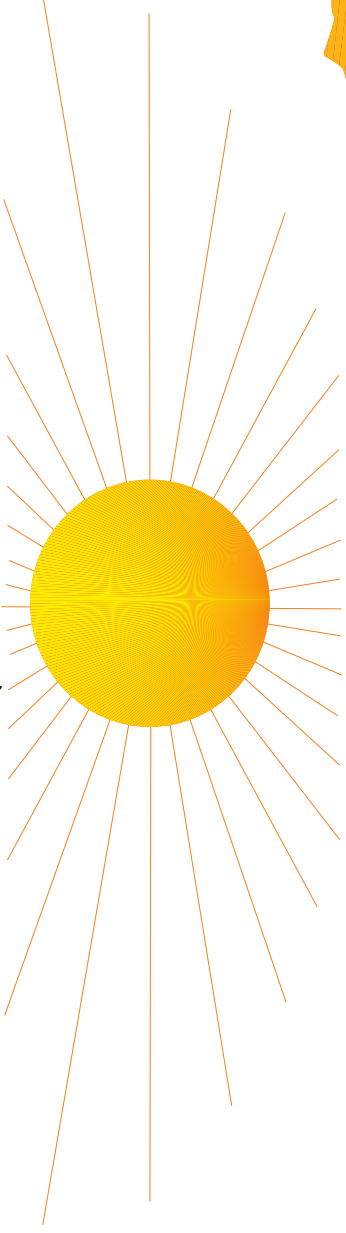


सूर्य नमस्कार



ॐ मित्राय नमः।

ॐ रवये नमः।

ॐ सूर्याय नमः।

ॐ भानवे नमः।

ॐ खगाय नमः।

ॐ पूषो नमः।

ॐ हिरण्यगर्भाय नमः।

ॐ मरीचये नमः।

ॐ आदित्याय नमः।

ॐ सवित्रे नमः।

ॐ अर्काय नमः।

ॐ भास्कराय नमः।

ॐ श्रीसवितृसूर्यनारायणाय नमः॥

सूर्य सुन्दर लोकनाथममृतं वेदान्तसारं शविम्।

ज्ञानं ब्रह्ममयं सुरेशममलं लोकैकचिन्तिं स्वयम्॥

इन्द्रादित्य नराधिपि सुरगुरुं त्रैलोक्यचूडामणसि।

ब्रह्ममा विष्णु शवि स्वरूप हृदयं वन्दे सदा भास्करम्॥

With hands in prayer I face the sun, feeling love and joy in my heart.

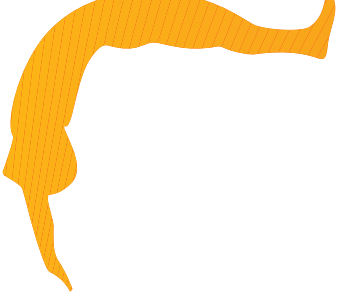
I reach out and let the sun fill me with warmth

I bow before the sun's radiance and place my face to the ground in humble respect.

I lift my face to the sun and then remember, to achieve such heights, I must be as the dust of the Earth.

I stretch up towards its light trying to reach the greatest heights, and again surrender.

I stand tall as I remember the true sun is within me.



om mitrāya namaḥ |

om ravaye namaḥ |

om sūryāya namaḥ |

om bhānave namaḥ |

om khagāya namaḥ |

om pūṣhe namaḥ |

om hiraṇyagarbhāya namaḥ |

om maricaye namaḥ |

om ādityāya namaḥ |

om savitre namaḥ |

om arkāya namaḥ |

om bhāskarāya namaḥ |

om śrīsavitṛsūryanārāyaṇāya namaḥ | |