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एकात्मता स्तोत्र

Ekatmata Stotra

All 33 shlokas with meaning

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Ekatmata Stotra

1. INVOCATION

ॐ सच्चिदानन्दरूपाय नमोऽस्तु परमात्मने।
ज्योतिर्मयस्वरूपाय विश्वमाङ्गल्यमूर्तये॥

Om. Salutations to the Supreme Self whose form is being-consciousness-bliss — the embodiment of radiant light and of the auspiciousness of all the worlds. The stotra begins by placing itself under the shelter of Paramātman — the ground from which land, river, scripture and exemplar all arise.

2. COSMOS

प्रकृत्यै पञ्चभूतेभ्यो ग्रहेभ्यो भुवनेषु च।
सप्तस्वरेभ्यो दिग्भ्यश्च कालायाहोरचे नमः॥

Salutations to Prakṛti — the primordial nature — and to the five great elements, to the planets and the worlds, to the seven svaras of music, to the directions, and to Time. The invocation widens from the Self to the whole cosmic order.

3. THE LAND

रत्नाकराधौतपदां हिमालय-किरीटिनीम्।
ब्रह्म-राजर्षि-रत्नाढ्यां वन्दे भारत-मातरम्॥

Salutations to Bharat Mata — whose feet are washed by the ocean of jewels, whose crown is the Himalaya, and who is adorned with the jewels of brāhmanical sages and royal seers alike.

4. MOUNTAINS

महेन्द्रो मलयः सह्यो हिमालयो नगोत्तमः।
रैवतश्च विन्ध्यश्च गिरिरारावली तथा॥

Mahendra in the east, Malaya in the south, the Sahya range along the western coast, the Himalaya in the north — the greatest of mountains; Raivataka and the Vindhyas in the centre, and the Aravalli range in the west.

5. RIVERS

गङ्गा सरस्वती सिन्धुर्ब्रह्मपुत्रश्च गण्डकी।
कावेरी यमुना रेवा कृष्णा गोदावरी तथा॥

The Ganga, the hidden Saraswati, the Sindhu, the Brahmaputra, and the Gandaki; the Kaveri, the Yamuna, the Reva (Narmada), the Krishna, and the Godavari. Ten rivers across the length and breadth of Bharat.

6. SACRED CITIES · I

अयोध्या मथुरा माया काशी काञ्ची अवन्तिका।
वैशाली द्वारिका ध्येया पुरी तक्षशिला गया॥

The great sacred cities — birthplaces of avatars, seats of ancient learning, pilgrimage anchors of the subcontinent: Ayodhyā, Mathurā, Māyā (Haridvār), Kāśī, Kāñcī, Avantikā (Ujjain), Vaiśālī, Dvārikā, Purī, Takṣaśilā and Gayā.

7. SACRED CITIES · II

प्रयागः पाटलिपुत्रो विजयानगरं तथा।
इन्द्रप्रस्थं सोमनाथः तीर्थेशोऽमृतसा स्मृतम्॥

Further centres of civilisational memory — Prayāga at the triveni sangam, imperial Pāṭaliputra, the magnificent Vijayanagara, Indraprastha of the Mahābhārata, the restored Somanātha, and the holy city Amṛtsar.

8. SCRIPTURES · VEDIC

वेदाः पुराणाः उपनिषदो रामायण-महाभारते।
गीता सत्सम्प्रदायाश्च षड्दर्शनानि नित्यशः॥

The four Vedas, the Purāṇas, the Upaniṣads, the two great epics — Rāmāyaṇa and Mahābhārata — the Bhagavad Gītā, and the six darśanas: the entire sastraic foundation of Sanātana Dharma.

9. SCRIPTURES · INTER-TRADITION

जैनागमास्त्रिपिटकाः गुरुग्रन्थः सतां गिरः।
एष ज्ञान-निधिः श्रेष्ठः श्रद्धेयो हृदि नः सदा॥

The Jain Āgamas, the Buddhist Tripiṭaka, and the Guru Granth Sāhib — the sacred utterances of noble beings. This treasure of wisdom is the greatest, worthy of our hearts' reverence always. In one verse, the stotra claims every Dharmic tradition as its own inheritance.

10. WOMEN · ANCIENT

अरुन्धती अनसूया च सावित्री जानकी सती।
द्रौपदी कण्णगी गार्गी मीरा दुर्गाश्च वन्दिताः॥

Arundhati the model of wifely virtue; Anasuya and Savitri, saviours by their steadfastness; Janaki (Sita) and Sati; Draupadi who held five husbands and the Mahabharata together; Kannagi of the Silappatikaram; Gargi who questioned Yajnavalkya; Mirabai the bhakta-poet; Durgavati who died fighting.

11. WOMEN · MODERN

लक्ष्मीबाई अहल्या च चेन्नम्मा रुद्रमादेवी।
निवेदिता शारदा मातृविभूत्यः नमो नमः॥

Rani Lakshmibai of Jhansi who died in battle; Ahalyabai Holkar who rebuilt the Hindu temple-geography; Rani Chennamma of Kittur, the first to raise arms against the East India Company; Rudrama Devi, the warrior-queen of the Kakatiyas; Sister Nivedita, Vivekananda's foremost disciple; and Sharada Devi, the Holy Mother.

12. MALE EXEMPLARS · I

रामो भरतश्च कृष्णो भीष्मो धर्मपुत्रः तथा।
अर्जुनो मार्कण्डेयः हरिश्चन्द्रः प्रह्लादो नारदस्तथा॥

The ideal king Śrī Rāma; his loyal brother Bharata; the divine statesman Kṛṣṇa; the celibate warrior Bhīṣma; the dharmic king Yudhiṣṭhira; the archer Arjuna; the ever-young sage Mārkaṇḍeya; the truth-vowed Hariścandra; the devotee Prahlāda; and the celestial messenger Nārada.

13. MALE EXEMPLARS · II

हनुमान् जनको व्यासो वसिष्ठः शुको बलि: तथा।
दधीचिर्विश्वकर्मा च पृथु: वाल्मीकिरेव च॥

The embodiment of devotion Hanumān; the philosopher-king Janaka; the compiler Vyāsa; the family-sage Vasiṣṭha; the enlightened youth Śuka; the generous demon-king Bali; the self-sacrificing Dadhīci; the divine architect Viśvakarmā; the first-ruler Pṛthu; the sage-poet Vālmīki; and the warrior-brahmin Paraśurāma.

14. PURANIC EXEMPLARS

भगीरथश्च एकलव्यो मनुर्धन्वन्तरिस्तथा।
शिबिश्च रन्तिदेवश्च दर्शितं धर्म-लक्षणम्॥

Bhagīratha who brought the Ganga down to earth; Ekalavya the self-taught archer; Manu the first lawgiver; Dhanvantari physician of the gods; Śibi who gave his own flesh to save a dove; and Rantideva whose generosity shamed the Yama himself.

15. CROSS-TRADITION TEACHERS

बुद्धो जिनश्च गोरक्षो वल्लुवस्तिरुनामकः।
नायन्माराश्च आळवाराः कम्बन्बसवेश्वरौ तथा॥

Buddha and Mahāvīra (Jina) founded distinct śramaṇa paths; Gorakṣa the Nath yogi; Tiruvaḷḷuvar of the Tirukkural; the Śaiva Nāyanmārs and Vaiṣṇava Āḻvārs of the Tamil bhakti renaissance; the poet Kamban; and Basaveśvara of the Lingayat tradition.

16. MEDIEVAL SAINTS · I

देवलो रविदासश्च कबीरश्च गुरुर्नानकः।
नरसी-तुलसीदासौ गुरुगोविन्दसिंहकः॥

The medieval bhakti saints who dissolved caste through song: Devala; the mystic Ravidās; the uncompromising Kabīr; Guru Nānak, founder of Sikh dharma; the Gujarati bhakta Narasī Mehtā; the author of Rāmcaritmānas Tulasīdāsa; and the warrior-saint Guru Gobind Siṁh, tenth of the Sikh Gurus.

17. REGIONAL SAINTS

शङ्करदेव: सायण-माधवौ ज्ञानदेवस्तुकारामो।
रामदासश्च पुरन्दरदासश्च सम्भाव्या सदा हृदि॥

Śaṅkaradeva, Assam's bhakti pioneer; Sāyaṇa and Mādhava, foundation-stones of Vijayanagara scholarship; Jñāneśvara whose Jñāneśvarī opened the Gita to Marathi; Tukārāma the warkari saint; Samartha Rāmdās, Shivaji's spiritual guide; and Purandaradāsa, father of Carnatic music.

18. LATER SAINTS

विरजानन्दः सहजानन्दो रामानन्दः परात्परः।
धर्मोद्धारकर्तारो नमस्यास्ते मुहुर्मुहुः॥

Virajānanda, teacher of Dayananda Saraswati; Sahajānanda Swāmī, founder of the Swaminarayan Sampradaya; and Rāmānanda, whose fourteenth-century reform brought the Rāma-bhakti tradition into the open and whose disciples included Kabīr and Ravidās.

19. POETS & MUSICIANS

भरतो मुनिरीशानः कालिदासो महाकविः।
भोजो जक्कणसूरदासस्त्यागराजो रसखानकः॥

Bharata Muni, author of the Nāṭyaśāstra; the matchless Kālidāsa; the patron-poet-king Bhoja; the Chalukya sculptor Jakkaṇa; the Krishna-bhakta Sūrdās; the Carnatic composer Tyāgarāja; and the Muslim Krishna-devotee poet Rasakhān.

20. ARTISTS

रवि-वर्मा च भाग्यचन्द्रः चित्रकारौ प्रसिद्धौ।
येषां तूलिकया सन्धीयते देव-सन्निधौ नरः॥

Raja Ravi Varma, whose oleographs gave the devotional imagination of nineteenth-century Bharat its most widely-recognised faces; and Bhagyachandra, the Manipuri king whose patronage shaped Manipuri classical dance and Vaishnavism.

21. ANCIENT RULERS

अगस्त्यः कम्बुरुचिरः कौण्डिन्यो राजेन्द्रचोलः।
अशोकः पुष्यमित्रश्च खारवेलः प्रकीर्तिताः॥

The dakṣiṇāpatha sage Agastya; Kambu, legendary founder of Kambuja (Cambodia); Kauṇḍinya, who established Hindu polities in Funan; Rājendra Cōḷa whose fleet reached Śrīvijaya; Aśoka after Kalinga; Puṣyamitra who refounded a Hindu order; and the Jain-Hindu emperor Khāravela of Kalinga.

22. GREAT STATESMEN

चाणक्यश्च चन्द्रगुप्तो विक्रमादित्यशालिवाहनौ।
समुद्रगुप्तो हर्षः शैलेन्द्रो बप्पारावलः॥

Chāṇakya, author of the Arthaśāstra; Candragupta Maurya whom he raised to the throne; Vikramāditya, legendary justice-king; Śālivāhana, founder of the Shaka era; the "Napoleon of India" Samudragupta; the poet-emperor Harṣa; the Śailendra dynasty that built Borobudur; and Bappa Rāwal, founder of the Mewar line.

23. DEFENDERS

लाचित्-भास्करवर्मा च यशोधर्मा नृपोत्तमः।
कृष्णदेवश्च ललितादित्यो वीराः प्रकीर्तिताः॥

Lāchit Borphukan who defeated the Mughal fleet at Saraighat (1671); Bhāskaravarman of Kamarupa; Yaśodharman who broke the Huna armies at Sondani; Kṛṣṇadevarāya of Vijayanagara at its height; and Lalitāditya Muktāpīḍa of Kashmir, whose armies reached Central Asia.

24. WARRIORS

मुसुनूरिनायकाः प्रतापो रणजीतसिंहश्च।
शिवाजी नृसिंहसत्त्वो धर्म-रक्षण-दीक्षिताः॥

The Musunūri Nāyakas who reclaimed Warangal from the Delhi Sultanate; Mahārāṇā Pratāp who never bowed; Chhatrapati Śivājī, founder of Hindavi Swarajya; and Mahārāja Raṇjīt Siṁh who ruled the Punjab and kept the Khyber closed to invaders.

25. ANCIENT SCIENTISTS

कपिलः कणादश्च सुश्रुतश्चरकस्तथा।
भास्कराचार्यो वराहमिहिरस्तेजस्विनामहम्॥

Kapila, founder of Sāṁkhya; Kaṇāda, atomist of the Vaiśeṣika school; Suśruta the surgeon; Caraka the physician; Bhāskarācārya, the greatest Indian mathematician of the medieval period; and Varāhamihira, astronomer-polymath.

26. SCIENTISTS II

नागार्जुनो भरद्वाजः आर्यभट्टो वसुस्तथा।
रमणो रामानुजश्च नवदीप्त्या विराजिताः॥

The alchemist-philosopher Nāgārjuna; the aerospace pioneer-sage Bharadvāja; Āryabhaṭa of the Āryabhaṭīya; Vasu of the Śulba traditions; and the twentieth-century masters: Nobel laureate C. V. Raman and the mathematician of the infinite, Śrīnivāsa Rāmānujan.

27. RENAISSANCE

रामकृष्णो दयानन्दः ठाकुर रामतीर्थकः।
विवेकानन्द-मोहनौ राष्ट्र-जागरणेऽग्रिमौ॥

Rāmakṛṣṇa Paramahaṁsa, who verified every path and found them one; Dayānanda Saraswatī, who returned Bharat to the Vedas; Rabindranath Tagore, who gave her a song; Rāja Rām Mohan Roy, father of modern reform; Rāmatīrtha; and above all Swāmī Vivekānanda, whose Chicago address was a civilisational awakening.

28. FREEDOM ERA I

दादाभाई-गोपबन्धुः तिलको गान्धि-महर्षिकः।
मालवीय: भारती च सप्तर्षयो नरोत्तमाः॥

Dādābhāī Naoroji, who diagnosed the "drain of wealth"; the Odia hero Gopabandhu Dās; Lokmānya Tilak who said Swaraj was birthright; Mahātmā Gandhi; Ramaṇa Maharṣi, silent sage of Arunachala; Madan Mohan Mālavīya, founder of BHU; and the Tamil poet-freedom-fighter Subrahmaṇya Bhāratī.

29. FREEDOM & REFORM

सुभाषश्च प्रणवानन्दः सावरकरस्ठक्करबापा।
अम्बेडकरो नारायण-गुरुर्वन्द्या जयन्ति धर्मिणः॥

Netaji Subhāṣ Candra Bose who raised the Azad Hind Fauj; the sannyasi-leader Praṇavānanda; Vīr Sāvarkar, the first to articulate "Hindutva"; Ṭhakkar Bāpā, selfless tribal welfare worker; Dr. B. R. Ambedkar, architect of the Constitution; and Śrī Nārāyaṇa Guru, Kerala's great social reformer.

30. ORGANISATIONAL FOUNDERS

केशव: माधवश्चैव पूज्यौ धर्मप्रबोधकौ।
यौ प्रचण्ड-तपो-दीप्तौ राष्ट्र-जागरण-कृतौ॥

Dr. Keśava Baliram Hedgewar, who founded the Rashtriya Swayamsevak Sangh in Nagpur on Vijayadashami 1925; and Śrī Mādhav Sadāśiv Golwalkar ("Guruji"), who guided it for 33 years. Teachers and awakeners of dharma, luminous with tapas, dedicated to the awakening of the nation.

31. UNNAMED DEVOTEES

अनुक्ताश्च बहुश्रेष्ठा धर्मरक्षण-तत्पराः।
वन्दनीयाः सदा ते च विस्मृता नामधारिणः॥

Salutations to the countless unnamed devotees, warriors and sages who gave their lives in dharma's service without being remembered by name. The stotra pauses here to acknowledge that for every exemplar it has named, a hundred thousand went nameless.

32. SOCIAL UPLIFTERS

सेवाभाविताः सन्तः दीनानाम् उद्धारकाः।
वन्दनीयाः सदा ते च विश्व-कल्याण-सम्मुखाः॥

Salutations to the uplifters of the poor and the marginalised — the good people, in every age and village, who have made the welfare of the world their vocation. The last human category in the stotra is not a category of heroes but of ordinary servers.

33. PHALAŚRUTI

इदमेकात्मता-स्तोत्रं श्रद्धया यः पठेन्नरः।
राष्ट्र-धर्मे स्थिरो भूत्वा अखण्ड-भारत-स्मृतिं लभेत्॥

Whoever recites this Ekatmata Stotra with faith will remain steadfast in the dharma of the nation, and will carry in their heart the living memory of an undivided Bharat. A quiet closing — not a promise of liberation, but of civic steadiness and civilisational memory.

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