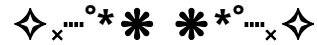


श्री सूर्य नमस्कार मंत्र

**Sri Surya Namaskara Mantra  
in english**



## ॥ Sri Surya Namaskara Mantra ॥

Dhyeyaḥ sadā savitrmaṇḍalamadhyavartī  
Nārāyaṇaḥ sarasijāsana sanniviṣṭaḥ |  
Keyūravān makarakuṇḍalavān kirīṭī  
Hārī hiraṇmayavapuḥ dhṛtaśaṅkhacakrāḥ ||

Om mitrāya namaḥ |  
Om ravaye namaḥ |  
Om sūryāya namaḥ |  
Om bhānave namaḥ |  
Om khagāya namaḥ |  
Om pūṣṇe namaḥ |  
Om hiraṇyagarbhāya namaḥ |  
Om marīcaye namaḥ |  
Om ādityāya namaḥ |  
Om savitre namaḥ |  
Om arkāya namaḥ |  
Om bhāskarāya namaḥ |

Ādityasya namaskārān ye kurvanti dine dine |  
Āyuh prajñām balaṁ vīryaṁ tejas teṣāṁ ca jāyate ||

✧<sub>x</sub>.....°\* \* \*°.....<sub>x</sub> ✧

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