



Krishnamacharya Yoga Mandiram

Narayaṇopaniṣat

om saha nāvavatu | saha nau bhunaktu | saha vīryam karavāvahai |

tejasvināvadhītamastu mā vidviṣāvahai ||

om śāntiḥ śāntiḥ śāntiḥ ||

om atha puruṣo ha vai nārāyaṇo'kāmayata prajāḥ sṛjeyeti |

nārāyaṇātprāṇo jāyate | manaḥ sarvendriyāṇi ca | kham vāyurjyotirāpaḥ

prthivī viśvasya dhāriṇī | nārāyaṇādbrahmā jāyate | nārāyaṇād-rudro jāyate

| nārāyaṇādīndro jāyate | nārāyaṇātprajāpatayaḥ prajāyante |

nārāyaṇāddvādaśādityā

rudrā vasavassarvāṇi ca chāndāgṃsi | nārāyaṇādeva samūtpadyante |

nārāyaṇe pravartante | nārāyaṇe pralīyante ||

om atha nityo nārāyaṇaḥ | brahmā nārāyaṇaḥ |

śivaśca nārāyaṇaḥ | śakraśca nārāyaṇaḥ | dyāvāprthivyau ca nārāyaṇaḥ |

kālaśca nārāyaṇaḥ | diśaśca nārāyaṇaḥ | vidiśaśca

nārāyaṇaḥ | ūrdhvaśca nārāyaṇaḥ | adhaśca nārāyaṇaḥ | antarbaḥiśca

nārāyaṇaḥ | nārāyaṇa evedagṃsarvam |



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yadbhūtam yacca bhavyam^{''} | niṣkalo nirañjano nirvikalpo nirākhyātaḥ

śuddho deva ekō nārāyaṇaḥ | na dvitīyo^{''}sti kaścit |

ya evam veda | sa viṣṇureva bhavati sa viṣṇureva bhavati |

omityagre vyāharet | nama iti paścāt | nārāyaṇāyetyūpariṣṭāt |

omityekākṣaram | nama iti dve akṣare | nārāyaṇāyeti

pañcākṣarāṇi | etadvai nārāyaṇasyāṣṭākṣaram padam |

yo ha vai nārāyaṇasyāṣṭākṣaram padamadyeti |

anapabruvassarvamāyureti | vindate prājāpatyagmrāyaspoṣam gaupatyam |

tato'mṛtatvamaśnute tato'mṛtatvamaśnuta iti |

ya evam veda |

pratyagānandam brahma puruṣam praṇavasvarūpam | akāra ukāra makāra

iti | tānekadhā samabharattadetādomiti |

yamuktva mucyate yogī janmasamsārabandhanāt |

om namo nārāyaṇāyeti māntropāsakaḥ | vaikuṇṭhabhuvanālokam gamiṣyati

| tadidam param puṇḍarīkam vijñānaghanam | tasmāttadidāvanmātram |

brahmaṇyo devakīputro brahmaṇyo mādhusūdanom |



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sarvabhūta¹stameka¹m nārāya¹ṇam | kāraṇarūpamakāra¹ parabrāh¹mom |

etadatharva śiroyo¹'dhīte prātarād¹hīyā¹ṇo rātrikṛ¹taṁ pāpā¹m nāś¹ayati |

sāyamād¹hīyā¹ṇo divasakṛ¹taṁ pāpā¹m nāś¹ayati |

mādhyandinamādityā¹bhimukho¹'dhīyā¹ṇaḥ

pañcapā¹takopapā¹takāt¹pramu¹cyate | sarva veda pā¹rāyaṇa puṇya¹m la¹bhate |

nārāya¹ṇasāyujyamāvā¹pnoti(śrīman)nārāyaṇa

sāyujyamāvā¹pnoti | ya eva¹m veda | ityupa¹niṣat¹ ||

om śā¹ntiḥ śā¹ntiḥ śā¹ntiḥ ||