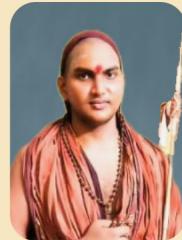


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শ্রী-বেদব্যাসায় নমঃ

শ্রীমদ্ভাগবত-প্রাপ্তি-শক্তি-ভগবত্পাদ-পরম্পরাগত-মূলান্বায়-
সর্বজ্ঞ-পীঠম্
শ্রী-কাঞ্চি-কামকোটি-পীঠম্
জগদগুরু-শ্রী-শক্তিরাচার্য-স্বামি-শ্রীমঠ-সংস্থানম্

সূর্য-অর্ঘ্য-প্রদানম্

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!

॥প্রার্থনা ॥

এহি সূর্য সহস্রাংশো তেজোরাশে জগত্পতে ।
অনুকম্পয মাং ভক্ত্য গৃহণার্ঘ্যং দিবাকর ॥

॥অর্ঘ্য-প্রদানম্ ॥

নমো বিবস্তে রূমান্ ভাস্তে বিষ্ণুতেজসে ।
জগত্সবিত্রে শুচযে সবিত্রে ফলদাযিনে ॥
(এবং ত্রিঃ)