Tala mastakah.**

The fire spark exists in the middle directing on all sides as its faces. This is known as Vysvaranagni or Jattharagni. First it minches the food, makes its into parts and differentiates, distributes perfectly without any fatigue. There it spreads continuously horizontally, vertically, below lying inversely the fire sparks. By its body it transmit heat from the middle of the foot to the tip of the head.

**Tasya Madhye Vahni Sikhah Aneeyordhva Vyavasthitah|
Neelato yadamadhyastha Vidhyullekheva bhasvarah
Neevara Sooka Vattanvee peeta bha swatya noopama|
TasyaSikhaya madhye paramat ma Vyavasthitah|
Sabhrahma, Sasiva, Ssahari syendra soaksharah Parama Svarat.**

In its midst the fire sparks are very minute like atoms having their heads above. It illumines like dazzling light in side of the blue clouds. It will shine like the pointed end (of seed) or of dried grass. That piercing edge is small possessing yellow colour. In the centre of the flames of the fire paramatma (God) is established He is Brahma; he is Siva, He is Hari, He is Indra, He is Akshara (indestructable) He is the most excelled divine illuminator.

**Yopam puspam veda
Puspavan prajavan pasuvan bhavati
Candramava Apam puspam
Puspavan, Prajavan pasuman bhavati
Ya Evam Veda
Yopa mayatanam Veda
Ayatanam bhavati.**

He who understands the flowers of water, He becomes the possessor of flowers, children and cattle. Moon is the flower of the water, He who understands this fact, He becomes the possessor of flowers, children and cattle. He who knows the source of water, Becomes established in himself,

**Agnirva Apamayatanam
Ayatanavan Bhavati
Yo agnerayatanam Veda
Ayatanavan bhavati
Apova agner ayatanam
Ayatanavan bhavati
Ya Evam Veda
Yopa mayatanam Veda
Ayatanavan bhavati**

Fire is the source of water, He who knows this, Becomes established in

**himself, Water is the source of fire, He who knows this, Becomes
established in himself. He who knows
the source of water, Becomes established in himself,**

**Vayurva Apamaya tanam
Ayatanavan bhavati.
Yova Yorayatanam Veda
Ayatanavan bhavati|
Apovai va yorayatanam
Ayatanavan bhavati.
Ya Evam veda
Yopamayatanam Veda
Ayatanavan Bhavati**

**Air is the source of water, He who knows this, Becomes established in
himself, Water is the source of air, He who knows this, Becomes
established in himself. He who knows the source of water, Becomes
established in himself,**

**Asowvai tapanna pamayatanam
Ayatanavan bhavati
Yo mushya tapata Ayatanan Veda
Ayatanavan bhavati
Apova Amushyatapata Ayatanam
Ayatanavan bhavati
Ya Evam Veda
Yopa mayatanam Veda
Ayatanavan bhavati**

**Scorching sun is the source of water, He who knows this, Becomes
established in himself,
Water is the source of scorching sun, He who knows this, Becomes
established in himself. He who knows the source of water, Becomes
established in himself,**

**Chandrama Vama apamayatanam
Ayatanavan bhavati.
Yaschandra masa Ayatanam Veda
Ayatanavan bhavati
Apovai Chandra masa Ayatanam
Ayatanavan bhavati
Ya Evam Veda
Yo pamayatanam veda
Ayatanavan bhavati**

Moon is the source of water, He who knows this, Becomes established in himself, Water is the source of moon, He who knows this, Becomes established in himself. He who knows the source of water, Becomes established in himself,

**Nakshtrani va Apamayatanam
Ayatanavan bhavati
Yo Nakshtrana mayatanam Veda
Ayatanavan bhavati
Apovai Nakshtrana mayatanam
Ayatanavan bhavati
Ye evam Veda
Yopamaya tanam Veda
Ayatanavan bhavati**

Stars are the source of water, He who knows this, Becomes established in himself, Water is the source of stars, He who knows this, Becomes established in himself. He who knows the source of water, Becomes established in himself,

**Parjanyaova apamayatanam
Ayatanavan bhavati
Yah parjanyaasyayathanam Veda
Ayatanavan bhavati
Apovai parjanya Syayatanam
Ayatanavan bhavati
Ye Evam veda
Yopa maya tanam Veda
Ayatanavan bhavati**

**Clouds are the source of water, He who knows this, Becomes established
in himself,**

**Water is the source of clouds, He who knows this, Becomes established
in himself.**

He who knows the source of water, Becomes established in himself,

**Samvastaro Va Apamayatanam
Ayatavan bhavati
Yassavatsarasyaya tanam Veda
Ayatavan bhavati.
Apovai samvasaras ayatanam
Ayatanavan bhavati
Ya Evam veda
Yopsu Navam pratistitam veda
Pratyeva tistati**

**Rainy season is the source of water, He who knows this, Becomes
established in himself,**

**Water is the source of rainy season, He who knows this, Becomes
established in himself.**

**He who knows that there is a raft is available, Becomes established in
that raft.**

**Kinta dvishnor bala mahuhu?
Ka deeptih kim parayanam?
Ee Ko Yadharaya Ddevah?
Rejatee rodasohube?**

**Vata divsnor bala mahuhu Akshara ddepti ruchyate
Tripada ddaraya ddevah Yadvisno reka muttamam**

**Rajadhi rajaya Prasahya Sahine|
Namo Vayam Vai Sravanaya Kurmahe
Samekaman Kama Kamaya mahyam
Kamesvaro Vai Sravano dadatu
Kuberaya Vai Sravanaya
Maha rajaya Namah.**

**(This last stanza is normally recited by priests while giving back
prasada after performing an Archana in all temples)**

King of kings, we praise thee, Who is the giver of all victories, Who is the fulfiller of all desires, Please bless me with wealth, To fulfill all our desires, Oh, Kubhera*, we praise thee, Salutations to the king of kings.

**Om thad Brahma, Om Thath Vayuhu
Om Thad Athma Om Thath Sathyam
Om That Sarvam Om That puror namaha
Anthascharathi bhoothe shu Guhyam Viswa Murthishu
Thvam Yajnasthwam vashatkarathwam Indras Thvam vayu
Thvam gum Rudras thvam Vishnus thvam
Brahmasthvam prajaipathi
Om Thadhapa apo jyothi raso amrutham brahma bhur bhuvasuvarom**

Om it is Brahma . Om it is air Om it is the soul Om it is the truth Om it is everything Om salutations to that Purusha That which is inside all beings secretly is that Universal God You are the fire sacrifice, You are the the personification of Vedic sacrifice You are the Indra You are the air You are the Rudra You are the Vishnu You are the Brahma You are the Lord of all beings Om water is light, the essence is the nectar and the concept of Brahma is in all the seven worlds.}

**Eesana ssarva vidyanam,
Esvarah Sarva bhutanam
Brahmadhi patir Brahmanodhi
Patir Brahma sivo me Astu, sada sivom**

The Lord Sri Narayana who is Siva, also Brahma who is the head of nine Brahmas that parameswara representing all the Brahma Vidyas, the authority of every knowledge OH! Such, OM Kara Swarupa, May he help us at all times.

**Tadvishnoh paramam padam Sada pasyanti Soorayah,
diveeva Cakshuratatam.
Tadvipra Sovipanya Vo, Jagru vagum Sasya mindharte,
Visnor yat paramam padam**

In Vaikunta, The devas who will not shut their eye lids but wide open see him. In the same way the liberated always sees him. There the learned

pundits Chant Slokas with devout feeling, always aware of themselves, with valour ever exhibit their brilliance. The place where Visnu Stays is the most excellent repository.

**Paraman Satyam Param
Brahmam, Purusam Krsna
Pingalam, urdhva retam,
Virupaksham Visva roopaya vai Namoh Namah**

**OM Narayanaya Vidmahe
Visudevaya Dheemahi Tanno Visnuh Pracodayat.**

We Meditate Lord Vishnu, We worship God of Snake upon the
Spiritual effugence god Vishnu inspire us.
**I worship Srimannarayana who is known by the word 'OM'. |
Meditate vasudeva. Let that Visnu invoke me.**

**Lakshmeem ksheera samudra raja thanayam,
Sri ranga dhaameswareem ,
Dasee bhootha samastha deva vanithaam ,
Lokaika deepankuraam,
Sriman manda kataksha labdha,
Vibhava brahmendra gangadaraam,
Twaam trilokya kutumbinim sarasijaam,
Vande mukunda priyaam.**

Salutations to Goddess Lakshmi, Who is the daughter of king of ocean of milk, Who is the consort of Lord of Sri Ranga*, Whose maids are the deva maidens, Who is the lighthouse for the entire world, Whose side long glances add fame, To Brahma, Shiva and Indra, Whose family is all those in three worlds, Who appears in lotus ponds, And who is the darling of Lord Mukunda.

**Siddha Lakshmi moksha Lakshmir
jayalakshmi saraswathi,
Sri lakshmir vara Lakshmi cha
prasanna mama sarvada.**

You who are Siddha Lakshmi¹, You who are Moksha Lakshmi², You who are Jayalakshmi³, You who are Saraswathi⁴, You who are Srilakshmi⁵, And you, who are Varalakshmi⁶, Should always be pleased with me.

Varankushou pashamabheethi mudraam ,

Holy temple of Vishnu and also means divine stage. 1Lakshmi who grants divine powers Lakshmi who grants salvation Lakshmi who gives victory, 4 Goddess of learning Goddess of wealth Lakshmi who gives boons.

**Karai vahantheem , Kamalasanasthaam,
balarka koti prathibhaam trinethraam,
Bajeha maamham jagadeeswareem thaam.**

I salute the Goddess of this universe, Who is having three eyes, Who shines like billions of rising suns, Who is seated on a lotus flower, And who holds in her hand, Boons, rope, weapon to tame and seal to protect.

**Sarva mangala Mangalye,
Shive, Saravatha sadhake,
Sharanye Trayambake devi
narayanee namosthute**

Salutations to that Goddess, Who is the greatest good among all the good, Who is forever peaceful, Who grants all boons, Who is the ultimate protection, Who has three eyes, Who is white in colour And who is Narayani.

**Om Sri Maha devyhee cha vidmahe,
Vishnu patnee cha dheemahi,
Thanno Lakshmi prachodayath.**

Try we will to understand Mahadevi, We would meditate on consort of Vishnu, And let Goddess Lakshmi help us in this.

**Kale varshathu parjanya,
Prauthwee sasya shalini,
Deso yam kshobha rahitha,
Sajjana santhu nirbhaya.**

Let the monsoon be timely and plentiful, Let earth be covered with vegetation, Let the country live without problems, And let good people never have fear.

**Svasti Prajabhyam, Paripalayamtam
Nyayena Margena maheem Maheesah**

**Go Brahmane bhyah subhamastu Nityam
Lokah Samstah Sukhino Bhavantu**

Let the people get all the auspicious ones. Let the king rule the land and the people with justice. Let cows and Brahmins at all times be happy and celebrate auspicious austerities. Let all the people in the world be happy.

**Kayena Vaca mana Sendriyairva
Budhyat manava, prakrute svabhavat
Karomi yadyat sakalam parasmai
Narayana Yeti Samarpayami**

I Surrender and offer to paratpara Lord Narayana all the acts performed by me bodily, by words, or by mind and by organs, Atma or by natural instincts.