

puruṣasya vidma sahasrākṣasya
mahādevasya dhimahi |
tanno rudraḥ pracodayāt ||
tatpuruṣāya vidmahe
mahādevāya dhimahi |
tanno rudraḥ pracodayāt ||
tatpuruṣāya vidmahe
vakratuṅḍāya dhimahi |
tanno dantiḥ pracodayāt ||
tatpuruṣāya vidmahe
cakratuṅḍāya dhimahi |
tanno nandiḥ pracodayāt ||
tatpuruṣāya vidmahe
mahāsenāya dhimahi |
tannassaṅmukhaḥ pracodayāt ||
tatpuruṣāya vidmahe
suvarṇapakṣāya dhimahi |
tanno garuḍaḥ pracodayāt ||
vedātmanāya vidmahe

hiranyagarbhāya dhimahi |
tanno brahma pracodayāt ||
nārāyaṇāya vidmahe
vāsudevāya dhimahi |
tanno viṣṇuḥ pracodayāt ||
vajranakhāya vidmahe
tikṣṇadaggmṣṭrāya dhimahi |
tanno nārasigṃhaḥ pracodayāt ||
bhāskarāya vidmahe
mahadyutikarāya dhimahi |
tanno ādityaḥ pracodayāt ||
vaiśvānarāya vidmahe
lālīlāya dhimahi |
tanno agniḥ pracodayāt ||
kātyāyanāya vidmahe
kanyakumārī dhimahi |
tanno durgiḥ pracodayāt ||

|| taittirīya upaniṣat (mahānārāyanāya) IV.1. ||