

# Vibhava Avataras Part II (Names 333-606)



Vishnu sahasranamam Collection



Date: 2025-12-23



**Description:** Exploring the Lord's pervasion as Vasudeva, his control over nature and time, and his incarnations as Rama, Kalki, Kapila, and Vyasa



**Tags:** vasudeva, rama-avatara, kalki-avatara, kapila-avatara, vyasa-avatara, varaha-avatara, dharma-incarnate, nara-narayana, manifestations

## The Divine Manifestations: Vibhava Avataras Part II (Names 333-606)



Based on the commentary **Bhagavat Guna Darpanam** by **Parashara Bhatta**, here is the detailed breakdown of **Part 3** (Names 333–606) of the *Vishnu Sahasranamam*.

This section covers the Lord's pervasion as Vasudeva, his specific Avataras (Rama, Kalki, Kapila, Varaha, Vyasa), and his role as the embodiment of Dharma and Yoga.

### Part 3: The Manifestations & Elements (Names 333–606)



#### 1. Vasudeva: The All-Pervading Lord (333–357)



*Focus: The Lord as the indweller of all beings, treating creation as a sport.*

No. Name	Meaning (Parashara Bhatta)	Context/Anecdote from Source
333 Vasudevaha	The Pervader who plays.	He lives ( <i>Vasati</i> ) in all beings and plays ( <i>Divyati</i> ) with them. He covers the universe like a bird covers its nest with wings.
334 Brihat Bhanuhu	The Great Radiance.	He is the brightness within the sun's rays that illuminates the world.
335 Adi Devaha	The Primal Deity.	He treats the entire creation as a sport ( <i>Leela</i> ), playing with the universe.
336 Purandaraha	Destroyer of Cities.	He destroys the cities of Asuras (Tripura) who oppose the devotees.
337 Ashokaha	Dispeller of Sorrow.	He destroys the internal sorrow ( <i>Shoka</i> ) and delusion ( <i>Moha</i> ) of his devotees.
338 Taranaha	The Savior.	He helps devotees cross over external fears like germs, enemies, and thieves.
339 Taraha	The Rescuer.	He helps devotees cross the cycle of <i>Samsara</i> (birth and death). The name <i>Rama</i> is called the <i>Taraka Mantra</i> .
340 Shuraha	The Valiant.	He is always victorious and shows his valor in protecting devotees.
341 Shaurihi	Son of Shura (Vasudeva).	He was born in the clan of Shura (Vasudeva's father).
342 Janeshwaraha	Lord of People.	He is the ruler of all beings, leaving no one out.
343 Anukoolaha	The Agreeable/ Humble.	Despite his power, he has no arrogance ( <i>Garvam</i> ) and cooperates with his devotees.

No. Name	Meaning (Parashara Bhatta)	Context/Anecdote from Source
344 Shatavartaha	He of Hundred Whirlpools.	His grace flows in hundreds of waves like a whirlpool of wealth.
345 Padmi	Lotus-Holder.	He holds a lotus representing his playful nature ( <i>Leela</i> ).
346 Padmanibhekshanah	Lotus-like Eyes.	His eyes resemble the soft, beautiful lotus, removing the fatigue of devotees.
347 Padmanabhaha	Lotus-Navelled.	He has a navel soft as a lotus from which Brahma is born.
348 Aravindakshaha	Lotus-Eyed.	Another reference to his eyes, specifically resembling the day-lotus ( <i>Pankaja</i> ).
349 Padmagarbhaha	Installed in Lotus-Heart.	He sits in the lotus-like hearts of Yogis ( <i>Yogi Hrid Dhyana Gamyam</i> ).
350 Sharirabhrit	Nourisher of Bodies.	He nourishes the devotees who hold Him in their bodies/minds.
351 Mahardhihi	Great Prosperity.	He grants infinite wealth ( <i>Riddhi</i> ) to his devotees.
352 Riddhaha	The Prosperous.	He grows along with the prosperity of his devotees.
353 Vriddhatma	The Expanded Soul.	Though appearing small (in Avatars), his power and nature are huge.
354 Mahakshaha	Great-Eyed / Great Vehicle.	He possesses Garuda (the vehicle) who is the embodiment of Vedas.
355 Garudadhvajaha	Garuda-Flagged.	He has Garuda on his flag; Garuda represents the Vedas.
356 Atulaha	Incomparable.	There is no one equal to Him ( <i>Anupamam</i> ).
357 Sharabhaha	The Destroyer.	He destroys those who cross the boundaries of Dharma.

## 2. Controllership: Nature & Time (358–389) 🕒

*Focus: The Lord's control over fear, time, and the cosmos.*

No.	Name	Meaning	Context/Anecdote from Source
358	Bhimaha	The Fearful.	He instills fear in those who ridicule Shastras.
359	Samayagnyaha	Knower of Timing.	He knows the right time to bless his devotees with prosperity.
360	Havirharihi	Receiver of Offerings.	He accepts the <i>Havis</i> in Yagyas and removes obstacles ( <i>Hari</i> ).
361	Sarvalakshana Lakshanyaha	Defined by all Marks.	He is defined by all auspicious marks, primarily his association with Lakshmi.
362	Lakshmivan	Possessor of Lakshmi.	He is eternally united with Lakshmi.
363	Samitinjayaha	Victor in War.	He wins over the distress of devotees (like Brahma).
364	Viksharaha	Undecaying (Love).	His love for devotees never perishes.
365	Rohitaha	The Red One.	He takes a reddish hue (like a lotus, or in anger against enemies).
366	Margaha	The Path.	He is sought after by Upasakas (devotees).
367	Hetuhu	The Cause.	He is the cause for the fulfillment of desires.
368	Damodaraha	Rope around Waist.	He allowed Yashoda to tie him with a rope ( <i>Dama</i> ) around his waist ( <i>Udara</i> ).
369	Sahaha	The Tolerant.	He tolerates the binding and scolding of devotees (like Yashoda).
370	Mahidharaha	Supporter of Earth.	He bears the burden of the earth by removing evil forces.
371	Mahabhagaha	The Fortunate.	He is fortunate to have won Rukmini, Satyabhama, etc. in Swayamvara.

No. Name	Meaning	Context/Anecdote from Source
372 Vegavan	The Fast One.	He manifests his divine qualities quickly, even as a child.
373 Amitashanah	The Great Eater.	He swallowed the immense food offered to Govardhana Hill.
374 Udbhavaha	The Releaser.	He releases devotees from the bondage of Samsara (just as he was released from the mortar).
375 Kshobhanaha	The Agitator.	He agitates <i>Prakriti</i> (nature) to bind Jivas, and then releases them.
376 Devaha	The Player.	He plays with animals (boars, tigers) and protects them.
377 Shrigarbhaha	Womb of Lakshmi.	He protects Lakshmi within him like a child.
378 Parameshwarah	The Supreme Ruler.	He rules with Lakshmi; his sovereignty is for a purpose.
385 Vyavasayaha	The Determination.	He determines the paths of the stellar bodies (Jyotish Chakra).
386 Vyavasthanaha	The Regulator.	He regulates time ( <i>Kala, Muhurta</i> ).
387 Samsthanaha	The Abode.	All cosmic activities converge in Him.
388 Sthanadaha	Giver of Status.	He gave Dhruva the supreme status of the Pole Star.
389 Dhruvaha	The Stationary.	He made Dhruva stationary and is Himself the stable support.

### 3. Rama Avatara: The Ideal Man (390–421)

*Focus: The qualities of Sri Rama and his destruction of Ravana.*

No. Name	Meaning	Context/Anecdote from Source
390 Parardhih	Repository of Qualities.	He is full of auspicious qualities ( <i>Kalyana Gunas</i> ).
391 Paramaspashtah	Explicitly Clear.	

No. Name	Meaning	Context/Anecdote from Source
		He revealed his four-armed form ( <i>Chaturbhuja</i> ) to Hanuman explicitly.
392 Tushtah	The Contented.	He was happy to be born as Dasharatha's son and follow his words.
393 Pushtah	The Full.	He is full of noble qualities like respecting elders and valor.
394 Shubhekshanah	Auspicious Gaze.	To be seen by Rama was considered the greatest fortune by Ayodhya's people.
395 Ramah	The Delighter.	His beauty captivates the minds of men ( <i>Pumsam Mohana</i> ).
396 Viramah	The End.	He put an end to Ravana and the suffering of the Devas.
397 Viratah	The Detached.	He was not attached to the Kingdom; he accepted exile calmly.
398 Margah	The Sought After.	He was sought by sages like Bharadwaja.
399 Neyah	One who can be led.	He allowed himself to be led by devotees like Sugriva and Bhaktisara.
400 Nayah	The Protector.	He promised to protect the Rishis in the forest.
401 Anayah	The Un-leadable (by enemies).	He cannot be commanded by enemies; he destroys them (e.g., Khara, Dushana).
402 Virah	The Hero.	His valor made enemies like Maricha tremble.
403 Shaktimatam Shreshtah	Best of the Powerful.	He is greater than Indra, Agni, and Vayu.
404 Dharmah	Dharma Incarnate.	

No. Name	Meaning	Context/Anecdote from Source
		He grants both worldly success and Moksha; He is <i>Dharmo Vighrahan</i> .
405 Dharmaviduttamah	Best Knower of Dharma.	He learned from Vasishta but is the ultimate authority on Dharma.
406 Vaikunthah	The Uniter.	He removes obstacles to unite with devotees (like Guha).
407 Purushah	The Purifier.	He is purity personified.
408 Pranah	The Life Breath.	He rejuvenated the army (Hanuman, monkeys) on the battlefield.
409 Pranadah	Giver of Life.	He gives strength to his followers.
410 Pranamah	Worthy of Bowing.	He is worshipped by all, including sages like Valmiki.
411 Prithuhu	The Famous.	His fame spread everywhere (even Guha knew him).
412 Hiranyagarbha	Golden Womb (Treasure).	He is the golden treasure in the hearts of Yogis.
413 Shatrughna	Destroyer of Enemies.	He destroys the internal enemies (senses) represented by Ravana.
414 Vyaptah	The Pervader (Love).	His love pervades everyone, friend or foe (Vibhishana/ Sugriva).
415 Vayuhu	The Mover.	He goes to the place of his devotees (Shabari, Guha) to bless them.
416 Adhokshajah	Undiminishing.	His ocean of qualities never dries up.
417 Rituhu	The Seasons.	His qualities come in waves like seasons to delight devotees.

No. Name	Meaning	Context/Anecdote from Source
418 Sudarshanah	Beautiful Sight.	His form is auspicious to look at.
419 Kalaha	The Gatherer.	He draws all beings to Himself.
420 Parameshti	The Supreme Resident.	After the Avatar, he returns to the Supreme Abode.
421 Parigraha	The All-Accepting.	He took all citizens of Ayodhya (even grass) to Vaikuntha.

#### 4. Kalki Avatara: The Future Warrior (422–435) ✂️

*Focus: The end of Kali Yuga and restoration of Dharma.*

No. Name	Meaning	Context/Anecdote from Source
422 Ugrah	The Fierce.	He will be fierce against sinners at the end of Kali Yuga.
423 Samvatsarah	The Waiting One.	He waits in Patala (with Adishesha) for the right time.
424 Dakshah	The Quick Actor.	He destroys the wicked instantly upon emerging.
425 Vishramah	The Resting Place.	He provides shade/rest to those who seek remorse for sins.
426 Vishwa Dakshinah	Skillful for All.	He is the shelter for both good and bad who seek him.
427 Vistarah	The Extender.	He extends/establishes Krita Yuga within Kali Yuga.
428 Sthavara Sthanuh	Establishing Firmness.	He restores Dharma firmly and rests.
429 Pramanam	The Authority.	He defines what is good and bad for the new age.
430 Bijam Avyayam	Imperishable Seed.	He sows the seeds of Dharma even during destruction.
431 Arthah	The Goal.	He is the fruit attained by devotees.
432 Anarthah		



No. Name	Meaning	Context/Anecdote from Source
	Not for Unfortunate.	Those without merit/fortune do not worship Him.
433 Mahakoshah	Great Treasure.	He possesses the treasure of knowledge (Nidhis).
434 Mahabhogah	Great Enjoyment.	He provides material wealth and enjoyment to devotees.
435 Mahadhanah	Great Wealth.	He is the wealth for the destitute (like Kuchela).

## 5. Simshumara Chakra & Yagya (436–450) ★

*Focus: The Lord as the untiring creator, stars, and sacrifice.*

No. Name	Meaning	Context/Anecdote from Source
436 Anirvinnah	The Untiring.	He never tires of creating and correcting the world.
437 Sthavishtah	The Gross/Huge.	He forms the <i>Simshumara Chakra</i> (dolphin-shaped constellation).
438 Bhuhu	The Support.	He supports the Dhruva star and the constellation.
439 Dharma Yupah	Pillar of Dharma.	He is the post/pillar to which Dharma is tied.
440 Mahamakhah	Great Sacrifice.	Dharma is his body and Yagyas are his limbs.
441 Nakshatra Nemih	Hub of Stars.	He controls the movement of stars; the center of the wheel.
442 Nakshatri	Owner of Stars.	He is the substratum of the stars.
443 Kshamah	The Competent/ Patient.	He bears the burden of the universe effortlessly.
444 Kshamah	The Remainder.	He remains after dissolution when stars merge into Him.
445 Samihanah	The Assigner.	He assigns duties to respective deities during creation.
446 Yagyah	The Sacrifice.	He is the Yagya, the means, and the fruit.

No. Name	Meaning	Context/Anecdote from Source
447 Ijyah	Object of Worship.	He is worshipped even by Indra (who seeks lesser fruits).
448 Mahejyah	Great Object of Worship.	He is the object of meditation for those seeking higher fruits.
449 Kratuh	The Ritual.	He is the specific sacrifices like Agnihotra and Soma Yagya.
450 Satram	Continuous Sacrifice.	He is the long sacrifices (Satram) like the one by Parikshit.

## 6. Nara-Narayana: Divine Sages (451–463)

*Focus: The path of renunciation (Nivritti) and Badrikashrama.*

No. Name	Meaning	Context/Anecdote from Source
451 Nirvritti Dharmatma	Soul of Detachment.	He exemplifies <i>Nivritti</i> (renunciation) as Nara-Narayana.
452 Sarvadarshi	All-Seeing.	He oversees both Pravritti and Nivritti Dharmas.
453 Nivrittatma	Detached Soul.	He practices detachment (Vairagya) to teach the world.
454 Sarvagnah	All-Knowing.	He is the <i>Antaryami</i> (inner knower) of all souls.
455 Gyanam Uttamam	Supreme Knowledge.	Identified as <i>Vaishnava Dharma</i> (empathy for others).
456 Suvratah	Good Vow.	He practices Dharma first before preaching it.
457 Sumukhah	Good Face.	He has a serene face that destroys worries.
458 Sukshmah	The Subtle.	He is realized only through intense meditation.
459 Sughoshah	Auspicious Sound.	He is the voice/essence of the Upanishads.
460 Sukhadah	Giver of Happiness.	He gives happiness to those who follow Dharma.

No. Name	Meaning	Context/Anecdote from Source
461 Suhrit	The Friend.	He helps even those who think they are his enemies (asking "What can I do for you?").
462 Manoharah	Stealer of Mind.	He has motherly love ( <i>Vatsalyam</i> ) that captivates devotees.
463 Jita Krodhah	Conqueror of Anger.	He controls anger, using it only for the right reason (e.g., Rama).

## 7. Mohini & Amrita Mathana (464–470)

*Focus: The churning of the ocean and the Mohini Avatar.*

No. Name	Meaning	Context/Anecdote from Source
464 Virabahuh	Heroic Arms.	He used 1000 arms to churn the ocean with Vasuki.
465 Vidharanah	The Destroyer/ Splitter.	He destroyed Rahu and obstacles during the churning.
466 Swapanah	The Lulling/ Mesmerizer.	As Mohini, he mesmerized the Asuras with his beauty/smile.
467 Swavashah	Independent.	While Asuras fainted/were mesmerized, He remained self-controlled.
468 Vyapi	The Pervader.	He pervaded the Tortoise, the Mountain, and Vasuki simultaneously.
469 Naikatma	Many Souled/ Formed.	He took many forms (Kurma, Mohini, Ajita, Dhanvantari) for one event.
470 Naika Karmakrit	Doer of Many Actions.	He churned, supported, distributed nectar, and killed demons.

## 8. Dharma & Power of Names (471–527)

*Focus: The Sustainer, the nature of Dharma, and protection of devotees.*

No. Name	Meaning	Context/Anecdote from Source
471 Vatsarah	The Indweller.	He resides within to induce interest in Dharma.
472 Vatsalah	The Affectionate.	

No. Name	Meaning	Context/Anecdote from Source
		Like a cow licking its calf, he loves his devotees.
473 Vatsi	Possessor of Calves.	He protects his devotees as if they were calves.
474 Ratnagarbha	Womb of Gems.	He grants riches (diamonds, gold) to those who desire them.
475 Dhaneshwarah	Lord of Wealth.	He grants wealth quickly to those who ask.
476 Dharmagup	Protector of Dharma.	He protects Dharma while granting Artha and Kama.
477 Dharmakrit	Doer of Dharma.	He makes his devotees perform Dharma.
478 Dharmi	Possessor of Dharma.	He uses Dharma as an instrument to correct the world.
479 Sat	The Good/ Existing.	He is the embodiment of Sanatana Dharma (Krishna/Rama).
480 Asat	The Non-Existing.	He does not stay with sinners/those opposing Dharma.
483 Avignata	The Non-Knower.	He ignores/overlooks the faults of his sincere devotees.
486 Krita Lakshanah	Maker of Marks.	He gives the insignia (Shankha/ Chakra) to his devotees.
489 Simhah	The Lion.	He acts as a lion against Yama to protect his devotees.
490 Bhuta Maheshwarah	Great Lord of Beings.	He controls Brahma, Yama, etc., to give peace to devotees.
495 Guruh	The Teacher.	He dispenses knowledge of Vedas (e.g., as Gitacharya).
503 Kapindrah	Lord of Monkeys.	He led the monkeys (Devas incarnate) as Rama.
504 Bhuridakshinah	Giver of Large Dakshina.	He performed many Yagyas (Ashwamedha) giving huge charity.
509 Purushottamah	Best Person.	

No. Name	Meaning	Context/Anecdote from Source
		Hanuman realized Him as the Supreme Person through His qualities.
512 Satyasandhah	True to Promise.	He never betrays his promise (e.g., to Sugriva regarding Vali).
513 Dasharhah	Worthy of Surrender.	He allows devotees (like Guha) to surrender to Him.
514 Satvatam Patih	Lord of Satvatas.	Leader of the Yadavas/Bhagavatas (Pancharatra followers).
517 Sakshi	The Witness.	He witnesses the adherence to rules by devotees.
518 Mukundah	Giver of Moksha.	He grants liberation ( <i>Mukti</i> ).

## 9. Kapila & Varaha Avatars (528–540) 🐷

*Focus: The propounder of Sankhya and the Boar who saved Earth.*

No. Name	Meaning	Context/Anecdote from Source
528 Anandah	Bliss.	He is the great bliss mentioned in the <i>Anandavalli</i> of Upanishads.
529 Nandanah	The Gladdener.	He makes devotees happy by granting Moksha.
530 Nandah	The Prosperous.	He is full of all enjoyments.
533 Trivikramah	Pervader of 3 Vedas.	(In Kapila context) He pervades the three Vedas with his knowledge.
534 Maharishi	Great Seer.	Kapila is the seer of mantras ( <i>Mantra Drashta</i> ).
535 Kapilacharyah	Teacher Kapila.	He taught Sankhya to his mother Devahuti.
536 Kritagyah	The Grateful.	He helped the sons of Sagara (Anshuman) despite their offense.
537 Medini Patih	Lord of the Earth.	He supports the earth (as Kapila holding it).
538 Tripadah		

No. Name	Meaning	Context/Anecdote from Source
	Three-Stepped/ State.	He grants knowledge of <i>Achit, Chit, and Ishwara</i> .
539 Tridashadhyakshah	Lord of 30 Gods.	He protected the Devas during the deluge (Varaha context).
540 Mahashringah	Great Horned.	As Varaha, he had huge tusks/horns to lift the Earth.

## 10. Auspicious & Healer (541–574)

*Focus: Dhanvantari, destruction of evil, and general auspiciousness.*

No. Name	Meaning	Context/Anecdote from Source
541 Kritantakrit	Slayer of Death/ Hiranyaksha.	He killed Hiranyaksha who was like death itself.
542 Mahavarahah	Great Boar.	The huge form of Varaha that lifted the earth.
543 Govinda	Rescuer of Earth.	He rescued <i>Go</i> (Earth) from the depths.
544 Sushenah	Good Army.	He has a good army (body) made of <i>Shuddha Sattva</i> .
545 Kanakangadi	Golden Armlets.	He wears divine golden ornaments.
550 Chakra Gadadharah	Holder of Chakra/ Gada.	He holds the 5 weapons (Panchayudha) to protect.
554 Krishna	Dark/Attractive.	He has a beautiful hue (mixture of dark blue/green/black).
560 Vrikshah	The Tree.	He provides shade like a tree to those suffering from Samsara (e.g., Mango tree anecdote).
561 Pushkarakshah	Lotus-Eyed.	His eyes nourish devotees like a mother's gaze.
563 Bhagavan	Possessor of 6 Opulences.	He possesses <i>Jnana, Bala, Aishwarya, Virya, Shakti, Tejas</i> .
566 Vanamali	Wearing Forest Garland.	He wears the <i>Vaijayanti</i> garland made of the essence of 5 elements.
567 Halayudhah		

No.	Name	Meaning	Context/Anecdote from Source
		Plough- Weaponed.	Reference to Balarama (ploughing the mind for knowledge).
569	Jyotiradityah	Light of the Sun.	He is the inner light giving power to the sun.
573	Khanda Parashuh	Broken Axe.	Parashurama (whose axe broke in many battles).

## 11. Vyasa Avatara (575–589)

*Focus: The compiler of Vedas and source of knowledge.*

No.	Name	Meaning	Context/Anecdote from Source
575	Dravinapradah	Giver of Wealth.	Here, wealth refers to the knowledge of Shastras given by Vyasa.
578	Vyasah	The Divider.	He divided/categorized the Vedas (Rig, Yajur, Sama, Atharva).
579	Vachaspati	Lord of Speech.	He composed the "Fifth Veda" (Mahabharata).
580	Ayonijah	Unborn (from womb).	Though born to Satyavati, his knowledge was not born of a womb (divine origin).
582	Samagah	Singer of Sama.	He enjoys singing the Sama Veda.
585	Bheshajam	The Medicine.	He is the cure for the disease of Samsara.
586	Bhishak	The Physician.	He is the doctor ( <i>Dhanvantari</i> ) who cures the illness of birth/death.
587	Sanyasakrit	Institutor of Renunciation.	He teaches <i>Satvika Tyaga</i> (renouncing doership/fruit).

## 12. The Goal of Yoga (590–606)

*Focus: The destination of spiritual practice.*

No.	Name	Meaning	Context/Anecdote from Source
590	Nishtha		

No.	Name	Meaning	Context/Anecdote from Source
		The Abode/ Establishment.	He is where the minds of disciplined devotees rest.
591	Shantihi	Peace.	The peace experienced in the state of Samadhi.
592	Parayanam	Supreme Goal.	He allows devotees to attain Him through Bhakti.
593	Shubhangah	Beautiful Limbs (Yoga).	He facilitates the 8 limbs ( <i>Angas</i> ) of Ashtanga Yoga.
594	Shantidah	Giver of Peace.	He grants <i>Sayujya</i> (union) and peace to the Yogi.
595	Srashta	The Creator.	He creates conditions for souls based on their desire for bondage or liberation.
599	Gopatih	Lord of Earth/ Heaven.	He is the Lord of <i>Swarga</i> (Bhoga Bhumi).
600	Gopta	The Protector.	He protects the karma-phala (fruit of action) cycle.
603	Anivarti	Non-Returner (or Returner).	For those attached to the world ( <i>Pravritti</i> ), he makes them return to Samsara.
604	Nivrittatma	Detached Soul.	For those seeking liberation ( <i>Nivritti</i> ), he leads them away from the world.
606	Kshemakrit	Doer of Good.	He protects the <i>Nivritti</i> path devotees and grants them welfare.

## The Divine Drama Continues 🤖🤔

This section reveals the Lord's extraordinary ability to be simultaneously transcendent and immanent. As Vasudeva, He pervades all existence while playing with creation like a cosmic sport. Through His incarnations as Rama, Kalki, Kapila, and Vyasa, we see how the same divine consciousness adapts to meet the needs of different ages and different types of devotees.

Parashara Bhatta's commentary beautifully shows how even the future avatar (Kalki) and the philosophical teacher (Kapila) are not separate from the playful



child tied by Yashoda's rope (Damodara). The Lord who compiles the Vedas (Vyasa) is the same one who becomes the goal of all Yoga practice.

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## Reference

[Vishnu Sahasranamam Commentary Discussion](#)



## Acknowledgment & Disclaimer

These articles are based on discourses by **Sri Dushyanth Sridhar**, who renders discourses in English & Tamil on Rāmāyana, Mahābhārata, Bhāgavata, Vishnu Purāna, Bhagavad Gitā, Vishnu Sahasranāma, and Divya Prabanda in the upanyāsam, pravachanam, or kālakshepam style. Visit <https://desikadaya.org> for more information. These notes are presented solely for educational purposes to help viewers download and benefit from these teachings. Any incorrect interpretations or inaccuracies are mine and unintentional—please forgive me. For any feedback, please send an [email](#).

