

सूर्यनमस्कार मन्त्र

{॥ सूर्यनमस्कार मन्त्र ॥}

ॐ ध्येयः सदा सवितृमण्डल मध्यवर्ति ।

नारायणः सरसिजासङ्गहविष्टः ।

केयूरवान मकरकुण्डलवान किरीटी ।

हारी हिरण्यवपुर्धृतशङ्खचक्रः ॥

ॐ मित्राय नमः ।

ॐ रवये नमः ।

ॐ सूर्याय नमः ।

ॐ भानवे नमः ।

ॐ खगाय नमः ।

ॐ पूष्णे नमः ।

ॐ हिरण्यगर्भाय नमः ।

ॐ मरीचये नमः ।

ॐ आदित्याय नमः ।

ॐ सवित्रे नमः ।

ॐ अर्काय नमः ।

ॐ भास्कराय नमः ।

ॐ श्रीसवितृसूर्यनारायणाय नमः ॥

আদিতস্য নমস্কারান্ যে কুবন্তি দিনে দিনে ।

জন্মান্তরসহস্রেষু দারিদ্র্যং দোষ নাশতে ।

অকালমৃত্যু হরণং সর্বব্যাধি বিনাশনম্ ।

সূর্যপাদোদকং তীর্থং জঠরে ধারয়াম্যহম্ ॥

যোগেন চিত্তস্য পদেন বাচা মলং শরীরস্য চ বৈদ্যকেন ।

যোপাকরোত্তং প্রবরং মুনীনাং পতংজলিং প্রাংজলিরানতোহস্মি ॥

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