

# Dvadasha Aditya Dhyana Slokas

## 1. dhātā

dhātā kṛtasthalī hētirvāsukī rathakṛnmunē □  
pulastyastumbururiti madhumāsaṃ nayantyaṃ □

dhātā śubhasya mē dātā bhūyō bhūyō'pi bhūyasaḥ □  
raśmijālasamāśliṣṭaḥ tamastōmavināśanaḥ □

## 2. aryam

aryamā pulahō'thaujāḥ prahēti puñjikasthalī □  
nāradaḥ kachChanīraścha nayantyetē sma mādhamam □

mēruśṅgāntaracharaḥ kamalākarabāndhavaḥ □  
aryamā tu sadā bhūtyai bhūyasyai praṇatasya mē □

## 3. mitraḥ

mitrō'triḥ pauraṣyēō'tha takṣakō mēnakā hahaḥ □  
rathasvana iti hyētē śukramāsaṃ nayantyaṃ □

niśānivāraṇapaṭuḥ udayādrikṛtāśrayaḥ □  
mitrō'stu mama mōdāya tamastōmavināśanaḥ □

## 4. varuṇaḥ

vasiṣṭhō hyaruṇō rambhā sahajanyastathā huhuḥ □  
śukraśchitrasvanaśchaiva śuchimāsaṃ nayantyaṃ □

sūryasyandanamārūḍha archirmālī pratāpavān □  
kālabhūtaḥ kāmarūpō hyaruṇaḥ sēvyatē mayā □

## 5. indraḥ

indrō viśvāvasuḥ śrōtā ēlāpatrastathā'ngirāḥ □  
pramlōchā rākṣasōvaryō nabhōmāsaṃ nayantyaṃ □

sahasraśmisaṃvītaṃ indraṃ varadamāśrayē □  
śirasā praṇamāmyadya śrēyō vṛddhipradāyakam □

## 6. vivasvān

vivasvānugrasēnaścha vyāghra āsāraṇō bhṛguḥ □  
anumlōchāḥ śaṅkhapālō nabhasyākhyam nayantyaṃ □

jagannirmāṇakartāraṃ sarvadigvyāptatējasam ॥  
nabhōgrahamahādīpaṃ vivasvantaṃ namāmyaham ॥

### 7. tvaṣṭā

tvaṣṭā ṛchīkatanayaḥ kambalākhyastilōttamā ॥  
brahmāpētō'tha śatajit dhṛtarāṣṭra iṣambharā ॥

tvaṣṭā śubhāya mē bhūyāt śiṣṭāvaliniṣēvitaḥ ॥  
nānāśilpakarō nānādhāturūpaḥ prabhākaraḥ ॥

### 8. viṣṇuḥ

viṣṇuraśvatarō rambhā sūryavarchāścha satyajit ॥  
viśvāmitrō makhāpēta ūrjamāsaṃ nayantyamī ॥

bhānumaṇḍalamadhyasthaṃ vēdatrayaniṣēvitam ॥  
gāyatrīpratipādyam taṃ viṣṇuṃ bhaktyā namāmyaham ॥

### 9. aṃśumān

athāṃśuḥ kaśyapastārksya ṛtasēnastathōrvaśī ॥  
vidyuchChatrurmahāśaṅkhaḥ sahōmāsaṃ nayantyamī ॥

sadā vidrāvaṇaratō jaganmaṅgaladīpakaḥ ॥  
munīndranivahastutyō bhūtidō'mśurbhavēnmama ॥

### 10. bhagaḥ

bhagaḥ sphūrjō'riṣṭanēmiḥ ūrṇa āyuscha pañchamaḥ ॥  
karkōṭakaḥ pūrvachittiḥ pauṣamāsaṃ nayantyamī ॥

tithi māsa ṛtūnāṃ cha vatsarā'yanayōrapi ॥  
ghaṭikānāṃ cha yaḥ kartā bhagō bhāgyapradō'stu mē ॥

### 11. pūṣa

pūṣā dhanañjayō vātaḥ suṣēṇaḥ suruchistathā ॥  
ghṛtāchī gautamaśchēti tapōmāsaṃ nayantyamī ॥  
pūṣā tōṣāya mē bhūyāt sarvapāpā'panōdanāt ॥  
sahasrakarasamvītaḥ samastāśāntarāntaraḥ ॥

### 12. parjanyaḥ

kraturvārchā bharadvājaḥ parjanyaḥ sēnajit tathā ॥  
viśvaśchairāvataśchaiva tapasyākhyam nayantyamī ॥

prapañchaṃ pratapan bhūyō vṛṣṭibhirmādayan punaḥ ॥  
jagadānandajanakaḥ parjanyaḥ pūjyatē mayā ॥

dhyāyēssadā savitṛmaṇḍalamadhyavartī  
nārāyaṇassarasiḷāsana sanniviṣṭaḥ  
kēyūravān makarakuṇḍalavān kirīṭī  
hārī hiraṇmayavapuḥ dhṛtaśaṅkhachakraḥ

Sri Amritananda Natha Guruvu Garu, Amrita Nilayam, Gowravaram Village & Post, Kavali Mandal, Nellore District, Andhra Pradesh.  
Phone Number: +91 9493475515 | [www.amritanilayam.org](http://www.amritanilayam.org)