

Eight Verses on Guha (Guha Ashtakam)

Sree Narayana Guru

1

Meditate on Guha in right earnest;
He is the Lord of all Devas,
And he is the essence of their army.
He is full of peace and born of bliss,
He is truth embodied,
He is grounded on nothing,
He becomes the ground for the world.
He is a series of subject-object interaction,
He stays beyond sattva, rajas and tamas,
He is known by the blessing of Guru,
He is merciful and munificent.
He is a garden of youthfulness in which
His beloved wife Valli as a beetle frolicks.

2

Meditate on Guha in right earnest;
He is the Lord of all Devas and
He is worshipped by Vishnu and Brahma.
He shines like sun
in the hearts of true devotees,
He has been the guest of Varuna for long
He is both being and non-being
in the three worlds,
He is yet formless and has gone
beyond the form,
He is the abode of various worlds,
He is the home of those who praise him,
He is adored by great people and
His upper arm is adorned with bracelets.

3

Meditate on Guha in right earnest;
He is the Lord of all Devas,
He is Skanda and his body is saffron-coloured,
He is the bliss arising from creative pulse,
He is supreme bliss,
He resembles a galaxy of lights
Streaming with beauty and grandeur.
He is the cessation of mind,
He is devoid of ignorance
That binds you as a chain.
He is beginningless and the cause of all,
He is sorrowless
and the fulfillment of happiness.

4

Meditate on Guha in right earnest,
He is the Lord of all Devas.
He was ornamented with coiled-up snakes,
And his body is smeared with sacred ashes,
He is unattached to worldliness,
His body is surrendered to the wheel of light,
He has no home but he is the home for all,
He is powerful enough to protect his devotees,
He will not do any karma apart from his dharma,
He loves his devotees ardently,
He is well established in Brahman
And yet he appears to be crimson-red.

5

Meditate on Guha in right earnest,
He is the Lord of all Devas.
He is of the body, lustrous and handsome,
He is adored by virtuous people,
He is adorned with comely matted-hair,
He is with sacred thread worn in great sacrifice
Performed by worshipping people in propitiation
He is with six genuine faces
And the lotus-feet adorable
By even those who are inimical to him.
He burns down the fear of worldliness,
He is the cause of various objects
And he himself remains causeless.

6

Meditate on Guha in right earnest,
He is the Lord of all Devas.
He is honoured even by reclusive sages,
He is beyond any measurement.
His matted-hair is nicely bejeweled
with the serpent,
He has conquered the lord of lust,
He is overwhelmed with
the stirring waves of elixir,
He is unattached to anything,
And yet attached to all as the basis.
He belittles the sun with his own lustre,
His mind is good and he has defied the fear,
He is the only desirable One
that never binds you.

7

Meditate on Guha in right earnest,
He is the Lord of all Devas.
He is eminent,
He grants contentment to devotees,
He draws attraction of enlightened souls,
He eliminates the sins of evil-doers,
He is the light in the end of music, silence,
He is the one and the many at the same time,
He is unattached to anything,
And yet attached to all as the basis.
He has made the celestial tree coward
By giving away boundless gifts,
He chases away the darkness of life,
He is the annihilator of time,
And yet he remains unaffected by time.

8

Meditate on Guha in right earnest,
He is the Lord of all Devas.

He ever shines in the hearts of sages,
He is truth itself, and he has no house,
He has taken the universe as his house,
His body looks like a red hibiscus flower,
He is handsome, and filled with greatness,
He has worn a garland of pearls on his chest,
He is with the lotus-feet fondled by his wife,
He is the One born in the heaven for the world,
His throat is black with deadly poison,
And yet he is unaffected by poison.

Translated by Swami Sudhi Chaitanya
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गुहाष्टकं

(Guhastakam in Devanagari
with transliteration)

1

शान्तं शंभुतनूजं सत्यमनाधारं जगदाधारं
ज्ञातृज्ञाननिरन्तर लोकगुणातीतं गुरुणातीतं
वल्लीवत्सल भृंगारण्यक तारुण्यं वरकारुण्यं
सेनासारमुदारं प्रणमत देवेशं गुहमावेशं ।

śāntaṃ śambhutanūjaṃ satyamanādhāraṃ jagadādhāraṃ
jhāñātrjñānanirantara lōkaguṇātītaṃ guruṇātītaṃ
vallivatsala bhrṅgāraṇyaka tāruṇyaṃ varakāruṇyaṃ
sēnāsāramudāraṃ praṇamata dēvēśaṃ guhamāvēśaṃ.

2

विष्णुब्रह्मसमर्च्यं भक्तजनादित्यं वरुणातिथ्यं
भावाभावजगत्रयरूपमथारूपं जितसारूपं
नानाभुवनसमाधेयं विनुताधेयं वरराधेयं
केयूरांगनिषंगं प्रणमत देवेशं गुहमावेशं ।

viṣṇubrahmasamarccyaṃ bhaktajanādityaṃ varuṇātithyaṃ
bhāvābhāvajagatrayarūpamathārūpaṃ jītasārūpaṃ
nānābhuvanasamādhēyaṃ vinutādhēyaṃ vararādhēyaṃ
kēyūrāṅganiṣaṅgaṃ praṇamatadēvēśaṃ guhamāvēśaṃ

3

स्कन्दं कुङ्कुमवर्णं स्पन्दमुदानन्दं परमानन्दं
ज्योतिस्तोम निरन्तररम्य महस्साम्यं मनसायाम्यं
मायाशृङ्खल बन्धविहीन मनादीनं परमादीनं
शोकापेतमुदान्तं प्रणमत देवेशं गुहमावेशं ।

skandaṃ kuṅkumavarṇaṃ spandamudānandaṃ paramānandaṃ
jyōtiḥstōma nirantara ramyamahassāmyaṃ manasāyāmyaṃ
māyāśṅkhalabandhavihinamanādīnaṃ paramādīnaṃ
śōkāpētamudāntaṃ praṇamata dēvēśaṃ guhamāvēśaṃ.

4

व्याळव्यावृतभूषं भस्मसमालेपं भुवनालेपं
ज्योतिश्चक्र समर्पितकायं अनाकायव्ययमाकायं
भक्तत्राणन शक्त्यायुक्तं अनुद्युक्तं प्रणयासक्तं
सुब्रह्मण्यमरण्यं प्रणमत देवेशं गुहमावेशं ।

vyālavyaāvṛtabhūṣaṃ bhasmasamālēpaṃ bhuvanālēpaṃ
jyōtiścakrasamarppitakāyaṃ anākāyavyamākāyaṃ
bhaktatrāṇana śaktyāyuktamanudyuktaṃ praṇayāsaktaṃ
subrahmaṇyamaraṇyaṃ praṇamatadēvēśaṃ guhamāvēśaṃ.

5

श्रीमत् सुन्दरकायं शिष्टजनासेव्यं सुजटासेव्यं
सेवातुष्ट समर्पितसूत्रमहासत्रं निजषड्वक्त्रं
प्रत्यर्थ्यानत पादसरोरुहमावाहं भवभीदाहं
नानायोनिमयोनिं प्रणमत देवेशं गुहमावेशं ।

śrīmat sundarakāyaṃ śiṣṭajanāsēvyam sujaṭāsēvyam
sēvātuṣṭasamarppitasūtra mahāsatraṃ nijaṣaḍvaktraṃ
pratyarththyānata pādasarōruhamāvāhaṃ bhavabhīdāhaṃ
nānāyōnimayōniṃ praṇamata dēvēśaṃ guhamāvēśaṃ.

6

मान्यं मुनिभिरमान्यं मञ्जुजटासर्पं जितकन्दर्पं
आकल्पामृत तरळतरंगमनासंगं सकलासंगं
भासाह्यधरितभास्वन्तं भविकस्वान्तं जीतभीस्वान्तं
नानायोनिमयोनिं प्रणमतदेवेशं गुहमावेशं ।

manyam munibhiramānyam mañjujaṭāsarppam jitakandarppam
ākalpāmṛta taralatarāṅgamanāsaṅgam sakalāsaṅgam
bhāsāhyadharitabhāsvantaṃ bhavikasvāntaṃ sakalāsaṅgam
kāmaṃ kāmanikāmaṃ praṇamata dēvēśaṃ guhamāvēśaṃ.

शिष्टं शिवजनतुष्टं बुधहृदयाकृष्टं हृतपापिष्टं
 नादान्तद्युतिमेकमनेकमनासंगं सकलासंगं
 दानविनिर्जित निर्जरदारुमहाभीरुं तिमिराभीरुं
 कालाकालमकालं प्रणमत देवेशं गुहमावेशं ।

śiṣṭaṃ śivajanatuṣṭaṃ budhahr̥dayākṛṣṭaṃ hr̥tapāpiṣṭaṃ
 nādāntadyutimēkamanēkamanāsaṅgaṃ sakalāsaṅgaṃ
 dānavinirjita nirjaradārumahābhīruṃ timirābhīruṃ
 kālākālamakālaṃ praṇamata dēvēśaṃ guhamāvēśaṃ.

8

नित्यं नियमिहृदिस्थं सत्यमनागारं भुवनागारं
बन्धूकारुण लळितशरीरमुरोहारं महिमाहारं
कौमारीकरपीडित पादपयोजातं दिविभूजातं
कण्ठे कालमकालं प्रणमत देवेशं गुहमावेशं ।

nityaṃ niyamihṛdisthaṃ satyamanāgāraṃ bhuvanāgāraṃ
bdhūkāruṇalalita śarīramurōhāraṃ mahimāhāraṃ
kaumārikarapīḍita pādapayōjātaṃ divibhūjātaṃ
kaṅṭhēkālamakālaṃ praṇamata dēvaśaṃ guhamāvēśaṃ.