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ŚRĪ VIṢṆOḢ ṢOḌAŚANĀMA STOTRAM

- 1. Auṣadhe cintayet viṣṇuṃ bhojane ca janārdanam //1 //**
- 2. śayane padmanābhaṃ ca vivāhe ca prajāpatim //2 //**
- 3. yuddhe cakradharam devaṃ pravāse ca trivikramam //3 //**
- 4. nārāyaṇaṃ tanutyāge śrīdharam priyasaṅgame //4 //**
- 5. duḥ svapne smara govindaṃ saṅkaṭe madhusūdanam //5 //**
- 6. kānane nāraśiṅhaṃ ca pāvake jalaśāyinaṃ //6 //**
- 7. jalamadhye vārāhaṃ ca gamane vāmanaṃ caiva //7 //**
- 8. parvate raghunandanaṃ sakala kāryeṣu mādhavam //8 //**

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The Sixteen Sacred Names of Lord Shree Vishnu

1. Meditate upon Vishnu while taking medicine and while eating as Janardana.
2. Meditate upon Padmanabha while lying down and upon Prajapati during marriage ceremonies.
3. Meditate upon Chakradhara during battle and upon Trivikrama during travel.
4. Meditate upon Narayana on death bed and upon Sridhara while with your beloved.
5. Meditate upon Govinda during bad dreams and upon Madhusudana when in a difficult situation.
6. Meditate upon Narasimha in the forest and upon 'jalaśāyinam' (Vishnu lying on the ocean) while the fire is ravaging.
7. Meditate upon Varaha (Lord Vishnu in the form of a boar) struggling in water and upon Vamana (Lord Vishnu in the form of a dwarf) while on the move.

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8. Meditate upon Raghunandana (descendant of Raghu, another name for Lord Rama) while lost in the mountain and upon Madhava during all activities.



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