

Shiv Dhyan Mantra – शिव ध्यान मंत्र (संपूर्ण पाठ)

ॐ ङिं ङिं ङिंकत ङिम्ब ङिम्ब डमरु, पाणौ सदा यस्य वै।
फुं फुं फुंकत सर्पजाल हृदयं, घं घं च घण्टा रवम्॥

वं वं वंकत वम्ब वम्ब वहनं, कारुण्य पुण्यात् परम्।
भं भं भंकत भम्ब भम्ब नयनं, ध्यायेत् शिवं शंकरम्॥

यावत् तोय धरा धरा धर धरा, धारा धरा भूधरा।
यावत् चारू सुचारू चारू चमरं, चामीकरं चामरं॥

यावत् रावण राम राम रमणं, रामायणे श्रुयताम्।
तावत् भोग विभोग भोगमतुलम् यो गायते नित्यसः॥

यस्याग्रे द्राट द्राट द्रुट द्रुट ममलं, टंट टंट टंटटम्।
तैलं तैलं तु तैलं खुखु खुखु खुखुमं, खंख खंख सखंखम्॥

डंस डंस डुडंस डुहि चकितं, भूपकं भूय नालम्।
ध्यायस्ते विप्रगाहे सवसति सवलः पातु वः चंद्रचूडः॥

गात्रं भस्मसितं सितं च हसितं हस्ते कपालं सितम्।
खट्वांग च सितं सितश्च भृषभः, कर्णसिते कुण्डले॥

गंगाफनेसिता जटापशुपतेश्वनद्रः सितो मुर्धनी।
सोऽयं सर्वसितो ददातु विभवं, पापक्षयं सर्वदा॥

॥ इति शिव ध्यानम् ॥

Shiv Dhyan Mantra Transliteration (रोमन लिपि में)

Om Dim Dim Dimkata Dimba Dimba Damaru, Paanau Sadaa Yasya Vai I

Phum Phum Phumkata Sarpajal Hridayam, Gham Gham Cha Ghantaa Ravam II

Vam Vam Vamkata Vamba Vamba Vahanam, Kaarunyam Punyaat Param I

Bham Bham Bhamkata Bhamba Bhamba Nayanam, Dhyaayet Shivam Shankaram II

Yaavat Toya Dharaa Dharaa Dhara Dharaa, Dhaaraa Dharaa Bhoodharaa I

Yaavat Chaaru Suchaaru Chaaru Chamaram, Chaamiikaram Chaamaram II

Yaavat Raavan Raam Raam Ramanam, Raamaayane Shruyataam I

Taavat Bhoga Vibhoga Bhogamatulam Yo Gaayate Nityasah II

Yasyaagre Draat Draat Drut Drut Mamalam, Tantam Tantam Tantatam I

Tailam Tailam Tu Tailam Khukhu Khukhu Khukhumam, Khankha Khankha Sakhankhama II

Dams Dams Dudams Duhi Chakitam, Bhoopakam Bhooya Naalam I

Dhyaayaste Vipragahe Savasati Savalah Paatu Vah Chandrachood II

Gaatram Bhasmasitam Sitam Cha Hasitam Haste Kaapalam Sitam I

Khatvangam Cha Sitam Sitashcha Bhrishabhah, Karne Site Kundale II

Gangaaphanasitaa Jataapashupatescha Chandrah Sito Murdhani I

So'yam Sarvasito Dadaatu Vibhavam, Paapakshayam Sarvadaa ||

शिव ध्यान मंत्र – Shiv Dhyan Mantra In English (सरल अर्थ)

Shiv Dhyan Mantra In English का सरल सारांश इस प्रकार है:

"We meditate upon Lord Shiva who always holds the Damaru in His hand, whose heart is adorned with the garland of serpents, and in whose temples the divine bell resonates. His vehicle Nandi serves Him with devotion, and His compassion is the highest virtue. His third eye is the source of supreme knowledge. As long as the earth holds water, as long as the Ramayana is heard the one who sings this mantra daily attains incomparable bliss. May the Moon-crested Lord (Chandrachooda), whose body is adorned with holy ash, whose matted locks hold the sacred Ganga, who wears the crescent moon upon His head grant us prosperity and destroy all our sins forever."