

शुक्लाम्बरधरं विष्णुं शशिवर्णं चतुर्भुजम् ।
प्रसन्नवदनं ध्यायेत् सर्वविघ्नोपशान्तये ॥

Shukla-Ambara-Dharam Vissnnum Shashi-Varnnam Catur-Bhujam |
Prasanna-Vadanam Dhyaaayet Sarva-Vighnou pashaantaye ||

Meaning:

(We Meditate on Sri Vishnu) Who is Wearing White Clothes, Who is All-Pervading, Who is Bright in Appearance like the Moon and Who is Having Four Hands, Who is Having a Compassionate and Gracious face, Let us Meditate on Him To Ward of all Obstacles.

शान्ताकारं भुजगशयनं पद्मनाभं सुरेशं
विश्वाधारं गगनसदृशं मेघवर्णं शुभाङ्गम् ।
लक्ष्मीकान्तं कमलनयनं योगिभिर्ध्यानगम्यम्
वन्दे विष्णुं भवभयहरं सर्वलोकैकनाथम् ॥

Shaanta-Aakaaram Bhujaga-Shayanam Padma-Naabham Sura-Iisham
Vishva-Aadhaaram Gagana-Sadrsham Megha-Varnna Shubha-Anggam|
Lakssmii-Kaantam Kamala-Nayanam Yogibhir-Dhyaana-Gamyam
Vande Vissnnum Bhava-Bhaya-Haram Sarva-Loka-Eka-Naatham ||

Meaning:

(Salutations to Sri Vishnu) Who has a Serene Appearance, Who Rests on a Serpent (Adisesha), Who has Lotus on His Navel and Who is the Lord of the Devas, Who Sustains the Universe, Who is Boundless and Infinite like the Sky, Whose Colour is like the Cloud (Bluish) and Who has a Beautiful and Auspicious Body,

Who is the Husband of Devi Lakshmi, Whose Eyes are like Lotus and Who is Attainable to the Yogis by Meditation, Salutations to That Vishnu Who Removes the Fear of Worldly Existence and Who is the Lord of All the Lokas.

औषधे चिंतये विष्णुम् ,भोजने च जनार्दनम् ।
शयने पद्मनाभं च, विवाहे च प्रजापतिम्॥
युद्धे चक्रधरम् देवं, प्रवासे च त्रिविक्रमं।
नारायणं तनु त्यागे, श्रीधरं प्रिय संगमे॥
दुःस्वप्ने स्मर गोविन्दम्,संकटे मधुसूदनम्।
कानने नारासिंहम् च,पावके जलाशयिनाम्॥
जलमध्ये वराहम् च, पर्वते रघु नन्दनं।
गमने वामनं चैव , सर्व कार्येषु माधवं॥

Oushade Chinthaye Vishnum,Bhojane cha Janardhanam,
Sayane Padmanabham cha,Vivahe cha Prajapathim ||
Yuddhe Chakradharam devam,Pravase cha Trivikramam,
Narayanam Thanu thyage,Sreedharam priya sangame ||
Duswapne smara , Govindam,Sankate Madhu sudhanam,
Kanane Narasimham cha,Pavake Jalaasayinam ||
Jalamadhye Varaham cha,Parvathe Raghu nandanam,
Gamane Vamanam Chaiva ,Sarva Karyeshu Madhavam||

Meaning:

Think him as Vishnu while taking medicine,
As Janardhana while eating food,
As Padmanabha while in bed,
As Prajapathi at time of marriage,
As Chakra dhara while engaged in war,
As Trivikrama while on travel,
As Narayana on death bed,
As Sreedhara while meeting with the beloved,
As Govinda while tossing with bad dreams,
As Madhu Sudhana while in trouble,
As Narasimha while in the forest,
As Jala Sayina while fire is ravaging,
As Varaha while struggling in water,
As Raghu nandana while lost in a mountain,
As Vamana while on the move,
And as Madhava while doing everything.

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**षोडशैतानी नमानी प्रातरुत्थाय यह पठेत
सर्वपापा विनिमुक्तो विष्णुलोके महीयते ||**

Shodasaithani Naamani,Prathar uthaaya ya padeth,
Sarva papa vinirmuktho,Vishnu loke mahiyate.

Meaning:

As soon as one wakes up in the morning,If these sixteen names are read,
He would be bereft of all sins, And reach the world of Vishnu at the end.