

**Lesson-7 and 8****Introduction to god Narayana:**

- 1) There are thousand names of Vishnu. The 245<sup>th</sup> name of Vishnu is Narayana. The term “Nara” means human being and “Ayana” means shelter. So, the meaning of Narayana is the shelter of all living beings. In the Bhagavad Gita and in the scripture, Narayana has been mentioned as the supreme God.
- 2) In Hindu religion, Narayana is known as Parabrahma, Paramatma and Parameswar.
- 3) Narayana is Vishnu or Hari. According to Hindu scriptures, Bhagaban Vishnu is darkish brown. He has four hands holding four different objects. There are the lotus in one hand, the conch in the other hand, the wheel in the third hand and the club in the another hand. According to the Bhagabad Gita, He is Vishwarup.
- 4) The name of Narayana’s wife is goddess Laksmi.
- 5) Narayana is the nurturer of this universe. He rides on the Garura.

**Main Objective of Narayana Worship:** The main objective of worshipping Narayana is to receive the blessings of Narayana and to achieve family peace and prosperity.

**Worship time:** Narayana worship can be done at any time in any month. Narayana worship is mostly held in the month of Baishakh.

**Worship-Procedure of god Narayana:**

- 1) Narayana worship is performed either to an idol or to Shalagram stone or to a copper pot or to water. Shalagram stone is one kind of sea fossil, which is found in the village named Shalagram on the bank of the river Gandaki in India. This fossil is round in shape and black in colour. This stone is also called Narayana wheel.
- 2) Normal worship-procedure is followed in Narayana worship. Narayana worship is done reciting specially prescribed Mantras.
- 3) Usually white flowers are used for Narayana worship.
- 4) Holy Basil or Tulasi leaf is necessary for Narayana worship.



Class-8

Chapter-5 (Worship of gods and goddesses)

Notes

## Lesson-9 and 10

**Pranam Mantra of god Narayana with Meaning:**

“om namo brahmanyadevaya gobrahmanahitaya cha/  
Jagaddhitaya krishnaya govindaya namo namah//”

**Meaning:** Narayana is Brahmanyadev. He is Krishna, He is Govinda. He brings good to the earth, to Brahman and to the whole world. I repeatedly make bow to him.

**The teaching of worship of god Narayana:**

- i) Narayana is the nurturer god. So, we get the teaching of nurturing our children and all living beings with care and responsibility from god Narayana. .
- ii) Narayana punishes the evil. So, we can also have a lesson from Narayana’s worship to punish the evil if it is needed.

**The impact of worship of god Narayana:**

- i) By remembering Narayana, sins disappear and heart becomes sacred. Peace comes to our mind.
- ii) Devotees get god Narayana’s blessings through the worship and their daily life becomes full of peace and prosperity.
- iii) Peace prevails in mankind through the worship of Narayana. Devotees worship Narayana and chant about his greatness with devotion for peace.

**Worksheet****Short Questions from Lesson-7, 8, 9 and 10:**

- 1) How many names does god Vishnu have? Which number of Vishnu's name is Narayana?
- 2) In which names is Narayana known in Hindu religion?
- 3) What is the meaning of the word "Narayana"?
- 4) How has Narayana mentioned in the Bhagabad Gita and in the scripture?
- 5) Who is darkish brown according to Hindu religion?
- 6) How many hands does god Vishnu have? What are there in his hands?
- 7) Who is Vishwarup?
- 8) What is the name of Vishnu or Narayana's wife?
- 9) Who is Hari?
- 10) Who is the nurturer of this universe?
- 11) Where does Narayana ride?
- 12) What is the objective of Narayana worship?
- 13) What is the time of Narayana worship?
- 14) What do you mean by Shalagram stone?
- 15) Write three benefits of worshipping Narayana.
- 16) Which flowers are used for Narayana worship?
- 17) Which leaf is used in Narayana worship?

**Broad Questions from Lesson-7, 8, 9 and 10:**

- 1) Explain the introduction to god Narayana.
  - 2) Explain the worship procedure of god Narayana.
  - 3) Write the Pranam mantra of god Narayana with English meaning.
  - 4) Write down the teachings of worshipping god Narayana.
  - 5) Write down five impacts /benefits of worshipping Narayana.
  - 6) Explain the importance of worshipping Narayana in social life.
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