

# The Narayana-kavaca Shield

from *Srimad-Bhagavatam* 8.6

Take full bath and then sit down facing north, wearing beads and *gamsha*. Offer obeisances to your spiritual master and to the Lord. Wash the right and left hands with water from the *ācamana-pātra*.

Chanting *om astrāya phaṭ*, (“This is a spiritual weapon”) sprinkle water on the *ācamana-pātra*.

Call the holy rivers to the *ācamana-pātra* by showing the *aṅkuṣa-mudrā* and chanting:

*gaṅge ca yamune caiva godāvāri sarasvatī  
narmade sindho kāveri jale ’smin sannidhiṁ kuru*

“May water from the holy rivers Gaṅgā, Yamunā, Godāvārī, Sarasvatī, Narmadā, Sindhu, and Kāverī kindly be present.”

Now invoke the *bīja*-syllable *om* into the water, chanting it eight times silently while holding the *bījākṣara-mudrā* over the *ācamana-pātra*. Then show the *matsya-mudrā* over the *ācamana-pātra*.

| Apply tilak                     | Clear space                   | Location             |
|---------------------------------|-------------------------------|----------------------|
| <i>lalāṭe keśavaṁ dhyāyen</i>   | <i>om keśavāya namaḥ</i>      | forehead             |
| <i>nārāyaṇam athodare</i>       | <i>om nārāyaṇāya namaḥ</i>    | stomach              |
| <i>vakṣaḥ-sthale mādhave tu</i> | <i>om mādhave namaḥ</i>       | chest                |
| <i>govindam kaṅṭha-kūpake</i>   | <i>om govindāya namaḥ</i>     | hollow of the throat |
| <i>viṣṇuṁ ca dakṣiṇe kakṣau</i> | <i>om viṣṇave namaḥ</i>       | right side           |
| <i>bāhau ca madhusūdanam</i>    | <i>om madhusūdanāya namaḥ</i> | right upper arm      |
| <i>trivikramam kandhare tu</i>  | <i>om trivikramāya namaḥ</i>  | right shoulder       |
| <i>vāmanam vāma-pārśvake</i>    | <i>om vāmanāya namaḥ</i>      | left side            |
| <i>śrīdharam vāma-bāhau tu</i>  | <i>om śrīdharāya namaḥ</i>    | left upper arm       |
| <i>hṛṣīkeśam tu kandhare</i>    | <i>om hṛṣīkeśāya namaḥ</i>    | left shoulder        |
| <i>prṣṭhe ca padmanābham ca</i> | <i>om padmanābhāya namaḥ</i>  | upper back           |
| <i>kātyam dāmodaram nyaset</i>  | <i>om dāmodarāya namaḥ</i>    | lower back           |

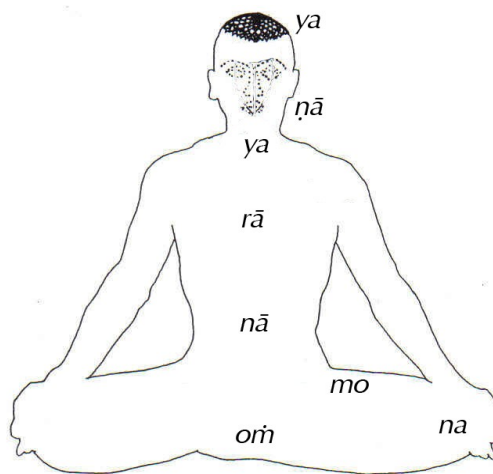
Now perform full *ācamana* as follows:

| Chant                      | Action                                                     |
|----------------------------|------------------------------------------------------------|
| <i>om keśavāya namaḥ</i>   | sip water from the <i>brāhma-tīrtha</i> of your right hand |
| <i>om nārāyaṇāya namaḥ</i> | sip water from the <i>brāhma-tīrtha</i> of your right hand |
| <i>om mādhave namaḥ</i>    | sip water from the <i>brāhma-tīrtha</i> of your right hand |

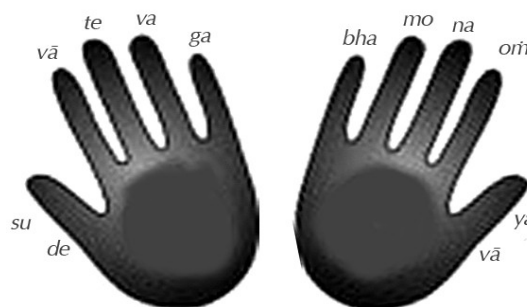
| Chant                                                                                                                                   | Action                                                                                                                                                                                                                                           |
|-----------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <i>om govindāya namaḥ</i>                                                                                                               | sprinkle water on your right hand                                                                                                                                                                                                                |
| <i>om viṣṇave namaḥ</i>                                                                                                                 | sprinkle water on your left hand                                                                                                                                                                                                                 |
| <i>om madhusūdanāya namaḥ</i>                                                                                                           | touch your right cheek with the fingers of your right hand                                                                                                                                                                                       |
| <i>om trivikramāya namaḥ</i>                                                                                                            | touch your left cheek with the fingers of your right hand                                                                                                                                                                                        |
| <i>om vāmanāya namaḥ</i>                                                                                                                | wipe above your upper lip with the base of your right thumb                                                                                                                                                                                      |
| <i>om śrīdharāya namaḥ</i>                                                                                                              | wipe below your lower lip with the base of your right thumb                                                                                                                                                                                      |
| <i>om hṛṣīkesāya namaḥ</i>                                                                                                              | sprinkle water on both hands                                                                                                                                                                                                                     |
| <i>om padmanābhāya namaḥ</i>                                                                                                            | sprinkle water on your feet                                                                                                                                                                                                                      |
| <i>om dāmodarāya namaḥ</i>                                                                                                              | sprinkle water on the top of your head                                                                                                                                                                                                           |
| <i>om vāsudevāya namaḥ</i>                                                                                                              | touch your upper and lower lips with the tips of the fingers of your right hand                                                                                                                                                                  |
| <i>om saṅkarṣaṇāya namaḥ</i>                                                                                                            | touch your right nostril with your right thumb and forefinger                                                                                                                                                                                    |
| <i>om pradyumnāya namaḥ</i>                                                                                                             | touch your left nostril with your right thumb and forefinger                                                                                                                                                                                     |
| <i>om aniruddhāya namaḥ</i>                                                                                                             | touch your right eye with your right thumb and ring finger                                                                                                                                                                                       |
| <i>om puruṣottamāya namaḥ</i>                                                                                                           | touch your left eye with your right thumb and ring finger                                                                                                                                                                                        |
| <i>om adhokṣajāya namaḥ</i>                                                                                                             | touch your right ear with your right thumb and forefinger                                                                                                                                                                                        |
| <i>om nṛsimhāya namaḥ</i>                                                                                                               | touch your left ear with your right thumb and forefinger                                                                                                                                                                                         |
| <i>om acyutāya namaḥ</i>                                                                                                                | touch your navel with your right thumb and little finger                                                                                                                                                                                         |
| <i>om janārdanāya namaḥ</i>                                                                                                             | touch your heart with the palm of your right hand                                                                                                                                                                                                |
| <i>om upendrāya namaḥ</i>                                                                                                               | touch your head with all the finger tips of your right hand                                                                                                                                                                                      |
| <i>om haraye namaḥ</i>                                                                                                                  | touch your right upper arm with the fingertips of your left hand                                                                                                                                                                                 |
| <i>om kṛṣṇāya namaḥ</i>                                                                                                                 | touch your left upper arm with the fingertips of your right hand                                                                                                                                                                                 |
| <i>om apavitraḥ pavitro vā sarvāvasthām gato 'pi vā yaḥ smaret puṇḍarikākṣam sa bahyābhyantaraḥ śuciḥ śrī-viṣṇu śrī-viṣṇu śrī-viṣṇu</i> | show the <i>praṇāma-mudrā</i> (palms together in front of your heart)<br>“Unpurified or purified, or even having passed through all situations, one who remembers the lotus-eyed Supreme Personality of Godhead is cleansed without and within.” |

Sit gravely and silently, facing north. Chant the Gāyatrī mantras.

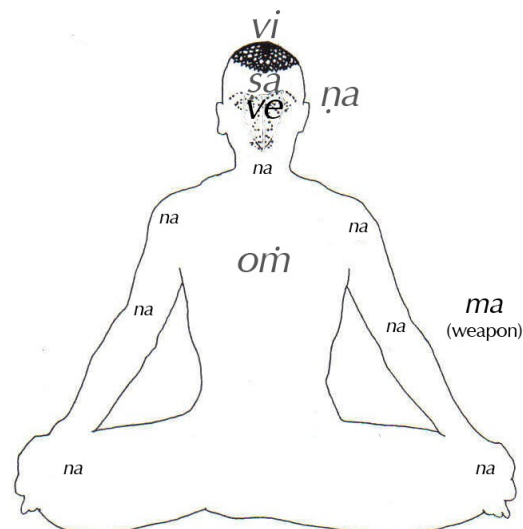
While chanting the *mantra* of eight syllables [*oṃ namo nārāyaṇāya*], beginning with the *praṇava*, (*oṃ*), one should touch his hands to eight parts of his body, starting with the two feet and progressing systematically to the knees, thighs, abdomen, heart, chest, mouth and head. Then one should chant the *mantra* in reverse while touching the parts of his body in the reverse order. These two processes are known as *utpatti-nyāsa* and *saṁhāra-nyāsa* respectively.



Then one should chant the *dvādasakṣara-mantra* [*oṃ namo bhagavate vāsudevāya*]. Preceding each syllable by the *oṃkāra*, one should place the syllables of the *mantra* on the tips of his fingers, beginning with the index finger of the right hand and concluding with the index finger of the left. The four remaining syllables should be placed on the joints of the thumbs.



One must then chant the *mantra* of six syllables [*oṃ viṣṇave namaḥ*]. One should place the syllable “*oṃ*” on his heart, the syllable “*vi*” on the top of his head, the syllable “*ṣa*” between his eyebrows, the syllable “*ṇa*” on his tuft of hair [*śikhā*], and the syllable “*ve*” between his eyes. The chanter of the *mantra* should then place the syllable “*na*” on all the joints of his body and meditate on the syllable “*ma*” as being a weapon. He should thus become the perfect personification of the *mantra*. Thereafter, adding *visarga* to the final syllable “*ma*,” he should chant the *mantra* “*maḥ astrāya phaṭ*” (“I am a weapon”) in all directions, beginning from the east. In this way, all directions will be bound by the protective armor of the *mantra*.



*maḥ astrāya phaṭ*

After finishing this chanting, one should think himself qualitatively one with the Supreme Personality of Godhead, who is full in six opulences and is worthy to be meditated upon *bhūta-śuddhi* by reciting the following prayer, meditating on its meaning:

“I am by nature the eternal servant of Kṛṣṇa, but by misfortune, due to being inimical toward Him from time immemorial, I have been identifying myself with the body and been continuously wandering in the cycle of birth and death in the material world, suffering the

burning threefold miseries. Now, as a result of some unimaginable good fortune, by the mercy of my spiritual master I know that I am the eternal servant of Kṛṣṇa, that I am an infinitesimal spiritual being, completely apart from the gross and subtle body. Now, by the order of my spiritual master, following in his footsteps, I have obtained the good fortune of being able to serve his lotus feet and the lotus feet of Lord Caitanya Mahāprabhu and Śrī Śrī Rādhā-Śyāmasundara. *śrī-viṣṇu śrī-viṣṇu śrī-viṣṇu.*”

Then one should chant the following protective prayer to Lord Nārāyaṇa, the Nārāyaṇa-kavaca.

*om harir vidadhyān mama sarva-rakṣām  
nyastāṅghri-padmaḥ patagendra-prṣṭhe  
darāri-carmāsi-gadeṣu-cāpa-  
pāśān dadhāno 'ṣṭa-guṇo 'ṣṭa-bāhuḥ*

The Supreme Lord, who sits on the back of the bird Garuḍa, touching him with His lotus feet, holds eight weapons—the conchshell, disc, shield, sword, club, arrows, bow and ropes. May that Supreme Personality of Godhead protect me at all times with His eight arms. He is all-powerful because He fully possesses the eight mystic powers [aṇimā, laghimā, etc.].

*jaleṣu mām rakṣatu matsya-mūrtir  
yādo-gaṇebhyo varuṇasya pāśāt  
sthaleṣu māyāvaṭu-vāmano 'vyāt  
trivikramaḥ khe 'vatu viśvarūpaḥ*

May the Lord, who assumes the body of a great fish, protect me in the water from the fierce animals that are associates of the demigod Varuṇa. By expanding His illusory energy, the Lord assumed the form of the dwarf Vāmana. May Vāmana protect me on the land. Since the gigantic form of the Lord, Viśvarūpa, conquers the three worlds, may He protect me in the sky.

*durgeṣv aṭavy-āji-mukhādiṣu prabhuḥ  
pāyān nṛsimho 'sura-yūthapāriḥ  
vimuñcato yasya mahāṭṭa-hāsaṁ  
diśo vinedur nyapataṁś ca garbhāḥ*

May Lord Nṛsimhadeva, who appeared as the enemy of Hiraṇyakaśipu, protect me in all directions. His loud laughing vibrated in all directions and caused the pregnant wives of the asuras to have miscarriages. May that Lord be kind enough to protect me in difficult places like the forest and battlefield.

*rakṣatv asau mādhvani yajña-kalpaḥ  
sva-damṣṭrayonnīta-dharo varāhaḥ  
rāmo 'dri-kūṭeṣv atha vipravāse  
salakṣmaṇo 'vyād bharatāgrajo 'smān*

The Supreme indestructible Lord is ascertained through the performance of ritualistic sacrifices and is therefore known as Yajñeśvara. In His incarnation as Lord Boar, He raised the planet earth from the water at the bottom of the universe and kept it on His pointed tusks. May that Lord

protect me from rogues on the street. May Paraśurāma protect me on the tops of mountains, and may the elder brother of Bharata, Lord Rāmacandra, along with His brother Lakṣmaṇa, protect me in foreign countries.

*mām ugra-dharmād akhilāt pramādān  
nārāyaṇaḥ pātu naraś ca hāsāt  
dattas tv ayogād atha yoga-nāthaḥ  
pāyād guṇeśaḥ kapilaḥ karma-bandhāt*

May Lord Nārāyaṇa protect me from unnecessarily following false religious systems and falling from my duties due to madness. May the Lord in His appearance as Nara protect me from unnecessary pride. May Lord Dattātreyā, the master of all mystic power, protect me from falling while performing bhakti-yoga, and may Lord Kapila, the master of all good qualities, protect me from the material bondage of fruitive activities.

*sanat-kumāro 'vatu kāmadevād  
dhayaśīrṣā mām pathi deva-helanāt  
devarṣi-varyaḥ puruṣārcanāntarāt  
kūrmo harir mām nirayād aśeṣāt*

May Sanat-kumāra protect me from lusty desires. As I begin some auspicious activity, may Lord Hayagrīva protect me from being an offender by neglecting to offer respectful obeisances to the Supreme Lord. May Devarṣi Nārada protect me from committing offenses in worshiping the Deity, and may Lord Kūrma, the tortoise, protect me from falling to the unlimited hellish planets.

*dhanvantarir bhagavān pātv apathyād  
dvandvād bhayād ṛṣabho nirjitāt mā  
yajñāś ca lokād avatāj janāntād  
balo gaṇāt krodha-vaśād ahīndraḥ*

May the Supreme Personality of Godhead in His incarnation as Dhanvantari relieve me from undesirable eatables and protect me from physical illness. May Lord Ṛṣabhadeva, who conquered His inner and outer senses, protect me from fear produced by the duality of heat and cold. May Yajña protect me from defamation and harm from the populace, and may Lord Balarāma as Śeṣa protect me from envious serpents.

*dvaipāyano bhagavān aprabodhād  
buddhas tu pāṣaṇḍa-gaṇa-pramādāt  
kalkiḥ kaleḥ kāla-malāt praṇātu  
dharmāvanāyora-kṛtāvatāraḥ*

May the Personality of Godhead in His incarnation as Vyāsadeva protect me from all kinds of ignorance resulting from the absence of Vedic knowledge. May Lord Buddhadeva protect me from activities opposed to Vedic principles and from laziness that causes one to madly forget the Vedic principles of knowledge and ritualistic action. May Kalkideva, the Supreme Personality of Godhead, who appeared as an incarnation to protect religious principles, protect me from the dirt of the age of Kali.

*mām keśavo gadayā prātar avyād  
govinda āsaṅgavam ātta-veṇuḥ  
nārāyaṇaḥ prāhṇa udātta-śaktir  
madhyan-dine viṣṇur arīndra-pāṇiḥ*

May Lord Keśava protect me with His club in the first portion of the day, and may Govinda, who is always engaged in playing His flute, protect me in the second portion of the day. May Lord Nārāyaṇa, who is equipped with all potencies, protect me in the third part of the day, and may Lord Viṣṇu, who carries a disc to kill His enemies, protect me in the fourth part of the day.

*devo 'parāhṇe madhu-hogradhanvā  
sāyaṁ tri-dhāmāvatu mādhave mām  
doṣe hṛṣīkeśa utārdha-rātre  
niśītha eko 'vatu padmanābhāḥ*

May Lord Madhusūdana, who carries a bow very fearful for the demons, protect me during the fifth part of the day. In the evening, may Lord Mādhave, appearing as Brahmā, Viṣṇu and Maheśvara, protect me, and in the beginning of night may Lord Hṛṣīkeśa protect me. At the dead of night [in the second and third parts of night] may Lord Padmanābha alone protect me.

*śrīvatsa-dhāmāpara-rātra īśaḥ  
pratyūṣa īśo 'si-dharo janārdanaḥ  
dāmodaro 'vyād anusandhyaṁ prabhāte  
viśveśvaro bhagavān kāla-mūrtiḥ*

May the Supreme Personality of Godhead, who bears the Śrīvatsa on His chest, protect me after midnight until the sky becomes pinkish. May Lord Janārdana, who carries a sword in His hand, protect me at the end of night [during the last four ghatikās of night]. May Lord Dāmodara protect me in the early morning, and may Lord Viśveśvara protect me during the junctions of day and night.

*cakraṁ yugāntānala-tigma-nemi  
bhramat samantād bhagavat-prayuktam  
dandagdhi dandagdhy ari-sainyam āśu  
kakṣaṁ yathā vāta-sakho hutāśaḥ*

Set into motion by the Supreme Personality of Godhead and wandering in all the four directions, the disc of the Supreme Lord has sharp edges as destructive as the fire of devastation at the end of the millennium. As a blazing fire burns dry grass to ashes with the assistance of the breeze, may that Sudarśana cakra burn our enemies to ashes.

*gade 'śani-sparśana-visphuliṅge  
niṣpiṅdhi niṣpiṅdhy ajita-priyāsi  
kuṣmāṇḍa-vaināyaka-yakṣa-rakṣo-  
bhūta-grahāṁś cūrṇaya cūrṇayārīn*

O club in the hand of the Supreme Personality of Godhead, you produce sparks of fire as powerful as thunderbolts, and you are extremely dear to the Lord. I am also His servant. Therefore kindly

help me pound to pieces the evil living beings known as Kuṣmāṇḍas, Vaināyakas, Yakṣas, Rākṣasas, Bhūtas and Grahas. Please pulverize them.

*tvam yātudhāna-pramatha-pretā-mātr-  
piśāca-vipragraha-ghora-dṛṣṭīn  
darendra vidrāvaya kṛṣṇa-pūrito  
bhīma-svano 'rer hṛdayāni kampayan*

O best of conchshells, O Pāñcajanya in the hands of the Lord, you are always filled with the breath of Lord Kṛṣṇa. Therefore you create a fearful sound vibration that causes trembling in the hearts of enemies like the Rākṣasas, pramatha ghosts, Pretas, Mātās, Piśācas and brāhmaṇa ghosts with fearful eyes.

*tvam tigma-dhārāsi-varāri-sainyam  
īśa-prayukto mama chindhi chindhi  
cakṣūṁṣi carmaṇ chata-candra chādaya  
dviṣām aghonām hara pāpa-cakṣuṣām*

O king of sharp-edged swords, you are engaged by the Supreme Personality of Godhead. Please cut the soldiers of my enemies to pieces. Please cut them to pieces! O shield marked with a hundred brilliant moonlike circles, please cover the eyes of the sinful enemies. Pluck out their sinful eyes.

*yan no bhayaṁ grahebhyo 'bhūt  
ketubhyo nṛbhya eva ca  
sarīsr̥pebhyo daṁṣṭribhyo  
bhūtebhyo 'mhobhya eva ca  
sarvāṅy etāni bhagavan-  
nāma-rūpānukīrtanāt  
prayāntu saṅkṣayaṁ sadyo  
ye naḥ śreyah-pratīpakāḥ*

May the glorification of the transcendental name, form, qualities and paraphernalia of the Supreme Personality of Godhead protect us from the influence of bad planets, meteors, envious human beings, serpents, scorpions, and animals like tigers and wolves. May it protect us from ghosts and the material elements like earth, water, fire and air, and may it also protect us from lightning and our past sins. We are always afraid of these hindrances to our auspicious life. Therefore, may they all be completely destroyed by the chanting of the Hare Kṛṣṇa mahā-mantra.

*garuḍo bhagavān stotra-  
stobhaś chandomayaḥ prabhuḥ  
rakṣatv aśeṣa-kṛcchrebhyo  
viṣvaksenaḥ sva-nāmabhiḥ*

Lord Garuḍa, the carrier of Lord Viṣṇu, is the most worshipable lord, for he is as powerful as the Supreme Lord Himself. He is the personified Vedas and is worshiped by selected verses. May he protect us from all dangerous conditions, and may Lord Viṣvaksena, the Personality of Godhead, also protect us from all dangers by His holy names.

*sarvāpadbhyo harer nāma-  
rūpa-yānāyudhāni naḥ  
buddhīndriya-manaḥ-prāṇān  
pāntu pārśada-bhūṣaṇāḥ*

May the Supreme Personality of Godhead's holy names, His transcendental forms, His carriers and all the weapons decorating Him as personal associates protect our intelligence, senses, mind and life air from all dangers.

*yathā hi bhagavān eva  
vastutaḥ sad asac ca yat  
satyenānena naḥ sarve  
yāntu nāśam upadravāḥ*

The subtle and gross cosmic manifestation is material, but nevertheless it is nondifferent from the Supreme Personality of Godhead because He is ultimately the cause of all causes. Cause and effect are factually one because the cause is present in the effect. Therefore the Absolute Truth, the Supreme Personality of Godhead, can destroy all our dangers by any of His potent parts.

*yathaikātmyānubhāvānām  
vikalpa-rahitaḥ svayam  
bhūṣaṇāyudha-liṅgākhyā  
dhatte śaktiḥ sva-māyayā  
  
tenaiva satya-mānena  
sarva-jño bhagavān hariḥ  
pātu sarvaiḥ svarūpair naḥ  
sadā sarvatra sarva-gaḥ*

The Supreme Personality of Godhead, the living entities, the material energy, the spiritual energy and the entire creation are all individual substances. In the ultimate analysis, however, together they constitute the supreme one, the Personality of Godhead. Therefore those who are advanced in spiritual knowledge see unity in diversity. For such advanced persons, the Lord's bodily decorations, His name, His fame, His attributes and forms and the weapons in His hand are manifestations of the strength of His potency. According to their elevated spiritual understanding, the omniscient Lord, who manifests various forms, is present everywhere. May He always protect us everywhere from all calamities.

*vidikṣu dikṣūrdhvam adhaḥ samantād  
antar bahir bhagavān nārasimhaḥ  
prahāpayal loka-bhayaṁ svanena  
sva-tejasā grasta-samasta-tejāḥ*

Prahlāda Mahārāja loudly chanted the holy name of Lord Nṛsimhadeva. May Lord Nṛsimhadeva, roaring for His devotee Prahlāda Mahārāja, protect us from all fear of dangers created by stalwart leaders in all directions through poison, weapons, water, fire, air and so on. May the Lord cover their influence by His own transcendental influence. May Nṛsimhadeva protect us in all

directions and in all corners, above, below, within and without.

*namas te narasimhāya prahlādāhlāda-dāyine  
hiraṇyakaśipuṃ vakṣaḥ-śilā-ṭaṅka-nakhālaye*

I offer my obeisances to Lord Narasimha who gives joy to Prahlāda Mahārāja and whose nails are like chisels on the stonelike chest of the demon Hiraṇyakaśipu.

*ito nṛsimhaḥ parato nṛsimho yato yato yāmi tato nṛsimhaḥ  
bahir nṛsimho hṛdaye nṛsimho nṛsimham ādim śaraṇam prapadye*

Lord Nṛsimha is here and also there. Wherever I go Lord Nṛsimha is there. He is in the heart and is outside as well. I surrender to Lord Nṛsimha, the origin of all things and the supreme refuge.

*tava kara-kamala-vare nakham adbhuta-śṛṅgam  
dalita-hiraṇyakaśipu-tanu-bhṛṅgam  
keśava dhṛta-narahari-rūpa jaya jagadīśa hare*

O Keśava! O Lord of the universe! O Lord Hari, who have assumed the form of half-man, half-lion! All glories to You! Just as one can easily crush a wasp between one's fingernails, so in the same way the body of the wasplike demon Hiraṇyakaśipu has been ripped apart by the wonderful pointed nails on Your beautiful lotus hands.

