

# Vishnusahasranama

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*or*  
THOUSAND NAMES  
*of*  
LORD VISHNU  
In Song



*By*  
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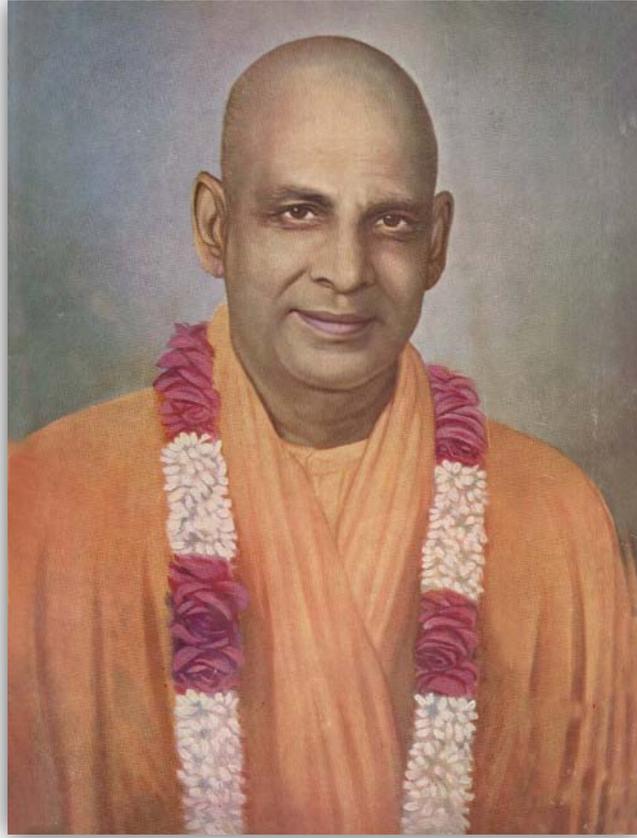
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DEDICATED TO



*Gurudev Sri Swami Sivananda*



## PREFACE

It is very significant that the Vishnusahasranama was given as an answer to the questions of Yudishtira by the great Bhishma at the end of the Mahabharata war. The only enemies are the ones within—in our own minds and hearts. It is only after the inner war is won that the field is fertile to cultivate the new.

In the Katha Upanishad, the great master Yama instructs the most worthy disciple Nachiketas: *“Arise. Awake. Staying awake, go to the master and get instruction, or have your doubts cleared.”* Yoga insists on self-control and self-restraint before the other steps of restoration of one’s true nature. In jnana yoga, the fourfold qualifications of a seeker are requisite.

Scriptures are as wide open as the endless skies and one is free to take from the expanse any meaning one feels to. Rather than studying them as events or even as a dialogue from the outside, I have found it most useful to get into the teachings, as true teachings are timeless—they are eternally applicable.

Yudishtira’s six questions boil down to two and then further to one: 1) who or what is the greatest Truth or God?, and 2), what is the highest duty or thing to be done?

Bhishma replies to the questions with the thousand names of the Lord instead of an answer that was specific to Yudishtira’s present situation as a king who won a war. The questions may have been specific, but the grand Bhishma’s answer is universal and eternal. Like the sun, the mighty Bhishma radiates God’s Nature and Glories through the Vishnusahasranama or thousand names of God.

Vishnu means all-pervading, the Divine Omnipresence, the Absolute or God. The thousand names or the Vishnushasranama, like thousand rays from the sun, point back to the sun. If

the heart and mind can be made to feel that we are right now in the bosom of God and none other exists—we will begin to understand how to do all that needs to be done.

Actions are guided by understanding. Our problems stem from wrong understanding of the true nature of all and everything and so we fail to adjust ourselves properly. The thousand names are ways of readjustment or calibration to the natural state. Why a thousand? There could have been more, and one could suffice, but thousand is a grand and big number so it is most inspiring to see that all rays lead to the sun, and all ways or actions are steps in evolution or our journey home.

The two questions of Yudishtira boil down into one question: “What is the highest truth or God?” The question of ‘highest duty’ does not arise if we can somehow feel that we are right now not only amidst the ocean of God, but—God Alone Is! If this greatest of all dictums can etch itself onto the heart tablet, the mind will get clarity on how and what needs to be done. Lack of clarity or changing clarity is our problem. This clarity is not intellectual clarity but the understanding that is the core of your being.

This core of your being feels the need for security, satisfaction and joy, and not understanding the true nature of the interconnectedness of things—it goes about gathering broken shells at the water’s edge—never feeling secure, satisfied or joyful. The burning quest to end all answers of what it is to be ‘fulfilled’ in every way keeps driving one till total fulfillment is reached. Things, relationships and conditions are ever in the process of change and cannot deliver what is needed.

Bhishma’s majestic answer is a reply to everyone’s single question, “What is the Truth?” If you can take a simple mind and heart and listen to the thousand names just like you were listening with rapt attention to your wise and most loving grandfather who was about to depart from life, knowing this would be the last and only opportunity to learn from one whom you most love and respect—the magic can happen.

Like the brilliant effulgence of the sun, the thousand rays of names, or the nature of God, will enter your heart and set ablaze all doubts and the light of clarity will guide you eternally in how to live in light of the great truth—Divine Omnipresence.

Try lighting the lamp of aspiration within. Then, burn the sticks of individuality which at once wafts the sweet fragrance of *incense*. Wash the felt Indwelling Presence of the Lord with *prem* or pure love. Offer the petals of individuality as *archana* or flowers offered unto the Lord—a letting go of ignorance is the immediate realization of truth. Just like water flows as a steady stream, let the thousand names make your journey home unbroken till the small tumbler empties itself in the Divine Ocean. Ignorance cannot reside within if you do not hold onto it. The thousand names are thousand ways to let go of the ego or to effect self-surrender by embracing the truth—God Alone Is.

Here is a simple way to feel the import of the thousand names of God. You may call God by any name—God is God. I have been greatly inspired by the English Philosophical Songs of Gurudev Swami Sivananda in that, like bypass surgery, they bypass the blockages of the mind and connect directly to the heart.

The song can be sung in the commonly known tune as well as other simple tunes, and one does not need any singing ability or talent for these songs. Just as a capsule holds the medicine, the song holds the light of Bhishma.

The first few times you may find yourself concentrating on the words and tune... on the singing. If you continue on without becoming mechanical, you will find yourself listening to the words of the song which is being sung. If you continue to stay alert, you will then find yourself contemplating on the meaning of the song which is being sung and heard. If you are determined and ever alert, finally something wonderful happens!—you will find yourself meditating on that which the words point to, all the while the song is being sung and heard.

I hope to soon have the audio for this song offered on my website as well.

Wishing you a glorious journey through song!

*Swami Suryadevananda*

14 September 2010

## NOTE OF GRATITUDE AND APPRECIATION

I wish to express my gratitude and deep appreciation to Sivananda-Usha for her invaluable help in the edit, review and preparation of this book.

To all the Great Sages and Saints who have passed on this wisdom, my reverential gratitude.

To the Grand Sage Bhishma, the wisest of the wise, greatest of the great and Grand Father (*Pitamaha*) of all seekers.

Finally, to Gurudev Swami Sivananda, at whose feet this work is offered.

*Swami Suryadevananda*

14 September 2010

# THE VISHNUSAHASRANAMA

OR

THE THOUSAND NAMES OF VISHNU

In Song

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## INVOCATION

OM

Salutations and prostrations  
The mere thought of him does

Unto all-pervading Lord Vishnu  
Bestow freedom and liberation

### **Sri Vaisampayana said:**

Hearing a lot about dharma  
Doubts still linger in one's heart

Learning spiritual practice too  
Yudhishtira therefore asked Bhishma

### **Yudhishtira asked:**

Revered sire kindly instruct  
Who should we worship and pray to?  
Which is the supreme duty of all?  
Kindly do thou please instruct me

Who is the one supreme God?  
In whom should we seek shelter?  
How to attain final liberation?  
I seek refuge at thy holy feet

### **Bhishma replied:**

If one chants full of devotion  
Lord of the entire universe  
Bestows freedom from suffering  
One should also worship and pray

The thousand names of Vishnu  
God of gods the unlimited one  
Right here in this life itself  
Daily and without any break

He does not begin or end  
God of gods the only one  
All miseries in this life  
Chanting his name with devotion

He is the changeless one  
He presides over the universe  
Will surely be set at naught  
And worshipping the God of gods.

He is the lotus eyed one  
He is the really the only one  
He increases fame and glory  
He is master of the universe

Partial to the ancient vedas  
Who knows what dharma is  
Of those who live in this world  
Truth of all and of everything

He decides the life of all living

He is the dharma that is great

He is the greatest light of all  
He is the great supreme Brahman  
The thousand holy names of who

Of him who is the purest of pure  
Thousand holy names which do  
He is the holiest of holies  
He is the deathless father

Of him were all souls born  
In him will all disappear  
He is chief of all in the world  
Now listen very devoutly

That which is greatest penance<sup>1</sup>  
The greatest shelter that I know  
Washes away all one's sins

Kindly now hear from me  
Wash away all one's sins  
He is the God of all the gods  
Of all that do ever live

At the start of grand creation  
At the end during dissolution  
World's burden he alone bears  
With rapt attention and full of faith

### VISHNUSAHASRANAMA STOTRAM

He is the all or the universe  
About him are the sacred verses  
Master of past, present, future  
Supporter and sustainer of all

He develops all elements  
He is the only supreme Soul  
For him there is no decay  
One who witnesses everything

Indestructible is he  
Master of the established  
Master of pradhana or prakriti  
In one body does he dwell

On his chest does always  
His hair and locks are beautiful  
Omniscient and only existence  
Steady, immovable and changeless

Changeless and indestructible  
Born of his own free will  
Universe's support and substratum  
Supreme adept in all the rites

One who is self-existent  
Golden-hued in sun's orb  
From him does come the sound  
Birthless, deathless existence

He alone pervades every thing  
Uttered in all the rituals  
Creator and destroyer of the universe  
Pure existence and only essence

His nature is all purity  
Highest goal for liberated ones  
He abides in the body with gates  
Knower of the field or body

One attainable through yoga  
Those steady in the yoga way  
Master of purusha and jiva  
As man and lion combined

Dwell the Goddess Shri  
He is greatest of all purushas  
Destroyer who is ever pure  
Source of all existing things

Universe rises and falls in him  
Source of karma of all jivas  
In him do elements take their birth  
Unlimited power over everything

Bestower of happiness on devotees  
With eyes like petals of lotus  
Vedas sacred of eternity  
Support of the universe

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<sup>1</sup> The formless has assumed all the forms we see without any change. The Aitareya Upanishad calls this becoming without any change in Being—an austerity on the part of God.

He generates karmas and fruits  
One who is not measureable  
By accepted means of knowledge  
In his navel does the lotus

Master of the deathless  
He is the supreme thinker  
It is he who does excel  
The eternal and most ancient

Existence-bliss-knowledge-absolute  
He destroys time at dissolution  
Support of the three regions  
He is supremely auspicious

It is he who activates the prana  
He deserves the highest praise  
Soul of all even Brahma  
Consort of goddess Mahalakshmi

Destroyer of the demon Madhu  
Courageous and armed with bow  
He transcends all of samsara  
There is none greater than he

He knows everything about us  
All achievements are him alone  
Greatest of bestowers of good  
Of the nature of supreme bliss

He is the origin of all beings  
Ungraspable as a serpent  
With eyes at once everywhere  
Birthless and the supreme Lord

Nature of consciousness in all  
One who is never lost  
He showers all objects of desire  
He stands free of all bondage

Possessor of greatest mind  
Same to all, unperturbed  
His worship never goes in vain  
His actions are dharma itself

As Rudra he makes all cry  
One with heads everywhere  
He is the cause of the world

Ultimate support of everything  
One who is not understandable  
He is master of all senses  
Source of the universe stands

His creation is most wonderful  
He shrinks all at dissolution  
In everything that is excellent  
Ungraspable by the mind

One whose eyes are tinged red  
Omnipotent and omnipresent is he  
Purifier of all and everything  
He is the supreme controller

He is the most ancient one  
Master of all living beings—Ishwara  
He has the world within himself  
Fit to be known through Madhu-Vidya

He is the omnipotent being  
He is the supreme intelligence  
He helps his devotees to cross over  
He none can ever overthrow

Everything that we have done  
Self-established and supportless  
Remover of all one's sorrows  
Seed of the vast universe

Luminous and source of time  
Nature of pure consciousness  
The sight of all forms are his  
Self-established in his own nature

First cause of all elements  
One who cannot lose his powers  
His nature cannot be determined  
All dwell in him, he dwells in all

Serene and without attachment  
His very nature is truth  
Realized in lotus of the heart  
He incarnates for dharma also

During period of dissolution  
Supreme governor of the world  
His names and glories purify

Both deathless and eternal

His lap gives the highest blessings  
All-pervading supreme being is he  
Omniscient and self-luminous  
Before him does evil scatter

He who is form of the veda  
Self-fulfilled knowledge-absolute  
Knower of all vedas is he  
Witness of the whole universe

He directly sees all merits  
Bestower of due rewards  
As effect, the form of world  
For his sake all forms are assumed

Nisimha is he with fangs  
He is pure luminosity  
Prakriti is his enjoyment too  
He manifested as Hiranyagarbha

He has mastery over the universe  
He is superior to all beings  
He dwells in bodies of everyone  
He incarnated as Indra's brother

He is one of great height  
He purifies those who adore him  
He is superior to all the gods  
Subtle form of the universe is he

He appoints all to their stations  
He is the goal of those yogis  
He knows all branches of learning  
He destroys the evil ones

He is master of all knowledge  
Unknowable by the senses  
He is ever busy in creation  
He is the strongest of the strong

He is the most powerful of all  
He is all powerful and all wise  
He cannot be objectively known  
He is endowed with all greatness

Incarnating as Lord Krishna

Self-established and unchanging

Austerity of cosmic creation  
Nature of all material cause  
He illumines everything  
He inflicts suffering on evil ones

One who knows veda's meaning  
To him vedas stand as organs  
He is the seer of everything  
Overlord of all divinities

He directly sees your demerits too  
For merits and demerits too  
As non-effect, he is supreme cause  
He adopts a fourfold manifestation

One with four arms is he  
Maya is enjoyed by the Lord  
He suppresses all the asuric  
At the beginning of creation

Omnipotent and omniscient is He  
Source of the universe is He  
Indweller of all bodies is He  
And as Vamana the dwarf

His acts never ever go in vain  
One of infinite strength is He  
Due to his inherent attributes  
He is beyond any transformation

Regulating all, remaining one with them  
Who aspire for moksha or liberation  
Ever experienceable is He  
He alone protects dharma

He gives joy to all just like honey  
He disillusiones the illusionists  
Sustentation and dissolution too  
Wisest of the wise is He

Ignorance of samsara is his power  
Brilliant within and without is He  
Supreme subject alone is He  
Immeasurable intelligence is He

He held up the mountain Mandara

He is equipped with the great bow  
Goddess Shri ever dwells with him  
He cannot be obstructed

He is the power in all words  
Gau means words and therefore  
Self-endowed with supreme power  
Those who practice his presence

Dharma and adharma are his wings  
Performer of rigorous austerity  
Father of all who are his children  
He sees the karma of everyone

He unites all with fruits of actions  
He is always of the same nature  
He subjects oppressors to difficulty  
He is signified by truth, knowledge

He is the teacher of all knowledge  
He is brilliance and effulgence  
One of unfailing valor is He  
He is eternally ever-awake

He is master of all knowledge  
He leads seekers to the highest  
He is the most resplendent of all  
He animates all of creation

He is one with thousand heads  
He is one with thousand eyes  
He whirls the wheel of samsara  
Avidya has its place in him too

Like the sun he regulates all  
He has no fixed residence  
His mercy is uniquely wonderful  
Never contaminated is his mind

He is the supreme enjoyer  
He offers benefits to everyone  
His acts according to justice  
He is the soul of all beings

Undifferent in name and form is he  
He alone excels as everything  
His object is always fulfilled  
He fulfils effort by those who strive

He upheld the earth from submerging  
Goal of life is bestowed by Him  
He bestows joy on divinities

Therefore sages call him Govinda  
Master of words is so indicated  
He disciplines unrighteous as Yama  
Have fear of samsara removed by Him

He rests on the greatest serpents  
Lotus-shaped navel has He  
Without death or its cause is He  
The only destroyer is He

Enjoyer of fruits is He alone  
With devotees (not others) is He  
He instructs and directs through scriptures  
He destroys oppressors of the good

He teaches the divinities too  
Embodiment of virtues, specially truth  
His eyes are closed in yoga-nidra  
Five elements are strung on his necklace

All-perceiving intellect is His  
He has command over all beings  
Ever consistent is He eternally  
As breath he keeps all beings functioning

He is the soul of the universe  
He is one with thousand legs  
Free of samsara's bondage is He  
He acts through his manifestations

Like the fire he carries all offerings  
He supports all of creation  
He gives salvation to enemies too  
The universe is held by his power

The manyness we see is him only  
The greatest too adore him only  
All dissolve in him at dissolution  
He alone directs everything

Ungraspable is his nature  
Everything is commanded by him  
Fulfilled are all his resolutions  
In accordance with their eligibility

He gives fulfillment to the work  
He is merit or dharma  
Vishnu means all-pervader  
All offspring come from him alone

Always untouched, unaffected  
His arms protect the worlds  
Words of vedas emanate from him  
He alone bestows all riches

He does not have exclusive form  
He resides in cows during yajna  
Ojas or spiritual energy is he  
He is dyuti or pure radiance

His power it is that warms the world  
He is omkara the primordial sound  
Cooling relief of moonlight is he  
He is the source of the cooling moon

The shining moon is verily him  
He is the cure for samsara  
He is full of true qualities  
He is the only purifier

He is the food and energy  
He fulfills the needs of pure ones  
He is value ultimate in all  
He surpasses all and everything

He is the cause of four yugas  
He consumes all at the end of time  
His gross form is this universe  
Self-endowed with all powers

He is the one dear to all  
He resides within all  
Peacock feather adored his crown  
He is the form of dharma

He generates anger in evil ones  
He alone supports the earth  
Free from all transformations  
As Hiranyagarbha does he endow

He alone bestows prana on all  
He incarnated as dwarf Vamana  
He is the seat and support of all

Of those who are deserving  
He showers on devotees their needs  
Steps to him he has laid out  
He multiplies as this universe

All sruti flow unto him  
He alone upholds the universe  
Supreme Being, God of gods is he  
Everything is contained in him

He has manifested in many forms  
He alone illumines everything  
Tejas or spiritual brilliance is he  
All divine qualities are him alone

All excellent qualities abide in him  
He is known through all mantras  
He gives shelter to afflicted ones  
He alone shines in all

Lord of all the good ones is he  
His aid enables one to cross over  
Eternal master of all beings is he  
All movement is caused by him alone

He helps seekers overcome desire  
He is extremely beautiful  
Desires of devotees does he fulfill  
He is the cause of periods of time

Maya's many forms are him alone  
He cannot be known by sense knowledge  
He achieves victory for all good ones  
Victorious at all times is he

As supreme bliss is his nature  
He is adored by those who know  
All beings are bound by his maya  
He eradicates anger from virtuous ones

All beings he has in his arms  
All forms of worship go to him alone  
Most renowned is the supreme Lord  
All beings with life-giving prana

He alone withdraws the prana too  
Ocean's collective water is he  
Bestower of fruits for all action is he

Ever established in his own greatness

He supports the righteous path  
He is the giver of all boons  
Both vasu and deva is he  
He is the source of all the gods

He is without the six defects<sup>2</sup>  
He liberates all from all fears  
He is Krishna, son of Sura<sup>4</sup>  
He is the soul of all beings

He has had several incarnations  
His eyes resemble the lotus  
Worship him in the heart-lotus  
Enormous is his prosperity

He is the most ancient soul of all  
He has Garuda as his flag  
As body, it is always changing  
He knows the time for creation

Offerings in yajnas go to him alone  
Goddess Lakshmi resides with him  
He is ancient and indestructible  
He is sought by yogis as moksha

Benevolent because of self-control  
He props up the earth like a mountain  
He has tremendous speed  
He is the material cause of creation

Activities of creation are his sport  
Supreme is he of all and everything  
He generates this entire universe  
He has fashioned this unique universe

With maya he hides his own nature  
He regulates the entire universe  
All status is given by him only  
He possesses true lordliness

Greatest of all without any help  
He is the one who fills everything  
The yogis find delight in him

He drives everything as air

As birth he bears the birth of all  
He vibrates atmosphere's energy  
He alone is the great brilliance  
Abodes of evil he does destroy

He uplifts beings from samsara  
All satisfactions<sup>3</sup> of life he does fulfill  
He alone is Lord of all beings  
Favorable to all, against no one

His hands hold the lotus  
He resides in the heart-lotus  
He sustains the bodies of all beings  
He is seen standing as the world

Many glorious eyes has he  
He cannot be compared to anything  
He is one of whom all are afraid  
For sustention and dissolution too

Supreme Knowledge is he himself  
Ever victorious is the supreme Lord  
Form of a fish he did assume  
Instrumental and material cause is he

He subordinates everything  
He incarnates of his own free will  
He consumes all at dissolution  
Entering, he pervades all creation

Samsara exists in his abdomen  
He holds sway over all beings  
He is free and his own master  
His nature and greatness cannot be known

His nature is wholly of knowledge  
In him do all dwell in dissolution  
He is the indestructible one  
In him does Goddess Lakshmi dwell

Supreme by his own nature  
His glance bestows the highest on all  
In him do all things end finally

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<sup>2</sup> Sorrow, infatuation, hunger, thirst, birth and death

<sup>3</sup> Dharma, artha, kama and moksha

<sup>4</sup> Vasudeva

He is without any desire

He leads us to the Supreme  
There is no leader for him  
He is the most powerful one  
He is greatest knower of dharma

Vikuntha is bringing together  
An agent of bringing together  
He existed before everything  
He functions as the prana

Prostrations with Om go to him  
The world-seed came from him  
He pervades all effects as the cause  
He never undergoes degeneration

Time and seasons are him only  
All limits are set by him  
He is everywhere, ungraspable  
He does receive all offerings

He is the cause of all fear  
All beings do reside in him  
He is the most skilled of all  
All worlds emanate from him

His nature is pure consciousness  
He is the meaning of everything  
Self-fulfilled is the supreme Lord  
Great koshas are his covering

He enjoys the whole universe  
Huge as the cosmic person is he  
All offerings are yoked to him  
He is the heart of all the stars

He is the expert in everything  
He manifests creation expertly  
All worship is his alone  
Sacrificial rites are yoked to him

Sole support for all holy ones  
His eternal insight is infinite  
He is naturally free eternally  
He is most superior consciousness

He is one of magnanimous vow

He is the path to immortality

Through spiritual realization  
Most valorous is the supreme Lord  
He alone supports all beings  
Srutis are his commandments

The diversified categories  
Is known as Vaikuntah  
He indwells in all bodies  
Destroying prana during pralaya

He has expanded as this world  
Enemies of good he does destroy  
He is the cause of every smell  
His original nature is eternal

Fruit of masha does he bestow  
He dwells in sky of the heart  
By all who seek refuge in him  
Made by sincere devotees

Even to divinities as the Sun  
He bestows liberation from samsara  
Most proficient in everything  
Eternally established is the Lord

He is the only changeless cause  
He is the nature of supreme bliss  
He has no purpose or end to seek  
Unalloyed bliss is his enjoyment

Self-fulfilled is the supreme Lord  
Birthless is the supreme Lord  
His acceptance makes offerings great  
The moon is his form only

He remains forever unchanged  
He is the one who is all-knowing  
He alone bestows liberation  
All ordained dharma comes from him

He alone guides seekers to liberation  
He instantly sees the good and evil in all  
He is all and the knower of all  
Birthless, timeless and cause of all

To protect all refuge-seekers

He has the most pleasant face  
Vedas are his auspicious sound  
He gives happiness to good people

He blissful nature attracts everyone  
His arms are capable of the very best  
Dharma is upheld by him only  
He alone enfolds all jivas

He is the cause of cosmic process  
He interpenetrates everything  
All forms are his manifestation  
Everything dwells in him alone

He protects those who seek refuge  
Expansive ocean is him only  
He alone protects and upholds  
Truth-Absolute is his very self

Without attributes of jivas  
Above dharma and adharma  
Nature of truth—Parabrahman  
All beings are subject to change

Without any personal attributes  
Only support of the universe  
In the middle of sun's rays is he  
Irresistible power like a lion

Supreme knowledge is his greatness  
All gods are ruled by him only  
He is untouched by samsara  
He cannot be known through karma

Master of five elements is he  
He has manifested as a boar too  
He receives the essence of sacrifice  
Great victory over all is his only

He punishes the evil doers  
All his resolves do come to be  
Tantra too does come from him  
Witness of your spiritual attitude

His three strides cover creation  
All gods dwell in him alone

Most subtle without gross causes  
Sounds of clouds are his sounds too  
He helps without any expectation

He does not ever fall to anger  
He destroys evil, protects the good  
He destroys those who do not abide  
In delusion and self-ignorance

Indomitable is the supreme Lord  
Just like pure space everywhere  
All activities he alone allows  
He has great love for his devotees

Universe's treasures are him only  
Lord of all wealth is he alone  
Righteousness which is real dharma  
Changeless, eternal is the Lord

Dharma's upholder and protector  
His involvement is its protection  
Manifested as the world, as *asat*<sup>5</sup>  
He alone is the changeless one

Like the sun with endless rays  
Nature of pure consciousness  
In the middle of *sattva guna* is he  
The supreme Lord of all beings

Greatest of all gods and the best  
Indra's guru and controller is he  
Like a cowherd he does protect  
Timeless, eternal is his existence

Enjoyer of infinite bliss is he  
Offerings in all rituals go unto him  
He invigorates plants as the moon  
Greatest of the great is the cosmic one

Victorious over all beings is he  
Charitable offerings he does receive  
Supreme knower is him alone  
He bestows liberation on worthy ones

Such is his supreme majesty  
Beyond space, time, causation is he

---

<sup>5</sup> Not having reality

Cosmic dissolution is in him only  
End to all beings he only brings

Only one fit to worship is he  
All inner enemies he has conquered  
Self-absorbed, always joyful  
He delights in giving delight

Truth, his knowledge and attributes  
As sages he is the great Kapila  
Universe's master is him alone  
One with great antenna is he

The great cosmic boar is he  
As existence, he is self-protected  
Hidden meaning of teachings is he  
Most profound is his majesty

Very difficult it is to enter him  
Never an object of words or thought  
He alone regulates everything  
Eternally unconquerable is he

His endless capacity is changeless  
His greatness can never diminish  
To him do great sages associate  
He shines as the light of consciousness

Creations' functions does he fulfill  
He knows all, is called bhagavan<sup>7</sup>  
His nature is of supreme bliss  
The plough he used as a weapon

He is the indweller in the sun's orb  
Ultimate support and resort is he  
As Parasuram he wielded the axe  
Beyond the heavens does he reach

Master of all learning is he  
Among vedas he is Sama Veda  
In him do all miseries cease  
He is the cure for samsara

He initiated order of sannyasa  
Embodiment of purification is he

In him do universes rise and fall  
Indescribably great is the supreme Lord

Without beginning, eternally perfect  
External enemies he has none  
Ananda or bliss is his nature  
Endowed with all perfection is he

Three strides of his cover creation  
As effect he is the world you see  
Witness of three states<sup>6</sup> is him alone  
Universe's changes are caused by him

Words and teachings are him alone  
He is adorned by the best treasures  
He is hidden in your heart too  
All powers and glories are him only

Witness of three states and absence too  
Discus and mace are held by him  
Participant in all accomplishments is he  
Also known by Krishna-dvaipayana

All are pulled unto him at dissolution  
He shines unto himself as the evening sun  
Unshakeable as an ancient tree is he  
When mediated upon in one's heart

By his infinite mind alone  
Withdrawing all into himself at dissolution  
Five elements are his floral wealth  
As Vamana he was born of Aditi<sup>8</sup>

Opposites do not affect him at all  
The greatest bow he does control  
His harshness bestows great blessings  
He bestows omniscience in great sages

Unborn through a mother's womb  
Sama chanters sing his praises  
As supreme bliss is his nature  
He is the divine physician

For attainment of final liberation  
Without desires and always peaceful

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<sup>6</sup> Waking, dreaming and deep sleep

<sup>7</sup> One who knows origin, dissolution, the bondage and salvation of creatures, knowledge, ignorance

<sup>8</sup> Born of Aditi and Kasyapa as Vamana

At dissolution all return in him  
Highest of all states is he

He is the beauty of beauties  
All creation emanates from him  
He lies in the waters that surround  
He also lies on the great serpent

As Krishna he lifted Govardhana<sup>9</sup>  
Lord of the earth is Vishnu  
Hidden from all by his maya  
His look is verily dharma too

He never retreats from evil  
Withdrawn from sense objects is he  
He protects those who seek refuge  
His chest bears the divine mark

When cosmic waters were churned  
She is the great cosmic power  
Master of all powers is he  
On the good he bestows prosperity

All virtue and power abides in him  
He rewards all as they deserve  
Seekers of truth are inspired by him  
The universe's forms are all in him

His eyes are beauty in themselves  
Non-dual and indivisible is he  
He is the lord of stars and galaxies  
Particulars cannot describe him

Never ever a doubt has he  
Superior to all beings is he  
He is above all and everything  
The sea-beach has been his bed too

Abode and essence of all is he  
Free from sorrow, nature of bliss  
By his light shine sun, moon and stars  
He is the object of all worship

Above gunas<sup>10</sup>, pure spirit is he  
He is the end of all lineage

Avidya is erased in him completely  
There is no return on attaining him

Bestower of peace and freedom is he  
He delights in all of creation  
All of the earth of creation  
Known by the name of Adishesha

Protecting the cows and everyone  
He is the only world protector  
His glance bestows everything  
Most dear to him is dharma

He adheres to dharma tenaciously  
All melt into him on dissolution  
His name is the greatest purifier  
Sri Devi ever abides with him

Goddess Sri chose him eternally  
One with the Lord inseparably  
He presides over all the deities  
Lord of Goddess of wealth is he

Ground of virtues and power is he  
Cosmic Power resides in him  
He leads the good to the beyond  
He supports all of creation

His limbs are most beautiful too  
Supreme bliss is his nature  
His mind is always well controlled  
Nature of truth is his eternal fame

Perfect clarity of all has he  
Nature of pure consciousness is he  
Eternal and unchanging is he  
His incarnations glorify the earth

Source of all glorious manifestations  
His remembrance removes all sorrow  
He is worshipped by all divinities  
All is contained in him only

His remembrance destroys all sins  
He cannot be obstructed in any way

---

<sup>9</sup> Name of a mountain

<sup>10</sup> Sattva or harmony, rajas or passion and tamas or dullness

No equal to confront in any way  
His prowess cannot be obstructed

Most courageous of all is he  
Most powerful gods does he control  
His will controls all and everything  
Wrongdoers he does destroy

He is the end of all desire  
He allows all to be fully satisfied  
Dissolution begins and ends in him  
Far above all gunas is he

His brilliance blankets sky and earth  
He is the supreme all-pervader  
The bravest of brave are him alone  
He is the indicator of everything

As Brahma<sup>12</sup> he creates everything  
He alone inspires spiritual seekers  
Spiritual instructions come from him  
All holy persons are devoted to him

All of creation is his handiwork  
The great serpent is verily him  
He does sacrifice for the good of all  
He offers the all, into the all only

He is the object of all praises  
Pleased by hymns or verses  
He never hesitates to protect the good  
Self-fulfilled in endless excellencies

Hearing of him cleanses the heart  
He is never affected in any way  
His essence is just as pure gold  
Highest wealth of liberation

He incarnated as son of Vasudeva  
His mind dwells in all equally  
Only the best do attain him  
He has equal vision in everything

He is the highest goal of holy ones  
Foremost of Yadu<sup>13</sup> people is he

His treasure and wealth are pure spirit  
Evil doers he destroys time after time

In pure families does he incarnate  
By indwelling all and everything  
All light emanates from him only  
He alone can destroy samsara<sup>11</sup> too

All values find their end in him  
There is great beauty in his majesty  
From him do all scriptures emanate  
His form can never be determined

The power of movement is his also  
There is no limitation for him at all  
All power is his manifestation only  
He alone performs all austerity

Omnipresence is his eternal truth  
He is the meaning of all scriptures  
He is source and end of all practices  
His gigantic strides bestow joy to all

Sun, moon and stars get light from him  
Greatest of sacrifices are him only  
The universe is his great offering  
All praise, all glory unto him only

There is none else for him to praise  
He is most pleased by your simple prayer  
He brings fight to all oppressors  
Freely sharing excellencies with all

Hearing his glories washes all one's sins  
All-pervading like the mind's speed  
He bestows wealth in abundance  
He bestows on the most sincere

All of creation dwells in him only  
All sacrificial offerings does he receive  
He protects all as his own duty  
He is changeless, eternal, infinity

He has heroic warriors like Hanuman  
Resort of the holy ones is he

---

<sup>11</sup> The cycle of birth, death and all its troubles

<sup>12</sup> The creative aspect of the Trinity

Greatest of great surround him  
All beings dwell in him only

All dissolve in his energy finally  
He cuts the pride of the unrighteous  
Self-satisfied in his eternal bliss  
Unconquerable by internal enemies

Soul of all and everything is he  
Gigantic is his cosmic form  
He is luminous knowledge-absolute  
He assumes different bodies at will

Even though he has taken many forms  
As pure consciousness is his nature  
He is one, single, solitary  
Distinctions do not exist in him

Different bodies does he assume  
The soma yajna he verily is  
He overflows in joy and happiness  
The sum of all good values is he

He is a self-subsisting entity  
Goal of all spiritual seekers is he  
He is the highest attainment  
He incarnated in the Madhu clan

He has the color and form of gold  
His adornments generate joy for all  
Incomparable is he in every way  
Unfailing are his blessings and grace

His movement is like that of air  
His mayic power creates the unreal  
He alone is delusion's remedy  
He alone is to be adored by all

He is the support for all the worlds  
From sacrifices he has arisen  
His intelligence is always fruitful  
With form of sun, he causes rain

Superior to all bearing arms is he  
He is the controller and destroyer

Sacred rivers associate with him  
His Maya covers the entire universe

He is omnipotent, limitless  
He blesses the path of righteous ones  
Very difficult to attain in meditation  
Unconquerable by internal enemies too

The whole universe is his body  
Stretched out on the bed of Adishesha  
Without body caused by karma  
To help the world through difficulty

He cannot be described objectively  
He assumes many forms temporarily  
Hundred faces indicate endless forms  
As they exist in different objects

Through the power of his Maya  
Numerous are his mayic forms  
He is the best to contemplate  
He is self-existent by nature

He is infinite expansion  
There is nothing beyond him at all  
Unto him does the whole world pray  
He has endless love for devotees

All of him is most brilliant  
He protects dharma eternally  
Without attributes, pure emptiness  
Immovable in truth and knowledge is he

He is the nature of pure consciousness  
From and within unchanging reality  
He alone can restore one's true nature  
Lord of all the worlds is he

Self-endowed with supreme intelligence  
Eternally self-satisfied is he  
A fraction of him supports creation  
His form is always most brilliant

He accepts offerings delightfully  
Without end or limit is he

---

<sup>13</sup> One of the five ancient Aryan clans

He is very attentive to devotees  
All mantras invoke him only

He is the one with four hands<sup>16</sup>  
He is the end of the four ashramas<sup>17</sup>  
Four values of life<sup>18</sup> come from him  
A fraction of him supports all creation

All-pervading and inseparable is he  
All duties his presence does regulate  
Difficult to attain is he  
Yogis try to feel him as the indweller

His form is best for meditation  
The infinite universe is him only  
Like Indra his actions do happen  
Fulfilled eternally without desire

He embodies at his own free will  
Adorable is his extreme tenderness  
He is omniscient with brilliant eyes  
He nourishes all who entreat him

He conquers his enemies easily  
He has conquered all inner foes  
Brilliant like gold are his limbs  
Master of masters of all learning

His Maya is most difficult to cross  
He is the support for all the elements  
The earth rejoices as he protects it  
His limbs are beautiful like jasmine too

His remembrance bestows purity  
He is ever awake, he never sleeps  
His form is deathless and undecaying  
He has endless faces everywhere

He enjoys simple pure offerings  
He is omnipotent, unobstructable  
He destroys enemies of the good

He is the one with four horns<sup>14</sup>  
The four aspects<sup>15</sup> are him only

All activities are centered on him  
Perfect clarity of mind has he  
Four vedas come from him alone  
He expertly turns samsara's wheel

He is the unconquerable one  
He can be attained by pure devotion  
He is far because of obstructions  
Evil-minded are destroyed by him

Essence of all and everything is he  
His will changes the universe  
Nature's elements are effects in him  
Vedic mantras have come from him

His attractiveness surpasses all beauty  
His navel is worthy of concentration  
He is worshiped by those who are worshiped  
He embodied as a horned fish during dissolution

Eternal and endless is his omniscience  
External foes he has conquered too  
Undisturbed, unattached and universal  
He is sought as an endless lake of bliss

He is undivided by past, present, future  
Greatest of all and most precious is he  
His blessings are fragrant like jasmine  
He quenches everyone with his waters

His actions are always motiveless  
Ever satisfied in his immortal bliss  
He is the omniscient supreme Lord  
He is attained by sincere devotion

Though non-enjoyer and witness of all  
All evil forces are conquered by him  
Above all though he grows below

---

<sup>14</sup> Four states of consciousness: waking, dreaming, deep sleep and pure awareness

<sup>15</sup> Includes above four states, four yugas or time periods and four expressions from the cosmic being to the absolute

<sup>16</sup> Mind or manas, intellect of buddhi, subconscious mind (indivisible intelligence) or chitta and ego-sense or ahamkara

<sup>17</sup> Student, householder, retirement and renunciate

<sup>18</sup> Righteousness or dharma, wealth or artha, pleasure or kama and liberation or moksha

He is the supreme cause of all

He is victorious over valiant ones  
He expresses as seven tongues of flame<sup>19</sup>  
His horses are the days of the week  
He cannot be known by knowledge

He generates fear in evil doers  
He is subtlest of the subtle  
He is purest spirit, not material  
He is the support of the gunas

He is without gunas of prakriti  
His face is radiant like a lotus  
He augments all as his offspring  
Vedas speak of him as the highest

He is eternally self-established  
He is unshaken in yoga  
He bestows on all desired fruits  
He gives trouble to the careless

He himself is forest of samsara  
All vedic passages are verily him  
As Rama he wielded the great bow  
He is the hardest disciplinarian

He is the greatest enforcer of all  
He is undefeated by any enemy  
He appoints all to their duties  
No appointer or enforcer for him

All heroic qualities abide in him  
He abides in the pure and good  
Seekers of truth seek him alone  
He alone is fit for all offerings

He is the best well-wisher of all  
He enhances the joy of the good  
His light reveals everything  
All offerings are received by him

He absorbs all that is expressed  
All brilliance emanates from him  
All creation emanates from him  
He is endless and all-pervading

In him the finite is infinity too

His brilliance radiates immeasurably  
His seven flames are most brilliant  
Sinless and sorrowless is he  
He is verily Knowledge-Absolute

Fears in good ones he does destroy  
He is mighty and huge at the same time  
He is the indwelling presence in all  
Creation's cycle revolves in him

Self-supported though support of all  
He is the beginning of all lineage  
He bears the weight of creation  
Attainable by yogis in samadhi

He is yogi being the soul of all  
He never falls as ordinary yogis  
He gives rest to all in samsara  
All ends in him at dissolution

Most excellent are all his leaves  
Air does his duty because of him  
Demonstrating mastery in archery  
He punishes even great punishers

His hallmark is self-discipline  
Expert in all actions is he  
He enforces all his appointments  
Even death works in fear of him

Purity and good are his abode  
He is in truth and righteousness  
He is the highest attainment possible  
He alone deserves worship and praise

He does what is best for everyone  
He permeates space like the sun  
He is most luminous and beautiful  
He is the omnipresent one

All that shines is him alone  
All fire emanates from him too  
The sun is his eye as cosmic being  
All rituals' offerings go unto him

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<sup>19</sup> Cosmic Being: two eyes, two ears, two nostrils and mouth metaphorically enumerated

He is the enjoyer of prakriti<sup>20</sup>  
He incarnates to protect the good  
He is free from all limitations  
He is patient towards the good

He is the most wonderful being  
He is the supreme cause of all  
He glows like the brilliant fire  
All the worlds get dissolved in him

He is the giver of auspiciousness  
His form is of pure supreme bliss  
He is free from urges and emotions  
He reclines on the serpent ananta<sup>21</sup>

He is the most daring of all  
He allows himself to be invoked  
For samsara's fire he is relief  
He generates darkness for all

He has no cruelty in him<sup>23</sup>  
He is always alert and ready  
He is liberal and magnanimous  
He is the wisest of all the wise

Hearing his glories is blessedness  
He lifts us from ocean of samsara  
He purifies the hearts of devotees  
He ends the cycle of samsara

His holiness is felt in the virtuous  
All forms are projections of him alone  
He has conquered anger completely  
He deals with all balanced and just

His giving is most benevolent  
He is the supreme guru of all  
He supports all, though supportless  
His movements are most mysterious

All life is given and sustained by him  
He is the sole cause of this universe  
His prowess is most irresistible

Bestower of liberation is he  
First born of everything is he  
Self-fulfilled in himself is he  
Self-supported, supporter of all

He is endless time, eternity  
Most ancient of all beings is he  
Like the sun, he absorbs all water  
He takes care of needs of devotees

Auspiciousness is his very nature  
Auspiciousness he showers on all  
Vices can never abide in him  
His discus destroys our impurities

He enforces his law on all  
Though he is beyond all invocations  
Like cool water for the heat of day  
For the wise and the ego-bound<sup>22</sup>

He is most tender to devotees  
He is most prompt and immediate  
He is more patient than the earth  
Fears and doubts are absent in him

Singing his glories is real bliss  
His remembrance destroys vasanas<sup>24</sup>  
He destroys the sins of devotees  
He sustains all of creation

As prana he supports the lives of all  
All glories and powers are his alone  
He removes fears of samsara  
His deeper nature is unfathomable

His powers control gods and deities  
He is the first cause, though causeless  
All wealth and glory belongs to him  
Most attractive are his ornaments

From him has everything arisen  
His cosmic form frightens sinners  
He frightens those on the wrong path

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<sup>20</sup> Shakti or Cosmic Power; causal matter

<sup>21</sup> Thousand-tongues serpent, also signifies kundalini shakti

<sup>22</sup> Bhagavad Gita II.69

<sup>23</sup> Bhagavad Gita X.41

<sup>24</sup> Subtle impressions that become springs for action

He supports all that does exist

He himself is self-supported  
He never sleeps, is eternally awake  
He is truth, truth is he himself  
Om indicates his absoluteness

Proof of all as pure consciousness  
His omnipresence is the supreme law  
He is the eternal supreme essence  
Supreme reality is his nature

He is beyond change or modification  
He helps all cross over samsara  
He is the father of all gods too  
He protects all sacrifices

Instruments of sacrifice are his limbs  
He supports and protects all sacrifice  
He protects all that is offered  
He performs the final offering

He himself is all offering  
He himself is the material cause  
His unique forms rescue the earth  
As Krishna he was born to Devaki

He is the universes' creator  
Meditation on him erases all sin  
His divine sword cuts off ignorance  
His bow destroys the ego

The chariot wheel is his weapon  
He is eternally undisturbable  
He is always very well prepared  
Lord of all, conqueror of all

He is the only supreme controller

He manifests like blossoming flowers  
He is truth's highest summit  
His gift of prana sustains all  
The universe is managed by him alone

He is the ground of all prana  
The giver of life, he is life itself  
He is the essence of all realities  
He is the omnipresent oversoul

He is the sap of the Tree-of-Life  
He alone generates all the worlds  
The very form of sacrifice is he  
All offerings are received by him alone

All sacrifices he does fulfill  
He performs all sacrifices too  
Sacrifices attain fulfillment in him  
He is the truth of all sacrifice

All offerings are accepted by him  
Instrumental cause of all is he  
Singer of sama chants is he  
His lilas were the joy of Devaki

He is master of the universe too  
From his divine conch do elements come  
His discus bestows divine vision  
His mace gives joy and beauty

Great deeds he does with simple things  
As he is the only controller of all  
All that is best is his armor  
Self-established in his own glory!



## VERSE 108

Om, Salutations to the supreme Lord  
Wearer of the forest garland  
Thou art the one called Vishnu  
Om namah iti—Salutations to Him

Protect us, O Lord Narayanaya  
Bearer of mace, conch, sword and wheel  
Thou art called Vasudeva  
Om namah iti—Salutations to Him!

## PHALASHRUTI

### THE BENEFITS

Traditional prayers end with a section called the *phalashruti*, outlining the benefits reciting the prayer.

#### **Bhishma spoke:**

Thus all thousand holy names  
He who hears or sings with faith  
Will never get into any harm  
Learned ones will attain knowledge

Businessmen will get more wealth  
He who seeks righteousness  
He who seeks to have children  
All will get what they really want

These must be sung with devotion  
Sing after rising in the morning  
Fame and success will come to you  
Wealth will come and stay with you

Fear will be vanquished completely  
You will never suffer serious ills  
All virtues will abide in you  
You will attain final freedom

He who chants the thousand names  
Will cross over all miseries  
One who approaches Vasudeva  
Would get rid of all the sins

You will reach the supreme Lord  
Devotees of the great Vasudeva  
They never suffer in any way  
Singing these names with devotion

You will get all that is best  
True devotees of the Lord  
They are never ever suspicious  
They never speak any mean words

The entire universe and galaxies  
All that moves or does not move  
All those with evil tendencies too  
All is Lord Krishna without fail

Of the Lord were revealed to all  
Every day and without a break  
Either in this life or the next  
Warriors will attain victory

Laborers will get more comforts  
He who seeks worldly pleasures  
All will succeed without fail  
Singing thousand names of Vasudeva

Full of faith and regularly  
With mind rooted in him always  
You will be foremost in everything  
You will attain final liberation

You will be filled with confidence  
You will have beauty, grace and poise  
Your sickness will surely be cured  
Fear and danger will be forgotten

With devotion to the omnipresent Lord  
Most difficult to cross any other way  
One who takes shelter in him  
And become purer than the pure

Who alone is eternal existence  
Never fall into difficult times  
They never fear death or old age  
Full of faith and love for God

Virtues, wealth and best qualities  
Never have anger or any fear  
They never harbor any mean thoughts  
They never harbor any ill-will

Are borne by the great Vasudeva  
All that is good, bad or different  
Everything exists because of Him  
Everything is Lord Krishna only

The learned say that all the limbs  
All strength, bravery and body  
The rule of life or dharma  
Sages, ancestors and divinities

All the pleasures of the world  
All that moves or remains still  
The science of Yoga and Sankhya  
All the fine arts and sciences

Vishnu is many, but he is One  
He alone is in all the worlds  
Deathless and decayless is he  
He who desires success in anything

These verses were sung by Vyasas  
Sing these verses without fail  
Sing the praise of the supreme Lord  
Always stable and radiant is he

Mind, wisdom and thought too  
The soul too is Vasudeva  
Came from the supreme Lord  
Including the five elements too

All of what you call good luck  
All came from the great Narayana  
Treasures of learning and knowledge  
All these came from Janardhana

He divides himself, existing in all  
He alone rules all and everything  
Is the supreme lord Narayana  
Should chant these sacred verses

The greatest stotra of lord Vishnu  
Sing these verses and you will never fail  
Omnipresent Lord of the universe  
His glance bestows the highest grace



### VERSE 108 (...repeated)

Om, Salutations to the supreme Lord  
Wearer of the forest garland  
Thou art the one called Vishnu  
Om namah iti—Salutations to Him!

Protect us O Lord Narayanaya  
Bearer of mace, conch, sword and wheel  
Thou art called Vasudeva  
Om namah iti—Salutations to Him!

