

atharvaśīropaniṣat (atha puruṣo)

oṃ saha nāvavatu |

saha nau bhunaktu

saha vīryaṃ karavāvahai |

tejasvi nāvadhītamastu mā vidviṣāvahai ||

oṃ śāntiśśāntiśśāntiḥ ||

atha puruṣo ha vai nārāyaṇo'kāmayata

prajāssrjeyeti |

nārāyaṇātprāṇo jāyate |

manassarvendriyāṇi ca |

khaṃ vāyurjyotirāpaḥ pṛthivī viśvasya dhāriṇi |

nārāyaṇādbrāhmā jāyate |

nārāyaṇādrudro jāyate |

nārāyaṇādīndro jāyate |

nārāyaṇātprajāpatayaḥ prajāyante |

nārāyaṇāddvādaśādityā rudrā vasavassarvāṇica

chāndāgṃsi |

nārāyaṇādeva samūtpadyante |

nārāyaṇe pravartante |

nārāyaṇe prāliyante ||

oṃ atha nityo nārāyaṇaḥ |

brahmā nārāyaṇaḥ |

śivaśca nārāyaṇaḥ |

śakraśca nārāyaṇaḥ |

dyāvāpṛthivyau ca nārāyaṇaḥ |

kālaśca nārāyaṇaḥ |

diśaśca nārāyaṇaḥ |

vidiśaśca nārāyaṇaḥ |

ūrdhvaścā nārāyaṇaḥ |

adhaścā nārāyaṇaḥ |

antarbahīścā nārāyaṇaḥ |

nārāyaṇa evedagm sarvam |

yadbhūtaṃ yacca bhavyam |

niṣkalo nirañjano nirvikalpo

nirākhyātaḥ śuddhodeva ekō nārāyaṇaḥ |

na dvitīyo'sti kaścit |

ya evaṃ veda |

sa viṣṇureva bhavati sa viṣṇureva bhavati ||

omityagre vyāharet |

nama iti paścāt |

nārāyaṇāyetyupariṣṭāt |

omityekākṣaram |

nama iti dve akṣare |

nārāyaṇāyeti pañcākṣarāṇi |

etadvai nārāyaṇasyāṣṭākṣaram padam |

yo ha vai nārāyaṇasyāṣṭākṣaram padamadhyeti |

anapabruvassarvamāyureti |

vindate prājāpatyagm rāyospoṣam gaupatyam |

tato'mṛtatvamaśnute tato'mṛtatvamaśnūta iti |

ya evaṃ veda ||

om pratyagānandaṃ brahmapuruṣam

praṇavasvarūpam |

akāra ukāra makāra iti |

tānekadhāsamabharattadetādo3mīti |

yamuktyā mucyate yogi

janmasamsārabandhanāt |

om namo nārāyaṇāyeti māntropāsakaḥ |

vaikuṇṭhabhuvanaloḥkaṃ gamiṣyati |

tadidaṃ paraṃ puṇḍarīkaṃ vijñānaghaṇam |

tasmāttadidāvanmātram |

brahmaṇyo devākīputro brahmaṇyo

mādhūsūdanoṣm |

oṃ sarvabhūtaśhamekaṃ nārāyaṇam |

kāraṇarūpamakāra parabrahmoṣm |

etadatharva śīro yodhīte |

prātarādhiyāno rātrikṛtaṃ pāpaṃ nāśayati |

sāyamādhiyāno divasakṛtaṃ pāpaṃ nāśayati |

mādhyandinamādityābhimukho'dhiyānaḥ

pañcapātaka upapātakātpramuḥcyate |

sarvavedapārāyaṇapunyaṃ labhate |

nārāyaṇasāyujyamāvāpnoti śrīmannārāyaṇa

sāyujyamāvāpnoti |

ya evaṃ veda |

ityuṇiṣat ||