



nārāyana sūktam

ōm - harih: - ōm

# nārāyana sūktam

(Vedic hymn of adoration to Lord Nārāyana)



**Dedicated with love to**

*The Fragrant Divine Lotus Feet of my beloved SatGuru - Bhagavan Sri Skanda  
&  
All His Beloved Children of Light*

**Sanskrit English meanings by**

*Sri P.R. Ramachander*

**Tamil unicoding, English Transliteration, Proof-reading, & Preparation by**  
*Sri Skanda's Warrior of Light*



Page 1 of 9

*Published for the World Wide Web (WWW) by Sri Skanda's Warrior of Light - with love - for:  
Skandagurunatha.org – Bhagavan Sri Skanda's Divine Online Abode, 2016.  
For personal (spiritual) use only. Commercial use is strictly prohibited.  
Source: [www.skandagurunatha.org/works/](http://www.skandagurunatha.org/works/)*



nārāyana sūktam

ōm - harih: - ōm

<b>TABLE OF CONTENTS</b>	<b>Page #</b>
<b>Guide to pronunciation</b>	<b>3</b>
<b>Nārāyana Sūktam - Tamil</b>	<b>4</b>
<b>Nārāyana Sūktam - English</b>	<b>6</b>
<b>References</b>	<b>9</b>



Page 2 of 9

*Published for the World Wide Web (WWW) by Sri Skanda's Warrior of Light - with love - for:  
Skandagurunatha.org – Bhagavan Sri Skanda's Divine Online Abode, 2016.  
For personal (spiritual) use only. Commercial use is strictly prohibited.  
Source: [www.skandagurunatha.org/works/](http://www.skandagurunatha.org/works/)*



nārāyana sūktam

ōm - harih: - ōm

## Guide to pronunciation

- From Sri Suktam with Samputita Sri Suktam.  
(Karunamayi, Sri Sri Sri Vijayesari Devi. *Sri Suktam with Samputita Sri Suktam*.  
Bangalore: Sri Matrudevi Viswashanthi Ashram Trust, 2004.)

This guide is based on American pronunciation of words, and is therefore not a perfect representation of Sanskrit sounds.

### Sanskrit Vowels

<b>a</b>	like <b>a</b> in nap
<b>ā</b>	like <b>a</b> in father
<b>ē</b>	like <b>ay</b> in may
<b>i</b>	like <b>i</b> in pin
<b>í</b>	like <b>ee</b> in sweet
<b>ō</b>	like <b>o</b> in rose
<b>u</b>	like <b>u</b> in put
<b>ū</b>	like <b>oo</b> in food
<b>ha</b>	pronounce as a faint echoing of the previous vowel; e.g. <b>ah:</b> would be pronounced aha; <b>ih:</b> would be pronounced ihi; <b>uh:</b> would be pronounced uhu; etc.
<b>ai</b>	like <b>ai</b> in aisle
<b>au</b>	like <b>ow</b> in cow

### Sanskrit Consonants

<b>b</b>	like <b>b</b> in bird
<b>bh</b>	like <b>b h</b> in job hunt
<b>ch</b>	like pinch
<b>d</b>	like <b>d</b> in dove
<b>dh</b>	like <b>d h</b> in good heart
<b>g</b>	like good
<b>gh</b>	like <b>g h</b> in log hut
<b>h</b>	like <b>h</b> in hot
<b>j</b>	like <b>j</b> in job

<b>jh</b>	like <b>dgeh</b> in hedgehog
<b>jñ</b>	like <b>ng y</b> in sing your
<b>k</b>	like <b>k</b> in kite
<b>kh</b>	like <b>ck h</b> in black hat
<b>l</b>	like <b>l</b> in love
<b>m</b>	like <b>m</b> in mother
<b>ñ</b>	like <b>n</b> in pinch
<b>p</b>	like <b>p</b> in soap
<b>ph</b>	like <b>ph</b> in up hill
<b>r</b>	rolled like a Spanish or Italian r
<b>s</b>	like <b>s</b> in sun
<b>ś</b>	sometimes like <b>s</b> in sun, sometimes like sya sound
<b>t</b>	like <b>rt</b> in heart
<b>th</b>	like <b>t h</b> in fat hat
<b>v</b>	like <b>v</b> in love, sometimes like <b>w</b> in world
<b>y</b>	like <b>y</b> in yes

\***t, th, d, dh,** and **n** should be pronounced with the tongue placed against the protruding slightly beyond the upper teeth.

**ē** should be extended; e.g. **ē** would be extended in sound and pronounced **ae-ē**



Page 3 of 9



nārāyaṇa sūktam

ōm - hariḥ - - ōm

## னாராயண ஸுக்தம்

ஓம் ஸஹ னாவவது | ஸஹ னௌ புனக்து | ஸஹ வீர்யம் கரவாவஹை |  
தேஜஸ்வினாவதீதமஸ்து மா வித்விஷாவஹை || ஓம் ஃசாந்தி: ஃசாந்தி:  
ஃசாந்தி: ||

ஓம் || ஸஹஸ்ரசிர்ஷம் தேவம் விஸ்வாஷம் விஸ்வஸம்புவம் |  
விஸ்வம் னாராயணம் தேவமக்ஷரம் பரமம் பதம் |

விஸ்வதஃ பரமான்னித்யம் விஸ்வம் னாராயணக்ம் ஹரிம் |  
விஸ்வமேவேதம் புருஷ-ஸ்தத்விஸ்வ-முபஜீவதி |

பதம் விஸ்வஸ்யாத்மேஸ்வரக்ம் ஷாஸ்வதக்ம் ஷிவ-மச்யுதம் |  
னாராயணம் மஹாஜ்ஞேயம் விஸ்வாத்மானம் பராயணம் |

னாராயணபரோ ஜ்யோதிராத்மா னாராயணஃ பரஃ |  
னாராயணபரம் ப்ரஹ்ம தத்த்வம் னாராயணஃ பரஃ |

னாராயணபரோ த்யாதா த்யானம் னாராயணஃ பரஃ |  
யச்ச கிம்சிஜ்ஜகத்ஸர்வம் த்ருஸ்யதே ஸ்ருயதேஉபி வா ||

அம்தர்பஹிஸ்ச தத்ஸர்வம் வ்யாப்ய னாராயணஃ ஸ்திதஃ |  
அனம்தமவ்யயம் கவிக்ம் ஸமுத்ரேஉம்தம் விஸ்வஸம்புவம் |

பத்மகோஸ-ப்ரதீகாஸக்ம் ஹ்றுதயம் சாப்யதோமுகம் |  
அதோ னிஷ்ட்யா விதஸ்யாம்தே னாப்யாமுபரி திஷ்டதி |

ஜ்வாலமாலாகுலம் பாதீ விஸ்வஸ்யாயதனம் மஹத் |  
ஸன்ததக்ம் ஷிலாபிஸ்து லம்பத்யாகோஸஸன்னிபம் |

தஸ்யாம்தே ஸுஷிரக்ம் ஸூக்ஷ்மம் தஸ்மின் ஸர்வம் ப்ரதிஷ்டிதம் |  
தஸ்ய மத்யே மஹானக்னிர்-விஸ்வார்சிர்-விஸ்வதோமுகஃ |





nārāyaṇa sūktam

ōm - harih: - ōm

ஸோஊக்ரபுக்விபஜம்திஷ்ட-ன்னாஹாரமஜரஃ கவிஃ |  
திர்யகூர்த்வமதஸ்ஷாயீ ரஸ்மயஸ்தஸ்ய ஸம்ததா |  
ஸம்தாபயதி ஸ்வம் தேஹமாபாததலமஸ்தகஃ |  
தஸ்யமத்யே வஹ்னிஷிகா அணீயோர்த்வா வ்யவஸ்திதஃ |

ஸீலதோ-யதமத்யஸ்தாத்-வித்யுல்லேகேவ பாஸ்வரா |  
ஸீவாரஷுஃ கவத்தன்வீ பீதா பாஸ்வத்யணூபமா |

தஸ்யாஃ ஷிகாயா மத்யே பரமாத்மா வ்யவஸ்திதஃ |  
ஸ ப்ரஹ்ம ஸ ஷிவஃ ஸ ஹரிஃ ஸேம்த்ரஃ ஸோஊக்ஷரஃ பரமஃ ஸ்வராட்

||

றுதகம் ஸத்யம் பரம் ப்ரஹ்ம புருஷம் க்ருஷ்ணபிம்கலம் |  
ஊர்த்வரேதம் விருபாக்ஷம் விஸ்வருபாய வை னமோ னமஃ ||

ஓம் னாராயணாய வித்மஹே வாஸுதேவாய தீமஹி |  
தன்னோ விஷ்ணுஃ ப்ரசோதயாத் ||

ஓம் சாந்தி சாந்தி சாந்தி



Page 5 of 9



nārāyana sūktam

ōm - harih: - ōm

## nārāyana sūktam

(Vedic hymn of adoration to Lord Nārāyana)

- English meaning courtesy of Sri P.R. Ramachander  
[www.celextel.org/stotras/vishnu/narayanasuktam.html](http://www.celextel.org/stotras/vishnu/narayanasuktam.html)

śrī gurubhyo namah(a) - harih(i) ōm

ōm

sa-hanā va-va-tu,  
saha-nau bhū-naktu,  
sa-ha-vīryam kara-vāva-ha(eye),  
tējas-vi-nāva-dhītam-astu | mā-vid-vishāva-ha(eye)  
ōm śānthi - śānthi - śānthi(hi)

Let Brahmam protect the teacher-student duo,  
And also protect us,  
We would work with vigour,  
Let our learning be lustrous, Let not we quarrel among ourselves,  
Let there be peace, peace and peace.

sahasra-shīr-sham – dēvam-vish-vākśam – vishva-śambhuvam 1  
viśvam nārāyanam – dēvam-aksharam – para-mam-padam 2

I meditate on God Narayana,  
Who has thousands of heads,  
Who sees everywhere,  
Who does good to all the world,  
Who is the world,  
Who is indestructible,  
And who is the greatest destination.

vish-vataḥ – paramām nityam – vishvam nārāyana-gm harim 3  
vish-vamē-vēdam – puru-shas-taḍ – vishva mupa-jī-vati 4

I meditate on God Narayana,  
Who is much greater than this world,  
Who is forever,  
Who is the world,  
Who destroys sins and suffering,  
And say, that this world is Purusha,  
And is alive because he is inside it.

patim-vishva-syāt mēshvara-gm – shāsh-vata-gm – sivam-achyutam 5  
nārāyanam mahāg-nēyam – vishvāt-mānam – parā-yanam 6

I meditate on Narayana,  
Who owns this world,  
Who is the god of all souls,  
Who is forever,  
Who is personification of good,  
Who never slips,  
Who needs to be known with great effort,  
Who is the soul of everything,  
And who is the great destination.



Page 6 of 9



nārāyana sūktam

ōm - harih: - ōm

**nārāyana-parō – jyōtir-ātmā – nārāyanaḥ parah(a) 7**  
**nārāyana-param – brahma-tattvam – nārāyanaḥ parah(a) 8**  
**nārāyana-parō – dyā-tā dhyānam – nārāyanaḥ parah(a) 9**

*Narayana is the great light,  
 Narayana is the great soul,  
 Narayana is the ultimate Brahman,  
 Narayana is the great principle,  
 Narayana is the greatest among those who meditate on him,  
 And Narayana is the great meditation.*

**yaccha-kinchi-jagat-sarvam – drush-yatē – srū-yatē pi vā 10**  
**antar-bahish-cha – tat-sarvam – vyā-pya-nārāyanaḥ – sthitah(a) 11**

*Narayana is spread,  
 All over the world.  
 In everything that we see and hear,  
 And in its inside and outside.*

**anantam-av-ya-yam-kavi-gm – samu-drēn-tam – vishva-shambuvam 12**  
**padma-kōshap-pratī kāsha-gm – hrudayam – chāpya-dhō-mukham 13**

*I meditate on God Narayana,  
 Who is endless,  
 Who is indestructible,  
 Who is all knowing,  
 Who is inside the sea,  
 And who does good to all world.  
 I also state that the heart hangs like an inverted lotus bud.*

**adhō-nish-tyā-vitas-tyāntē – nā-bhyā – mupari tish-thati 14**  
**javāla-mālā-kulam-bhāti – vishvas-syā-yatanam – mahat(u) 15**

*Inside the heart,  
 Which is Just below the collarbone,  
 And one hand above the belly button,  
 Shines .as if it is surrounded by a flame,  
 The greatest habitat of the universe*

**san-tata-gm–shilā-bhistu – lambat-yā-kōsha – san-nibham 16**  
**tas-yāntē-sushi-ra-gm-sūkshmam – tasmin – sarvam pratish-thitam 17**

*The lotus like heart hangs,  
 Attached to the bones on all four sides,  
 And inside the heart is a very tiny hole,  
 And inside that hole everything exists.*

**tasya-madhyē–mahān-agnir – vishvār-chir – vishvatō-mukha-h(a) 18**  
**so-gra-boog-vi-bhajan – tishtan-nā-hā – rama-jara(sh) kavi-h(i) 19**

*Inside the center of the heart,  
 There is an ever-shining fire,  
 Which is spread in all directions,  
 And that fire which burns stable,  
 Sees everywhere,  
 Never gets old,  
 And divides and supplies the food.*



Page 7 of 9



nārāyana sūktam

ōm - harih: - ōm

**tirya-gūr-dva – madash-shāyī – ras-mayas-tasya san-tatā 20**  
**santā-payati-svam – dēha-mā-pā-data-lam – as-taka-h(a) 21**  
**tasya-madhyē–vahni-shikā – anī-yōr-dvā – vya-vas-thi-tah(a) 22**

*The rays of that fire is always spread,  
 All over from one end to other,  
 And throughout the length,  
 And from head to foot,  
 And the body of that fire,  
 Heats our body allover,  
 And its one thin flame,  
 Shines erect in the center of the heart.*

**nī-latō–yada-mad-yas–thād – vid-yullē – kēva-bhās-varā 23**  
**nī-vā-rashū–kavat-tanvī – pī-tā-bhā-svat – yanū-pamā 24**

*Like the sparkle of lightning,  
 From within a black dark cloud,  
 Like the sprout of a red paddy,  
 Thin and golden,  
 And as tiny as an atom,  
 That flame continues burning.*

**tasyā shikā-yā–madhyē – para-ma-ātmā – vya-vas thi-tah(a) 25**  
**sa-brahmāḥ, sa-sivāḥ, sa-harīḥ, sēn-draḥ, sō-ak-sharaḥ – paramaḥ, sva-**  
**rāt(u) 26**

*In the center of the flame lives the all-pervasive God.  
 Who is Brahma, Who is Shiva, Who is Vishnu, Who is Indra,  
 Who is perennial and ever living,  
 And He is the greatest emperor.*

**ruta-gm satyam – param-brahma-purusham – krishna pingalam 27**  
**ūrdva-rētam-virū-pāksham – vishva-rūpā-ya-vai – namo namaha 28**

*Salutations and salutations,  
 To Him who is the beauty of everything,  
 To Him who is ever lasting truth,  
 To Him who exists as Para Brahmam in all bodies,  
 To Him who is the black Vishnu and reddish Shiva rolled into one,  
 To Him who looks after the progeny,  
 To Him who is three eyed,  
 And to Him who assumes the form of all beings of the universe.*

**nārāyanāya vidmahē**  
**vāsudēvaya dhímahí**  
**thannōh vishnu prachōdhayāt(u)**

*Let us try to know that Lord Narayana,  
 Let us try to meditate on that Vasudeva,  
 And let that Vishnu employ us to do good deeds.*

**ōm śānthi - śānthi - śānthi(hi)**

*Request we for peace, peace and peace.*



Page 8 of 9





nārāyana sūktam

ōm - harih: - ōm

ōm - yadak-shara pada-bhrashtam - mātrā-heenam tu yadbhavēt |  
tat-sarvam kshamya tām-dēva - subrahmanya namōstutē ||

visarga-bindu-mātrāni - pada-pādāksha rāni-cha |  
nyoo-nāni chā-tirik-tāni - ksham-asva shikhi vāhana ||

anyathā sharanam-nāsti - tvamēva sharanam mama |  
tasmāt-kārunya bhāvēna - raksha-raksha shadā-nana ||

*I may have erred whilst construction of, writing of, pronouncing of - sentences, words,  
consonants, improper grammar, verb, vowels of the prayers.*

*I may have also forgotten to put the punctuation marks due to my ignorance in understanding the  
heavenly idiom.*

*Oh Lord Subrahmanya, may my flaws be overlooked for they are out of my ignorance.*

*I seek your pardon for all the commissions and omissions for they are involuntary.*

*Kindly bless me for the sincere endeavour.*

### nārāyana sūktam references:

#### Online:

- [www.atirudram.com/media/audio/narayan-sooktam-final.pdf](http://www.atirudram.com/media/audio/narayan-sooktam-final.pdf)
- [www.celextel.org/stotras/vishnu/narayanasuktam.html](http://www.celextel.org/stotras/vishnu/narayanasuktam.html)
- [www.vignanam.org/veda/narayana-suktam-english.html](http://www.vignanam.org/veda/narayana-suktam-english.html)
- [www.youtube.com/watch?v=gIk-wo9tB94](http://www.youtube.com/watch?v=gIk-wo9tB94)

#### Texts:

- Karunamayi, Sri Sri Sri Vijayesari Devi. *Sri Suktam with Samputita Sri Suktam.* Banglaore: Sri Matrudevi Viswashanthi Ashram Trust, 2004.
- Sri Caitānyānāndā. *Sri Vidya - Sri Cakra Pūjā Vidhih.* New York: Sri Vidya Temple Society, 1996.



Page 9 of 9