

इष्ट्या नालाङ्कार



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.

"O Lord Surya! O Sun of suns, the eye of the world, the eye of the Virat-Purusha. Thou art All-energy, All-strength, All-powerful, please give me health, strength, vigour and vitality."

Repeat the above Mantras and Names of the Sun at sunrise. He who repeats these before sunrise, early in the morning, will possess wonderful health, vigour and vitality. He will be free from every kind of disease of the eye. He will have wonderful eye-sight. Offer Arghya to the sun during the three Sandhyas morning, noon and evening. Offer prostrations to the sun, with these Mantras and Names.