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ಜಯ ಜಯ ಶಂಕರ



ಶ್ರೀ-ವೇದವ್ಯಾಸಾಯ ನಮಃ

ಶ್ರೀಮದ್-ಆದ್ಯ-ಶಂಕರ-ಭಗವತ್ಪಾದ-ಪರಂಪರಾಗತ-
ಮೂಲಾಮ್ಬಾಯ-ಸರ್ವಜ್ಞ-ಪೀಠಮ್
ಶ್ರೀ-ಕಾಂಚೀ-ಕಾಮಕೋಟಿ-ಪೀಠಮ್
ಜಗದ್ಗುರು-ಶ್ರೀ-ಶಂಕರಾಚಾರ್ಯ-ಸ್ವಾಮಿ-ಶ್ರೀಮರ-
ಸಂಸ್ಥಾನಮ್

ಸೂರ್ಯ-ಅರ್ಘ್ಯ-ಪ್ರದಾನಮ್

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

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vdspsabha@gmail.com

vdspsabha.org

away.

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!

॥ಪ್ರಾರ್ಥನೆ॥

ಏಹಿ ಸೂರ್ಯ ಸಹಸ್ರಾಂಶೋ ತೇಜೋರಾತೇ ಜಗತ್ತತೇ |
ಅನುಕಂಪಯ ಮಾಂ ಭಕ್ತಾ ಗೃಹಾಣಾಘ್ರ್ಯಂ ದಿವಾಕರ||

॥ಅಘ್ರ್ಯ-ಪ್ರದಾನಮ್॥

ನಮೋ ವಿವಸ್ವತೇ ಬ್ರಹ್ಮನ್ ಭಾಸತೇ ವಿಷ್ಣುತೇಜಸೇ |
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(ಎವಂ ತ್ರಿಃ)