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**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!

### ||പ്രാർമ്മനാ||

എഹി സുർയ സഹസ്രാംഗ്രേ തേജോരാഗ്രേ ജഗത്പതേ |  
അനുകംപയ മാം ക്രത്യാ ശൃംഗാരാർഘ്യം ദിവാകര ||

### ||അർഘ്യ-പ്രദാനം||

നമോ വിവസ്യതേ ഖേമന് ഭാസ്യതേ വിഷ്ണുതേജസ്സേ |  
ജഗത്സവിത്രേ ശുചയേ സവിത്രേ മലദായിനേ ||  
(എവം ത്രിः)