

Purusha-Sûktam

Om Taccham Yo Ravruni Mahe,
Gathum Yagnâya Gatum Yagna Pathaye,
Dyvi Svasti Rastunaha,
Svastir Manu Shebyaha,
Ûrdvam Jigathu Beshajam,
Shamno Astu Dvipadi Sham Chathushpade
Om Shânti Shânti Shântihî

1.

Sahasra Sîrsha Purushaha,
Sahasrâksha Sahasra Pâte,
Sa Bhumim Vishvato Vrutva,
Atyatishta Dashangulam.

2.

Purusha Evedagam Sarvam,
Yad Bhutam Yatcha Bhauvyam,
Utamrutatva Syeshanaha,
Yatanne Nâtirohati.

3.

Ethavân Asya Mahimah,
Ato Jayagumscha Purushaha,
Padosya Vishva Bhûtani,
Tripadasya Amritam Divi.

4.

Tripad Urdhva Udait Purushaha,
Pado Syeha Bhavât Punaha,
Tato Vishvanga Krâmatu,
Shâshana Nashane Abhi.

5.

Tasmât Virâda Jayata,
Virajo Adhi Purushaha,
Sajato Atya Richyata,
Pashchad Bhumi Madho Puraha.

6.

Yat Purushena Havishâ,
Deva Yagnam Atanvata,

Vasantho Asyasîd Ajyam,
Grishma Idhma Sarad Havihi.

7.

Saptâsyasan Paridhayaha,
Trisapta Samidha Kritaha,
Deva Yad Yagnam Tan Vanaha,
Abadnna Purusham Pasum.

8.

Tam Yagnam Bharihishi Proukshano,
Purusham Jâtam Agrataha,
Tena Deva Ayajanta,
Sadhya Rushayascha Ye.

9.

Tasmât Yagnat Sarvahutaha,
Sambhrutam Prushâd Ajyam,
Pasugus Stagus Chakre Vayavyano,
Âranyan Gramyascha Ye.

10.

Tasmât Yagnat Sarvahutaha,
Rucha Samani Jagnire,
Chandagumsi Jagnire Tasmât,
Yajus Tasmât Ajayata.

11.

Tasmât Ashvâ Ajâyanta,
Ye Ke Cho Ubhayâ Dataha,
Gavo Ha Jagnire Tasmât,
Tasmât Jâtâ Ajâvayaha.

12.

Yat Purusham Vyadadhuhu,
Katidhâ Vyakalpayan,
Mukham Kim Asya Kau Bâhu,
Kâvuru Pâdâ Vuchete.

13.

Brahmano Asya Mukhamasit,
Bâhu Râjanya Kritaha,
Urûtadasya Yad Vaisyaha,
Padbhyagum Sûdro Ajâyata.

14.

Chandrama Manaso Jâtaha,
Chakshoh Suryo Ajâyata,
Mukhâdindra Scha Agnischa,
Pranâd Vayurajâyata.

15.

Nâbhya Âsid Antariksham,
Sîrshno Dyoh Samavartata,
Padbhyagum Bhumir Dishah Shrotrât,
Tadha Lokagum Akalpayan.

16.

Vedahametam Purusham Mahantam,
Aditya Varnam Tamasastu Pâre,
Sarvâni Rupâni Vichitya Dhîraha,
Namâni Kritva Abhivadan Yadaste.

17.

Dhâtâ Purasthad Yamudhajahâra,
Shakrah Pravidwan Pradishashcha Tasraha,
Tamevam Vidvan Amrutha Iha Bhavati,
Nânya Pandha Ayanâya Vidyate.

18.

Yagnena Yagna Mayajanta Devâha,
Tani Dharmâni Pradhamanyasan,
Teha Nakam Mahimânasachante,
Yatra Purve Sadyah Santi Devaha.

19.

Adbhyah Sambhûta Prudhivyei Rasâcha,
Vishvakarmana Samarvata Dâdhi,
Tasya Tvasta Vidadha Drupameti,
Tat Purushasya Vishva Maja Na Magre.

20.

Vedâhametam Purusham Mahantam,
Âditya Varnam Tamasa Parastat,
Ta Mevam Vidvân Amruta Iha Bhavati,
Nânya Pandha Vidyate Ayanâya.

21.

Prajâpatis Charati Garbhe Antaha,
Ajayamanio Bahudha Vijâyate,
Tasya Dhîraha Parijânanti Yonim,
Marichinâm Pada Mitchanti Vedhasaha.

22.

Yo Deve Bhya Âtapati,
Yo Devanâm Purohitaha,
Pûrvo Yo Devebhyo Jataha,
Namô Ruchaya Brahmaye.

23.

Rucham Brâhmam Jana Yantaha,
Deva Agreta Dabruvan,
Yastvai Vam Brâhmano Vidyât,
Tasya Deva Asan Vase.

24.

Hrî Schate Lakshmî Schapatnyo,
Aho Râtre Parshve Nakshatrâni Rûpam,
Asvinou Vyâtam, Istam Manishâna,
Amum Manishâna Sarvam Manishâna.

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http://worldteachertrust.org/en/web/meditation/purusha_suktam