

हर हर शङ्कर

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जय जय शङ्कर



श्री-वेदव्यासाय नमः

श्रीमद्-आद्य-शङ्कर-भगवत्पाद-परम्परागत-मूलाम्नाय-
सर्वज्ञ-पीठम्
श्री-काञ्ची-कामकोटि-पीठम्
जगद्गुरु-श्री-शङ्कराचार्य-स्वामि-श्रीमठ-संस्थानम्

सूर्य-अर्घ्य-प्रदानम्

Method of women offering Arghya to Surya

After bathing, wearing clean clothes, tilakam etc, taking clean water in a tirtha patram, this must be offered **thrice every day** with devotion.

It must be done facing **east** in the morning and facing **west** in the evening. For noon, east until midday, and west if it has elapsed.

Pray to Surya with the first shloka. Chanting the second shloka three times, offer arghyam for each repetition.

Arghya means to join the two hands joined together, cupped and palms facing up, taking water in them and give with devotion.

Do-s and don't-s

Arghya must be offered in a waterbody such as a river or in a clean place. If that is not possible, it may be offered in a plate or vessel and then poured away in another clean place.

The water offered as arghya should not get mixed with dirty water. It should not be touched by feet. If it spills where feet might touch it, wipe it away.

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Not only for this, but for any anushthanam, vessels used must be made of traditional metals such as copper, brass etc. Stainless steel should not be used.

If one incurs an ashaucham, one can mentally pray to Surya but perform this only after it has elapsed and one acquires shuddhi.

Meanings of the verses

Prarthana: Come O Surya! You are the thousand-rayed effulgence! You are the ruler of this world! Oh causer of daytime! Please accept my arghyam, showing compassion towards my devotion.

Arghyam: O supreme being who shine with many rays! Your brilliance pervades everywhere! You are the one who created this world. You are pure. You are the witness to all the happenings of this world. You are the one that gives the fruits of actions to beings! To you my prostrations!

॥ प्रार्थना ॥

एहि सूर्य सहस्रांशो तेजोराशे जगत्पते।
अनुकम्पय मां भक्त्या गृहाणार्घ्यं दिवाकर ॥

॥ अर्घ्य-प्रदानम् ॥

नमो विवस्वते ब्रह्मन् भास्वते विष्णुतेजसे।
जगत्सवित्रे शुचये सवित्रे फलदायिने॥
(एवं त्रिः)