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श्री-वेङ्कटभाष नमः

श्रीभद्रा-सुहृ-मङ्गल-रुगवद्भद्र-परभृगगउ-भलाभाय-भवल्ल-
पी०भा

श्री-कांक्षी-काभकैरि-पी०भा
एगङ्गुरु-श्री-मङ्गलपाद-भ्रामि-श्रीभ०-भंभू नमः

भुद-सुहृ-पूजा नमः

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!

॥પ્રાર્થના॥

તપ્તિ મુદ્ મરુખંમે ઉદ્દેગમે અગદ્ગદે
મનુકમ્પય મં રુદ્ધા ગુણાન્નું દિવાકર॥

॥મનુ-પ્રાર્થના॥

નમે વિવશ્વતે રુદ્ધના રુદ્ધતે વિપ્લુતેભ્યો
અગદ્ગદ્વિદ્ મુદ્ધયે મવિદ્ દ્વલદ્ધયિને॥
(તથા ડિઃ)

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