



SACRED HYMN · SANSKRIT (DEVANAGARI) WITH MEANING

SURYA NAMASKAR MANTRA

Traditional; dhyana verse Madhvacharya

The dhyana verse followed by the twelve names of the Sun in their customary order, without the seed syllables some editions add.

DHYANAM 1

ध्येयः सदा सवितृमण्डलमध्यवर्ती नारायणः सरसिजासनसन्निविष्टः ।
केयूरवान् मकरकुण्डलवान् किरीटी हारी हिरण्मयवपुर्धृतशङ्खचक्रः ॥

Narayana, who dwells at the centre of the orb of the Sun and is seated on a lotus, should always be meditated upon. He wears armlets, makara-shaped earrings and a crown, is adorned with a necklace, has a golden form, and holds the conch and the discus.

MANTRA 1

ॐ मित्राय नमः ॥

Om, salutation to Mitra, the friend of all beings.

MANTRA 2

ॐ रवये नमः ॥

Om, salutation to Ravi, the shining one.

MANTRA 3

ॐ सूर्याय नमः ॥

Om, salutation to Surya, who sets all things in motion.

MANTRA 4

ॐ भानवे नमः ॥

Om, salutation to Bhanu, the radiant one who gives light.

MANTRA 5

ॐ खगाय नमः ॥

Om, salutation to Khaga, who moves through the sky.

MANTRA 6

ॐ पूष्णे नमः ॥

Om, salutation to Pushan, the nourisher of all.

MANTRA 7

ॐ हिरण्यगर्भाय नमः ॥

Om, salutation to Hiranyagarbha, the golden source who holds all within.

MANTRA 8

ॐ मरीचये नमः ॥

Om, salutation to Marichi, the lord of rays.

MANTRA 9

ॐ आदित्याय नमः ॥

Om, salutation to Aditya, the son of Aditi.

MANTRA 10

ॐ सवित्रे नमः ॥

Om, salutation to Savitr, the one who brings forth and gives life.

MANTRA 11

ॐ अर्काय नमः ॥

Om, salutation to Arka, the radiant one worthy of praise.

MANTRA 12

ॐ भास्कराय नमः ॥

Om, salutation to Bhaskara, the maker of light who illumines all.

READ IT ON ITS PAGE

The Surya Namaskar Mantra with its meaning, how and when it is recited, and the same text in five more scripts:
astrobhava.com/mantra/surya-namaskar-mantras/