

Sri Surya Namaskara Mantram

dhyēyaḥ sadā savitṛmaṇḍalamadhyavartī
nārāyaṇaḥ sarasijāsana sanniviṣṭaḥ ☐
kēyūravān makarakuṇḍalavān kirītī
hārī hiraṇmayavapuḥ dhṛtaśaṅkhachakraḥ ☐

ōṃ mitrāya namaḥ ☐ 1
ōṃ ravayē namaḥ ☐ 2
ōṃ sūryāya namaḥ ☐ 3
ōṃ bhānavē namaḥ ☐ 4
ōṃ khagāya namaḥ ☐ 5
ōṃ pūṣṇē namaḥ ☐ 6
ōṃ hiraṇyagarbhāya namaḥ ☐ 7
ōṃ marīchayē namaḥ ☐ 8
ōṃ ādityāya namaḥ ☐ 9
ōṃ savitrē namaḥ ☐ 10
ōṃ arkāya namaḥ ☐ 11
ōṃ bhāskarāya namaḥ ☐ 12

ādityasya namaskārān yē kurvanti dinē dinē ☐
āyuh prajñāṃ balaṃ vīryaṃ tējastēṣāṃ cha jāyatē ☐