

SURYOPANISHAT

SURYA UPANISHAD

EXTRACTED FROM

ATHARVA VEDA

Shanti Mantra: Peace Invocation

***Om bhadram karnebhih shrunuyama
devaah***

***bhadram pashyemaakshabhiryajatraah
sthirair-angai-stushhtuvaan-sastanuu-
bhir-vyashema devahitam yadaayuh.***

Om! O Devas, may we hear with our ears what is auspicious; May we see with our eyes what is auspicious, O ye worthy of worship! May we enjoy the term of life allotted by the Devas, Praising them with our body and limbs steady!

May the glorious Indra bless us! May the all-knowing Sun bless us! May Garuda, the thunderbolt for evil, bless us! May Brihaspati grant

***Om Svasti na indro vriddha-shravaah,
svasti nah puushhaa vishvavedaah,
svasti nastarkshyo, arishhtanemih
svasti no brihaspatirdadhaatu***

Om shaantih shaantih shaantih

May the glorious Indra bless us! May the all-knowing Sun bless us! May Garuda, the thunderbolt for evil, bless us! May Brihaspati grant us well-being!

*Harih aum atha suuryaatharvaangirasam
vyaakhyaasyaamah
brahmaa rishhih gaayatrii
chhandah aadityo devataa
hamsah soaham agni naaraayanayuktam
biijam hrillekhaa shaktih
viyadaadisargasamyuktan kiilakam
chaturvidha purushhaarthasiddhyarthe
viniyogah*

Now we shall expound mantras of Atharva Veda in relation to the Sun: The seer of this Atharva Angirasa mantra is Brahma, meter Gayatri, Aditya the deity, 'Hamsas so'ham with Agni and Narayana is the seed, the power is hrillekha or hrim, the pin is the power in the process of unfolding the sky etc., the application is its use in repetition for winning the four human goals (viz. Dharma, Artha, Kama and Moksha).

*shhatsvaraaruudhena bijjena
shhadangam raktaambujasansthitam
saptaashvarathinam hiranyavarnam
chaturbhujam
padmadvayaabhayavaradahastam
kaalachakrapranetaaram
shriisuuryanaaraayanam ya evam
veda sa vai braahmanah*

The six limbs consist of the seed with six vowels added. He indeed is a wise who thus knows the golden Surya Narayana seated on the chariot with seven horses, impeller of the time-wheel, having four arms bearing two lotuses, the others bestowing promise of refuge and boon, set in the red lotus.

*Om bhूर्bhुवःसुवः ॐ
तसवितुर्वरेण्यं भर्गो देवस्य
धिमहि धियो यो नः प्रचोदयात्.*

Om, Earth, middle region and sky; we meditate on the adorable splendor of Savitar (Sun) who may inspire our thoughts.

**Surya aatmaa
jagatastasthushhashcha suuryaadvai
khalvimaani
bhuutaani jaayante
suuryaadyagyah parjanyaannamaatmaa
namasta aaditya**

The Sun is the Self of the world, moving as well as un-moving. From Surya indeed are these creatures born, so also the Yajna (Sacrifice), Parjanya (Rains), food and spirit.

*Tvameva pratyaksham karmakartaasi tvameva
pratyaksham brahmaasi
tvameva pratyaksham vishhnurasi
tvameva pratyaksham rudroasi tvameva
pratyakshamrigasi
tvameva pratyaksham yajurasi
tvameva pratyaksham saamaasi tvameva
pratyakshamatharvaasi
tvameva sarvam chhandoasi*

I bow to you Aditya; you are the agent himself of work, the manifest Brahma, Vishnu, Rudra, Rig, Yajur, Sama, Atharva Vedas, as well as all the chandas.

*Aadityaadvaayurjaayate aadityaadbhuumirjaayate
aadityaadaapojaayante aadityaajjyotirjaayate
aadityaadvyoma disho jaayante aadityaaddevaa
jaayante aadityaadvedaa jaayante
aadityo vaa esha etanmandalan
tapati asaavaadityo brahma*

**From Aditya are born air, earth, water, fire, sky,
directions, Devas, Vedas; indeed the Sun gives warmth
to this sphere (Planet) ; that Sun God is Brahman,**

*aadityo antahkaranamanobuddhichittaahanka
araah aadityo vai
vyaanah samaanodaanoapaanah praanah
aadityo vai
shrotravakchakshuurasanaghraanaah aadityo
vai*

I bow to Aditya who is the form of antahkarana or inner organs of mind, intellect, mind-stuff and Ego. He is prana, apana, samana, vyana and udhana, (all the five airs circulating in the physical body). He is the five sense organs viz. ears, skin, eyes, tongue and nose whose modifications are sound, touch, form, taste and smell.

*vaakpaanipaadapaayuupasthaah
aadityo vai shabda sparsha ruupa
rasa gandhaah aadityo vai
vachanaadaanaagamanavisargaanan
daah .*

He is the five motor organs of mouth, hands, legs, excretive and generative organs whose modifications are speech, movement of things through hands, movement of the body from place to place through legs, evacuation and procreation.

***aanandamayo gyaanamayo
vigyaanaanamaya aadityah namo
mitraaya
bhaanave mrityormaa paahi
bhraajishhnave vishvahetave
namah suuryaadbhavanti bhuutaani***

Bliss, knowledge and wisdom are Sun himself. I bow to Mitra, Bhanu, to the shining one, the cause of the universe and let Him protect me from death.

All creatures are born of Surya and are protected by him,
dissolve in him

***suuryena paalitaani tu
suurye layam praapnuvanti yah
suuryah soahameva cha chakshurno
devah savitaa chakshurna uta
parvatah
chakshurdhaataa dadhaatu nah***

I am Surya himself. The divine Savitar is our eye and He is called the Parvata because He indicates Sacred timings through His Time-periods and let Him protect our eyes.

We know the Sun. We meditate on the
thousand-rayed Sun. May the Sun inspire us!
(This is called Surya Gayatri Mantra).

savita pashchaatta savita
purasta
savitottaraatta
savitaadharaatta

***Savitaa nah suvatu sarvataatin
savitaa no raasataam diirgham
aayuh***

Savitar (Sun) is before us as well as behind us, above us and below us. May He grant us omnipresence and long life!

*aumityekaaksharam brahma
ghriniriti dve akshare suurya
ityaksharadvayam aaditya iti
triinyaksharaani*

Brahman is the **single** syllable Om,
“Ghrini” has **two** syllables, ‘Surya’
also has **two** syllables. ‘Aditya’ has
three.

*Etasyaiva suuryasyaashhtaaksharo
manuh yah sadaaharaharjapati sa
vai braahmano bhavati sa vai
braahmano bhavati*

This is the mantra of **eight** syllables. All together
the mantra will be "**Om, Ghrinih Surya
Aaditya om**". This is Atharvaangiras Surya
mantra. He who recites this everyday is said to
be a Brahmana.

"Om, Hreem
Ghrinih Surya
Aaditya Om".

*suuryaabhimukho japtvaa
mahaavyaadhibhayaatpramuchyate
alakshmiirnashyati abhakshyabhaksh
anaatpuuto bhavati
agamyaaagamanaatpuuto
bhavati patitasambhaashhanaatpuut
o bhavati
asatsambhaashhanaatpuuto bhavati*

*madhyaahne suuraabhimukhah
patheth
sadyotpanna
pajnachamahaapaatakaatpramuch
yate
saishhaan saavitriin vidyaan na
kijnchidapi na
kasmaichitprashamsayeth*

If this mantra is recited facing the Sun one is released from the fear of great diseases; his poverty perishes. He becomes free from various sins like eating forbidden food, having forbidden relations, indulging in conversation with people having no character.

At midday if one recites this facing the Sun he is released from the five great sins. He should be careful not to impart this Savitri Vidya to undeserving people.

*ya etaam mahaabhaagah praatah
pathati sa bhaagyavaajnjaayate
pashuunvindati vedaartham labhate
trikaalametajjaptvaa
kratushataphalamavaapnoti yo
hastaaditye
japati sa mahaamrityum tarati ya
evan veda
ityupanishhath... harih Om*

He who recites at dawn becomes fortunate, gets live-stock, masters Vedas; reciting during the three periods (dawn, mid-day and dusk) he gets the fruit of performing hundred Yagnas; reciting when the Sun is in Hasta Nakshatra he conquers death.

It is believed even in modern medical science that regular daily prayer to Surya or performing Surya Namskars is deemed to cure all incurable diseases, improve eye-sight, bestow long life, remove ignorance leading to knowledge of Brahman, defeat all inimical forces, grant bliss by eradicating all sorrows or negative thoughts.

It is indeed a powerful tool for
leading a positive life.

Iti suuryopanishhat samaaptaa ..

Thus ends the Suuryopanishad.

