Nitya नित्य

Shantakaram Bhujagashayanam

शान्ताकारं भुजगशयनं

Shantakaram Bhujagashayanam is one of the best-known meditation verses (dhyana shlokas) on Lord Vishnu, a single Sanskrit shloka recited before the Vishnu Sahasranama and in daily puja. It pictures Vishnu resting peacefully on the serpent Shesha and bows to him as the one who removes the fear of worldly existence. Many families say it every morning, and especially on Thursdays and Ekadashi.

Mantra

Shantakaram Bhujagashayanam Padmanabham Suresham
Vishvadharam Gaganasadrisham Meghavarnam Shubhangam
Lakshmikantam Kamalanayanam Yogibhir Dhyanagamyam
Vande Vishnum Bhavabhayaharam Sarvalokaika Natham

Peaceful in form, reclining on the serpent Shesha, a lotus springing from his navel, lord of the gods; the support of the universe, vast as the sky, dark as a rain cloud, auspicious in every limb; beloved of Lakshmi, lotus-eyed, reached by yogis in meditation. I bow to that Vishnu, who removes the fear of worldly existence, the one Lord of all the worlds.

Source: Vishnu Sahasranama Stotram, dhyana shlokas (as given on sanskritdocuments.org "vsahasranew" and stotranidhi.com); cross-checked with karmkandbyanandpathak.com

The meanings are our own first draft. A scholar has not reviewed them yet. If you spot a mistake, please tell us.

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