

Nārāyaṇa Upaniṣhad

[AV]

ॐ saha nāvavatu | saha nau bhunak'tu |
saha vīr'yañ' karavāvahai |
tējas'vi nāvadhī'tamas'tu mā vid'viṣhāvahai |
ॐ śhā-n'tiśh' śhā-n'tiśh' śhā-n'tiḥi ||

atha puruṣhō ha vai nārāyaṇō
(a)kāmayatap' prajās' srjēyēti |

nārāyaṇāt' prāṇō jāyatē |
manas' sar'vēn'driyāṇi'cha |
kham' vāyur' jyōtirāpa[fp]' pṛthivī
viśh'vas'ya dhāriṇī |

nārāyaṇād' bram'hā jāyatē |
nārāyaṇād' rud'rō jāyatē |
nārāyaṇādin'drō jāyatē |
nārāyaṇāt' prajāpataya[fp]' prajāyan'tē |
nārāyaṇād' dvādaśhādityā rud'rā

vasavas' sar'vāṇi cha chhan'dāgm'si |
nārāyaṇādēva samut'pad'yan'tē |
nārāyaṇēp' pravar'tan'tē |
nārāyaṇēp' pralīyan'tē || 1 ||

ō-m | atha nit'yō nārāyaṇaḥa |
bram'hā nārāyaṇaḥa | śhivaśh'cha nārāyaṇaḥa |
śhak'raśh'cha nārāyaṇaḥa |
dyāvāpṛthiv'yau cha nārāyaṇaḥa |
kālaśh'cha nārāyaṇaḥa |
diśhaśh'cha nārāyaṇaḥa |
ūr'dhvaśh'cha nārāyaṇaḥa |
adhaśh'cha nārāyaṇaḥa |
an'tar'bahiśh'cha nārāyaṇaḥa |
nārāyaṇa , ēvēdagm' sar'vam |
yad' bhūtañ' yat'cha bhav'yam'm |
niśh'kalō nirañ'janō nir'vikal'pō nirāk'h'yātaśh'
śhud'dhō dēva , ēkō nārāyaṇaḥa |
nad' dviṭiyōō (a)s'ti kaśh'chite |
ya , ēvam' vēda |
sa viśh'ṇurēva bhavati
sa viśh'ṇurēva bhavati || 2 ||
ōmit'yag'rēv' vyāharē-te |
nama , iti paśh'chā-te |
nārāyaṇāyēt'yupariśh'tā-te |

ōmit'yēkāk'ṣharam |
 nama , itid' dvē , ak'ṣharē |
 nārāyaṇāyēti pañ'chāāk'ṣharāṇi |
 ētad' vai nārāyaṇas' syāṣh'tāk'ṣharam' padam |
 yō ha vai nārāyaṇas'
 syāṣh'tāk'ṣharam' padamadh'yēti |
 anapab'ruvas' sar'vamāyurēti |
 vin'datēp' prājāpat'yagm'
 rāyas'pōṣhañ' gau'pat'yam |
 tatō (a)mṛtat'vamaśh'nutē
 tatō (a)mṛtat'vamaśh'nuta , iti |
 ya , ēvam' vēda || 3 ||
 prat'yagānan'dam' bram'ha
 puruṣham' praṇavas' svarūpam |
 akāra , ukāra makāra , iti |
 tā (a)nēkadhā samabharat'tadēta'adōmiti |
 yamuk'tvā mut'chayatē yōgī
 jan'masam'sāraban'dhanā-te |
 ō-n' namō nārāyaṇāyēti man'trōpāsakaḥa |
 vaikuṇ'tha bhuvana lōkañ' gamiṣh'yati |

tadidam' param' puṇ'darīkam'
 vij'ñānaghanam |
 tas'māt' tadi'dāvan'māt'ram |
 bram'haṇ'yō dēvakīput'rōb'
 bram'haṇ'yō madhusūdanō-m |
 sar'vabhūtas'thamēkan' nārāyaṇam |
 kāraṇa rūpamakāra parab'ram'hō-m |
 ētadathar'vaśhirōyō (a)dhītē || 4 ||
 prātaradhīyānō rāt'rikṛtam' pāpan' nāśhayati |
 sāyamadhīyānō divasakṛtam' pāpan' nāśhayati |
 mād'h'yan'dinamādit'yābhimukhō
 (a)dhīyāna[fp]' pañ'chapāta
 kōpapātakāāt' pramuch'yatē |
 sar'va vēda pārāyaṇa puṇ'yam' labhatē |
 nārāyaṇa sāyuj'yamāvāp'nōti
 nārāyaṇa sāyuj'yamāvāp'nōti |
 ya , ēvam' vēda | it'yupa'niṣhate || 5 ||
 ॐ śhā-n'tiśh' śhā-n'tiśh' śhā-n'tiḥi ||