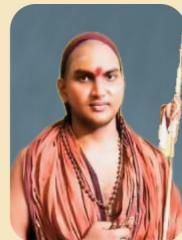
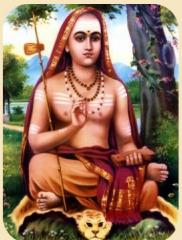


ਨ ਨ ਸਫਰ

ੴ

ਏਥ ਏਥ ਸਫਰ



ਸ੍ਰੀ-ਵੈਦਿਕ ਭਾਵ ਨਮ੍ਰਾ

ਸ੍ਰੀਮਦਾ-ਸੁਦੂ-ਸਫਰ-ਚਗਵਦ੍ਵਾ-ਪਰਮ੍ਭਾਗਤ-ਮੁਲਾਭਾਧ-ਮਚਲ-  
ਪੀਠਮਾ

ਸ੍ਰੀ-ਕਾਞਚੀ-ਕਾਮਕੇਣ-ਪੀਠਮਾ

ਏਗਜ਼ੂਰੁ-ਸ੍ਰੀ-ਸਫਰਮਾਦ-ਭਾਮਿ-ਸ੍ਰੀਮਠ-ਮੰਮੂਨਮਾ

## ਮੁਟ-ਯੜ੍ਹ-ਪ੍ਰਦਾਨਮਾ

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.

ਵੈਦ-ਏਤੂ-ਸਾਮੂ-ਪਰਿਪਾਲਨ-ਮਨ

9884655618

8072613857



vdspsabha@gmail.com



vdspsabha.org

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!

॥ਪ੍ਰਾਤਿ॥

ਏਹਿ ਪੁਰੁ ਮਨਮੁੰਸੇ ਤੋਣੈਗਾਮੇ ਏਗੜ੍ਹਤੇ।  
ਮਜ਼ਕੁਬੁਧ ਭਾਂ ਚੜ੍ਹਾ ਗੁਹਾਵੁੰਦ੍ਰੂ ਮਿਰਾਕਗ॥

॥ਮਜ਼ੁ-ਪ੍ਰਾਤਿਮਾ॥

ਨਮੇ ਵਿਰਖਤੇ ਰਨਨਾ ਚਾਖਤੇ ਵਿਖੂਤੇ ਲਪੋ।  
ਏਗੜ੍ਹਵਿਤੇ ਸੁਧਾਰੇ ਮਵਿਤੇ ਢਲਮਾ ਧਿਨੇ॥

(ਏਵੇਂ ਤ੍ਰਿ:)

ਰੋਟੀ-ਏਨ੍ਡ੍ਰ-ਮਾਮ੍ਹ-ਪਰਿਪਾਲਨ-ਮਜ਼ਾ

9884655618

8072613857



vdspsabha@gmail.com



vdspsabha.org