

॥ nārāyaṇopaniṣat athavā nārāyaṇa atharvaśīrṣa ॥
kṛṣṇayajurvediyā

om saha nāvavatu saha nau bhunaktu | saha vīryam karavāvahai |
tejasvināvadhītamastu | mā vidviṣāvahai ॥
om śāmtiḥ śāmtiḥ śāmtiḥ ॥

(prathamah khamḍah
nārāyaṇāt sarvacetanācetanajanma)

om atha puruṣo ha vai nārāyaṇo'kāmayata prajāḥ sṛjeyeti |
nārāyaṇātprāṇo jāyate | manah sarveṃdriyāṇi ca |
kham vāyurjyotirāpaḥ pṛthivī viśvasya dhāriṇī |
nārāyaṇād brahmā jāyate | nārāyaṇād rudro jāyate |
nārāyaṇādīन्द्रो jāyate | nārāyaṇātprajāpatayaḥ prajāyamte |
nārāyaṇāddvādaśādityā rudrā vasavaḥ sarvāṇi ca chaṃdāsi |
nārāyaṇādeva samutpadyamte | nārāyaṇe pravartamte | nārāyaṇe praliyamte ॥
(etadṛgvedaśīro'dhīte |)

(dvitīyah khamḍah
nārāyaṇasya sarvātmatvam)

om | atha nityo nārāyaṇah | brahmā nārāyaṇah | śivaśca nārāyaṇah |
śakraśca nārāyaṇah | dyāvāpṛthivyau ca nārāyaṇah |
kālaśca nārāyaṇah | diśaśca nārāyaṇah | ūrdhvaṃśca nārāyaṇah |
adhaśca nārāyaṇah | amṭarbahiśca nārāyaṇah | nārāyaṇa eveda sarvam |
yadbhūtam yacca bhavyam | niṣkalo niraṃjano nirvikalpo nirākhyātaḥ
śuddho deva eko nārāyaṇah | na dvitīyo'sti kaścit | ya evam veda |
sa viṣṇureva bhavati sa viṣṇureva bhavati ॥
(etadyajurvedaśīro'dhīte |)

(tṛtīyah khamḍah
nārāyaṇāṣṭākṣaramamtraḥ)

omityagre vyāharet | nama iti paścāt | nārāyaṇāyetyupariṣtāt |
omityekākṣaram | nama iti dve akṣare | nārāyaṇāyeti paṃcākṣarāṇi |
etadvai nārāyaṇasyāṣṭākṣaram padaḥ |
yo ha vai nārāyaṇasyāṣṭākṣaram padamadhyeti | anapabruvassarvamāyureti |
viṃdate prajāpatya rāyaspoṣam gaupatyam |
tato'mṛtatvamaśnute tato'mṛtatvamaśnuta iti | ya evam veda ॥
(etatsāmavedaśīro'dhīte | om namo nārāyaṇāya)

(caturthaḥ khamḍah
nārāyaṇapraṇavaḥ)

pratyagānamdam brahmapuruṣam praṇavasvarūpaḥ | akāra ukāra makāra iti |
tānekadhā samabharattadetadomiti |
yamuktivā mucyate yogī janmasamsārabandhanāt |
om namo nārāyaṇāyeti mamtropāsakaḥ | vaikuṃṭhabhuvanaloḥkaḥ gamiṣyati |
tadidaḥ paraḥ puṃdarīkaḥ vijñānaghanam | tasmāttaṭidābhamātram |

brahmaṇyo devakīputro brahmaṇyo madhusūdanom | brahmaṇyo
madhusūdanayom

॥ nārāyaṇopaniṣat athavā nārāyaṇa atharvaśīrṣa ॥
kṛṣṇayajurvediyā

sarvabhūstamekaṃ nārāyaṇaṃ | kāraṇarūpamakāra paraṃ brahmaṃ |
etadatharvaśīroyodhīte ॥
vidyā'dhyayanaphalaṃ |
prātaradhīyāno rātrikṛtaṃ pāpaṃ nāśayati |
sāyamadhīyāno divasakṛtaṃ pāpaṃ nāśayati |
mādhyamdinamādityābhimukho'dhīyānaḥ pañcamahāpātakopapātakāt
pramucyate |
sarva veda pārāyaṇa puṇyaṃ labhate |
nārāyaṇasāyujyamavāpnoti nārāyaṇa sāyujyamavāpnoti |
ya evaṃ veda | ityupaniṣat ॥
oṃ saha nāvavatu saha nau bhunaktu | saha vīryaṃ karavāvahai |
tejasvināvadhītamaṣtu | mā vidviṣāvahai ॥
oṃ śāntiḥ śāntiḥ śāntiḥ ॥
śāntākāraṃ bhujagaśayanaṃ padmanābhaṃ sureśaṃ
viśvadhāraṃ gaganasadṛśaṃ meghavarṇaṃ śubhāṅgaṃ |
lakṣmīkāntaṃ kamalanayanaṃ yogibhirdhyānagamyāṃ
vaṃde viṣṇuṃ bhavabhayaḥaram sarvalokaikaṇāthaṃ ॥