

# SURYA GAYATRI MANTRA



AUM ASWA DHWAJAYA VIDHMAHE  
PASA HASTHAYA DHEEMAHE  
THANNO SURYA PRACHODAYATH

## BEFORE YOU START CHANTING

- Bath or Wash your hands and feet. You must be clean!
- Always face East when chanting.
- Devote yourself completely to Lord Surya and feel the protection and love of the Universe.
- Look at a picture of Lord Surya or look up at the sun in the sky and when chanting.
- Chant the Surya Gayatri Mantra thrice each day for 48 days. Start reciting at sunrise, or during Brahma Muhurta or Surya Hora of the day.
- Chant four times every Sunday during Shukla Paksha or Sapthami Thithi days, or Makar Sankranti or Rakha Sapthami days. Repeat the procedure each Sunday.
- Recite the Surya Gayatri mantras on any Sundays and Sapthami Thithi days if one is unable to chant the mantra regularly.
- Let thoughts pass you by, do not dwell on the past or future; concentrate on your mantra; and count the repetitions.
- Give sweet Prasads made out of wheat and offer lotus or hibiscus to Lord Surya before chanting the mantra.
- Light a Diya preferably with ghee

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