

ऊर्ध्वपुण्ड्रध्यान श्लोकाः



ललाटे सततं देव्या
श्रिया सह विराजितम् ।
चतुश्चक्रं नमस्यामि
केशवं कनक प्रभम् ॥१॥

I supplicate (नमस्यामि) the golden-hued (कनक प्रभम्) Lord Keshava (केशवम्) along with Devi Shri (देव्या श्रिया सह); He is ever-radiant on the forehead (ललाटे सततं विराजितम्) and sports four *chakras* (चतुश्चक्रम्) – one in each of His four Hands.



अमृतोद्भवया देव्या
समाश्लिष्टम् अथोदरे ।
नारायणं घनश्यामं
चतुश्शङ्खं नमाम्यहम् ॥२॥

Next (अथ), I bow to (नमाम्यहम्) the dark-black-hued (घनश्यामम्) Lord Narayana (नारायणम्) who resides at the centre of the stomach (उदरे) region; He is united with Devi Amrutodhbhava (अमृतोद्भवया देव्या समाश्लिष्टम्) and sports four conches (चतुश्शङ्खम्) – one in each of His four Hands.

नित्यं कमलयाश्लिष्टं
हृदये करुणाम्बुधिम् ।
माधवं मणिभङ्गाभं
चिन्तयामि चतुर्गदम् ॥३॥

I meditate on (चिन्तयामि) the deep-blue-hued (color of the insides of the broken part of a blue gemstone) (मणिभङ्गाभम्) Lord Madhava (माधवम्) who is in ever-unison with Devi Kamala (नित्यं कमलयाश्लिष्टम्) at the heart region (हृदये); He is an ocean of compassion (करुणाम्बुधिम्) and sports four maces (चतुर्गदम्) – one in each of His four Hands.



देव्या च चन्द्रशोभिण्या
मम कण्ठे विराजितम् ।
चन्द्रभासं चतुर्शार्ङ्गम्
गोविन्दमभिसम्श्रये ॥४॥

I seek refuge unto (अभिसम्श्रये) the moon-hued (चन्द्रभासम्) One who embellishes my throat region (मम कण्ठे विराजितम्), the Lord Govinda (गोविन्दम्) and Devi ChandraShobhini (देव्या चन्द्रशोभिण्या च); He sports four bows (चतुर्शार्ङ्गम्) – one in each of His four Hands





विष्णुपत्न्याख्यया देव्या
कुक्षौदक्षिणपार्श्वगम् ।
विष्णुं चतुर्हलं वन्दे
पद्मकिञ्जल्कसन्निभम् ॥५॥

I salute (वन्दे) Lord Vishnu (विष्णुम्) along with His Devi whose name is VishnuPatni (विष्णुपत्न्याख्यया देव्या); He appears like a lotus filament (पद्मकिञ्जल्कसन्निभम्) and sports four ploughs (चतुर्हलम्) – one in each of His four Hands; He resides on the right side of the belly region (कुक्षौदक्षिणपार्श्वगम्).

वैष्णवीसंज्ञया देव्या
कलितं दक्षिणे भुजे।
चतुर्मुसलमब्जाभं
सम्श्रये मधुसूदनम् ॥६॥

I seek refuge (सम्श्रये) with that Lord Madhusoodhana who is united with His Devi, Vaishnavi by name (वैष्णवीसंज्ञया देव्या कलितं मधुसूदनम्); He has the hue of the lotus (अब्जाभम्) and is placed on the right shoulder (दक्षिणे भुजे); He sports as weapons four pestles (चतुर्मुसलम्) – one in each of His four Hands.





कण्ठस्य दक्षिणेपार्श्वे
वरारोहाधिपं प्रभुम् ।
अग्निवर्णं चतुःखङ्गं
भावयामि त्रिविक्रमम् ॥७॥

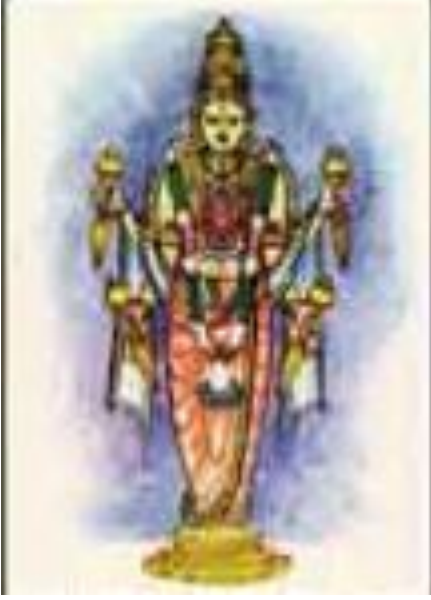
I meditate upon (भावयामि) the fire-hued One (अग्निवर्णम्) Lord Trivikrama (त्रिविक्रमम्) who resides on the right side of the throat (कण्ठस्य दक्षिणेपार्श्वे) region; He is the Lord of Vararooha Devi (वरारोहाधिपं प्रभुम्) and sports four swords (चतुःखङ्गम्) – one in

each of His four Hands.

हरिवल्लभया देव्या
वामकुक्षौ स्थितं हरिम् ।
वामनं बालसूर्याभं
चतुर्वज्रं विभावये ॥८॥

I discern (विभावये) that Lord Vamana (वामनम्) along with His Devi HariVallabha (हरिवल्लभया देव्या), placed on the left side of the belly (वामकुक्षौ स्थितम्) region; He has the hue of the rising sun (बालसूर्याभम्) and sports as weapons four thunderbolts (चतुर्वज्रम्) – one in each of His four Hands.





वामबाहौ महाबाहुं
शार्ङ्गिण्याः पतिमव्ययम् ।
श्रीधरं पुण्डरीकाभं
चतुःप स्समाश्रये ॥९॥

I seek refuge (समाश्रये) with Lord Sridhara (श्रीधरम्) the broad shouldered (महाबाहुं), eternal Lord of Devi Sharangini (शार्ङ्गिण्याः पतिमव्ययम्); He is present on the left shoulder (वामबाहौ); sporting four specialized swords (चतुःप) as weapons He is effulgent as a

white lotus (पुण्डरीकाभम्) .

देवदेविकया देव्या
वामकण्ठे विभासितम् ।
चतुर्मुद्गरमभ्येमि
हृषीकेशं तटित्प्रभम् ॥१०॥

I approach with reverence (अभ्येमि) One with the effulgence of lightning (तटित्प्रभम्) Lord Hrushikesha (हृषीकेशम्) who along with Devi Devadevika (देवदेविकया देव्या) shines on the left side of the throat (वामकण्ठे विभासितम्); He sports four hammers (चतुर्मुद्गरम्) – one in each of His four Hands.



कटिमध्यगया देव्या
महालक्ष्म्या विराजितम् ।
पञ्चायुधं पद्मनाभं
प्रणमाम्यर्करोचिषम् ॥११॥

I bow down to (प्रणमामि) Lord Padmanabha (पद्मनाभम्) who is effulgent like the sun (अर्करोचिषम्) and adorns the rear mid-waist region (कटिमध्यगया विराजितम्) along with Devi Mahalakshmi (महालक्ष्म्या देव्या) ; He sports five varied weapons (पञ्चायुधम्).



अवटौ सुरसन्दर्याः
पतिमद्भुत रूपिणम् ।
दामोदरं चतुःपाशं
इन्द्रगोपनिभं भजे ॥१२॥

I worship (भजे) the amazingly handsome (अद्भुत रूपिणम्) Lord Damodara (दामोदरम्) who has a hue like the Indragopa – glowing rain-insect (इन्द्रगोपनिभम्); He resides at the back of the neck (अवटौ) and is the Lord of Devi Surasundari (सुरसन्दर्याः पतिम्); He sports four nooses as His weapons (चतुःपाशम्) – one in each of His four Hands.



सर्वेषामखिलाभीष्टफलदाश्लिष्टविग्रहम् ।
वासुदेवमुपासेहं पूर्णेन्दुयुतसन्निभम् ॥१३॥

I worship (उपासेहम्) Lord Vasudeva (वासुदेव) who is effulgent as a ten-thousand full moons (पूर्णेन्दु-अयुतसन्निभम्) united with Devi Sarva-abhishta-phala-dayini - one who grants all desires of all people (सर्वेषाम्-अखिल-अभीष्ट-फलदा-आश्लिष्ट-विग्रहम्); He resides on the centre of the head.

