This hymn - in praise of Lord Vishnu - is worded cleverly so that one can find a rhythm while reading it. It sounds like a ball is being tapped on the ground. It boUnces back, only to be hit again. It bounces back and this is repeated.

अंबरगंगा-चुंबित-पादः पदतल-विददिलत-गुरुतर-शकटः ।
कालियनाग-क्षेत्र-निहत्ता सरसिज-नवदल-विकसित-नयनः ॥ १ ॥

अंबरगंगा-चुंबित-पादः ।
अंबर = sky. So, अंबरगंगा will mean the river Ganga flowing in the sky or heavens.
चुंबित = kissed or gently touched or caressed.
पादः = foot.

The Lord’s feet are caressed by the waters of thr river Ganges that flows in the heavens. The Ganges took its birth from the feet of the Lord. It is this association with His feet that makes its waters sacred.

पदतल-विददिलत-गुरुतर-शकटः ।
पदतल = surface of the foot or sole of the foot;
विददिलत = split into pieces, गुरुतर = very large, violent,
शकटः = the demon Shakata.

The demon Shakata was sent by Kamsa to kill Krishna who was then a child. The demon hid himself in the wheel of a cart waiting for an opportunity to kill Krishna. But, the child Krishna went near the cart and kicked the wheel of the cart. Shakata was killed. The incident is described in Bhagavata - Book No.10 (part 1).
कालियनाग-क्षेल-निनहत्ता
कालियनाग = the serpent Kaliya, (who was staying with his family in a meadow near Gokulam and was a terror to the residents.)
क्षेल = playfully निनहत्ता = one who subdued.
This refers to the incident (again to be seen in Bhagavata - Book No.10 (part 1).
सर्सिज-नवदल-विकसित-नयनः
सर्सिज = lotus, नवदल = fresh petal, विकसित = opened or blown, नयनः = having eyes.
Krishna’s eyes are like the petal of a lotus that has just opened up. Thus they are very beautiful. Not only they are beautiful to look at, they are very auspicious and can fulfill all the desires of a devotee (including mokSha or liberation from the cycle of birth and death.)
One of His names (No:393 in Vishnusahasranama) is शुभेक्षणः
शुभेक्षणः = one with auspicious looks. Sri Sankaracharya in his commentary explains in detail the significance of the name as follows.

ईश्क्षण दर्शान्त्य शुभं शुभकरं, मुमुख्याणं मोक्षदं,
भोगाधिकान्ता भोगदं, सर्वसन्नेष्विचेदकारणं, पापिनां
पावनं, हत्यान्तेविचेदकारं, सर्वकर्माणां क्ष्यपणं,
अविच्यायश निवर्तवं स शुभेक्षणः। भिच्चते
हत्यन्तिः इत्यति शुभं:।।
His auspicious looks grant liberation (mokSha) to those who seek liberation, grant pleasures to those who seek pleasures, destroy the sins of the sinners, remove all doubts, remove the knot of ignorance that ties up the mind and destroy all remnants of karma and also ignorance.

The first line describes the glory of Lord’s feet. Even Ganges that was born of His feet is reputed to be holy and capable of wiping out the sins of those who take bath in it. Then, what to say about the sins of the devotees who worship His feet? The feet also offer total protection from all enemies. The proof is lies in the fact that they could playfully destroy a fearful demon like Shakata . An additional proof is
seen in the episode of Kaliya that says that Krishna subdued the terrible serpent Kaliya and ensured total security to His followers. Thus the Lord is the source of complete and most superior protection. A devotee need not seek any other protector. Any other source will be fragile and inferior only. The great Vaishnavite acharya Shri Vedanta Desika says this

कालघनाली कबुर कायः शरशत-शकिलत-शकिलतिरपुशत-रिनवहः ।
संतत-समजव-खगपित-निरतः सततग-समजव-खगपित-निरतः ॥ २ ॥

कालघनाली कबुर कायः ।
काठ = of black or dark blue colour, घन = cloud, अठः = a black bee, कबुर = of colour of pigeon, grey or of vareigated colour, कायः = body. Krishna’s body has the colour of a bee or cloud or gray like that of a pigeon.

सततग-समजव-खगपित-निरतः ।
सततगः = wind, समजव = equal in speed,
खगपितः = the king of birds or Garuda,
निरतः = fond of or rested. The Lord is always resting on Garuda, who is fast as the wind.

The poets say that wind and the mind are the fastest things. Thus, Hanuman is also described to be as fast as these two. मनोजवं मारततुल्य-वेगम ।

The Lord rests on Garuda so that He can respond to the calls from His devotee, either to bless him or rescue him from trouble without any delay.

He came on Garuda to bless the child Dhruva.

सहुकाशी शिवा ततो गृहस्त्वता मधोर्वेवेन भृत्यद्विद्धक्ष्या गतः ।
He also flew on Garuda to save Gajendra who was fighting for his life.

(Bhagavatam 4-9-1).

Incidentally we may note from this line that Garuda is not a bird but he represents the vedas. The vedas are divided into two chapters.

The first part is called the Karma Kanda and tells us how we should conduct ourselves, what to do and what to avoid. It also describes the rituals to be performed to get various material benefits. By diligently following the injunctions in this chapter one’s mind gets purified and calm. He, thus, becomes qualified for the study of the second part known as Jnana Kanda or Vedanta. This part consists of upanishads and are meant to be studied under a qualified guru because the teachings contained in them are very subtle and difficult to grasp without the guidance of a teacher. The study points the way to liberation.

Garuda’s two wings represent the two chapters of the vedas.

शरशतः शकिलि-रिपुशतः निवहः ।
शरशतः = hundered(s) of arrows, शकिलि = reduced to pieces,
रिपुशतः निवहः = multitudes of enemies.

This refers to His incarnation as Rama when He reduced a great armies of enemies to nothing with His arrows. One of His names to be seen in the Sahasranama is

धनुधरः - श्रीमानं रामो महद्वनुर्धरायमासेति धनुधरः ॥

मुरारिः = Lord, the enemy of the demon Mura, अस्मान = us,
संततं = always, चातुरु = let Him protect.

Let such a Lord Vishnu, who rides Garuda, the king of birds and who is as fast as the wind and the vanquisher of the demon Mura protect us.

॥ इति श्रीमदानन्देश्वरविश्वसंपूर्णाय विश्वविद्याय ऎति कन्तुकर्मुकानां ॥

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