

## ॥ mahā nārāyaṇopaniṣat ॥

॥ hariḥ om ॥

sahasra śīrṣaṃ devaṃ viśvākṣaṃ viśvaśaṃbhuvam ।  
viśvaṃ nārāyaṇaṃ devamakṣaram paramaṃ padaṃ ॥  
viśvataḥ paramānityaṃ viśvaṃ nārāyaṇaṃ harim ।  
viśvamevedaṃ puruṣastadviśvamupajīvati ॥  
patiṃ viśvasyātmeśvaragṃ śāśvatagṃ śivamacyutaṃ  
।

nārāyaṇaṃ mahājñeyaṃ viśvātmānaṃ parāyaṇam ॥  
nārāyaṇa paro jyoti rātmā nārāyaṇaḥ paraḥ ।  
nārāyaṇa parambrahmatattvaṃ nārāyaṇaḥ paraḥ ॥  
nārāyaṇa paro dhyātā dhyānaṃ nārāyaṇaḥ paraḥ ।  
yaccakimci j jagat sarvaṃ drśyate śrūyate pi vā ॥  
amtarbahiścatatsarvaṃ vyāpya nārāyaṇaḥ sthitaḥ ।  
anamtamavyayaṃ kavigṃ samudreṃtam  
viśvaśaṃbhuvam ॥

padmaśoṣa pratīkāśagṃ hrdayaṃ cāpyadhomukham ।  
adho niṣṭyāvīṣṭyānte nābhyāmu pari tiṣṭhati ॥  
jvālamālākulaṃ bhāti viśvasyāyatanaṃ mahat ।  
saṃtatagṃ śilābhīṣṭu laṃbatyākośasannibham ॥  
tasyānte suśiragṃ sūkṣmaṃ tasmin sarvaṃ  
pratiṣṭhitam ।

tasya madhye mahānagnirviśvārcirviśvatomukhaḥ ॥  
sograbhug vibhajaṃtiṣṭhannāhāramajaraḥ kaviḥ ।  
tiryagūrdhva madhaśyāyī raśmaya stasya saṃtatāḥ ॥  
saṃtāpayati svaṃdehamāpāda talamastakaḥ ।  
tasya madhye vahniśikhā aṇīyordhvā vyavasthitaḥ ॥  
nīlatoyadamadhyasthādvidyullekheva bhāśvarā ।  
nīvaraśūkavattanvī pītā bhāśvatyaṇūpamā ॥  
tasyāśśikhāyā madhye paramātmāvyavasthitaḥ ।  
sa brahma sa śivassaharisseṃdrassokṣaraḥ paramaḥ  
śvarāṭ ॥

॥ mahā nārāyaṇopaniṣat ॥

oṃ tadbrahma । oṃ tadvāyuḥ । oṃ tadātmā । oṃ  
tatsatyam । oṃ tatsarvam ।  
oṃ tatpurornamaḥ । aṃtaścarati bhūteṣu guhāyāṃ  
viśva mūrṭiṣu ।  
tvam  
yajñastvamvaṣaṭkārastvamimḍrastvagṃrudrastvamviṣ  
ṇustvam brahma tvam prajāpatiḥ ।  
tvam tadāpa āpojyotīrasomṛtam  
brahmabhūrbhuvahaḥsuvarom ॥  
( ṛtagṃ satyam param brahmapuruṣam  
kṛṣṇapimḡalam ।  
ūrdhvaretam virūpākṣam viśvarūpāya vai namo  
namaḥ ॥ )  
oṃ nārāyaṇaya vidmahe vāsudevāya dhīmahi ।  
tanno viṣṇuḥ pracodayāt ॥  
॥ śrīkṛṣṇārpaṇamastu