

**SURYA VEER SANG**  
**PRAYERS - YEAR ONE**

ॐ गजाननं भूत गणधिसेवितम  
कपित्था जम्बु फलचारू भक्षणम ।  
उमासुतं शोकविनाशकारकम  
नमामि विग्नेश्वर पादपंकजम ॥

Aum Gajananan bhuta ganadi sevitam  
kapitha jambhu phal charu vakshanam  
uma sutam shoka vinasha karakam  
namami viganeshwara pada pankajam

*I pray to the elephant-headed God who has a variety of devotees, the one who enjoys the kapitha and jambu fruits, the son of Parvati who destroys all sorrows, I bow to the feet of the remover of all obstacles.*

ॐ वक्रतण्ड महाकाय सूर्यकोटि समप्रभ ।  
निविघ्नं कुरु मे देव सर्वकार्येषु सर्वदा ॥

Aum Vakratunda mahakaya  
surya koti samaprabha  
nirvignam kuru may deva  
sarva kaarye shu sarva daa

*O lord with the twisted trunk, with the effulgence of a billion suns, always remove the obstacles when I am on an auspicious undertaking.*

ॐ सरस्वति नमस्तुभ्यं वरदे कामरूपिणी ।  
विद्यारम्भं करिष्यामि सिद्धिर्भवतु मे सदा ॥

Aum Saraswati namastubhyam  
varade kaama rupini  
vidyarambham karishyaami  
siddhir bhavatu may sadhaa

*O Mother Saraswati, my humble prostrations to you who are the fulfiller of all my wishes. I start my studies with the request that you will bestow your blessings on me.*

ॐ त्र्यम्बकं यजामहे सुगन्धिं पुष्टिवर्धनम् ।  
उवरुकमिव बन्धनान्मृत्योर्मुक्षीय मामृतात् ॥

Aum Triambakam yajamahe  
sugandhim pushti vardhanam  
urva rukam eva bandhanaan  
mrityor moksheya maamritaat

*I worship and adore the Three-eyed One, Lord Shiva, who is the sweet fragrance of life, and who nourishes all beings and restores us to health. May He liberate us from the cycle of birth and death for the sake of immortality as effortlessly as the cucumber is liberated from the vine.*

ॐ सर्वमङ्गलमाङ्गल्ये शिवे सर्वथिसाधिके ।  
शरण्ये त्र्यम्बके गौरि नारायणि नमोस्तु त ॥

Aum sarva mangala maangalye  
shivay sarvatra saadhake  
sharanye triambake gauri  
naarayaani namostute

*Salutation to you, O Devi, who is the auspiciousness of all that is auspicious, who is the consort of Lord Shiva, who is the means of accomplishing all desires, who is the refuge of all, who is three-eyed and who is the fair-complexioned one.*

ॐ सिद्धि बुद्धि प्रदे देवि भुक्ति मुक्ति प्रदायिनि ।  
मन्त्रमूर्ति सदादेवि महालक्ष्मी नमोस्तुते ॥

Aum siddhi buddhi praday devi  
bhukti mukti pradayini.  
Mantra murti sadaa devi  
maha lakshmi namastute

*O Devi, giver of intelligence and success and of worldly enjoyment and liberation. Your mantras and form are always beautiful to behold. O Maha Lakshmi, obeisance to you.*

ॐ लक्ष्मी करो तु कल्याणं अरोग्यं सुख संपदा ।  
मम शत्रु विनाशाय दीपज्योतिर्नमोस्तुते ॥

Aum Lakshmi karo tu kalyaanam  
aaroghyam sukha sam pada  
mama shatru vinaashaaye  
deep jyotir namostute

*I welcome you into my life, Lakshmi Ma. Remove all of my sickness and leave happiness in its place. Destroy all of my enemies. I bow to you, manifestation of light.*

ॐ या देवी सर्व भूतेशू शक्ति रूपेणा संस्थिता ।  
नमस्तस्ये नमस्तस्य नमस्तस्ये नमो नमः ॥

Aum yaa devi sarva bhuteshu  
shakti rupena samstitaa  
namastasye namastasye  
namastasye namo namaha

*I bow again and again to the manifestation of all living beings in the form of Shakti, the power and vitality in all creatures.*

ॐ पवनतनय संकट हरन, मंगल मूर्ति रूप ।  
राम लखन सीता सहित, हृदय बसहु सुर भूप ॥

Pawan tanai sankat haran  
mangal moorati roop  
Ram Lakhan Sita sahit  
Hriday basau sur bhoop

*Hanumanji is the son of the Wind God and the remover of all distress. His form is beautiful and auspicious to behold. May Shri Ram, Lakshman, and Sita Ma reside in my heart along with the King if Devas Hanumanji.*

ॐ रामाय रामभद्राय रामचन्द्राया वेधसे ।  
रघुनाथाय नाथाय सीतायाः पतये नमः ॥

Aum raamaya raama bhadraya  
raama chandrayaa vedasay  
raghu naathaaya naathaaya  
sitaaya pataye namaha

*Salutations unto Lord Rama, who is auspiciousness, who is in the form of the shining light (consciousness present in all beings), who is the creator, who is the Lord of the Raghu clan, the Lord of all beings and the husband of Sita.*

ॐ कृष्णाय वासुदेवाय देवकीनन्दनाय च ।  
नन्दगोपाकुमाराय गोविन्दाय नमो नमः ॥

Aum Krishnaya vaasudevaya  
devaki nandanaaya cha  
nanda gopa kumaaraaya  
govindaaye namo namaha

*I bow to Shri Krishna, the son of Vasudeva and Devaki, also the beloved son of Nanda, the protector of all his devotees and remover of suffering.*

ॐ वसुदेवसुतं देवं कंसचाणूरमर्दनम् ।  
देवकी परमानन्दं कृष्णं वन्दे जगद्गुरुम् ॥

Aum Vasudeva sutam devam kansa chanura mardanam  
devaki param aanandam krishnam vande jagat gurum

*I salute Krishna, the Lord, teacher of the world, son of Vasudeva, destroyer of Kansa and Chanura, and the greatest joy of Devaki.*

ॐ आदिदेव नमस्तुभ्यं प्रसीद मम भस्कर ।  
दिवाकर नमस्तुभ्यं प्रभाकर नमोऽस्तु ते ॥

Aum Adi deva namastubhyam  
Prasiddha mama bhashkara  
Diwakara namastubhyam  
prabhaakara namostute

*Salutations to the first of all devatas, the one who creates the morning. I bow to you, Oh creator of light, the one who shines from himself.*

ॐ भूर्भुवः स्वः तत सवितुर्वरिण्यं भर्गो देवस्य धीमहि । धियो यो नः प्रचोदयात ॥

Aum bhur bhuvah swah tat savitur varenyam  
bhargo devasya dhimahi dhiyo yonah prachodayat

*Let us adore the supremacy of that divine sun, the God who illuminates all, who recreates all, from whom all proceed, to whom all must return, whom we invoke to direct our understandings in our progress toward enlightenment.*

ॐ विश्वानि देव सवितर्दुरितानि परा सुव । यद्भद्रं तन्नासुव ॥

Aum vishwaani deva savitar duritaani paraasuva yad bhadram tanna aasuva

*O Surya Deo! Allow us to destroy all that is evil and abstain from bad deeds, and let us cultivate good habits and good deeds.*

ॐ सह नावतु सह नौ भुनक्तु

सह वीर्यं करवावहै ।  
तेजस्विनावधीतमस्तु मा विद्विषावहै ॥

Aum saha nau avatu saha nau bhunaktu  
saha vedhyam karva vahai.  
Tejas vina vadhita mastu maa vid vish aavahai.

*Shantipaatha: Kathopanishad*

*Please protect both myself and my Guru, may we both enjoy the fruits of our studies, may we always put forth the right effort, may there never be any conflict between us.*

ॐ गुरुर्ब्रह्मा गुरुर्विष्णु गुरुर्देवो महेश्वरः ।  
गुरु साक्षात् परं ब्रह्म तस्मै श्रीगुरुवे नमः ॥

Aum gurur bramha gurur vishnuh  
gurur devo maheshwaraha.  
Guru saakshaat param brahma  
tasmayi shri guruvay namaha

*In our Guru is Bramha, the creator, Shri Vishnu, the sustainer, and Maheshwara, the destroyer. I pay my salutations to this Guru, who is the embodiment of all consciousness.*

ॐ शान्तिः शान्तिः शान्तिः ॥१॥

Aum Shanti Shanti Shantihi Aum

## Closing Prayers

ॐ सर्वे शाम स्वस्तिर्भवतु  
सर्वे शाम शान्तिर्भवतु  
सर्वे शाम पूर्णमभवतु  
सर्वे शाम मण्गलंभवतु

Aum sarve shaam swastir bhavatu  
sarve shaam shantir bhavatu  
sarve shaam purnam bhavatu  
sarve shaam mangalam bhavatu

*May auspiciousness be unto all. May peace be unto all. May fullness be unto all. May prosperity be unto all.*

ॐ त्वमेव माता च पिता त्वमेव त्वमेव बन्धुश्च सखा त्वमेव ।  
त्वमेव विद्या द्रविणं त्वमेव त्वमेव सर्वं ममदेव देव ॥

Aum twam eva mata cha pitaah twam eva  
twam eva bandhur cha sakha twam eva  
twam eva vidya dravinam twam eva  
twam eva sarvam mama deva deva

*Oh God, you are my mother, you are my father, you are my relatives and you are my friends. You are knowledge and wealth. You are every single thing in my life.*

ॐ पूर्णमदः पूर्णमिदं पूर्णात्पूर्णमुदच्यते ।  
पूर्णसय पूर्णमादाय पूर्णमेवावशिष्यते ॥

Aum purnam ada purnam idam  
purnaat purnam udachhyate  
purnasya purnam aadaaya  
purnam eva vashishyate

*God is perfect and complete, and because He is completely perfect, all emanations from Him are perfectly equipped as complete wholes. Whatever is produced of the complete whole is also complete in itself. Because He is the complete whole, even though so many complete units emanate from Him, He remains the complete balance.*

ॐ द्यौः शान्तिरन्तरिक्षं ग्वं शान्तिः पृथ्वी शान्तिरापः शान्तिरोषधयः शान्तिः ।  
वनस्पतयः शान्तिर्विश्वेदेवाः शान्तिर्ब्रह्म शान्तिः सर्वं ग्वं शान्तिः शान्तिरेव  
शान्तिः सा मा शान्तिरेधि ॥

Aum dyau shaantir, antariksha gwam shaanti  
prithvi shaantir, aapah shaantir, aushadhya shaanti  
vanaspatyah shaanti, vishwedeavaa shaanti  
brahma shaanti, sarve gwam shaanti  
shaanti reva shaanti saama shaantir edhi

*Peace in heaven, sky and on earth. Let water flow to quench our thirst for peace. Let all trees and plants provide cool shade for a peaceful humanity. Let peace be in the hearts of all educated men, for them to share it with troubled minds. God is the Source of peace, and His Divine scripture teaches the way to that peace. May that peace extend its influence in every nook and corner of this globe. Let there be peace and only peace. May that pace come to me, too.*

ॐ शान्तिः शान्तिः शान्तिः ॥१॥

Aum Shanti Shanti Shantihi Aum

### **Karadarshana (After waking up)**

ॐ कराग्र वसते लक्ष्मीः करमध्ये सरस्वती ।  
करमूले तु गोविन्दः प्रभाते करदर्शनम् ॥

(Look at finger tips) Aum kar aagre vasate lakshmi  
(Look at palms) kar madhye saraswati  
(Look at wrists) kar moole tu govinda  
(Bring hands over body) prabhaate kar darshanam

*The front part of the hands (the finger tips) are ascribed to Lakshmi Ma , the middle part (the palms) to Goddess Saraswati, and the root (the part of the hand near the wrist) to Govinda. May all of the devatas bless me so that I may perform honest labor.*

## Before sleep

यज्जाग्रतो दूरमुदैति दैवं तद् सुप्तस्य तथैवैति ।  
दूरङ्गमं ज्योतिषां ज्योतिरेकं तन्मे मनः शिवसंकल्पमस्तु ॥

Aum yaa jaagrato duram udaiti daivam, tad usuptasya tad haivaiti  
duramgamam jyoti shaam jyotir ekam, tanmay mana shiva sankalpam astu

*The mind, whether one is awake or asleep, travels to far distant corners; this far distant-moving mind is the light of lights. May that mind of mine be protected and filled with Good Will.*

## Before eating

ब्रह्मार्पणं ब्रह्महविः ब्रह्माग्नौ ब्रह्मणा हुतम् ।  
ब्रह्मैव तेन गन्तव्यं ब्रह्मकर्मसमाधिना ॥

Aum brahma arpanam brahma avi, brahma agnau brahman aahutam  
brahmaiva tena gantabhyam, brahma karma samaadinaa

*Any means of offering is Brahman, the offering is Brahman, the fire in which the offering is made is Brahman, the one who offers is also Brahman. Indeed Brahman is gained by such a person who abides in Brahman.*

ॐ कृष्ण अरपणं

Aum Krishna Arpanam

## While offering dhaar to Surya Deva

एहि सूर्यो सहस्रांशो तेजोराशे जगत्पते ।  
अनुकम्पय मां देवा गृहाणार्घ्यं नमोस्तुते ॥

Aum ehee suryo sahastraamsho, tejo raashe jagat patay  
anukampaya maam deva, grihaan arghyam namostute

*Oh Sun, master of the brilliant effulgence, please accept this Arghyam that I am offering with complete devotion.*