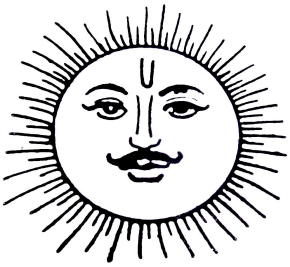


1 Surya Pooja

Sun worship is done on Sundays. Surya Pooja is indicated for good health and intellectual breakthroughs and also to earn spiritual credits. In Surya Pooja, havan with chanting of Surya Mantra is required and also japa of the Twelve Names of Surya with Red Sandlewood Rosary is indicated. On the occasion of Surya Pooja, the use of red sandalwood (lal chandan), red flowers, red clothes, preferably of silk, i.e. dhwata (flag of red silk with the name of Surya on it), wearing of red and orange silk clothes and/or a red silk anga-rakchak is advised. Use of copper vessels, i.e. pacha-patra and aachmani is also advised. Use of manikya (ruby) is indicated to please Lord Surya.

2 Notes

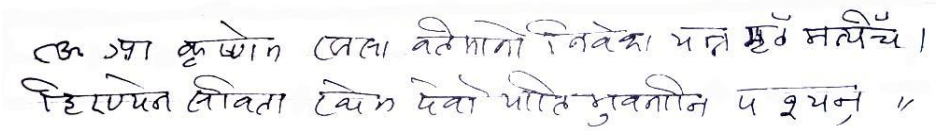
In order to establish better communion and effective contact between you (the True Self, the unmanifest, your soul, intellect and thought body) and Lord Surya (the unmanifest, the spiritual entity), it is advised that during Surya Pooja you should have a picture of Lord Surya and the mantra to invoke the presence of Lord Surya detailed in section **3.1** be addressed to that picture which quickly establishes Holy Communion with Lord Surya. Surya yantra is indicated to be a better vehicle for the manifestation of Lord Surya, as the yantra is the etherial/astral form in which Lord Surya exists. The power is in the yantra in seed form and when you chant the invocation it is indicated

to start manifesting to officiate the pooja ceremony and accept your offerings and prayers. As detailed in section **6**, when you chant the mantra offering water from your Pancha-Patra with the Aachmani the water can be dropped right on the metallic yantra, but if you have a picture of Lord Surya it is better to pour water from your Aachmani on the ground in front of the picture of Lord Surya. If the Pooja is done indoors, then place a plate in front of the photo of Lord Surya, letting the water drops fall on the plate and the water may be used to water plants in your apartment or outside plants. Just as the sight of the photo of your loved ones stirs up emotions of Love in your astral/thought body and establishes instant contact in the astral with your loved ones no matter where they are, similarly, the photo will more effectively establish astral contact/Holy Communion with Lord Surya.

3 Invocation

Invoking the physical presence of Lord Surya in His spiritual form to accept the pooja and offerings.

3.1 Mantra to invoke presence of Lord Surya



OM AA KRISHNO RAJASA BERT MANO
NIVE YANNA MRITANG MATER YA CHANG

HIRANEYN SAVITA RATHENA DEVO
YATEE BHUWA NANEE PASYAN

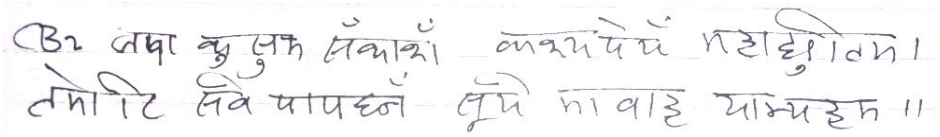
3.2 Meaning of this mantra

Oh Lord Surya, Illuminator of the Universe, with your Unlimited Light, oh Lord Surya, Destroyer of Sins, I invoke Your Presence In Person to accept this Surya Pooja.

4 Removal of all obstacles and inauspiciousness

Mantra below is asking and requesting Lord Surya to remove all obstacles and all inauspiciousness from life and removal of darkness and sins. It asks Lord Surya, ``Please be gracious and bless me with the fulfillment of my heart's desires.''

4.1 Mantra



OM JAYA KUSUM SANKASUM
KASYA PEY YAM MAHA DUTIM

TAMOR SARWA PAPAGH NUM
SURYA MA WAH YABHYA HAM

4.2 Meaning of Mantra

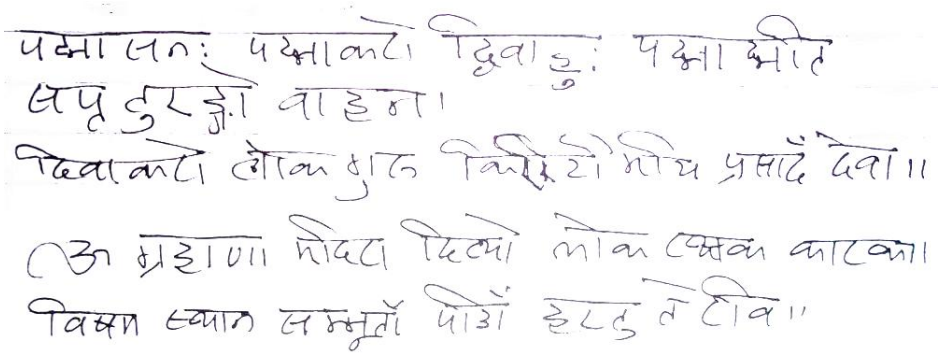
Oh Lord Surya, Thy Rays and Effulgence are red like the flower of the Japa Tree. Thou Art born of Kasapa. Thou Art the Destroyer of Darkness. Thou Art the Destroyer of Sins and Bad Karmas. Oh Lord, be pleased to be seated here. Oh Lord, destroy bad luck and be kind and grant my wish.

5 Dhyana of Lord Surya

Next comes Dhyana of Lord Surya, who is already now present after invocation of the second mantra.

5.1 Surya Dhyanam Mantra

You meditate on Surya while chanting this mantra:



PADMA SANA PADMA KERO DWEE BAHO
PADMA DWITEE SAPTA TURANGO VAHANA

DIWAKARO LOKGURU KIREETEE MAYA
PRASADANG DEVA

OM GRAHANAM MADIRA DITYO
LOK RAKCHAN KARAKA

VISAM STHAN SAMBHOOTA
PEEDAM HARITU TEY RAVI

5.2 Meaning of Mantra

Oh Lord Surya, the Protector and Well Wisher of the Universe, please have mercy on me and free me of all pain, suffering and problems of my life.

6 Offering of Water

With the following mantra, offer water from your Pancha Patra on the earth addressing Lord Surya as below:

AACHMANEEYAM SAMAR PA YAMEE

7 Japa of Lord Surya

After this, japa of Lord Surya is advised with your red sandalwood rosary (27 beads). One rosary is the minimum. Best will be to use the mantra for japa:

7.1 Mantra for Japa of Lord Surya

OM SURYAY NAMA

Or, you can use the following mantra with ten names of Lord Surya:

7.2 Mantra to Honor and Invoke the Blessings of Lord Surya - The Sun, The Giver of Life and Light

OM SURYAYA NAMA
OM RAVAYEY NAMA
OM KHAGAYA NAMA
OM MARTANDAYA NAMA
OM BHASKARAYA NAMA
OM BHANAVE NAMA
OM HIRANYAGARBHAYA NAMA
OM MITRAYA NAMA
OM PUSHNE NAMA
OM SAVITRE NAMA

8 Havan

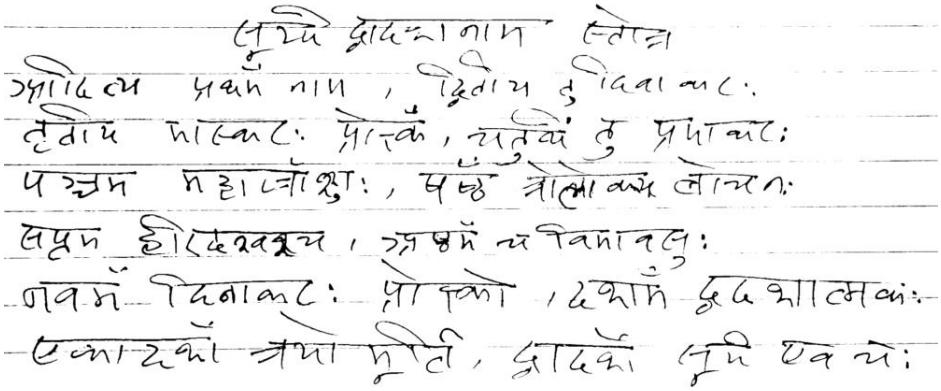
After Japa of Lord Surya, Havan (Yajna) is advised to be performed with 108 Aahuttees, with each Aahuttee (offering of havan samagri into the fire of the Havan Kunda) repeating the same name of Lord (given in **7.1**) or the 10 names (given in **7.2**).

9 Parikramanee

After completion of Havan, the final part of Surya Pooja is Parikramanee. Persons should stand up and form a line and go merry-go-round the Havan Kunda where Havan was performed while holding in their hands the Surya-Dhwaja (red silk flag with Surya name on it). As you perform Parikramanee marching in procession around the Havan Kunda, chant (hymn) the following:

9.1 Surya Dwadas Nam Stotra

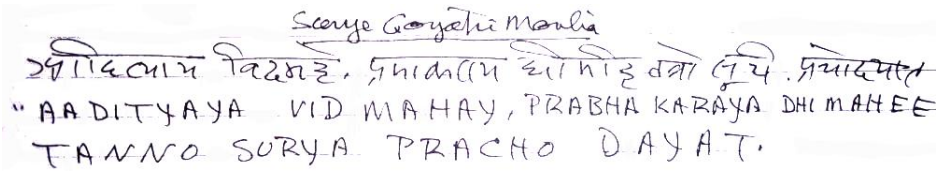
Prayer reciting and chanting the 12 names of Surya:



ADITYAYA PRATHMAN NAMA
DWATEEY TU DIVAKARA
TRATEEYAM BHASKARA PROKTAM
CHATURTHAM TU PRABHAKARI
PANCHAM MAHASAHASTRAMSU
KHASTAM TRAYA LOKYA LOCHANA
SAPTAM HARI DUS VAS CHA
ASTAM CHA BIBHA WASU
NAVAM DINAKARA PROKTA
DASAM DWADASAT MAKA
EKADASM TRAYO MOORTEE
DWADASAM SURYA AEV CHEY

10 Surya Gayatri Mantra

In order to obtain quick result from Surya Pooja, Surya Gayatri Mantra be chanted on rosary of red sandalwood as below:



AADITYAYA VID MAHAY, PRABHA KARAYA DHIMAHEE
TANNO SURYA PRACHO DAYAT

Note: This procedure for Surya Pooja has been transcribed from notes given by Yogi Gupta (Swami Kailashanand) to His disciples.

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