

ॐ सहस्रशीर्षा पुरुषः om sahasra-śīrṣā puruṣaḥ

सहस्राक्षः सहस्रपात् sahasrākṣaḥ sahasrapāt

A thousand heads the Lord does have,
a thousand eyes, a thousand feet.

स भूमिं विश्वतो वृत्वा sa bhūmiṃ viśvato vṛtvā

अत्यतिष्ठद् दशाङ्गुलम् atyatiṣṭhad daśāṅgulam

Completely he pervades the world,
and yet, beyond it, he extends.

पुरुष एवेदं सर्वम्

puruṣa evedaṃ sarvam

यद् भूतं यच्च भव्यम्

yad bhūtaṃ yacca bhavyam

All this, indeed, is but the Lord,
all that once was and what will be.

उतामृतत्वस्येशानः

utāmṛtatvasyeśānaḥ

यदन्नेनातिरोहति

yad annenātirohati

The Lord of immortality
transcends this realm of earthly forms.

ए॒ता॒वा॒न॒स्य॑ म॒हि॒मा॒ etāvān asya mahimā

अ॒तो॒ ज्य॒या॒या॑ श्च॒ पू॒रु॒षः॑ ato jyāyāṃś ca pūruṣaḥ

Such is the greatness of the Lord,
yet he surpasses even this.

पा॒दो॑ऽस्य॒ वि॒श्वा॑ भू॒तानि॑ pādo 'sya viśvā bhūtāni

त्रि॒पा॒द॒स्या॑मृ॒तं॑ दि॒वि॒ tripādasyāmṛtaṃ divi

One part of Him became the world,
while three more parts remained beyond.

त्रि॒पादूर्ध्व॑ उदै॒त्पुरु॑षः॒ tripād ūrdhva udait puruṣaḥ

पादो॑ऽस्येहाभ॑वात्पुनः॑ pādo 'syehābhavāt punaḥ

Transcendent is the boundless Lord,
from part of him the world arose.

ततो॑ वि॒ष्वङ् व्य॑क्रामत् tato viṣvaṅ vyakrāmat

सा॒शा॒ना॒ना॒श॒ने॒ अ॒भि sāśanānaśane abhi

Then he pervaded everything,
all creatures and all things inert.

तस्माद् विराडजायत

tasmād virāḍ ajāyata

विराजो अधि पूरुषः

virājo adhi pūruṣaḥ

The cosmos came forth from the Lord,
who then presided over it.

स जातो अत्यरिच्यत

sa jāto atyaricyata

पश्चाद् भूमिमथो पुरः

paścād bhūmim atho puraḥ

The Lord's creation grew diverse
and his existence filled the world.

यत्पुरु॑षेण॑ ह॒विषा॑

yat puruṣeṇa haviṣā

दे॒वा य॒ज्ञम॑तन्व॒त

devā yajñam atanvata

The gods conceived a mental rite,
in which they offered up the Lord.

व॒स॒न्तो अ॑स्यासी॒दाज्य॑म्

vasanto asyāsīd ājyam

ग्री॒ष्म इ॒ध्मः श॒र॒द्ध॒विः

grīṣma idhmaḥ śaraddhaviḥ

Spring, fall, and summer signified
oblations and their fire's fuel.

सप्तास्यासन् परिधयः saptāsyāsan paridhayaḥ

त्रिः सप्त समिधः कृताः triḥ sapta samidhaḥ kṛtāḥ

Envisioning three fires prepared
with seven sticks of sacred wood,

देवा यद्यज्ञं तन्वानाः devā yad yajñam tanvānāḥ

अबध्नन् पुरुषं पशुम् abadhnan puruṣam paśum

The gods symbolically performed
a rite of offering the Lord.

तं यज्ञं बर्हिषि प्रौक्षन्

taṃ yajñam barhiṣi praukṣan

पुरुषं जातमग्रतः

puruṣam jātam agrataḥ

Anointing Him, the foremost Lord,
thus they prepared their offering.

तेन देवा अयजन्त

tena devā ayajanta

साध्या ऋषयश्च ये

sādhyā ṛṣayaś ca ye

Then with the sages and the saints,
the gods did sacrifice the Lord.

तस्माद् यज्ञात् सर्वहुतः तasmād yajñāt sarva-hutaḥ

संभृतं पुषदाज्यम् saṁbhṛtaṁ pṛṣad ājyam

Arising from that sacred rite
when everything had been consumed,

पशूस्ताश्चक्रे वायव्यान् paśūṃs tāṃś cakre vāyavyān

आरण्यान् ग्राम्याश्च ये āraṇyān grāmyāś ca ye

Came butter, curds, and animals
of sky and forest and the farm.

तस्माद् यज्ञात् सर्वहुतः तasmād yajñāt sarva-hutaḥ

ऋचः सामानि जज्ञिरे ṛcaḥ sāmāni jajñire

Emerging from that sacrifice
in which they offered up the Lord,

छन्दांसि जज्ञिरे तस्मात् chandāṃsi jajñire tasmāt

यजुस् तस्मादजायत yajus tasmād ajāyata

Came Vedic mantras, sacred hymns
from Sama, Yajur, and the Rig.

तस्माद्दश्वा अजायन्त

tasmād aśvā ajāyanta

ये के चोभयादतः

ye ke cobhayādataḥ

And from that sacrifice were born
fine horses with two rows of teeth.

गावो ह जज्ञिरे तस्मात्

gāvo ha jajñire tasmāt

तस्माज् जाता अजावयः

tasmāj jātā ajāvayaḥ

Then cows and goats and lambs, as well,
all sprung forth from that blessed rite.

यत्पुरुषं व्यदधुः

yat puruṣaṃ vyadadhuḥ

कतिधा व्यकल्पयन्

katidhā vyakalpayan

How did the Lord create the world?

How did the gods envision it?

मुखं किमस्य कौ बाहू

mukhaṃ kim asya kau bāhū

कावूरु पादावुच्येते

kāvūrū pādāv ucyete

What came forth from the Lord's own mouth?

What from his arms, his legs, and feet?

ब्राह्मणोऽस्य मुखमासीत्

brāhmaṇo 'sya mukham āsīt

बाहू राजन्यः कृतः

bāhū rājanyaḥ kṛtaḥ

The brahmin priests came from his mouth,
and from his arms came mighty kings.

ऊरु तदस्य यद्वैश्यः

ūrū tad asya yad vaiśyaḥ

पद्भ्यां शूद्रो अजयत

padbhyāṃ śūdro ajayata

The merchants sprang forth from his legs,
and from his feet, the laborers.

च॒न्द्र॒मा॒ मन॑सो जा॒तः

candramā manaso jātaḥ

च॒क्षोः॒ सूर्यो॑ अजायत

cakṣoḥ sūryo ajāyata

The moon proceeded from his mind,
and from his eyes the sun arose.

मु॒खाद् इन्द्र॑श्चाग्निश्च॑

mukhād indraś cāgniś ca

प्रा॒णाद् वा॒युरजा॑यत

prāṇād vāyur ajāyata

The winds descended from his breath,
his mouth emitted burning fire.

नाभ्या॑ आसीद् अ॒न्तरिक्षम्॑ nābhyā āsīd antarikṣam

शी॒र्ष्णो॑ द्यौः॑ सम॒वर्तत॑ śīrṣṇo dyauḥ samavartata

Out from his navel space emerged,
and from his head the heavens rose.

प॒द्भ्यां॑ भूमि॒र्दिशः॑ श्रोत्रात्॑ padbhyāṃ bhūmir diśaḥ srotrāt

तथा॑ लो॒काँ॑ अ॒कल्पयन्॑ tathā lokāṃ akalpayan

The earth was fashioned from his feet,
thus all the worlds were manifest.

वे॒दा॒ह॒मे॒तं॑ पु॒रु॒षं॑ म॒हा॒न्त॒म्॑

vedāham etaṃ puruṣaṃ mahāntam

आ॒दि॒त्य॒व॒र्णं॑ त॒म॒स॒स्तु॑ पा॒रे॑

āditya-varṇaṃ tamasas tu pāre

As such I saw the Lord supreme,
like sunlight blazing through the dark.

स॒र्वा॑णि॒ रू॒पा॑णि॒ वि॒चि॒त्य॒ धी॑रः

sarvāṇi rūpāṇi vicitya dhīraḥ

ना॒मा॑नि॒कृ॒त्वाऽभि॒वद॑न् यदा॒स्ते

nāmāni kṛtvā 'bhivadan yad āste

The wise discerned his countless forms,
which they invoked with many names.

धा॒ता पु॒रस्ता॒द् यमु॒दाज॒हार

dhāṭā purastād yam udājahāra

श॒क्रः प्र॒विद्वान् प्र॒दिश॒श्चत॒स्रः

śakraḥ pravidvān pradiśāś catasraḥ

This wisdom did the Lord impart
unto all quarters long ago.

तमे॒वं वि॒द्वान॒मु॒त॑ इ॒ह भ॑वति

tam evaṃ vidvān amṛta iha bhavati

नान्यः॑ प॒न्था॒ अ॒य॒नाय॑ विद्यते

nānyaḥ panthā ayanāya vidyate

One knowing him is freed from death,
no other path can reach this goal.

य॒ज्ञेन॑ य॒ज्ञम॑य॒जन्त॑ दे॒वाः

yajñena yajñam ayajanta devāḥ

तानि॑ ध॒र्माणि॑ प्रथ॒मान्या॑सन्

tāni dharmāṇi prathamāny āsan

Thus through the god's great sacrifice
the Lord created everything.

ते ह॒ नाकं॑ महि॒मानः॑ सचन्ते

te ha nākaṃ mahimānaḥ sacante

यत्र॒ पूर्वे॑ सा॒ध्याः॑ सन्ति॑ दे॒वाः॑

yatra pūrve sādhyāḥ santi devāḥ

All those who gain this highest truth
attain the realm of gods and saints.

अ॒द्भ्यः॑ सं॒भू॒तः॑ पु॒थि॒व्यै॑ रसा॒च्च॑

adbhyaḥ saṁbhūtaḥ pṛthivyai rasācca

वि॒श्व॑क॒र्मणः॑ स॒म॒व॒र्त॒ता॒धि॑

viśva-karmaṇaḥ samavartatādhi

From water, earth, and elements,
the world was fashioned by the Lord.

तस्य॑ त्वष्टा॑ वि॒दधद्॑ रू॒पमेति॑

tasya tvaṣṭā vidadhad rūpam eti

तत्पुरु॑षस्य॑ वि॒श्वमा॑जा॒नम॑ग्र

tat puruṣasya viśvam ājānam agre

Then he assumed the sun's own form,
illuminating the universe.

वेदा॒हमे॒तं॑ पु॒रुषं॑ म॒हान्त॑म्

vedāham etaṃ puruṣaṃ mahāntam

आदि॒त्यव॑र्णं॑ त॒मसः॑ पर॒स्तात्

āditya-varṇaṃ tamaśaḥ parastāt

As such I saw the Lord supreme

like sunlight blazing through the dark.

तमे॒वं वि॒द्वान॒मु॒त॑ इ॒ह भ॑वति

tam evaṃ vidvān amṛta iha bhavati

नान्यः॑ पन्था॑ विद्यतेऽयनाय

nānyaḥ panthā vidyate 'yanāya

One knowing him is freed from death,
no other path can reach this goal.

प्रजापतिश्चरति गर्भे अन्तः

prajāpatiś carati garbhe antaḥ

अजायमानो बहुधा विजायते

ajāyamāno bahudhā vijāyate

The Lord abides in every heart,
unborn, yet giving birth to all.

तस्य॑ धीराः॑ परि॒जानन्ति॑ योनिम्॑

tasya dhīrāḥ pari jānanti yonim

मरी॑चीनां॑ प॒दमि॑च्छन्ति॑ वे॒धसः॑

marīcīnām padam icchanti vedhasaḥ

The sages know him as the source,
and gods aspire to reach their state.

यो दे॒वेभ्य॑ आ॒त॒पति॑

yo devebhya ātapati

यो दे॒वानां॑ पु॒रोहि॑तः

yo devānām purohitaḥ

The Lord shines bright upon the gods,
their master, teaching every one,

पूर्वो॑ यो दे॒वेभ्यो॑ जा॒तः

pūrvo yo devebhyo jātaḥ

नमो॑ रु॒चाय॑ ब्राह्म॑ये

namo rucāya brāhmaye

Existing first, before them all.

All salutations to the Lord.

रुचं॑ ब्राह्मं॑ जनयन्तः॑ rucam brāhmaṃ janayantaḥ

देवा॑ अग्रे॑ तदब्रुवन्॑ devā agre tad abruvan

This sacred knowledge of the Lord
the gods declared so long ago.

यस्त्वै॑वं ब्राह्म॑णो वि॒द्यात्॑ yas tvaivaṃ brāhmaṇo vidyāt

तस्य॑ दे॒वा अस॑न्वशे॑ tasya devā asan vaśe

The one who knows the Lord as such
excels those very gods, indeed.

ही॒श्च॑ ते॒ ल॒क्ष्मी॑श्च॒ प॒त्न्यौ॑

hrīś ca te lakṣmīś ca patnyau

अ॒हो॒रा॒त्रे॒ पा॒र्श्वे

ahorātre pārśve

The goddesses, Lord, are thy wives,
the day and night both are thy sides

न॒क्ष॒त्रा॒णि॑ रू॒पम्

nakṣatrāṇi rūpam

अ॒श्वि॒नौ॑ व॒यात्त॑म्

aśvinau vyāttam

The sparkling stars above, thy form,
the earth and sky, thy mouth so vast.

इष्टं॑ म॒निषा॑ण

iṣṭam॑ maṇiṣāṇa

अमुं॑ म॒निषा॑ण

amum॑ maṇiṣāṇa

Please grant me all that I desire,
and help me reach life's highest goal.

सर्वं॑ म॒निषा॑ण

sarvam॑ maṇiṣāṇa

ॐ शान्तिः॑ शान्तिः॑ शान्तिः॑ om śāntiḥ॑ śāntiḥ॑ śāntiḥ॑

Fulfill the purpose of my life,
bestow your peace upon us all.