**HxI diJ ekixÃ¥d, öqz itxMYeZ¥j diJ,**

**öqz M¡k¡¥hõx diJ, t–ky–J HxI**

**s¢kõ disÜxkJ**

**Version Notes:**

**This is the first and initial Version 0.0 dated August 31, 2020.**

**Notes and Explanations:**

These Mantras are different from “Aruna PraSna Mantras” (which are also known as “Surya Namaskara Mantras” in practical usage).   
The “Aruna Prasna Mantras” are given separately in our “TaittirIya Upanishad” book. When Aruna Prasna is recited a namaskaram is offered at the end of each anuvAkam.

The Mantras here are based on Pooja Vidhi and according to some Pandits these are the apt Mantras to be called as Surya Namaskara Mantras. However Surya Namaskaram is offered elaborately with these mantras as preliminary namaskarams and with the addition of Aruna PraSna Mantras. It is also customary to add Navagraha namaskaram separately or at the end of this ritual.

The Mantras given in the book are taken from popular Books by R.S. Vadhyar & Sons, Kalpathi, Palghat and another book authored by Sri Anna Subramania Iyer, published by Rama Krishna Mutt, Chennai.

The approach, order of content and details given are slightly different in these books but the essence given in the main namaskarams are same. R.S Vadhyar’s book has given one or two additional mantras which are covered here.

**Procedure and Practice:**

1. The coverage of the namaskarams may be simple with the contents of this book or it may be added with namaskarams with recital of Aruna PraSnam. The Navagraha namaskaram may be performed separately or together as an added part depending the practice advised by your family Pandit/Guru.
2. The order and the Mantras will change according to the place and practice. This depends how elaborately the practices are followed. Please remember to add the corresponding mantras in AvAhanam and Sankalpam.
3. RS Vadhyar’s book gives a simple practice of only performing Surya Namaskaram as covered in this book with simple AvAhanam and Sankalpam. It gives Navagraha namaskaram at first with separate AvAhanam and Sankalpam. RK Mutt book gives it at the end separately.
4. It is customary to perform Vigneswara Pooja first. Refer our Siva Stuti Book Section – 3.
5. Then Vigneshwara udvApanam should be performed after the Sankalpam. Then perform kalaSa Pooja. Performance of Atma Pooja, PeeTha Pooja, and Sanka Pooja are optional or as per individual practices followed. If AvAhanam is done with a kalaSa, the Avahana mantra/upacAra Pooja mantras are given in a separate box from RK Mutt Book.
6. UdvApanam should be done with panca upacAra Pooja at the end.
7. The mantras for DhUpam, Deepam, NirAnjacam Naivedyam, ThambUlam and Mantra Pushpam shall be used as per Standard Practice and can be referred to in our Siva Stuti Book. Kindly use the correct salutations to SuryanArAyaNa Swamy.
8. There is a slight difference in salutation address in RS Vadhyar’s book the salutation is made as “**CAyA Samgjya sameta SrI SuryNArAyaNa**” whereas normal practice by many, is to address as   
   “**CAyA SuvarchalAmbA sameta SrI SuryNArAyaNa**”.
9. Kindly refer to your Guru(s) or family Pandit(s) for correct usage of this book and add additional procedures/mantras as advised by them.

**Please notify any errors/corrections to our email id** [**vedavms@gmail.com**](mailto:vedavms@gmail.com)

**Contents**

[1 s¢kõ disÜxkJ 5](#_Toc51185219)

[1.1 Section 1- Samkalpam & Avaahanam 5](#_Toc51185220)

[1.2 Section 2 - Namaskaram 9](#_Toc51185221)

[1.3 Section 3 - Namaskaaram with 12 Surya BeejaakShara mantraas 12](#_Toc51185222)

[1.4 Section 4 - Prarthana, Kshama prarthana 18](#_Toc51185223)

================================================

**HxI diJ ekixÃ¥d, öqz itxMYeZ¥j diJ,  
öqz M¡k¡¥hõx diJ | t–ky–J HxI |**

# s¢kõ disÜxkJ

## **Section 1- Samkalpam & Avaahanam**

**BPiõ**

(ex¥öZ RmI ö M£tzZûx, Zsôy© Qxjx sI¹x (s¡pªPmxIgx) s¥iZI öqz s¢kõdxkxjYsûxiydI MÊe¡rðxbyhyJ AhõªPõ |

q¡KøxIgkckI ......qxÇ¥j |

HxI h¢J....... h¡psþ¡k¥kxI |

i¥ixexÀ sisë ...... öezZõªÁI QxjsI¹x (s¡pªPmxIgx) s¥iZ öqzs¢kõdxkxjY öesxb syÆõªÁI A¥kxMb£XMxöZx syÆõªÁI sªpKxkõxd¡K¢msyÆõªÁI ¥icx öeZyhx Ahyp£ÆõªÁI bzªNxj¡rõ syÆõªÁI s¢kõdisÜkx© Kky¥rõ || (CZy bûyJ)

HxI | C–iI ¥i— pk¡Y öq¡cz– tp—i–Æõx P— i£Wj |

Zûxi—p–sõ¡ kxP—¥K | ZZûx— jxiy– ögÖ—Yx–

pÉ—ixd–sëbx qx˜¥së– jR—ix¥dx t–pyªhy—J |

A¥t—Wix¥dx pk¡¥Y–t ¥gx–Æõ¡k¡—qóès–

ix d– Bj¡–J öe¥ix—rzJ ||

Asôy© K¡I¥h sKm ZzªÁxZyeZyI pk¡YI cõxjxiy | Bpxtjxiy |

pk¡Yxj diJ | sKmxkxc¤¤dJ sûªPyZI |

HxI Bs–¥Zõd– kR—sx– pªÀ—ix¥dx dy¥p–qj—Ë–i£Z–I iªÀõ—º |

ty–k–Yõ¥j—d spy–Zx k¥a–dx „¥b–¥px jx—Zy– h¡p—dx

py–eqõË§— ||

Asôy© K¡I¥h Qxjx-sI¹x (s¡pªPmxIgx) s¥iZ öqzs¢kõdxkxjY sûxiy© cõxjxiy | Bpxtjxiy |

öqz s¢kõdxkxjYsõ CbixsdI |

öqz s¢kõdxkxjYj diJ | BsdI siªejxiy | exbõI siªejxiy | AªNõI siªejxiy |

BPidzjI siªejxiy | ic¡eªKI siªejxiy | sïxdI siªejxiy | sïxdxdÇkI BPidzjI siªejxiy | pösëxªÁI e¡rðxYy (A±§Zx©\*) siªejxiy |

DÀkzjxªÁI e¡rðxYy siªejxiy | j¥¹xepzZxªÁI e¡rðxYy siªejxiy |

BhkYxª¥Á e¡rðxYy siªejxiy |

bypõMÊx© cxkjxiy |

tkyöbxK¡IK¡iI cxkjxiy |

Am´kYxª¥Á A±ZxI siªejxiy |

e¤¤rðJ e¢Rjxiy ||

iyöZxj diJ | kp¥j diJ | s¢kõxj diJ | hxd¥p diJ |

LMxj diJ | e¢¥rê diJ | tykYõMªhxj diJ |

ikzP¥j diJ | BbyZõxj diJ | spy¥öZ diJ | Aª¯xj diJ | hxsÜkxj diJ |

dxdxpyc ekyin eöZe¡rðxYy siªejxiy |

c¢exªÁI e¡rðxYy siªejxiy (c¢exI bªqjxiy) |

bzexªÁI e¡rðxYy siªejxiy (bzeI bªqjxiy) |

¤¤d¥pbõI | ZxIg¢mI | bzexkxcdx (dzkxRdI) |

iöÇ e¡rðI | öexªÁdx |

öeb±yY diKxkx© siªejxiy ||

Asõ ösz s¢kõ disÜxk-itxiöÇsõ |

KYûe¡öZ öesÜË EryJ | Ad¡ræ¡e§ QÉJ |

s¢kõ dxkxj¥Yx ¥bpZx ||

ötxI gzRI | ötzI q°yJ | öt¢I KzmKI |

ösz s¢kõdxkxjY öesxb syÆõª¥Á disÜx¥k pydy¥jxKJ ||

ötxI - AIM¡rçxhõxI diJ |

ötzI - ZªRdzhõxI diJ |

öt¢I - iÆõixhõxI diJ |

¤¤ötI - AdxiyKxhõxI diJ |

öt¦I - KdyrçyKxhõxI diJ |

ötJ - KkZm Kke£rçxhõxI diJ |

ötxI - t£bjxj diJ |

ötzI - qyk¥s sûxtx |

öt¢I - qyLx¤¤j prU§ |

¤¤ötI - KpPxj t¡I |

öt¦I - ¥döZöZjxj p¦rU§ |

ötJ - Aösëxj fU§ ||

HxI h¢ªh¡psþ¡p¥kxiyZy byM§gÊJ |

**cõxdI**

DbjMyky-i¡¥eZI hxsÜkI eb§itsëI sKmh¡pd¥döZI d¢¥Ù k¥Ùxe¥cjI |

ZyiykKkyi£¥MöÉI ¥gxcKI eb§iydzdxI

s¡k-M¡k¡ihyp¥É s¡ÉkI pyqûk¢eI ||

mI - e£aypõxÃ¥d MÊI siªejxiy |

tI - BKxqxÃ¥d e¡rðxYy siªejxiy |

jI - pxjûxÃ¥d c¢eixöNxejxiy |

kI - A²õxÃ¥d bzeI bªqjxiy |

pI - Ai£ZxÃ¥d Ai£ZI itx¤¤d¥pbõI

dy¥pbjxiy |

sI - sªpxÃ¥d sª¥pxePxk e¢RxI siªejxiy |

## **Section 2 - Namaskaram**

**1**. HxI M–Yxdx˜I Zûx M–Ye—Zyóè tpxi¥t K–pyI

K—pz–dxi¡—e–iöq—psëiI |

¥Rõ–rç–kx–RI ögÖ—YxI ögÖYsðZ– B d—J

q£–¨pË¢–Zyhy—J szb– sxb—dI ||

**(öqz itx MYeZ¥j diJ)**

**2**. jx K¡¥ÉÉ¡ Z¡rxktxkcpnx jx q¡öhpösëxp£Zx |

jx pzYx-pkb¾i¾yZKkx jx ¥qûZeb§ixsdx ||

jx ögÖxPõ¡Zq´köeh£Zyhyª ¥b¤¤pJ sbx e¢RyZx |

sx ixI exZ¡ sksûZz hMpZz

dy¥qürRxWõxetx ||

**(öqz itxsksû¤¤Zõ diJ )**

**3.** Dix¥Kxin-tsëxgã-sIhxpyZ-mmxUyKI |

tykYõ-K¡¾mI p¥É K¡ixkI e¡rÜkösRI |

**(HxI K¡ixk M¡k¥p diJ)**

**4**. M¡k¡ª ögÖx M¡k¡ªpyrê¡ª M¡k¡ª¥b¥px i¥tqûkJ |

M¡k¡J sx±xZ§ ekI ögÖ Z¤¤sô öqz M¡k¥p diJ ||

M¡k¥p sªp ¥mxKxdxI hyr¥R hp¥kxMyYxI |

dyc¥j sªppybõxdxI b±yYxi¢ªÀ¥j diJ ||

**(öqzM¡k¡PkYxkpyÉxhõxI diJ)**

**5**. pydZxZd¥jx ¥bpJ Kªisx±z s¡¥kqûkJ |

seëxqûJ seëk¸¡Ò Ak¡¥Yx ¥i öeszbZ¡ ||

k¸¡¥pöZKqxexYyI öesËI KqõexÃRI |

sªpxhkYbzeëxIMI Ak¡YI öeYixiõtI ||

**(öqz Ak¡Yxj diJ)**

**6**. RjZ¡ RjZ¡ s¢kõI seë¥mx¤¤KKbzeI |

KykY qiyZexeI ¥Køqb¡JLsõ dxqI ||

Ak¡YdyMiMiõI PxbyixbyZõi¢ªÀyI |

sKmh¡pdpÉõI hxsÜkI ZI dixiy ||

**(QxjxsI¹x (s¡pªPmxIgx)** **s¥iZ öqzs¢kõdxkxjY sûxiy¥d diJ | HxI d¥ix dxkxjYxj | sûxiy© öeszb öeszb )**

**7**. HxI | A–²yiz˜¥n e¡–¥kxty—ZI j–¹sõ—

¥b–pi£–ZûyR˜I | ¥txZx˜kI kÙ– cxZ—iI |

**(E¥MûbxÃ¥d QxjxsI¹x (s¡pªPmxIgx)**

**s¥iZ öqzs¢kõdxkxjY sûxiy¥d diJ |**

**HxI d¥ix dxkxjYxj |**

**sûxiy© öeszb öeszb )**

**8**. HxI | C–¥r ¥Zûx–ª¥RZûx— px–jp—¥Óx ex–jp—Ó

¥b–¥px p—sþpy–Zx öexªe—jZ¡– ¥öqrç—Zixj– Kªi—¥Y | **(jR¡ª¥pbxÃ¥d QxjxsI¹x (s¡pªPmxIgx) s¥iZ öqzs¢kõdxkxjY sûxiy¥d diJ |**

**HxI d¥ix dxkxjYxj | sûxiy© öeszb öeszb )**

**9**. HxI | A²– Bjx—ty pz–Z¥j— M£Yx–¥dx

t–põbx—Z¥j | dy¥txZx— sa§sy g–ªtyry— |

**(sxi¥pbxÃ¥d QxjxsI¹x (s¡pªPmxIgx) s¥iZ öqzs¢kõdxkxjY sûxiy¥d diJ |**

**HxI d¥ix dxkxjYxj | sûxiy© öeszb öeszb )**

**10**. HxI | q¥Ëx— ¥b–pzk–hyræ—j– B¥ex— hpÇ¡ ez–Z¥j˜ |

qI ¥jxk–hyös—pÇ¡ dJ ||

**(AaªpY¥pbxÃ¥d QxjxsI¹x (s¡pªPmxIgx) s¥iZ öqzs¢kõdxkxjY sûxiy¥d diJ |**

**HxI d¥ix dxkxjYxj | sûxiy© öeszb öeszb )**

## **Section 3 - Namaskaaram with 12 Surya BeejaakShara mantraas**

**(Reference for item no. 10 to 33 - TB 3.7.6.21 & 22, Dasini No.75 & 76)**

**1**. HxI ötxI | D–bõË–bõ iy—öZitJ | **(iyöZxj diJ)**

**2**. HxI ötzI | B–¥kxt–Ë¡À—kx–I byp˜I | **(kp¥j diJ)**

**3**. HxI öt¢I | t£–¥öbx–MI ii— s¢kõ | **(s¢kõxj diJ)**

**4**. HxI ¤¤ötI | t–ky–ixY—I P dxqj | **(hxd¥p diJ)**

**5**. HxI öt¦I | q¡¥K—r¡ ¥i tky–ixY˜I | **(LMxj diJ)**

**6**. HxI ötJ | ¥kx–e–YxKx—s¡ bÆ§isy | **(e¢¥rê diJ)**

**7**. HxI ötxI | A¥ax— txkyöb–¥pr¡— ¥i | **(tykYõMªhxj diJ)**

**8**. HxI ötzI | t–ky–ixY–I dyb—Æ§isy | **(ikzP¥j diJ)**

**9**. HxI öt¢I | Db—Mxb–jix—by–ZõJ | **(BbyZõxj diJ)**

**10**. HxI ¤¤ötI | py¥qû—d– st—sx s–t |

**(spy¥öZ diJ)**

**11**. HxI öt¦I | bûy–rÇ–I ii— k–ÊjË§— | **(Aª¯xj diJ)**

**12**. HxI ötJ | ¥ix A–tI bûy—r–¥Zx k—cI | **(hxsÜkxj diJ)**

**13**. HxI ötxI, ötzI | D–bõË–bõ iy—öZitJ |

B–¥kxt–Ë¡À—kx–I byp˜I | **(iyöZ-kpyhõxI diJ)**

**14**. HxI öt¢I, ¤¤ötI | t£–¥öbx–MI ii— s¢kõ |

t–ky–ixY—I P dxqj | **(s¢kõ-hxd¡hõxI diJ)**

**15**. HxI öt¦I, ötJ | q¡¥K—r¡ ¥i tky–ixY˜I |

¥kx–e–YxKx—s¡ bÆ§isy | **(LM-e¢rhõxI diJ)**

**16**. HxI ötxI, ötzI | A¥ax— txkyöb–¥pr¡— ¥i |

t–ky–ixY–I dyb—Æ§isy | **(tykYõMªh-ikzPyhõxI diJ)**

**17**. HxI öt¢I, ¤¤ötI | Db—Mxb–jix—by–ZõJ |

py¥qû—d– st—sx s–t | **(BbyZõ-spyZ£hõxI diJ)**

**18**. HxI öt¦I, ötJ | bûy–rÇ–I ii— k–ÊjË§— |

¥ix A–tI bûy—r–¥Zx k—cI | (**Aª¯-hxsÜkxhõxI diJ)**

**19** HxI ötxI, ötzI, öt¢I, ¤¤ötI | D–bõË–bõ iy—öZitJ |

B–¥kxt–Ë¡À—kx–I byp˜I | t£–¥öbx–MI ii— s¢kõ |

t–ky–ixY—I P dxqj | **(iyöZ-kpy-s¢kõ-hxd¡¥hõx diJ)**

**20** HxI öt¦I, ötJ, ötxI, ötzI |

q¡¥K—r¡ ¥i tky–ixY˜I | ¥kx–e–YxKx—s¡ bÆ§isy |

A¥ax— txkyöb–¥pr¡— ¥i | t–ky–ixY–I dyb—Æ§isy |

**(LM-e¢r-tykYõMªh-ikzPy¥hõx diJ)**

**21**. HxI öt¢I, ¤¤ötI, öt¦I, ötJ | Db—Mxb–jix—by–ZõJ |

py¥qû—d– st—sx s–t | bûy–rÇ–I ii— k–ÊjË§— |

¥ix A–tI bûy—r–¥Zx k—cI |

**(BbyZõ-spyZ£-Aª¯-hxsÜ¥k¥hõx diJ)**

**22.** HxI ötxI, ötzI, öt¢I, ¤¤ötI, öt¦I, ötJ |

D–bõË–bõ iy—öZitJ | B–¥kxt–Ë¡À—kx–I byp˜I |

t£–¥öbx–MI ii— s¢kõ | t–ky–ixY—I P dxqj |

q¡¥K—r¡ ¥i tky–ixY˜I | ¥kx–e–YxKx—s¡ bcôsy |

**(iyöZ-kpy-s¢kõ-hxd¡-LM-e¢r¥hõx diJ)**

**23**. HxI ötxI, ötzI, öt¢I, ¤¤ötI, öt¦I, ötJ |

A¥ax— txkyöb–¥pr¡— ¥i | t–ky–ixY–I dyb—Æ§isy |

Db—Mxb–jix—by–ZõJ | py¥qû—d– st—sx s–t |

bûy–rÇ–I ii— k–ÊjË§— | ¥ix A–tI bûy—r–¥Zx k—cI |

**(tykYõMªh-ikzPy-BbyZõ-spyZ£-Aª¯-**

**hxsÜ¥k¥hõx diJ)**

**24**. HxI ötxI, ötzI, öt¢I, ¤¤ötI, öt¦I, ötJ,

ötxI, ötzI, öt¢I, ¤¤ötI, öt¦I, ötJ |

D–bõË–bõ iy—öZitJ | B–¥kxt–Ë¡À—kx–I byp˜I |

t£–¥öbx–MI ii— s¢kõ | t–ky–ixY—I P dxqj |

q¡¥K—r¡ ¥i tky–ixY˜I | ¥kx–e–YxKx—s¡ bÆ§isy |

A¥ax— txkyöb–¥pr¡— ¥i | t–ky–ixY–I dyb—Æ§isy |

Db—Mxb–jix—by–ZõJ | py¥qû—d– st—sx s–t |

bûy–rÇ–I ii— k–ÊjË§— | ¥ix A–tI bûy—r–¥Zx k—cI |

**(iyöZ-kpy-s¢kõ-hxd¡-LM-e¢r-tykYõMªh-ikzPy-BbyZõ-spyZ£-Aª¯-hxsÜ¥k¥hõx diJ)**

**25**. D–bõË–bõ iy—öZ itJ | s–eÙx˜¥Í AdzdqJ |

by¤¤p—dx©. py–bõ¡Zx— Rty | dy–¥öixP–Ëc—kx© K£cy ||

D–bõË–bõ py ¥dx— hR | ey–Zx e¡–¥öZ¥hõx– jax˜ |

bz–ªNx–j¡–Zûsõ— ¥tqy¥r | Zsõ— ¥dx ¥bty s¢kõ || **(QxjxsI¹x (s¡pªPmxIgx)** **s¥iZ öqzs¢kõdxkxjY sûxiy¥d diJ | HxI d¥ix dxkxjYxj | sûxiy© öeszb öeszb)**

**(TB 3.7.6.21 & 22)**

**26**. ¥jx d–qüex–bq—eZJ | jÒ— d–qüe—Z–qüex˜Z§ |

D–rxÒ– Z¤¤sô— dy–öi¡K§ P— | sªp—I ex–eóè si¢—tZxI ||

**(QxjxsI¹x (s¡pªPmxIgx)** **s¥iZ öqzs¢kõdxkxjY sûxiy¥d diJ | HxI d¥ix dxkxjYxj | sûxiy© öeszb öeszb) (TB 3.7.6.23)**

**27**. ¥jx d—sþ–e¥Ùx– ¥jx kY—J | iª¥Zx—„hy–bxs—Zy ¥bpxJ |

C–Æ§i¥sõ—p öe–±xj—ZJ | ix Z¥sõx¥Pâ—ry– Kyº–d ||

**(QxjxsI¹x (s¡pªPmxIgx)** **s¥iZ öqzs¢kõdxkxjY sûxiy¥d diJ | HxI d¥ix dxkxjYxj | sûxiy© öeszb öeszb |)** (**TB** **3**.**7**.**6**.**24**)

**28**. HxI | Z–kYy—ª py–qûb—ª.q¥Zx ¥RõxZy–rÜ£b—sy s¢kõ | pyqû–ixhx—sy ¥kxP–dI || D–e–jx–iM£—tz¥Zx„sy– s¢kõx—j Zûx– öhxR—sûZ G–r ¥Z– ¥jxdy–J s¢kõx—j Zûx–

öhxR—sû¥Z ||

**(QxjxsI¹x (s¡pªPmxIgx)** **s¥iZ öqzs¢kõdxkxjY sûxiy¥d diJ |**

**HxI d¥ix dxkxjYxj | sûxiy© öeszb öeszb |)**

**TS 1.4.31.1 & TA 3.16.1**

**29**. HxI | N£Yy–J s¢kõ— B–by¥Zõx d öehx—px–Zõ±—kI |

ic¡— ±kÇy– Zb§-k—sI | s–ZõI ¤¤p Zb§-ks–ix¥ex–

¥RõxZz–k¥sx–„i£Z–I ögÖ– h¢ªh¡p–sþ¡p–¥kxI || **(QxjxsI¹x (s¡pªPmxIgx)** **s¥iZ öqzs¢kõdxkxjY sûxiy¥d diJ | HxI d¥ix dxkxjYxj | sûxiy© öeszb öeszb)** **T.A.6.37.1**

**30**. HxI - N£Yy–kyZy– ¥bû A–±¥k˜ | s¢kõ– CZy– öZzYy— |

B–by–Zõ CZy– öZzYy— |

G–Z¤¤bû sx—py–öZsõx–ræx±—kI e–bò öqy–jx„hyry—°I |

j G–pI Æ¥pb— | öqy–jx ¤¤t–pxhyry—Põ¥Z ||

**(QxjxsI¹x (s¡pªPmxIgx)** **s¥iZ öqzs¢kõdxkxjY sûxiy¥d diJ |**

**HxI d¥ix dxkxjYxj |**

**sûxiy© öeszb öeszb |) (T.B.3.10.9.13 & 14)**

**31.** B–by–¥Zõx px G–r G–Z© i–¾m–I Ze—Zy– ZöZ– Zx

EP–sëb£–Px i—¾m–óè– s E–PxI Æ¥mx–¥Kx„a– j G–r

G–Zsôy—© i–¾¥m–„ªPyª bz–eõ¥Z– Zxdy– sxix—dy– s sx–iïxI Æ¥mx–¥Kx„a– j G–r G–Zsôy—© i–¾¥m–„ªPyry– e¡k¡—r–sëxdy– jR¢óè—ry– s jR¡—rx i¾m–óè– s

jR¡—rxI Æ¥mx–K¤¤sþrx öZ–¥Ðp— py–bõx Z—eZy– j

G–¥rx˜„Çkx—by–¥Zõ ty—k–¿j–J e¡k¡—rJ || **(QxjxsI¹x (s¡pªPmxIgx)** **s¥iZ öqzs¢kõdxkxjY sûxiy¥d diJ | HxI d¥ix dxkxjYxj | sûxiy© öeszb öeszb ) T.A.6.14.1**

**32**. B–by–¥Zõx ¤¤p ¥ZR– Hx¥Rx– gm–I Æjq–-Ò±¡–-

¥öqüxöZ—ix–Ãx i¥dx— i–dõ¡ª-id¡—ª-i£–Zõ¡-sþ–¥Zõx iy–¥öZx

px–j¡kx—Kx–qJ öex–¥Yx ¥mx—Kex–mJ KJ KyI KI

Za§s–ZõiË—-i–i£¥Zx— Rz–¥px pyqû—J KZ–iJ sû—j–Ih¡ ög¤¤Ö– Zbi£—Z G–r e¡k¡—r G–r h¢–Zxdx–-icy—eZy–ª ögÖ—Y–J sxj¡—Rõóè s¥mx–KZx—ix¥eïx-¥Zõ–Zxsx—¥i–p ¥b–pZx—dx–óè– sxj¡—Rõóè sx–ªræyZxóè—

sixd¥mx–KZx—-ix¥eïxZy– j G–pI ¥p¥b˜Zõ¡e–dyrZ§ ||

**(QxjxsI¹x (s¡pªPmxIgx) s¥iZ öqzs¢kõdxkxjY sûxiy¥d diJ | HxI d¥ix dxkxjYxj | sûxiy© öeszb öeszb ) T.A.6.14.2**

## **Section 4 - Prarthana, Kshama prarthana**

**1**. s¢kõI s¡Ék¥mxKdxaii£ZI ¥pbxÇsxkI qypI |

¹xdI ögÖijI s¡¥kqiimI ¥mx¤¤KKPyÀI sûjI |

CöÉxbyZõdkxcyeI s¡kM¡k¡I ¤¤öZ¥mxKõP¢WxiYyI |

pyrê¡ ögÖqyp sûk¢et£bjI p¥É sbx hxsÜkI ||

**2**. hx¥dx hxsÜk ixªÀx¾ P¾k¥qô bypxKk |

Bj¡kx¥kxMõ¤¤iqûkõI öqyjI e¡öZxIÒ ¥bty ¥i ||

**3**. c£Z eb§ibûjI hxd¡I ¥Z¥Rxi¾m iÆõMI |

sªpxcypõxcy qidI QxjxqøyræZd¡I h¥R ||

**4**. s¦kõi¾m iÆõÓI sxIgI sIsxk¥hrRI |

dzmöMzpI pyk¢ex±I dixiy qypipõjI ||

**5**. d¥ix cªipycxdxj di¥së K£Zsx±y¥Y |

diJ öeZõ± ¥bpxj hxsÜkxj d¥ix diJ ||

**6**. Adõax qkYI dxsëy Zû¥ip qkYI ii |

ZsôxZ§ Kxk¡Yõhx¥pd k± k± bypxKk ||

**7**. BbyZõsõ disÜxkx© ¥j K¡ªpÇy by¥d by¥d |

RÍxÇk st¥ösr¡ bxkyöbI ¥dxeRxj¥Z ||

**8**. jb±keböhræI ixöZxtzdI Z¡ jb§ h¥pZ§ |

ZZ§ sªpI ±iõZxI ¥bp bypxKk d¥ix„së¡ ¥Z ||

**9**. pysªMÞ gyÉ¡ ixöZxYy ebexbx±kxYy P |

dõ¢dxdy PxZyky°xdy ±isû P bypxKk ||

(CZy disÜxkx© K£Zûx)

HxI h¢ªh¡psþ¡p¥kxI | AsôxZ§ exöZxZ§ QxjsI¹x (s¡pªPmxIgx) s¥iZ öqzs¢kõdxkxjYsûxiydI jaxÓxdI öeZyrçxejxiy ||

AKxmi£Zõ¡tkYI sªp põxcydypxkYI

sªp exe±jKkI s¢kex¥bxbKI q¡hI ||

(CZy ZzªÁI öexqõ)

A¥dd s¢kõdisÜx¥kY QxjsI¹x (s¡pªPmxIgx) s¥iZJ öqzs¢kõdxkxjYJ

öezjZxI ||

HxI ZZ§ sZ§ ögÖxªeYisë¡ || (BPxi¥jZ§)

**------------ CZy s¢kõdisÜxkJ sIe¢ªYJ ------**

**===========================**