

VISHNU MANTRA  
meaning in English:

Shanta BLESSED, PEACEFUL  
Karam Demeanor  
Bhujaga ON SNAKES  
Shayanam SLEEPING

Padma LOTUS  
Nabham FROM THE NAVAL  
Suresham BELOVED OF GODS

Vishwa THE UNIVERSE, IS THE FOUNDATION  
Dharam HOLDS IN HIS HANDS  
Gagana BEYOND THE SKIES  
Sadrisham VISION EXCEEDS

Megha BLUE CLOUDS, CHANGING  
Varanam IS THE COLOUR OF  
Shubangam BEAUTIFUL BODY and LIMBS

Laxmi GODDESS LAXMI  
Kantam BELOVED OF, HUSBAND OF

Kamala LOTUS  
Nayanam EYED

Yogi MEDITATOR  
Hrid HEART  
Dhyana MEDITATION  
Gamyam ATTAINABLE

Vande I PRAISE  
Vishnu VISHNU GOD

Bhava BEING, THE WORLD  
Bhaya FEAR  
Haram CLEARS, REMOVES

Sarva ALL  
Lokaika REALMS  
Natham MASTER OF

Shanta karam bhujaga shayanam  
Padma na bam suray sham  
Vishwar dharma gagana sadrsham  
Mayga bara nam shuban gam  
Laxmi kantam kamala nayanam  
Yogi bir Dhyaan gum yum  
Vanday Vishnur bhavabaya haram  
Sarva lok ayk natam

शान्ताकारं (Shaanta-Aakaaram): Who has a  
**Serene Appearance**

शान्त (Shaanta) = Tranquil, Calm, Serene

आकार (Aakaara) = Form, Appearance

भुजगशयनं (Bhujaga-Shayanam): Who is **Lying**  
on (the bed of) **Serpent** (Adishesha)

भुजग (Bhujaga) = Snake, Serpent

शयन (Shayana) = Lying Down, Resting,  
Sleeping

पद्मनाभं (Padma-Naabham): From Whose **Navel**  
is springing up a **Lotus**

पद्म (Padma) = Lotus

नाभ (Naabha) = Navel

सुरेशं (Sura-lisham): Who is the **Lord** of the  
**Devas**

सुर (Sura) = Deva, Demigod

ईश (Isha) = Lord

विश्वाधारं (Vishva-Aadhaaram): Who is the  
**Substratum** of the **Universe** (as Consciousness)

विश्व (Vishva) = World, Universe

आधार (Aadhaara) = Support, Substratum

गगनसदृशं (Gagana-Sadrsham): Who is

गगनसदृशं (Gagana-Sadrsham): Who is  
(Boundless and Infinite) **like** the **Sky**

गगन (Gagana) = Sky

सदृश (Sadrsha) = Resembling, Similar to

मेघवर्णं (Megha-Varnnam): Who has the **Colour**

of the **Cloud** (Bluish)

**मेघ** (Megha) = Cloud

**वणर्** (Varnna) = Outward Appearance, Colour

**शुभाङ्गम्** (Shubha-Anggam): Who has a Beautiful  
and **Auspicious Body**

**शुभ** (Shubha) = Splendid, Beautiful, Auspicious,  
Pure

**अङ्ग** (Angga) = Body, Limb

**लक्ष्मीकान्तं** (Laksmii-Kaantam): Who is the

**लक्ष्मीकान्तं** (Laksmii-Kaantam): Who is the  
**Beloved of Devi Lakshmi**

**लक्ष्मी** (Laksmii) = Devi Lakshmi

**कान्त** (Kaanta) = Beloved, Husband

**कमलनयनं** (Kamala-Nayanam): Who has **Lotus-  
Like Eyes**

**कमल** (Kamala) = Lotus

**नयन** (Nayana) = Eye

**योगिभिर्ध्यानर् गम्यं** (Yogibhir-Dhyaana-Gamyam):

Who is **Attainable** to the **Yogis** by **Meditation**

**योगि** (Yogi) = Yogi, Sage

**योगिभिः** (Yogibhih) = By the Yogis

**ध्यान** (Dhyaana) = Meditation

**गम्य** (Gamyam) = Attainable

**वन्दे** (Vande): I **Worship** (Lord Vishnu)

**वन्दे** (Vande): I **Worship** (Lord Vishnu)

**वन्द्** (Vand) = To Praise, Extol, Worship

**वन्दे** (Vande) = I Praise, Worship

**विष्णुं** (Vissnum): (I Worship) **Lord Vishnu**, the  
All-Pervading One

**विष्णु** (Vissnu) = Lord Vishnu, All-Pervading

**भवभयहरं** (Bhava-Bhaya-Haram): Who **Removes**  
the **Fear** of **Worldly Existence**

**भव** (Bhava) = Worldly Existence

**भय** (Bhaya) = Fear

हर (Hara) = Taking Away, Removing,  
Destroying

सर्वलोकैकनाथम् (Sarva-Loka-Eka-Naatham): Who

सर्वलोकैकनाथम् (Sarva-Loka-Eka-Naatham): Who  
is the **One Lord** of **All** the **Lokas** (Worlds)

सर्व (Sarva) = All

लोक (Loka) = World

एक (Eka) = One

नाथ (Naatha) = Lord

- 1: (I Meditate on Lord Vishnu) Who has a **Serene Appearance** (which fills our inner being with Peace); Who is **Lying** on (the Bed of) **Serpent** (Ananta or Adishesha, representing the eternal Primal Energy or Mula Prakriti); From Whose **Navel** is springing up a **Lotus** (which is the source of all Creations through Brahmadeva); and Who is (presiding over the various elements of those Creations as) the **Lord** of the **Devas**,
- 2: Who is the **Substratum** of the whole **Universe** (as Consciousness); and (Boundless and Infinite) **like** the **Sky** (Chidakasha); with a **Form** Bluish in **Colour** like the **Cloud**, (The Form) which is radiating **Auspiciousness** (which fills our inner being with Bliss);
- 3: Who is the **Beloved** of **Devi Lakshmi** with **Eyes** Beautiful like **Lotus** petals; Who is **Attainable** by the **Yogis** only through (Devotional) **Meditation**,
- 4: **I Worship** that All-Pervading **Vishnu** Who **Removes** the **Fear** of **Worldly Existence** (by making us realize that we are not isolated beings internally but are eternally connected to Him); I Worship that Vishnu Who is the **One Lord** of **All** the **Lokas** (Worlds).