

Dhyana Sloka
(Verses which help in meditation)
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While Stotras are verses praising the deity, Dhyana Slokas describe the deity and help the devotee to bring the deity in his/her mind and proceed with meditation. There are several Dhyana Slokas for each deity, I have selected in most cases one of them and presented here along with its meaning.

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Ganapathi (Vigneswara)

**Sindhoorabham, trinethram, prathutharajataram hastha padmair dadaanam,
Dantham pasungusou swam hyoorukaravilsad bheeja poorabhiramam,
Balendu dhyotha moulim gajapathi vadanam dhanapurardra gandam,
Bhogheendrabhadha bhoosham, bhajatha ganapathim, rakthavasthrangaragam.**

Pray that Ganapathi , who is of the colour of saffron,
Who has three eyes, has a very big paunch and prettily holds,
In his four lotus like hands , tusk, rope , goad and lemon,
Who wears the rising crescent moon on his head,
Who has a face of an elephant and neck wet with exuberance,
And who wears ornaments of snakes, red cloths and red marks on his forehead.

Vallabha Ganapathi

**Bheja pooragadekshukarmukarujaa chakrabja pasthpala,
Vrehygraswavishana rathna kalasa prodhyuth karamboruha,
Dhyoyo vallabhaya cha padmakarayaslishto jwalath bhooshaya,
Viswothpathi vinasa samsthithikaro vigno visishtarthadha.**

It is necessary to meditate on that God who prevents bottlenecks,
Who holds in his eleven hands things like lemon, mace ,
Bow, sugarcane, spear ,holy wheel, lotus flower, rope,
The black bel flower, the paddy bunch, his own tusk and pot of gems,
Who is being embraced by his wife who is well ornamented,
And having in her hand a lotus flower,
Who does the creation, upkeep and destruction of the universe,
And who blesses all with the special wealth.

Vishnu

**Ksheerodanvath pradese suchimani vilasad saikathe Maukthikanam
Malaklupthasanastha Spatikamani nibhai maukthiker mandithanga
Shubrai-rabrai-rathabrai ruparivirachitai muktha peeyusha varshai
Anandi na puniyadari nalina Gadha sankapanir Mukunda**

Let that Mukunda makes us all holy,
Who wears all over his body
Pearls made of crystal,
Who sits on the throne of garland of pearls ,
Located in the sand of precious stones,
By the side of the sea of milk,
Who gets happy of the white cloud,
Sprayed of drops of nectar,
And who has the mace , the wheel and the lotus in His hands.

**Santhakaram Bujaga sayanam Padmanabham suresam,
Viswadharam Gagana sadrusam Megha varnam shubangam
Lakshmi kantham kamala nayanam Yogi hrid dyana gamyam
Vande vishnum bava bhayaharam sarva lokaika nadham**

I bow before the God Vishnu,
Who is personification of peace,
Who sleeps on his folded arms,
Who has a lotus on his belly,
Who is the God of gods,
Who is the basis of earth,

Who is similar to the sky,
Who is of the colour of the cloud,
Who has beautiful limbs,
Who is the consort of Lakshmi,
Who has lotus like eyes,
Who is seen by saints through thought,
Who kills all worries and fears,
And who is the lord of all the worlds.

Hayagreeva

**VyakhyamudrAm kara-sarasijai pustakam Sankha-chakre
Bibhrad-bhinna-sphatika-ruchire pundarike nishannah,
Amlana-srir amruta-vishadaih amsubhih plavayan maam
Avirbhuyat anagha-mahima mAnase vagadhisah.**

May my mind be filled with the nectar like ,
Cool white rays of that Lord of words,
Who shows the symbol of teaching and interpretation by one hand,
Who holds conch , wheel and book in his other three hands,
Who is seated on a white lotus flower which resembles,
A flower carved out of pure white crystal,
And who is great , brilliant and perennially flawless.

Lord Rama

**Kalambhodhanibham sarasanamilath prodhyath karombhoruham,
Seethalakshmanasevitham , kapiganai raksho ganaischavrutham,
Deva brahma bhavadhibhir bahu vidhai sthothraischa samsevitham,
Ramam rakshasa dhoomakethumanisam vande dasasyanthakam.**

I salute Him who killed the ten headed one,
Who is of the colour of black cloud,
Who shines with the bow held in his hand,
Who is being served by Sita and Lakshmana,
Who is surrounded by groups of monkeys and Rakshasas,
Who is praised by various, songs extolling him
And served by Lord Brahma and other devas,
And who Is Rama, the killer of Rakshasa similar to a comet

**Ramam rathna kireeta kundaladaram keyuraharanwitham,
Seethalangrutha vama bhaga mamalam, Simhasanastham prabhum,
Sugreevadhisanastha vanara ganair samsevnyamanam sada,
Viswamithra parasaradhi munibhi samsthooyamanam Bhaje.**

I sing the praise of Him who is being praised
By sages like Viswamithra and Parasara,
Whose left side is decorated by the presence of his consort Sita,
Who is Rama the pure who wears the gem studded crown and ear studs,
Who is the Lord who sits on his throne, and who is being always,
Served by all monkey groups lead by Sugreeva.

Lord Krishna

**Balam neelambhudhabham navamani vilasadkinkini jalabadham,
Sronijangandayugmam vipularuru nakha prollassad ganda bhoosham,
Phullambhojavakthram hatha sakata marut poothanadhyam prasannam,
Govindam vandhithendradhya varamamumpoojayedh vasaradhau.**

I pray daily morning to Him who is being saluted by Indra and other devas,
Who is a child with the blue colour of the clouds, who ties on his leg and hips,
The jingling belt made of the nine precious gems, who wears a chain,
With a tiger's claw hanging on it, who has a face like a fully opened lotus flower,
Who killed asuras like Sakata, Trunavartha, and Poothana laughingly,
And who is the cowherd who protects all beings.

Lord Parasurama

**Devam naumi ramapathim ranapatum baswath kiredanchitham,
Kodandam sasaram karena dadhtatham varena chanyena cha,
Aartha thrana patum kutaramasatham kandacchidam bhasuram,
Smasru prasphurithananam surathanum ramam sada saswatham.**

I always salute that perennial Parasurama, who is being saluted by devas,
Who is the consort of Lakshmi, who is an expert in war, who has a shining crown,
Who holds a bow in his right hand, who holds a white axe in his left hand,
Which is capable of protecting the oppressed and exterminating the bad,
Who is having a great shine in his face and who is being praised by Devas.

Lord Shiva

**Santham padmasanastham sasa dhara makutam panchavakthram trinethram,
Soolam vajram cha gadgam parasumabhayakam daksha bhahe vahantham,
Nagam pasam cha gandaam pralayahuthavaham sangusam vama bhage,
Nanalangara deeptham sphatikamani nibham parvatheesam namami.**

I salute the consort of Goddess Parvathi ,
Who is peaceful, who sits in a lotus pose,
Who wears the moon on his crown,
Who has five faces, who has three eyes,
Who holds Soola, Vajra, white axe, sword
And symbol of protection on his right,
Who holds snake , rope bell, fire of deluge
And goad on his left side,
Who shines by his several ornaments,
And who has a luster of the crystal ball.

Dakshinamurthy

**Spadika Rajathavarnam Moukthekimaksha Maalaam
Amrutha Kalasa Vidhya GynanaMoortha; Karaapjai
Thathathamuraksham Chandrachoodam Thrinethram
Vithrutha Vividhabhoosham Dakshinamoorthy Peede.**

I pray that Lord Dakshinamurthy who wears cloths of crystal white colour,
Who wears a chain of prayer beads around his neck,
Who adorns his head with the crescent , who has three eyes,
Who carries the pot of nectar in his lotus like hands,
Who shows the symbol of wisdom and is adorned,
With many varied shining ornaments.

Nataraja

**Krupasamudhram, Sumukhan , Trinethram,
Jada dharmam Parvathy vama bhagam,
Sad shivam, Rudram anatha roopam,
Chidambaresam hrudhi bhavayami.**

I salute with all my heart,
The Lord of Chidambara,
Who is the ocean of mercy,
Who is always pleasant,
Who has three eyes,
Who wears tuft of hair,
Who is always peaceful,
Who is full of anger
And who is an endless shape.

Viswanatha

**Ganga tharanga ramaneeya jada kalapam,
Gowri niranthara vibhooshitha vama bhagam,
Narayana priya managa mathapaharam,
Varanaasi pura pathim bhaje viswa natham.**

Salutations to the lord of universe,
Who is the chief of the city of Benares,
Whose tuft is adorned,
By waves of river Ganga,
Who always keeps his consort,
In the left side of his body,
Who is dear to Lord Narayana
And who destroyed the pride of the God of love.

Goddess Lakshmi

**Devi Padmasanastha vipula kateethatee padma pathrayathakshi,
Gambheeraavarthanabhi sthanbharanamitha shubra vasthrothareeya,
Lakshmeer divyair gajendarair mani gana khachithaisnapitha hemakumbhair,
Nithyam saa padmahastha mama vasathu gruhe sarva mangalya yuktha.**

Let my house be always occupied by that Lakshmi,
Who has everything that is good in her,
Who sits on a lotus, who has a very broad middle,
Who has eyes similar to the lotus leaf,
Who has a belly button similar to the deep whirlpool,
Who is slightly bent due to her heavy breasts.
Who wears clean cloths, who is being anointed by,
Holy elephants wearing gem studded ornaments
And using pots of gold and who keeps in her hand flowers of lotus.

Goddess Tripurasundari

**Balarkayutha thejasam trinayanam rakthamarollasineem,
Nanalangruthirajamana vapusham baloduratchekaram,
Hasthairikshadhanusyanim sumasaram pasam mudhra bibrathim,
Sri chakra sthitha sundarim trijagathamadara bhootham smareth.**

I meditate on her who is the basis of all the three worlds,

Who shines like the rising sun, who has three eyes, who dresses,
Herself with cloths of blood red colour, Who shines in a pretty form
Which shines with different ornaments, who wears the crescent on her head,
Who holds a bow of sugarcane , flower arrow, rope and goad in her four hands,
And who is the pretty goddess who sits on the Sri Chakra.

Goddess Lalitha

**Sindhuraruna vighram trinayanam manikya mouli spurath
Thara Nayaga sekaram smitha mukhi mapina vakshoruham,
Panibhayam alipoorna ratna chashakam rakthothpalam vibhrathim,
Soumyam ratna gatastha raktha charanam, dhyayeth paramambikam.**

Meditate on that Ambika,
Who has a body of the colour of saffron,
Who has the three graceful eyes,
Who has a jeweled crown ,
Adorned by the moon,
Who always has a captivating smile,
Who has high and firm breasts,
Who has wine filled cup made of precious stones,
And reddish flowers in her hands,
Who forever is the ocean of peace,
And who keeps her red holy feet.
On a jeweled platform.

**Arunam Karuna thrangitakshim dhrutha –pasangusa-pushpabana-chapam,
Animadhibhi-ravrutham mayukai –raha mityeva vibhavaye Bhavanim.**

I imagine of my goddess Bhavani,
Who has a colour of the rising sun.
Who has eyes which are waves of mercy,
Who has bow made of sweet cane,
Arrows made of soft flowers,
And pasanugusa in her hands,
And who is surrounded,
By her devotees with powers great,
As personification of the concept of “aham”

**Dyayeth padmasanastham vikasitha vadanam padma pathrayathakshim,
Hemabham peethavasthram karakalitha-lasadhema padmam varangim,
Sarvalangara yuktham sathatham abhayadam bhaktha namram bhavanim.
Srividyam santhamuthim sakala suranutham sarva sampat pradhatrim.**

Meditate I do,

On her who sits on a lotus,
On her who has a smiling face,
On her who has long eyes like the lotus leaf,
On her who glitters like gold,
On her who wears red cloths,
On her who has a golden lotus in her hand,
On her who grants all desires,
On her who is dressed with perfection,
On her who gives protection,
On her who has soft heart to her devotees,
On her who is Sri vidya ,
On her who is forever peaceful,
On her who is worshipped by gods,
And on her who gives all wealth.

**Sakumkumalepana –malikachumbi-Kasthurikam,
Samanda hasithekshanam sashra chapa pasangusam,
Asesha jana mohinim –maruna malya bhoosham bara,
Japa-kusuma-basuram japa vidhou smarathembikam.**

Meditate on her,
Who applies saffron on her body,
Who applies musk attracted by bees on her,
Who has a beautiful smile,
Who has with her bows, arrows rope and goad,
Who attracts all the souls,
Who wears red garland,
Who wears ornaments great,
And who is of the colour of the red hibiscus,

Indrakshi

**Nethraanam dasapi sathai Parivrutham ,
Athyugra sarmaambharam,
Hemaabham mahathim
vilambhitha sikam,
Ammuktha ksanwitham ,
Kanda manditha pada padma yugalam,
Nagendra kumbha sthaneem.
Indrakshim parichindayami,
Manasa kalbhoktha siddhi pradham.**

I salute that Indrakshi,
Who has thousand eyes,
Who has a strong skin,

Who is golden in colour,
Who has long open and black hair,
Who walks with the soft sound made by her anklets,
Who has pair of busts like the pot held by the king of snakes.

Durga

**Ashtou bhujangim mahishasya mardhinim,
Sasankhachakram sara soola dharineem,
Thaam divvy yogim sahajatha vedhasim,
Durgaam sada saranamaham prapadhye.**

I always seek the protection of Durga,
Who has eight hands, who killed Mahisha,
Who is armed with conch, wheel, bow and spear,
Who is a great sage and who was born with Vedas.

Goddess Gayathri

**Muktha vidhruma hema neela davalachayair mukhaistheekshanai,
Ryktha mindu nibadha rathnamakutam bahwatha varnathmikam,
Gayathreem varadabhayangusakasam shubram kapalam gunam,
Chakram sankhamadharavindayugalam hasthair vahantheem bhaje.**

I sing about that Gayathri who has five faces of the colour of,
Pearl, coral, gold, blue and white, who has three eyes,
Who has a crown adorned with the crescent of the moon,
Who has a soul described by several words with several meanings,
And who holds symbol of pardon, symbol of excuse, goad, axe, skull,
Rope, holy wheel, conch and two lotuses in her ten hands,

Saraswathi

**Hamsarooda harabhasitha harendu kundavadhatha,
Vanee mandasmithyutha mukhee moulibhandendu lekha,
Vidhya veenamrutha maya ghatakshasragadeepthahastha,
Shubrabjastha bhavadhabhimathaprapthaye bharathee syath.**

Let our wishes be fulfilled by goddess Sarawathi,
Who rides on a swan, who is of the colour of,

Ash worn by Lord Shiva, chain of pearl,
Moon and the jasmine flower,
Who has a face lit by her slight smile,
Who wears the crescent on her head,
Who holds in her four hands, book,
Veena, pot of nectar and a chain of rudraksha,
And who sits on a white lotus flower.

**Yakundendu Thushara Hara Davalam, Ya shubra vastravrutham,
Ya veena vara danda manditha kara, Ya shwetha padmasana,
Ya brahmachyutha Sankara prbhruthibhi Daivai sada poojitha,
Saa maam pathu saraswathi bhagawathi Nissesha jadyabaha.**

My salutations to Goddess Saraswathi,
Who is while like a jasmine flower,
Who shines like the full moon,
Who carries in her hand a Veena and a stick,
Who is seated on the throne of white Lotus,
Who is worshipped by the holy trinity,
With a prayer to drive away all my slothfulness.

Lord Hanuman

**Pingaksham pingakesam sasarudhira nikasasyadhopada padmam,
Prodhyanmarthandakoti pramitha thanugaladrasmibhir durnireekshyam,
Rakachandramsujala prasyamara nakha dhamshtamsu sandhohanasya,
Udhwandhasachakravalam kapivaramanisam vayu puthram namami.**

I salute that son of wind god, who has reddish brown eyes and hairs,
Who has a face, arms and legs of the colour of the blood of a rabbit,
Who has the luster which causes glare to the eye and is difficult to see,
Similar to the ebbing luster of billions of Sun gods,
Who with his nails and teeth, which are of the white light like the full moon,
Removes all the darkness from the horizon and who is a great monkey.

Panchamukha Hanuman

**Panchasyachutamaneka vichitra veeryam,
Sri shanka chakra ramaniya bhujagra desam ,
Peethambaram makara kundala noopurangam ,
Dhyayethitam kapivaram hruthi bhvayami .**

I meditate on and keep in my mind that great monkey,
Who has five holy faces, who is a great warrior,

Who holds the conch and holy wheel in his hands,
Who wears red silk cloth and wears
Shark like ear drops and anklets

Surya (Sun God)

**Shonamboruha samsthitham trinayanam veda trayi vighram,
Danaam bhojayuga bhayani dhadhatham hasthairpravalaprabham,
Keyurangadha hara kankana dharam kanollasathkundalam
Lokathpathi vinasa palanakaram Soorym gunabdhim bhaje.**

I pray that Sun God who is the sea of good characters,
Who stays in the red lotus flower, who has three eyes,
Who has the three Vedas as his body, who holds two lotus flowers,
The symbol of protection and blessing in his four hands,
Who has the luster of pearls, who wears crown, chains , bangles ,
And other ornaments, who wears shining ear drops in his ears,
And who is responsible for creation , upkeep and destruction of the world.

Chandra(Moon God)

**Karpoora sphaatikavadhathamanisam poornendu bimbananam,
Mukthadhama vibhooshithena vapusha nirmoolayantham thama,
Hastabhyam kumudam varam cha dathadam neelalakothebhasitham,
Sasyankasthamyagothidasraya gunam somam sudhabdhim bhaje.**

I seek protection of the moon ,who is a lake of nectar,
Who has a body as white as the crystal and camphor,
Who has a face like a fully opened white lotus flower,
Who with his body decorated by garlands of gems,
Removes darkness completely, who holds the lotus,
And the symbol of blessing in his two hands,
Who shines with the blue curly hairs on his forehead,
And who exhibits his affection by the rabbit which he keeps on his lap.

Kuja(God Mars)

**Vindhyesam grahadakshinaprathimukham raktha thrikonakrutheem,
Dhorbhi sweekrutha shakthi soola sagadhaam charooda meshadhipam,
Bhardwajamupatha raktha vasana chatha sriya shobitham,
Meror divya girai pradakshinakaram , sevamiha tham kujam.**

I do service to the God Mars, who is the god of Vindya mountain,
Who is the planet facing south, Who sits on the red triangle,
Who is armed with spear. Shakthi and mace, who rides on a goat,
Who shines with wealth of reddish cloth
And umbrella given by Bharadwaja and others,
And who perambulates the holy mountain of Meru.

Budha(God Mercury)

**Aathreyam mahadhadhipam grahaganesyana bhaga sthitham,
Banakaramudangamukam saralasadthuneera banasanam,
Peethasragwasanadwaya dwaja radha chathrasriya shobhitham,
Meror divya giraipradakshinakaram Sevamahe tham budham.**

I serve that Budha, who belongs to the Athreya clan,
Who is the owner of greatness, , who is on the north east direction,
Among the planets, Who resembles the arrow, who faces the east,
Who keeps the bow and arrow in his hands, Who shines with,
Yellow garlands, two cloths, flag pole, chariot and a fan,
And who goes round and round the Maha Meru mountain.

Guru(God Jupiter)

**Rathashta pada vasthrarasimamalam dakshath kirantham karaa,
Daseenam vipanou karam nidhadatham rathnadhi rasou param,
Peetha lepana pushpa vasthra makhilalankara sambhooshitham,
Vidhya sagara paragam suragurum vande suvarna prabham.**

I salute that teacher of gods, who shines like gold,
Who distributes clean cloths with his right hand,
Who sits in the shops of business,
Who keeps his hands on gem stones,
Who wears yellow marks, flowers and cloths,
Who wears clean and sparkling ornaments,
And who has seen the other shore of the sea of wisdom.

Shukra(God Venus)

**Swethambhoja nishannamapana thate, swethambara lepanam,
Nithyam bhaktha janaya sambradathatham vaso maneen phatakam,
Vamenaiwa karena dakshinakare vyakhyana mudrangitham,**

Shukram daithya vararchitham smithamukham vande sithangaprabham.

I salute that Shukra with a smiling face, who shines with his white body,
Who sits in a white lotus in the place of business, who wears white marks and cloths,
Who distributes cloths and gems using his left hand to his devotees,
Who shows the symbol of explanation by his right hand,
And who gives boons to the Rakshasas.

Sani(God Saturn)

**Dhyayen neela solochaya dhyuthi nibham neelaravindasanam,
Devam de eptha visala lochana yutham nithyakshudha kopinam,
Nirmmam sodhara sushka deerga vapushamroudrakruthem bheeshanam,
Deergasmasrujatayudham grahapathim souram sadaham bhaje.**

I always salute that Saturn who is the lord of planets , who has a body,
Colour like a blue stone, who sits on a blue lotus flower.
Who has broad shining eyes, who is always angry because of hunger,
Who has a lean dried body without any flesh , who is always angry,
Who is fearsome and who has long beard and hair.

Lord Sastha (with Poorna and Pushkala)

**Jeemoothashyamadhama mani maya viladsad kudalollosivakthro,
Hasthabjam daksha mathrothpalamitharabhujam vama janoo paristham,
Bibrath admasanastha parikalitha thanuryogapattena jushta,
Sri poornapushkalabhyam puraharamurajith puthrakapathu sastha.**

Let us be protected by god Sastha who is the son of lord Vishnu and Shiva,
Who is of the black colour of the clouds, who has a face shining because,
Of the gem studded ear drops that he wears, Who has the red lotus in right hand,
Who places his left hand on his left knee , who sits in the lotus pose along,
With his two wives Poorna and Pushkala in the throne of Yoga.

Lord Sastha

**Thamalasyamalam bhadram pingalakalpa sundaram,
Aadhijyakarmugam vande sathyamavyaktha youanam,**

I salute him with his not very clear youth,
Who is of the light green colour of young leaves,

Who is safe and keeps everyone safe,
Who is decorated by ornaments of the copper colour,
And who holds the bow with arrow ready to shoot, in his hands.

Lord Subrahmanya

**Dyayeth shanmugamindu koti sadrusam , rathna prabha shobitham,
Balarkadhyuthi shad kireeda vilasad keyura haranvitham
Karnalambitha kundala pravilasad ganda sthalee shobitham,
Kanchi kankana kinkini ravayutham srungara sarodhayam.**

Meditate on that six faced god, who is like billions of moons,
Who shines with gem studded ornaments, who looks like the baby sun,
Who shines with six crowns, who wears bracelets and chains,
Whose hanging ear drops make his cheeks appear pretty,
Who wears golden belt, bangles and anklets,
And is the essence of the feeling of romance.