

ॐ

वक्रतुण्ड महाकाय सूर्यकोटि समप्रभ ।

निर्विघ्नं कुरु मे देव सर्वकार्येषु सर्वदा ॥

**Oṃ vakra-tuṇḍa mahā-kāya sūrya-koṭi samaprabha ।  
nirvighnaṃ kuru me deva sarva-kāryeṣu sarva-dā ॥**

O Gaṇeśa, god with a curved trunk, of great stature,  
Whose brilliance is equal to ten million suns,  
Grant me freedom from obstacles,  
In all things, at all times.

ॐ सह नाववतु । सह नौ भुनक्तु । सह वीर्यं करवावहै ।

तेजस्वि नावधीतमस्तु मा विद्विषावहै ॥

ॐ शान्तिः शान्तिः शान्तिः ।

**Oṃ saha nāvavatu । saha nau bhunaktu ।  
saha vīryaṃ karavāvahai ।  
tejasvi nāvadhītam astu mā vidviṣāvahai ॥  
Oṃ śāntiḥ śāntiḥ śāntiḥ ।**

May it protect us both together,  
May it nourish us both together.  
May we work together with vigor,  
May our study be illuminating.  
May we be free from discord.  
Oṃ Peace, Peace, Peace!

ॐ

आदित्यहृदयम्  
āditya-hṛdayam

ततो युद्धपरिश्रान्तं समरे चिन्तया स्थितम् ।  
रावणं चाग्रतो दृष्ट्वा युद्धाय समुपस्थितम् ॥ १ ॥

**tato yuddha-pariśrāntaṃ samare cintayā sthitam ।  
rāvaṇaṃ cāgrato dṛṣṭvā yuddhāya samupasthitam ॥ 1 ॥**

Seeing Rāma, exhausted by fighting,  
Lost in thought on the battle-field.  
And Rāvaṇa facing him,  
Approaching to fight...

दैवतैश्च समागम्य द्रष्टुमभ्यागतो रणम् ।  
उपागम्याब्रवीद्राममगस्त्यो भगवानृषिः ॥ २ ॥

**daivataiś ca samāgamy draṣṭum abhyāgato raṇam ।  
upāgamyābravid rāmam agastyo bhagavān ṛṣiḥ ॥ 2 ॥**

Having come, together with the gods,  
To see the imminent battle,  
Approaching Rāma,  
The blessed sage Agastya said:

अगस्त्य उवाच ।

**agastya uvāca**

Agastya spoke:

राम राम महाबाहो शृणु गुह्यं सनातनम् ।  
येन सर्वानरीन्वत्स समरे विजयिष्यसि ॥ ३ ॥

**rāma rāma mahābāho śrṇu guhyaṃ sanātanam ।  
yena sarvān arīn vatsa samare vijayiṣyasi ॥ 3 ॥**

Rāma, O Mighty-Armed Rāma,  
Listen to the everlasting secret,  
By which, my dear child,  
You will conquer all of your enemies in battle.

आदित्यहृदयं पुण्यं सर्वशत्रुविनाशनम् ।  
जयावहं जपेन्नित्यमक्षय्यं परमं शिवम् ॥ ४ ॥

**āditya-hṛdayaṃ puṇyaṃ sarva-śatru-vināśanam ।  
jayāvahaṃ japen nityam akṣayaṃ paramaṃ śivam ॥ 4 ॥**

One should always recite the *Ādityahṛdyam*.  
It is holy, the destroyer of all enemies,  
Bringer of victory, eternal,  
The most auspicious.

सर्वमङ्गलमाङ्गल्यं सर्वपापप्रणाशनम् ।  
चिन्ताशोकप्रशमनमायुर्वर्धनमुत्तमम् ॥ ५ ॥

**sarva-maṅgala-māṅgalyaṃ sarva-pāpa-praṇāśanam ।  
cintā-śoka-praśamanam āyur-varadhanam uttamam ॥ 5 ॥**

The highest blessing among all blessings,  
Destroying all evil,  
Pacifying anxiety and sorrow,  
The best at increasing longevity.

translated by Zoë Slatoff  
www.ashtangayogaupperwestside.com

रश्मिमन्तं समुद्यन्तं देवासुरनमस्कृतम् ।  
पूजयस्व विवस्वन्तं भास्करं भुवनेश्वरम् ॥ ६ ॥

**raśmi-mantaṃ samudyantaṃ devāsura-namaskṛtam ।  
pūjayasva vivasvantaṃ bhāskaraṃ bhuvaneśvaram ॥ 6 ॥**

Worship the Sun God,  
Adorned with rays of light, rising up,  
The shining ruler of the worlds,  
Greeted by both gods and demons.

सर्वदेवात्मको ह्येष तेजस्वी रश्मिभावनः ।  
एष देवासुरगणान् लोकान्पाति गभस्तिभिः ॥ ७ ॥

**sarva-devātmako hyeṣa tejasvī raśmi-bhāvanaḥ ।  
eṣa devāsura-gaṇān lokān pāti gabhastibhiḥ ॥ 7 ॥**

Indeed, he is the embodiment of all gods,  
Brilliant, giving forth beams of light,  
He protects the multitudes of gods and demons,  
As well as their worlds, with his rays.

एष ब्रह्मा च विष्णुश्च शिवः स्कन्दः प्रजापतिः ।  
महेन्द्रो धनदः कालो यमः सोमो ह्यपां पतिः ॥ ८ ॥

**eṣa brahmā ca viṣṇuś ca śivaḥ skandaḥ prajāpatiḥ ।  
mahendro dhanadaḥ kālo yamaḥ somo hyapāṃ patiḥ ॥ 8 ॥**

He is Brahmā (the creator), Viṣṇu (the preserver), and Śiva (the destroyer), Skanda (son of Śiva), Prajāpati (god of creation),  
The great Indra (ruler of the gods), Kubera (giver of wealth),  
Kāla (maker of time), Yama (god of death),  
Soma (the moon god) and Varuṇa (lord of the waters).

पितरो वसवः साध्या ह्यश्विनौ मरुतो मनुः ।

वायुर्वह्निः प्रजाप्राण ऋतुकर्ता प्रभाकरः ॥ ९ ॥

**pitaro vasavaḥ sādhyā hyaśvinau maruto manuḥ ।  
vāyur vahniḥ prajā-prāṇa ṛtu-kartā prabhā-karaḥ ॥ 9 ॥**

Indeed, he is the Pitrs (ancestors), the Vasus, the Sādhyās,  
The Aśvins (the heavenly physicians), the Maruts (wind gods),  
Manu (father of the human race), Vāyu (god of wind), Vahni (god of fire).  
He is the life-breath of all beings, maker of the seasons, creator of light.

आदित्यः सविता सूर्यः खगः पूषा गभस्तिमान् ।

सुवर्णसदृशो भानुर्हिरण्यरेता दिवाकरः ॥ १० ॥

**ādityaḥ savitā sūryaḥ khagaḥ pūṣā gabhastimān ।  
suvarṇa-sadr̥śo bhānur hiraṇya-retā divā-karaḥ ॥ 10 ॥**

The Sun-god is the son of Aditi, the creator of the world,  
Moving in the air, the surveyor of all,  
Possessor of rays, golden in color, lustrous,  
The golden-seed, the maker of the day.

हरिदश्वः सहस्रार्चिः सप्तसप्तिर्मरीचिमान् ।

तिमरोन्मथनः शम्भुस्त्वष्टा मार्ताण्ड अंशुमान् ॥ ११ ॥

**harid-aṣvaḥ sahasrārciḥ sapta-saptir-marīcimān ।  
timiron-mathanaḥ śambhus-tvaṣṭā mārtaṇḍa aṃśumān ॥ 11 ॥**

He has seven fawn-colored horses,  
Radiant with a thousand rays,  
Shaking off darkness, granting happiness,  
The architect of the gods, the luminous bird in the sky.

हिरण्यगर्भः शिशिरस्तपनो भास्करो रविः ।

अग्निगर्भोऽदितेः पुत्रः शङ्खः शिशिरनाशनः ॥ १२ ॥

**hiraṇya-garbhaḥ śīśiras-tapano bhāskaro raviḥ ।  
agni-garbho 'diteḥ putraḥ śaṅkhaḥ śīśira-nāśanaḥ ॥ 12 ॥**

He is Hiraṇyagarbha (the golden egg), Śīśirastapana (burner of the cold), Bhāskara (maker of light), Ravi (the sun-god),  
Womb of fire, Son of Aditi,  
The conch shell, the destroyer of cold.

व्योमनाथस्तमोभेदी ऋग्यजुस्सामपारगः ।

घनवृष्टिरपां मित्रो विन्ध्यवीथीप्लवङ्गमः ॥ १३ ॥

**vyoma-nāthas tamo-bhedī ṛg-yajus-sāma-pāragaḥ ।  
ghana-vṛṣṭir apāṃ mitro vindhya-vīthī-plavaṅgamaḥ ॥ 13 ॥**

He is the lord of the heavens, the dispeller of darkness,  
Master of the three Vedas - Ṛg, Yajur and Sāma,  
Bringer of heavy rains, friend of water,  
Traveling around the rows of Vindhya mountains.

आतपी मण्डली मृत्युः पिङ्गलस्सर्वतापनः ।

कविर्विश्वो महातेजा रक्तस्सर्वभवोद्भवः ॥ १४ ॥

**ātapī maṇḍalī mṛtyuḥ piṅgalas sarva-tāpanaḥ ।  
kavir-viśvo mahā-tejā raktas sarva-bhavodbhavaḥ ॥ 14 ॥**

Adorned with a halo of rays, the lord of death,  
Tawny in color, heating up everything.  
Omniscient, omnipresent, of great splendor,  
Beloved, the origin of all beings.

नक्षत्रग्रहताराणामधिपो विश्वभावनः ।

तेजसामपि तेजस्वी द्वादशात्मन्नमोऽस्तु ते ॥ १५ ॥

**nakṣatra-graha-tārāṇām adhipo viśva-bhāvanah |  
tejasām api tejasvī dvādaśātman namo 'stu te || 15 ||**

Ruler of the lunar mansions, planets and stars, creator of all,  
Brilliant in the midst of splendor.  
O God, manifesting in twelve forms,  
Salutations to you!

नमः पूर्वाय गिरये पश्चिमायाद्रये नमः ।

ज्योतिर्गणानां पतये दिनाधिपतये नमः ॥ १६ ॥

**namaḥ pūrvāya giraye paścimāyādraye namaḥ |  
jyotir-gaṇānām pataye dinādhi-pataye namaḥ || 16 ||**

Salutations to the eastern mountain,  
Salutations to the western mountain.  
To the lord of the heavenly bodies,  
To the ruler of the day, salutations!

जयाय जयभद्राय हर्यश्वाय नमो नमः ।

नमो नमः सहस्रांशो आदित्याय नमो नमः ॥ १७ ॥

**jayāya jaya-bhadrāya haryaśvāya namo namaḥ |  
namo namaḥ sahasrāṁśo ādityāya namo namaḥ || 17 ||**

Salutations to the bearer of victory, and the good fortune of victory,  
To the god with the fawn-colored horses, salutations!  
Salutations to you with thousands of rays,  
To the son of Aditi, salutations!

नमः उग्राय वीराय सारङ्गाय नमो नमः ।

नमः पद्मप्रबोधाय मार्तण्डाय नमो नमः ॥ १८ ॥

**namaḥ ugrāya vīrāya sāraṅgāya namo namaḥ |**  
**namaḥ padma-prabodhāya mārtaṅḍāya namo namaḥ || 18 ||**

Salutations to the fierce one, to the heroic god,  
To the multi-colored one, salutations!  
Salutations to the awakener of the lotus,  
To the Sun, salutations!

ब्रह्मेशानाच्युतेशाय सूर्यादित्यवर्चसे ।

भास्वते सर्वभक्षाय रौद्राय वपुषे नमः ॥ १९ ॥

**brahmeśānācyuteśāya sūryāyāditya-varcase |**  
**bhāsvate sarva-bhakṣāya raudrāya vapuṣe namaḥ || 19 ||**

Salutations to the ruler of Brahma, Śiva and Viṣṇu,  
To the sun-god in the sky and the illuminating power of the sun.  
To the luminous one, the devourer of all, to the fierce one,  
To the god with a beautiful form, salutations!

तमोग्नाय हिमघ्नाय शत्रुघ्नायामितात्मने ।

कृतघ्नघ्नाय देवाय ज्योतिषां पतये नमः ॥ २० ॥

**tamo-ghnāya hima-ghnāya śatru-ghnāyāmitātmane |**  
**kṛtaghna-ghnāya devāya jyotiṣāṃ pataye namaḥ || 20 ||**

To the dispeller of darkness, the destroyer of cold,  
The vanquisher of enemies, the one whose essence is infinite,  
To the uprooter of the ungrateful,  
The god who is the ruler of lights, Salutations!



तप्तचामीकराभाय वह्नये विश्वकर्मणे ।  
नमस्तमोऽभिनिघ्नाय रुचये लोकसाक्षिणे ॥ २१ ॥

**tapta-cāmīkarābhāya vahnaye viśva-karmaṇe ।  
namas tamo ‘bhiniḡnāya ruçaye loka-sākṣiṇe ॥ 21 ॥**

To the god with the splendor of heated gold,  
To fire, to the heavenly architect,  
To the destroyer of darkness, the brilliant god,  
To the witness of the worlds.

नाशयत्येष वै भूतं तदेव सृजति प्रभुः ।  
पायत्येष तपत्येषः वर्षत्येष गभस्तिभिः ॥ २२ ॥

**nāśayatyēṣa vai bhūtaṃ tad eva sṛjati prabhuḥ ।  
pāyatyēṣa tapatyēṣaḥ varṣatyēṣa gabhastibhiḥ ॥ 22 ॥**

This lord truly destroys,  
Creates and sustains all existence.  
He blazes with his rays,  
He brings rain showers.

एष सुप्तेषु जागर्ति भूतेषु परिनिष्ठितः ।  
एष एवाग्निहोत्रं च फलं चैवाग्निहोत्रिणाम् ॥ २३ ॥

**eṣa supteṣu jāgarti bhūteṣu pariniṣṭhitaḥ ।  
eṣa evāgni-hotraṃ ca phalaṃ caivāgni-hotriṇām ॥ 23 ॥**

Established in all beings,  
He stays awake when they are sleeping.  
He alone is the oblation to the sacred fire,  
And the fruit obtained by those who perform the fire ceremony.

वेदाश्च क्रतवश्चैव क्रतूणां फलमेव च ।

यानि कृत्यानि लोकेषु सर्व एष रविः प्रभुः ॥ २४ ॥

**vedāś ca kratavaś caiva kratūṇāṃ phalam eva ca ।  
yāni kṛtyāni lokeṣu sarva eṣa raviḥ prabhuḥ ॥ 24 ॥**

He alone is the Vedas, the sacrifices,  
And the fruits of the sacrifices.  
This sun is the supreme master,  
Of all actions in living beings.

एनमापत्सु कृच्छ्रेषु कान्तारेषु भयेषु च ।

कीर्तयन्पुरुषः कश्चिन्नावसीदति राघव ॥ २५ ॥

**enam āpatsu kṛcchreṣu kāntāreṣu bhayeṣu ca ।  
kīrtayan puruṣaḥ kaścin nāvasīdati rāghava ॥ 25 ॥**

In the midst of calamities and hardships,  
In the dreary forest and in times of fear,  
A person singing praises to the Lord will not sink down,  
O son of the Raghus!

पूजयस्वैनमेकाग्रो देवदेवं जगत्पतिम् ।

एतत् त्रिगुणितं जप्त्वा युद्धेषु विजयिष्यसि ॥ २६ ॥

**pūjayasvainam ekāgro devadevaṃ jagat-patim ।  
etat triguṇitam japtvā yuddheṣu vijayiṣyasi ॥ 26 ॥**

Worship this lord of the universe, the god of gods,  
With one-pointed attention,  
Chanting this prayer three times,  
You will succeed in conflict.

अस्मिन्क्षणे महाबाहो रावणं त्वं वधिष्यसि ।

एवमुक्त्वा तदागस्त्यो जगाम च यथागतम् ॥ २७ ॥

**asmin kṣaṇe mahābāho rāvaṇaṃ tvaṃ vadhiṣyasi ।  
evam uktvā tadāgastyo jagāma ca yathāgatam ॥ 27 ॥**

In this very moment, O Mighty-Armed Rāma,  
You will kill Rāvaṇa.  
Thus, having said this, Agastya left,  
In the same manner as he had arrived.

एतच्छ्रुत्वा महातेजा नष्टशोकोऽभवत्तदा ।

धारयामास सुप्रीतो राघवः प्रयतात्मवान् ॥ २८ ॥

**etac chrutvā mahā-tejā naṣṭa-śoko ‘bhavat tadā ।  
dhārayām āsa suprīto rāghavaḥ prayatātmavān ॥ 28 ॥**

Having heard this, Rāma, the very heroic,  
Pious-minded son of the Raghus,  
Found his grief disappeared.  
Greatly delighted, he held this chant in his memory.

आदित्यं प्रेक्ष्य जप्त्वा तु परं हर्षमवाप्तवान् ।

त्रिराचम्य शुचिर्भूत्वा धनुरादाय वीर्यवान् ॥ २९ ॥

**ādityaṃ prekṣya japtvā tu paraṃ harṣam avāptavān ।  
trirācamya śucir bhūtvā dhanur ādāya vīryavān ॥ 29 ॥**

Looking at the sun and chanting,  
He received the highest joy.  
Sipping water thrice and becoming pure,  
The valorous hero took hold of his bow...

रावणं प्रेक्ष्य हृष्टात्मा युद्धाय समुपागमत् ।  
सर्वयत्नेन महता वधे तस्य धृतोऽभवत् ॥ ३० ॥

**rāvaṇaṃ prekṣya hr̥ṣṭātmā yuddhāya samupāgamat |  
sarva-yatnena mahatā vadhe tasya dhṛto 'bhavat || 30 ||**

Seeing Rāvaṇa,  
The delighted-minded Rāma approached for combat.  
With a great and all-encompassing effort,  
He was resolved in his intent to kill.

अथ रविरवदन्निरीक्ष्य रामं मुदितमनाः परमं प्रहृष्यमाणः ।  
निशिचरपतिसंक्षयं विदित्वा सुरगणमध्यगतो वचस्त्वरेति ॥ ३१ ॥

**atha ravir avadan nirīkṣya rāmaṃ muditamanāḥ paramaṃ prahr̥ṣyamāṇaḥ |  
niśi-cara-pati-saṃkṣayaṃ viditvā suragaṇa-madhya-gato vacas tvareti || 31 ||**

Now, the Sun-god, seeing Rāma, delighted in mind, supremely exhilarated,  
Perceiving the destruction of Rāvaṇa, the ruler of the night-stalkers,  
Standing in the middle of a host of gods, he spoke this word:  
“Hurry!”

ॐ

स्वस्ति प्रजाभ्यः परिपालयन्तां न्यायेन मार्गेण महीं महीशाः ।  
गोब्राह्मणेभ्यः शुभमस्तु नित्यं लोकाः समस्ताः सुखिनो भवन्तु ॥

ॐ शान्तिः शान्तिः शान्तिः ।

Om

svasti prajābhyaḥ paripālayantāṃ  
nyāyena mārgēṇa mahīm mahīśāḥ ।  
go-brāhmaṇebhyaḥ śubham astu nityaṃ  
lokāḥ samastāḥ sukhino bhavantu ॥  
Om śāntiḥ śāntiḥ śāntiḥ ।

May the rulers of the earth  
Protect the well-being of the people,  
With justice, by means of the right path.  
May there always be good fortune,  
For cows, brahmins and all living beings.  
May the inhabitants of all the worlds,  
Be full of happiness.

Om Peace, Peace, Peace!

काले वर्षतु पर्जन्यः पृथिवी सस्यशालिनी ।  
देशोऽयं क्षोभरहितो ब्राह्मणाः सन्तु निर्भयाः ॥

**kāle varṣatu parjanyaḥ pṛthivī sasya-śālinī ।  
deśo 'yaṃ kṣobha-rahito brāhmaṇāḥ santu nirbhayāḥ ॥**

May the rain cloud rain down in the proper season.  
May the earth be abounding in crops.  
May this country be free from disturbance.  
May those with divine knowledge be free from fear.

अपुत्राः पुत्रिणः सन्तु पुत्रिणः सन्तु पौत्रिणः ।  
अधनाः सधनाः सन्तु जीवन्तु शरदं शतम् ॥

**aputrāḥ putriṇaḥ santu putriṇaḥ santu pautriṇaḥ ।  
adhanāḥ sadhanāḥ santu jīvantu śaradaṃ śatam ॥**

May the childless become parents.  
May parents become grandparents.  
May the poor become wealthy.  
May they live for a hundred autumns.