



द्वादश आदित्यनामानि (सूर्यनमस्कारः)

dvādaśa ādityanāmāni (sūryanamaskārah)

Salutations to Sun God with the twelve names of Aditya

मित्र रवि सूर्य भानु खग पूष हिरण्यगर्भ

मरीचि आदित्य सवितृ अर्क भास्करेभ्यो नमः

mitra ravi sūrya bhānu khaga pūṣa hiraṇyagarbha

marīci āditya savitṛ arka bhāskarebhyo namaḥ

१ ॥ ॐ मित्राय नमः om mitrāya namaḥ = Salutations to **Mitra**, the bestower of universal friendship.

२ ॥ ॐ रवये नमः om ravaye namaḥ = Salutations to **Ravi**, the bestower of radiance.

३ ॥ ॐ सूर्याय नमः om sūryāya namaḥ = Salutations to **Surya**, the dispeller of darkness,

४ ॥ ॐ भानवे नमः om bhānave namaḥ = Salutations to **Bhānu**, the shining principle.

५ ॥ ॐ खगाय नमः om khagāya namaḥ = Salutations to **Khaga**, the all pervading.

६ ॥ ॐ पूष्णे नमः om pūṣṇe namaḥ = Salutations to **Pūṣan**, the mystic fire.

७ ॥ ॐ हिरण्य गर्भाय नमः om hiraṇya garbhāya namaḥ = Salutations to **Hiraṇyagarbha**, the golden colored one.

८ ॥ ॐ मरीचये नमः om marīcaye namaḥ = Salutations to **Marīci**, one with the light.

९ ॥ ॐ आदित्याय नमः om ādityāya namaḥ = Salutations to **Aditya**, the son of Aditi, unbound or unlimited.

१० ॥ ॐ सवित्रे नमः om savitre namaḥ = Salutations to **Savitā**, the impeller of life force.

११ ॥ ॐ अर्काय नमः om arkāya namaḥ = Salutations to **Arka**, the remover of afflictions.

१२ ॥ ॐ भास्कराय नमः om bhāskarāya namaḥ = Salutations to **Bhāskara**, the cosmic brilliance.