

## नारायणोपनिषत् [Narayana Upanishad]

### Introduction

*Atharva Rishi who has seen Lord Narayana has conveyed his direct experience in a poetic form through the Narayana Upanishad. It is also called as Narayana Atharva Shirsham by scholars*

ॐ सह नाववतु ।

om saha nāvavatu |

*Let God protect the teacher and the student*

सह नौ भुनक्तु ।

saha nau bhunattu |

*May God Nourish both of us.*

सह वीर्यंकरवाव है ।

saha vīryamkaravāvahai |

तेजस्वि नावधीतमस्तु मा विद्विषावहै । ॐ शान्तिः शान्तिः शान्तिः

tejasvi nāvadhītamastu mā vidviṣāvahai | om śāntiḥ śāntiḥ śāntiḥ

*( This is a traditional Prayer recited by Guru(teacher) and Sishya (the Taught) this mantra before the commencement of a class. This chanting wades away all the obstacles while the disciples are being imparted education. )*

*. Let God make us wise (apply our knowledge). Let us work together sincerely. Whatever that we may learn, may that be useful to us. Let us not hate each other for any reason. ”*

अथ पुरुषो ह वै नारयणोऽकामयत प्रजाः सृजेयेति

atha puruṣo ha vai nārayaṇo'kāmayata prajāḥ sṛjeyeti

*The supreme person Narayana willed to create beings*

नारायणात्प्राणो जायते ।

nārāyaṇātpraṇo jāyate |

*From Narayana emerged the life principle*

मनः सर्वेन्द्रियाणि च ।

manah sarvendriyāṇi ca |

*From Narayana emerged the mind and all the senses*

खं वायुर्ज्योतिरापः पृथिवी विश्वस्य धारिणी ।

kham vāyurjyotirāpaḥ pṛthivī viśvasya dhāriṇī |

*From Narayana came the wind, the light, the water and the Earth, which became the constituents of the Universe*

नारायणाद् ब्रह्मा जायते ।

nārāyaṇād - brahmā jāyate |

*From Narayana came the Creator Brahma*

नारायणाद् - रुद्रो जायते ।

nārāyaṇād - rudro jāyate |

*From Narayana emerged Maha-Rudra, the annihilator*

नारायणादिन्द्रो जायते ।

nārāyaṇādīndro jāyate |

*From Narayana came Indra*

नारायणात्प्रजापतयः प्रजायन्ते ।

nārāyaṇātprajāpatayah prajāyante |

*From Narayana came all the Prajapathis*

नारायणाद्द्वादशादित्या रुद्रा वसवस्सर्वाणि च छन्दाग्ंसि ।

nārāyaṇāddvādaśādityā rudrā vasavassarvāṇi ca chāndāgṃsi |

*From Narayana came the twelve sons, the eight vasus, the Rudra and all the Vedas*

नारायणादेव समुत्पद्यन्ते ।

nārāyaṇādeva samutpadyante|  
*All beings emerged from Narayana*

नारायणे प्रवर्तन्ते ।

nārāyaṇe pravartante|  
*Narayana sustains all beings*

नारायणे प्रलीयन्ते ।

nārāyaṇe praliyante|  
*Every being merges in Narayana*

ओम् । अथ नित्यो नारायणः ।

om| atha nityo nārāyaṇaḥ|  
*Narayana is the eternal principle*

ब्रह्मा नारायणः ।

brahmā nārāyaṇaḥ|  
*Brahma the Creator is Narayana*

शिवश्च नारायणः ।

śivaśca nārāyaṇaḥ|  
*Shiva is Narayana.*

शक्रश्च नारायणः ।

śakraśca nārāyaṇaḥ|  
*Indra is Narayana*

द्यावापृथिव्यौ च नारायणः ।

dyāvāpṛthivyau ca nārāyaṇaḥ|  
*Earth and the Heaven are Narayana*

कालश्च॑ नारायणः॑ ।

kālaśca nārāyaṇaḥ |  
*Time verily is Narayana*

दिशश्च॑ नारायणः॑ ।

diśaśca nārāyaṇaḥ |  
*Directions are Narayana*

ऊर्ध्वश्च॑ नारायणः॑ ।

ūrdhvaśca nārāyaṇaḥ |  
*The upper world is Narayana*

अधश्च॑ नारायणः॑ ।

adhaśca nārāyaṇaḥ |  
*The nether world is Narayana*

अन्तर्बहिश्च॑ नारायणः॑ ।

antarbahiśca nārāyaṇaḥ |  
*Narayana forms the inner as well as the outer worlds*

नारायण एवेदग्ं॑ सर्वम् ।

nārāyaṇa evedagm sarvam |  
*Everything is the manifestation of Narayana*

यद्भूतं॑ यच्च॑ भव्यम्॑

yadbhūtaṁ yacca bhavyam |  
*He is both the past and the future*

निष्कलो॑ निरञ्जनो॑ निर्विकल्पो॑ निराख्यातः॑ शुद्धो॑ देव॑ एको॑ नारायणः॑ ।

niṣkalo nirañjano nirvikalpo nirākhyātaḥ śuddho deva eko nārāyaṇaḥ |  
*Narayana is immaculate, ever blissful, blemishless and non-dual*

न द्वितीयोऽस्ति कश्चित् ।

na dvitīyo'sti kaścit|

*Narayana is the Supreme Self without a second.*

य एवं वेद ।

ya evaṁ vedal

*This is declared by the Yajur Veda*

स विष्णुरेव भवति स विष्णुरेव भवति ।

sa viṣṇureva bhavati sa viṣṇureva bhavati|

*Narayana and Vishnu pervade the entire Universe and it is He alone who exists*

ओमित्यग्रे व्याहरेत् ।

omityagre vyāharet|

*The Primordial sound 'OM' is uttered first*

नम इति पश्चात् ।

nama iti paścāt|

*Next comes the word 'NAMO'*

नारायणायेत्युपरिष्ठात् ।

nārāyaṇāyetyupariṣṭāt|

*Then comes the meditation on 'Narayana'*

ओमित्येकाक्षरम् ।

omityekākṣaram|

*'OM' is one lettered (in Sanskrit)*

नम इति द्वे अक्षरे ।

nama iti dve akṣare|

*'NAMA' is two lettered (in Sanskrit)*

नारायणायेति पञ्चाक्षराणि ॥

nārāyaṇāyeti pañcākṣarāṇi  
'Narayana' is five lettered (in Sanskrit)

एतद्वै नारायणस्याष्टाक्षरं पदम् ।

etadvai nārāyaṇasyāṣṭākṣaram padam |  
These all together form the eight-lettered sacred mantra, "OM NAMO NARAYANA"

यो ह वै नारायणस्याष्टाक्षरं पदमध्येति ।

yo ha vai nārāyaṇasyāṣṭākṣaram padamadhyeti |  
This eight-lettered mantra is the most sacred and is the king of all mantras

अनपब्रुवस्सर्वमायुरेति ।

anapabruvassarvamāyureti |  
One who chants this with sincere faith and devotion will attain good health and long life

विन्दते प्राजापत्यम् रायस्पोषं गौपत्यम् ।

vindate prajāpatyam rāyaspoṣam gaupatyam |  
They will also attain the state of Prajapathi with all prosperity

ततोऽमृतत्वमश्नुते ततोऽमृतत्वमश्नुत इति ।

tato'mṛtatvamaśnute tato'mṛtatvamaśnuta iti |  
They will attain the immortal state of Narayana Himself

य एवं वेद ।

ya evaṁ veda |  
This is declared by the Sama Veda.

प्रत्यगानन्दं ब्रह्म पुरुषं प्रणवस्वरूपम् ।

pratyagānandaṁ brahma puruṣam praṇavāsvarūpam |  
The Pranava is the supreme Blissful state of Brahma

अकार उकार मकार इति ।

akāra ukāra makāra īti  
'OM' kara is made up of the 3 syllables – 'A', 'U' & 'M'

तानेकधा समभरत्तदेतदोमिति ।

tānekadhā samabharattadetādomīti  
*Pranava alone supports the life in all beings*

यमुक्त्वा मुच्यते योगी जन्मसंसारबन्धनात् ।

yamuktva mucyate yogī janmasamsārabandhanāt  
*Chanting this, spiritual seekers have attained liberation from the bonds of birth and death*

ॐ नमो नारायणायेति मन्त्रोपासकः ।

om namo nārāyaṇāyeti mantropāsakah

*The one who chants the mantra "Om Namō Narayana"*

वैकुण्ठभुवनलोकं गमिष्यति ।

vaikuṇṭhabhuvanālokaṁ gamiṣyati  
*Attains the abode of heaven*

तदिदं परं पुण्डरीकं विज्ञानघनम् ।

tadidaṁ paraṁ puṇḍarīkaṁ vijñānaḡhanam  
*The seat of Narayana is the lotus of the heart*

तस्मात्तदिदावन्मात्रम् ।

tasmāttadidāvanmātram  
*The knowledge of Lord Narayana alone is the highest form of wisdom*

ब्रह्मण्यो देवकीपुत्रो ब्रह्मण्यो मधुसूदनोम् ।

brahmaṇyo devakīputro brahmaṇyo madhusūdanom

*Sri Krishna, the son of Devaki, who is the vanquisher of Madhu is the ultimate Brahman*

सर्वभू॒तस्थमे॑कं॒ नारा॑यणम् ।

sarvabhū॒tasthame॑kaṁ nārāyaṇam ।

*He alone resides in all beings*

कार॑णरूपमकार॒ पर॒ब्रह्मो॑म् ।

kāraṇarū॒pamakāra॑ pa॒rabrah॒mōm ।

*He is both the causeless and the cause of everything*

ए॒तदथ॑र्व शिरो॒योऽधी॑ते । प्रा॒तर॒धी॒या॒नो रा॒त्रिकृ॑तं पापं॒ नाश॑यति

etadatharva śiroyo'॒dhīte । pra॒tarādhī॒yāno॑ rātri॒kṛtaṁ॑ pāpaṁ nāśayati ।

*This is what the Atharva Veda reveals. Those who chant this in the morning are redeemed of their sins committed in the previous night*

सा॒यम॑धी॒या॒नो दि॒वस॑कृतं पापं॒ नाश॑यति ।

sāyamādhī॒yāno॑ divasakṛtaṁ pāpaṁ nāśayati ।

*Chanting this in the dusk redeems one of the sins committed during the day*

मा॒ध्यन्दि॑नमादित्यभिमुखो॒ऽधी॒या॒नः

mādhya॒ndina॑mādityabhimukho'॒dhīyānaḥ

*Chanting this in the noon*

पञ्च॑पातकोपपातकात्प्रमु॒च्यते॑ ।

pañcapā॑takopapātakātpamu॒cya॒te ।

*Washes off the five types of sins*

सर्व॑ वेद॒ पारा॑यण॒ पुण्यं॑ ल॒भते॑ ।

sarva veda pārayaṇa puṇyaṁ labhate ।

*One who chants this will attain the merit of the study of all Vedas*

नारायणसायुज्यमवाप्नोति नारायण सायुज्यमवाप्नोति ।

nārāyaṇasāyujyamāvāpnoti nārāyaṇa sāyujyamāvāpnoti |  
*He attains oneness with Lord Narayana.*

य एवं वेद । इत्युपनिषत् ।

ya evaṁ vedā ityupaniṣat |  
*This is what is revealed by the Narayana Upanishad and needs to be known by everyone*

ॐ शान्तिः शान्तिः शान्तिः ॥

om śāntiḥ śāntiḥ śāntiḥ ||  
*May there be Peace to the body, mind and Soul.*