॥ श्री गणेशाय नमः ॥

द्वादश सूर्य नमस्कार मंत्र

12 Surya Namaskar Mantras & Surya Gayatri

VEDIC & CLASSICAL SOLAR SADHANA • PRATAH SANDHYA EDITION

॥ सूर्य गायत्री महामंत्र ॥

गायत्री मंत्र

ॐ भास्कराय विद्महे दिवाकराय धीमहि। तन्नः सूर्यः प्रचोदयात्॥

Oṁ bhāskarāya vidmahe divākarāya dhīmahi | Tannaḥ sūryaḥ pracodayāt ||

> Om, let us meditate upon the glorious Creator of Effulgence (Bhaskara), let us contemplate the Maker of the Day (Divakara). May that divine Sun inspire and illuminate our intellect!

॥ द्वादश सूर्य नमस्कार मंत्र ॥

सूर्य मंत्र 1

ॐ मित्राय नमः।

Oṁ Mitrāya Namaḥ |

> Salutations to the universal friend of all living beings, who fosters friendship, harmony, and goodwill.

सूर्य मंत्र 2

ॐ रवये नमः।

Oṁ Ravaye Namaḥ |

> Salutations to the radiant one, refulgent and revered by all creation as the source of life.

सूर्य मंत्र 3

ॐ सूर्याय नमः।

Oṁ Sūryāya Namaḥ |

> Salutations to the instigator of cosmic movement and dispeller of inert darkness.

सूर्य मंत्र 4

ॐ भानवे नमः।

Oṁ Bhānave Namaḥ |

> Salutations to the brilliant illuminator of the skies and universe.

सूर्य मंत्र 5

ॐ खगाय नमः।

Oṁ Khagāya Namaḥ |

> Salutations to the celestial traveler gliding swiftly across the boundless heavens.

सूर्य मंत्र 6

ॐ पूष्णे नमः।

Oṁ Pūṣṇe Namaḥ |

> Salutations to the divine nourisher, who provides rain, grains, and life-sustaining nourishment.

सूर्य मंत्र 7

ॐ हिरण्यगर्भाय नमः।

Oṁ Hiraṇyagarbhāya Namaḥ |

> Salutations to the golden cosmic seed, the primordial womb from which the universe unfolds.

सूर्य मंत्र 8

ॐ मरीचये नमः।

Oṁ Marīcaye Namaḥ |

> Salutations to the possessor of life-giving, disease-destroying rays of light.

सूर्य मंत्र 9

ॐ आदित्याय नमः।

Oṁ Ādityāya Namaḥ |

> Salutations to the son of Aditi (the infinite primordial cosmic mother).

सूर्य मंत्र 10

ॐ सवित्रे नमः।

Oṁ Savitre Namaḥ |

> Salutations to the divine producer and awakener of all conscious life.

सूर्य मंत्र 11

ॐ अर्काय नमः।

Oṁ Arkāya Namaḥ |

> Salutations to the supreme object of praise and veneration.

सूर्य मंत्र 12

ॐ भास्कराय नमः।

Oṁ Bhāskarāya Namaḥ |

> Salutations to the brilliant creator of light, who dispels the darkness of ignorance.

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