

// śrī nārāyaṇātharvaśīrṣopaniṣat //

śrī nārāyaṇa upaniṣat

saha nāvavatu |

saha nau bhunaktu |

saha vīryaṃ karavāvahai |

tejasvi nāvadhītamastu mā vidviṣāvahai ||

om śāntiśśāntiśśāntiḥ ||

(om) atha puruṣo ha vai nārāyaṇo'kāmayata

prajāssrjeyeti |

nārāyaṇātpraṇo jāyate |

manassarvendriyāṇi ca |

khaṃ vāyurjyotirāpaḥ pṛthivī viśvasya dhāriṇī |

nārāyaṇādbrāhmā jāyate |

nārāyaṇādrudro jāyate |

nārāyaṇādīndro jāyate |

nārāyaṇātprajāpatayaḥ prajāyante |

nārāyaṇāddvādaśādityā rudrā vasavassarvāṇica

chāndāgṃsi |

nārāyaṇādeva samūtpadyante |

nārāyaṇe pravartante |

nārāyaṇe praliyante ||

om atha nityo nārāyaṇaḥ |

brāhmā nārāyaṇaḥ |

śivaśca nārāyaṇaḥ |

śakraśca nārāyaṇaḥ |

dyāvāpṛthivyau ca nārāyaṇaḥ |

kālaśca nārāyaṇaḥ |

diśaśca nārāyaṇaḥ |

vidiśaśca nārāyaṇaḥ |

ūrdhvaśca nārāyaṇaḥ |

adhaśca nārāyaṇaḥ |

antarbahīśca nārāyaṇaḥ |

nārāyaṇa evedāgṃ sarvaṃ |

yadbhūtaṃ yacca bhavyaṃ |

niṣkalo niraṃjano nirvikalpo nirākhyātaśśuddhodeva

eko nārāyaṇaḥ |

na dvitīyo'sti kaścit |

ya evaṃ veda |
sa viṣṇureva bhavati sa viṣṇureva bhavati ||
omityagre vyāharet |
nama iti paścāt |
nārāyaṇāyetyupariṣṭāt |
omityekākṣaram |
nama iti dve akṣare |
nārāyaṇāyeti pañcākṣarāṇi |
etadvai nārāyaṇasyāṣṭākṣaram padam |
yo ha vai nārāyaṇasyāṣṭākṣaram padamadhyeti |
anapabruvassarvamāyureti |
vindate prājāpatyaḡm rāyaspoṣam gaupatyam |
tato'mṛtatvamaśnute tato'mṛtatvamaśnuta iti |
ya evaṃ veda ||
(om) pratyagānandaṃ brahmhapuruṣam
praṇavasvarūpam |
akāra ukāra makāra iti |
tānekadhāsamabharattadetadomiti |
yamuktvām ucyate yogī janmāsaṃsārabandhanāt |

om namo nārāyaṇāyeti māntropāsakah |
vaikuṇṭhabhuvanaloḡam gamiṣyati |
tadidaṃ paraṃ puṇḍarīkaṃ vijñānaghanam |
tasmāttadidāvanmātram |
brahmaṇyo devakīputro brahmaṇyo mādhūsūdanom ||
(om) sarvabhūtasthamekaṃ nārāyaṇam |
kāraṇarūpamakāra parabrahmamom |
etadatharva śīro yodhite |
prātaradhīyaṇo rātrikṛtaṃ pāpam nāśayati |
sāyamadhīyaṇo divasakṛtaṃ pāpam nāśayati |
mādhyandinamādityābhimukho'dhīyaṇaḡ pañcapātaka
upapātakātpramucyate |
sarvavedapārāyaṇapūṇyam labhate |
nārāyaṇasāyujyamāvāpnoti śrīmannārāyaṇa
sāyujyamāvāpnoti |
ya evaṃ veda |
ityupaniṣat ||