



ॐ मित्राय नमः

om mitrāya namaḥ

Prostration to Him who is affectionate to all.



ॐ रवये नमः

om ravaye namaḥ

Prostration to Him who is the cause for change.



ॐ सूर्याय नमः

om sūryāya namaḥ

Prostration to Him who induces activity.



ॐ भानवे नमः

om bhānave namaḥ

Prostration to Him who diffuses Light.



ॐ खगय नमः

om khagaya namaḥ

Prostration to Him who moves in the sky.



ॐ पूष्णे नमः

om pūṣṇe namaḥ

Prostration to Him who nourishes all.



ॐ हिरण्यगर्भाय नमः

om hiraṇyagarbhāya namaḥ

Prostration to Him who contains everything.



ॐ मरीचये नमः

om marīcaye namaḥ

Prostration to Him who possesses rays.



ॐ आदित्याय नमः

om ādityāya namaḥ

Prostration to Him who is God of gods.



ॐ सवित्रे नमः

om savitre namaḥ

Prostration to Him who produces everything.



ॐ अर्काय नमः

om arkāya namaḥ

Prostration to Him who is fit to be worshipped.



ॐ भास्कराय नमः

om bhāskarāya namaḥ

Prostration to Him who is the cause of lustre.



Suryanamaskara Mantra

Om Hraam Mitraya Namaha
Om Hreem Ravaye Namaha
Om Hroom Suryaya Namaha
Om Hraim Bhanave Namaha
Om Hraum Khagaya Namaha
Om Hrah Pushne Namaha
Om Hraam Hiranya Garbhaya Namaha
Om Hreem Marichaye Namaha
Om Hroom Adityaya Namaha
Om Hraim Savitre Namaha
Om Hraum Arkaya Namaha
Om Hrah Bhaskaraya Namaha