

Sri Surya Namaskara Mantra

ōm dhyāyēssadā savitrmaṇḍalamadhyavartī
nārāyaṇassarasiḷāsana sanniviṣṭaḥ |
kēyūravān makarakuṇḍalavān kirītī
hārī hiraṇmayavapuḥ dhrṭaśaṅkhacakraḥ ||

ōm mitrāya namaḥ |

ōm ravayē namaḥ |

ōm sūryāya namaḥ |

ōm bhānavē namaḥ |

ōm khagāya namaḥ |

ōm pūṣṇē namaḥ |

ōm hiraṇyagarbhāya namaḥ |

ōm marīcayē namaḥ |

ōm ādityāya namaḥ |

ōm savitrē namaḥ |

ōm arkāya namaḥ |

ōm bhāskarāya namaḥ |

ōm śrīsavitṛṣūryanārāyaṇāya namaḥ ||

ādityasya namaskārān yē kurvanti dinē dinē |

āyuhḥ prajñāṁ balam vīryam tējastēṣām ca jāyatē ||