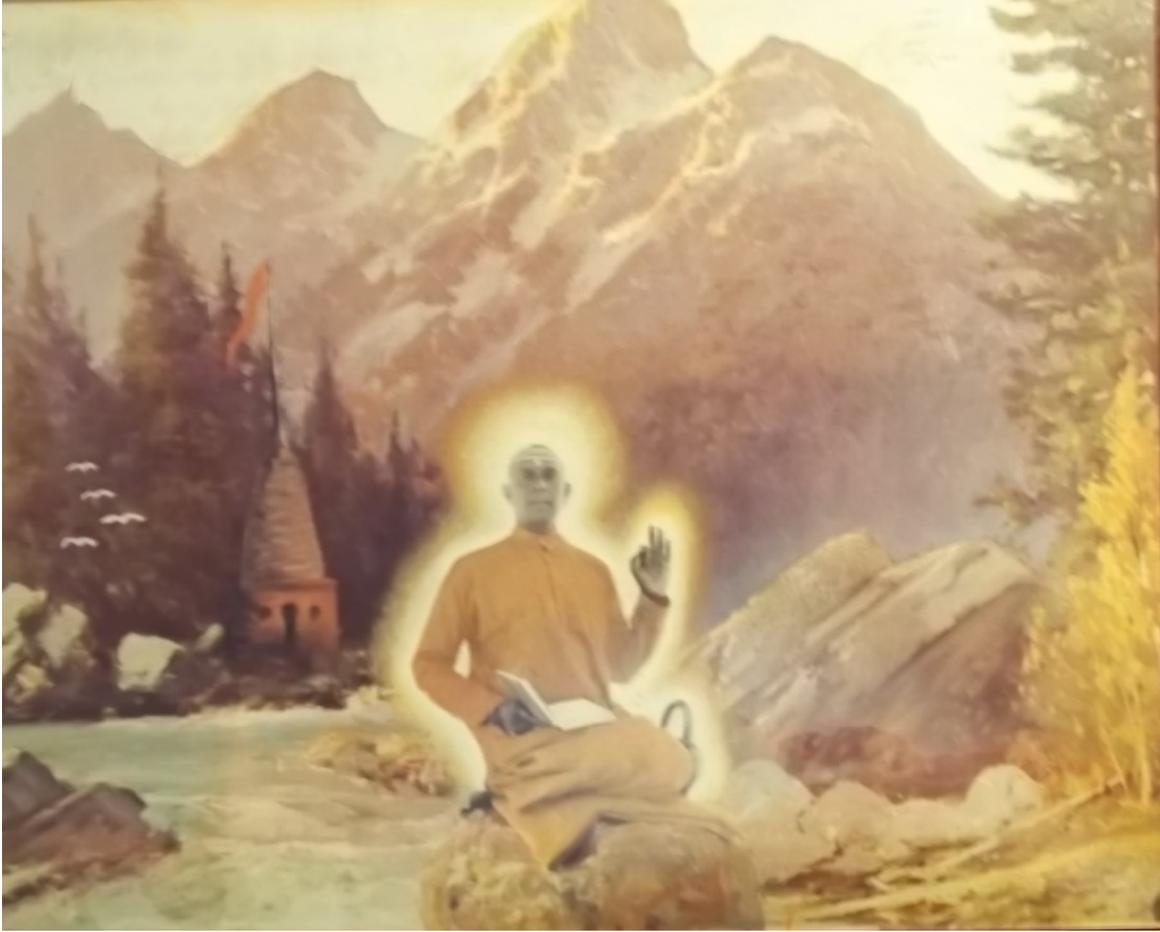


# Narayan Kavach



Acharya Yogi Gupta

**K**ing Parikshit asked his guru, Saint Suka Deva:

‘Please tell me about Narayan Kavach, in which King Indra was initiated by Viswaroopa, his guru. This initiation enabled Indra to defeat and destroy the greatest army, which was very well armed and very well protected, by the power of the Narayan Kavach.’

Sri Suka Deva said,

[From notes of disciples of Yogi Gupta](#)

# Narayan Kavach

‘When Indra accepted Viswaroop as his guru, his guru initiated him into Narayan Kavach. Listen to it with one-pointedness of thought, very attentively.’

Viswaroopa said,

‘Oh King Indra, whenever appears a chance for any type of fear, immediately you should equip yourself by wearing Narayan Kavach...’ (This is psychic armor you create by joining the mind with the higher intelligences.) ‘...and protect your body from harm or hurt from anything.’

Many years ago Yogi Gupta taught the creation of the Psychic Ring Pass Not. This Narayan Kavach is much superior to that Psychic Ring Pass Not.

Here is the method.

- First, wash your hands and feet.
- Then do Aachmani (with brass vessel and spoon, or hold the water in a mango leaf, and take aachman – sprinkle a few drops of holy water in the mouth and on the head.
- Then wear Kusa Grass Ring.
- Then sit facing the North.
- Then make up your mind not to speak while doing it.

Then you use these mantras (1-4):

1. Similar to Charging Breath, but the technique will be more difficult, because first, while breathing in you mentally recite the mantra forward while visualizing the different parts of the body as below, then

# Narayan Kavach

when exhaling, recite (mentally) the mantra backwards while visualizing the same parts of the body in reverse order as below:

Nyas Key:

- OM – Feet
  - NA – Knees
  - MO – Thighs
  - NA – Stomach
  - RA – Heart
  - YA – Mouth
  - NA – Top of Head
2. With this mantra charge first the eight fingers, then the upper right thumb, then the lower right thumb, then the upper left thumb, then lower right thumb, as below:
- OM – Right smallest finger
  - NA – Right ring finger
  - MO – Right middle finger
  - BHA – Right index finger
  - GA – Left smallest finger
  - WA – Left ring finger
  - TEY – Left middle finger

# Narayan Kavach

- VA – Left index finger
  - SU – Right upper thumb
  - DE – Right lower thumb
  - VA – Left upper thumb
  - YA – Left lower thumb
3. With this mantra charge the following parts of the body. To help you learn, put your finger on each spot at first:
- OM – Spiritual Heart
  - VI – Top Chakra
  - SHA – Third Eye
  - NA – Top of Head
  - WEY – The Eyes
  - NA – All the joints of your body
4. DIGHA BANDA – A psychic lock. It is like zipping up a sweater after putting it on.
- OM MA ASTRAY PHUT MA

By making and practicing DIGHA BANDA, you become the mantra itself. The physical form of the mantra is the Lord. Mantra is the ethereal form. After this, you have to recite the Kavach, but before you do you should think of the Lord equipped with all the Divine Powers, Righteousness, Glory, Lakshmi, Viragya, Jnana and Detachment.

# Narayan Kavach

Next step is to think of yourself as a part and parcel of the Lord, and in this way you absorb all the virtues of the Lord and then realize that there is nothing that can separate you from the Lord.

Think of the Lord in various aspects or virtues, so many incarnations into gods and goddesses, and you being part and parcel of the Lord. Then you become these virtues. If you always think of bad persons, that plants a seed which will manifest into actions.

## Lord Sri Hari with the Peacock Garuda.

The peacock is an unusual and holy bird. It is the only bird in the world which stays celibate, only when it dances, the tears fall from the eyes of the male. The females eat those tears and lay the eggs. You can see them at the Mission Ashram, which is in a national park, where nobody can harm the animals.

Be sure to get a conch. People who are mute can start to speak by blowing a conch. You can store water in it. It has so many benefits. Yogi Gupta kept half a dozen conches around his bed. First, there is one virtue - 'OM'. If you are bothered at night, take the conch and put it to your ear. You will hear 'OM'. Put the conch under your pillow so you can't miss it. Listening to the conch can change blood pressure and circulation. The conch is a solution for emotional outbursts or uncontrolled temper. Listen to the conch until you fall asleep.



# Narayan Kavach

Think of Lord Sri Hari with Garuda the Peacock as His Carrier, having His Feet always on the back of the Peacock, with the eight siddhis, the psychic powers. Think of the Lord with eight arms armed with a conch, a disk, a shield, a sword, a mace, bow and arrow, and a noose.

To invoke the power of Sri Hari, who rides on the back of the Peacock Garuda, all the psychic powers, numbering eight are held in the hand, representing a psychic power in each hand, that is the materialization of 'OM'. God is no different than the Word. Word is the Soul. Form is is the God. Nobody can hurt you when the Lord is protecting you with these eight psychic weapons.

**T**hen you can recite this Kavach, or Armor, as below. While you are seeking the protection of the different divine virtues it is not necessary to imagine or visualize them. Just the name is the essence:

1. **Matsya Murti Bhagwan** – That form of the Lord incarnated as a turtle, you seek Him to protect you in the sea. The Lord Varuna will protect you from rain, snow, draft and so on.
2. **Vaman Bhagwan** – Vamana should protect you from worldly attractions. Lord Viswaroopa should protect you in the sky.
3. **Bhagwan Narsingh** – Lord Narsingha, seek his protection in the forest, battlefields and difficult places.
4. **Barah Bhagwan** – To receive the protection of Barah Bhagwan – to protect you on your way.
5. **Parasram Jee** – Parasram Jee should protect you on the mountain pass. Seek the protection of Rama if you plan to go somewhere.

# Narayan Kavach

6. **Rishi Srestha Nar** – Seek Lord Narayana to protect you from vicious psychic attacks:

- ★ Mohan is when somebody throws you an enchantment, your will becomes subservient to others. This is like voodoo.
- ★ Ucchatan is when a person is plucked away in body, heart and mind.
- ★ Maran is like a dagger in your heart and life is taken out.

From all these three things you seek the protection of Lord Narayana, and also from Vasikaran, subjugation of your will.

7. **Datta Trey** – Protection from sadhana being obstructed.

8. **Trigunadhi Pati Bhagwan Kapil** – Kapila, protection from the results of your sanchit (accumulated) karma.

9. **Permersi Sanatkumar** – Sanat Kumar, protection from Cupid.

10. **Haya Greewa Bhagwan** – Protection from the fruits of the sins of not respecting pictures in the temple.

11. **Devarsi Narad** – Protection from the sins committed by omission of certain services. If you go into a temple, you have to respect it. You have to salute. If you ignore, that is volitional transgression. It is also volitional transgression to criticize a church or temple, even if of another religion. The other religions must also be respected.

The female god has been with the male god since the beginning. In Satya Yuga, a child was conceived by psychic treatment – materialization of a dream come true. In the Kali Yuga, people

# Narayan Kavach

have lost all their psychic powers and depend on physical actions.

12. **Bhagwan Kachap** – (Protection from Lord Vishnu in the form a a tortoise.)
13. **Bhagwan Dhanwantari** – Protection from all diseases. Protection from the greatest physician, who rules the Ayurveda. Protection from the price of eating wrong things.
14. **Bhagwan Risabh Dev** – Protection from too much pain and suffering.
15. **Yajna Bhagwan** – Protection from blame and acusations. You live a healthy and pure life.
16. **Balaram Jee** – Protection from the pain and suffering that people can inflict on you, working too long for too little pay, for example.
17. **Sesa Jee** – Protection from anger.
18. **Sri Krishna Dwaypayan Vyas Jee** – Protection from ignorance by Sri Krishna, the great Guru.
19. **Budh Dev** – Protection from doublecrossers and the ego.

# Narayan Kavach

20. **Bhagwan Kalkee** – Protection from unrighteousness. You stay strong and positive. Protection from the bad things of Kali Yuga.
21. **Bhagwan Keshava** – Early in the morning, Lord Keshava should protect you with His mighty mace.
22. **Bhagwan Govind** – Protection at sunrise.
23. **Bhagwan Narayan** – Protection at noon.
24. **Bhagwan Madhu Soodan** – Ask the Grace of Madhu Soodan to protect you with his bow and arrow in the evening.
25. **Tri Murti Dhari** – Protection after sunset.
26. **Hrishikesh** – Protection in the evening.
27. **Bhagwan Padmanabh** – Protection from Padmanabh (Sri Hari) at midnight  
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28. **Srivatsa Lanchan Sri Hari** – Protection after midnight.
29. **Bhagwan Janardan** – Protection early in the morning.
30. **Sri Damoder** – Protection before sunrise.

# Narayan Kavach

31. **Kal Moorti Bhagwan Visweyswar** – Protection during Sandhyas (twilight).
32. **Sudarsan** – Repeat the name Sudarsan three times. Protection by the disk of Krishna. You move with the help of fire and air. You destroy all your enemies.
33. **Kawmod Kee Gada** – Protection by the Mace of Krishna.
34. **Bhagwan Ajeet** – Protection by the Sword and Shield of Krishna. The sparks which emanate from You are very powerful.
35. **Kusmand, Vinayak, Yaksha Rakchas** – By these instruments please destroy the demons: Kusmand, Vinayak, Yaksha and Rakshas.
36. **Bhoot, Pretadi** – By these instruments, please destroy these various species of ghosts (like a shadow) and goblins and pret (souls of the deceased evil people, looking to possess people to fulfill their sense desires).
37. **Sankha Srestha** – Protection of the King of All Conches. It is a spiritual entity, one of the symbols of the power of the Lord Krishna. When there was a great war between the Pandavas and Kauravas, You created palpitations.
38. **Yatudhan, Pratham, Pret, Matrika** – May You create palpitations in my enemies and drive away all types of ghosts.

# Narayan Kavach

39. **Pisach** and **Brahma Rakchasa** – May You create palpitations in my enemies and drive them away like You drove away the ghosts and the brahmin ghost residing in the peepul tree.
40. **Talwal** – Protection of the beloved Sword of the Lord to destroy all my enemies.
41. **Dhal** – Protection of the Shield of the Lord to blind all my enemies and sinful people casting hurtful glares at me.
42. **Graha, Dhoom Ketu, Ketu** – Protection of the Sun God, Surya, and all the other planets, or just address the Sun, the head of the whole family, then the children, the other planets, will not be against you either. Protection from the inauspicious stars (comets).
43. **Brahada, Rathanter, Samvedi Strotra** – Protection of the Vedas in which the Glories of the Lord are sung, all types of obstacles are removed from your path.
44. **Ved Moorti, Garuda** and **Viswaksen Jee** – Protection of the Word of God, which is God Himself, whose carrier is Garuda, the Peacock, who is Vishaksen Jee, whose Glories are sung in the Sama Veda.

Lord Hari, His Carrier and His Weapons should protect your intellect, mind, senses and body from all types of problems.

The world of effect and the world of cause are all nothing but God Himself. By His Grace, all the problems in my life should

# Narayan Kavach

be overcome.

For those who have realized the unity of God and Soul there is no separation of the Lord and His Creation or Maya, the feminine part of the Lord. With the help of Maya, the Lords's ornaments and symbols of power, with all the names and forms of the Lord, may I be protected.

Lord Narasingha, with your terrible magnetism and effulgence, you have destroyed all else, will you protect me in every direction?

45. **Aayudh, Parsad** – Protection of the symbols of power (Aayudh) of the gods (Parsad).

46. **Kausik Gotri Brahman**

47. **Gandharwa Raj Chitra Rath**

48. **Bal Khilya**

‘**O**H Indra, now I have narrated to you the Narayan Kavach. Please protect yourself by wearing this Kavach, or Armor. That is all. You will be able to win over the mightiest leaders of the invisible world without much effort.’

A person who creates and wears this Narayan Kavach and who with his eyes sees someone with a desire to help that person, or if he touches a person with his feet, that person will be rid of all his fears and will receive all the protection. That is how all the fears go away, you just give a person a good look or just let them touch your feet.

# Narayan Kavach

You become a true doctor, with no after effects.

‘Oh Indra, whoever wears this Vaishnava Vidya (this formation and use of the Narayan Kavach) will have no fear of atrocities, government, thieves, ghosts or wild animals. He becomes free of all fears.’

There once was a saint who lived beyond one hundred years. He lived in the trees his whole life. When pleased, he would touch the person on the head with his feet. The feet are the transmitters and the head is the receiver. The hands are also the transmitters.

Saint Suka Deva Said,

‘Any person who listens to this narration of Narayan Kavach and who creates and wears this Narayan Kavach will be free of all types of pain. Oh King Parikshit, Indra, the King of the Gods, learned and obtained this Vaishnava Vidya from his own guru, Acharya Viswaroopa.’

And we received it from our guru, Acharya Yogi Gupta.

And after obtaining this, Indra defeated the asuras (who wanted to dethrone Indra) and then he had no fear, lived happily and peacefully and enjoyed the wealth of all the three worlds.

The main thing in Narayan Kavach is the essence, the mood of receptiveness to get all the different Graces, the different Virtues of God.