

narayaṇa upaniṣad

om saha nāvavatu |
saha nau bhunaktu |
saha vīryam karavāvahai |
tejasvi nāvadhītamastu mā vidviṣāvahai |
om śāntih śāntih śāntih||

om atha puruṣo ha vai nārayano'kāmayata prajāḥ srjeyeti |
nārāyaṇatprāṇo jāyate |
manah sarvendriyāṇi ca | kham vāyurjyotirāpaḥ prthivī viśvasya dhārinī |
nārāyaṇād-brahmā jāyate | nārāyaṇād-rudro jāyate |
nārāyaṇādindro jāyate | nārāyaṇātprajāpatayah prajāyante |
nārāyaṇāddvādādaśādityā rudrā vasavassarvāṇi ca chandāgṛmsi |
nārāyaṇādeva samutpadyante | nārāyaṇe pravartante |
nārāyaṇe pralīyante |
om | atha nityo nārāyaṇah | brahmā nārāyaṇah |
śivaśca nārāyaṇah | śakraśca nārāyaṇah | dyāvāprithivyau ca nārāyaṇah |
kālaśca nārāyaṇah | dīśaśca nārāyaṇah |
ūrdhvāśca nārāyaṇah | adhaśca nārāyaṇah | antarbhāhiśca nārāyaṇah |
nārāyaṇa evedagṛm sarvam | yadbhūtam yacca bhavyam |
niṣkalo nirañjano nirvikalpo nirākhyātaḥ śuddho deva eko nārāyaṇah |
na dvitīyo'stī kaścit | ya evam vēda |

sa viṣṇureva bhavati sa viṣṇureva bhavati ||
omityagre vyāharet |
nama iti pāscāt | nārāyaṇāyetyupariṣṭāt | omityekākṣaram |
nama iti dve akṣare | nārāyaṇāyeti pañcākṣarāṇi |
etadvai nārāyaṇasyāṣṭākṣaram pādām |
yo ha vai nārāyaṇasyāṣṭākṣaram padamadhyeti |
anapabruvassarvamāyureti | vindate prājāpatyagm rāyaspoṣam gaupatyam |
tato'mṛtatvamaśnute tato'mṛtatvamaśnuta iti | ya evam vēda |
pratyagānandam brahma puruṣam praṇavasvarūpam |
akāra ukāra makāra iti |
tānekadhā samabharattadetadomiti |
yamuktva mucyate yogī janmasaṁsārabandhanāt |
om namo nārāyaṇāyeti mantropāsakah | vaikuṇṭhabhuvanalokam gamiṣyati |
tadidam param puṇḍarīkam vijñānaghanam | tasmāttadidāvanmātram |
brahmaṇyo devakīputro brahmaṇyo madhusūdanom |
sarvabhūtasthamekam nārāyaṇam |
kāraṇarūpamakāra parabrahmom |
etadatharva śiroyo'dhīte prātaradhiyāno rātrikṛtam pāpam nāśayati |
sāyamadhīyāno divasakṛtam pāpam nāśayati |
mādhyandinamādityābhimukho'dhīyānah
pañcapātakopapātakātpramucyate |
sarva veda pārāyaṇa puṇyam labhate |

nārāyaṇasāyujyamavāpnoti nārāyaṇa sāyujyamavāpnoti |
| | |
ya evam vēda | ityupanisat |
|
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saha nau bhunaktu |
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| | | ||
tejasvi nāvadhītamastu mā vidviṣāvahai |
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