

## Śrī Puruṣa Sūkta Mantra Bhagavat Pūja Vidhi

(Transliterated from original Gauḍīya Maṭha Arcana Paddhati 1935  
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1. om sahasraśīrṣā puruṣaḥ sahasrākṣaḥ sahasrapāt |  
sa bhūmim viśvato vṛtvā'tyatiṣṭhaddaśāṅgulam || iti āsanam ||
2. om puruṣa evedaṁ sarvaṁ yadbhūtaṁ yacca bhavyam |  
utāmṛtatvasyesāno yad annenātirohati || iti svāgatam ||
3. om etāvān asya mahimā'tojyāyāmsca puruṣaḥ |  
pādo'sya viśvā bhūtāni tripād asyāmṛtaṁ divi || iti pādyam ||
4. om tripād ūrdhva udait puruṣaḥ pādo'syehābhavat punaḥ |  
tato viśvaṁ vyakrāmat sāsānā'naśane abhi || iti arghyam ||
5. om tasmāt virād ajāyata virājo adhi pūruṣaḥ |  
sa jāto atyaricyata paścād bhūmim atho puraḥ || iti ācamanīyam ||
6. om tasmāt yajñāt sarvahutaḥ sambhṛtaṁ pṛṣadājyam |  
paśūmstāmscakre vāyavyān āraṇyā grāmyāśca ye || iti madhuparkaḥ ||
7. om tasmāt yajñāt sarvahuta ṛcaḥ sāmāni jajñire |  
chandāmsi jajñire tasmāt yajustasmād ajāyata || iti snānam ||
8. om tasmād aśvā ajāyanta ye ke cobhayādataḥ |  
gāvo ha jajñire tasmāt tasmāt jātā ajā vayah || iti vastram ||
9. om taṁ yajñam barhiṣi praukṣan puruṣam jātamagrataḥ |  
tena devā ayajanta sādhyā ṛṣayaśca ye || iti yajñasūtram ||
10. om yat puruṣam vyadadhuḥ katidhā vyakalpayan |  
mukham kim asya kau bāhū kā ūru pādā ucyete || iti alaṅkāraḥ ||
11. om brāhmaṇo'sya mukham āsīd bāhū rājanyaḥ kṛtaḥ |  
ūruḥ tad asya yad vaiśyaḥ padbhyām śūdro ajāyata || iti gandhaḥ ||
12. om candramā manaso jātaścakṣoḥ sūryo ajāyata |  
mukhād indraścāgniśca prāṇād vāyurajāyata || iti puṣpam ||
13. om nābhya āsīd antarikṣam śīrṣṇodyauḥ samavarttata |  
padbhyām bhūmirdiśaḥ śrotrāt tathā lokām akalpayan || iti dhūpaḥ ||
14. om yat puruṣeṇa haviṣā devā yajñam atanvata |  
vasanto asyāsīdājyam grīṣma idhmaḥ śarad haviḥ || iti dīpaḥ ||
15. om saptāsyāsan paridhayastriḥ sapta samidhaḥ kṛtāḥ |  
devā yad yajñam tanvānā abadhnan puruṣam paśum || iti naivedyam ||
16. om yajñena yajñam ayajanta devastāni dharmāni prathamānyāsan |  
te ha nākaṁ mahimānaḥ sacanta yatra pūrve sādhyāḥ santi devāḥ || iti namaskāra ||