

Sūryanamaskāra mantra

ओं

भद्रं कर्णैर्भिशृणुयाम देवाः।
भद्रं पश्येमाक्षभिर्यजत्राः।
थिररणैस्तुष्टुवांसस्तनूभिः।
व्यशेम देवहितं यदायुः।
वस्ति न इन्द्रो वृद्धश्रवाः।
स्वस्ति नः पूषा विश्ववेदाः।
स्वस्ति नस्तार्क्ष्यो अरिष्टनेमिः।
स्वस्ति नो बृहस्पतिर्दधातु।।
ओं शान्तिः शान्तिः शान्तिः।।

Om

Bhādraṃ karṇāḥ bhīṣṭuṣṭvāṃ śāstaṇūbhīḥ
bhādraṃ pāśyemākṣabhīryajātrāḥ
sthīraraṅgaīstusṭuvāṃ sāstaṇūbhīḥ
vyaśēma devahītaṃ yadāyūḥ
svāsti na indro vṛddhaśrāvāḥ
svāsti nāḥ pūṣā viśvavēdāḥ
svāsti nāstārksyo arīṣṭanemiḥ
svāsti nobṛhaspatīrdadhātu
om śāntiḥ śāntiḥ śāntiḥ

Om

O Sun, What is auspicious, with our ears
may we hear, and with our eyes may we
see, always engaged in worship.
Adoring with organs and bodies perfect,
may we enjoy the length of life granted to
us. May Indra grant us welfare, may
Pushan grant us welfare, may Tarkshya
grant us welfare, may Brihaspati grant us
welfare. Om peace, peace, peace