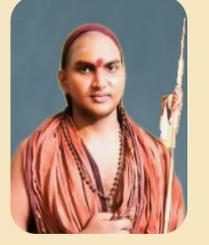


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श्री-वेङ्कटभाष्य नमः

श्रीभद्रा-सुप्त-मङ्गल-रुगवद्भद्र-परभृगागउ-भलाभाय-भवल्ल-  
पी०भा

श्री-काञ्ची-काभकैरि-पी०भा  
एगङ्गुरु-श्री-मङ्गलपाद-श्रामि-श्रीभ०-भंभू नभा

भद्र-सुप्त-पूजा नभा

**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.

वेङ्कट-सुप्त-माभू-परिपालन-मठ

☎ 9884655618

☎ 8072613857

✉ vdspsabha@gmail.com

🌐 vdspsabha.org

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!

॥पूजा॥

एति भूट मरुभंमे उरुगमे एगङ्गुते  
मनुकभय भं रुकृ गुरुकङ्कुं विवाकर॥

॥मङ्गल-पूजा॥

नभे विवधुते रुद्रना रुधुते विपुतेणमे।  
एगङ्गुवित्रे मुणये भवित्रे ललल विने॥  
(एवं इति)

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☎ 9884655618

☎ 8072613857

✉ vdspsabha@gmail.com

🌐 vdspsabha.org