

Sakthi Foundation

Aadithya Hrudhayam

St.Agasthya recited this for SreeRama in Devi Pattinam while performing Navagraha pooja. Later this was recited in war. This is a very powerful shloka to increase the awareness. This is upon Sun the supreme truth.

Om Sathu Gurupyo namaha

Om Sree Ganapathaaya namaha

Om Agyasthya uvaacha:

**Om Aadhithya hrudhayam punyam sarva chathru we naa sa nam
jayaa vaham ja bay nithyam akshayam paramam Shivam**

**sarva mangala maangalyam sarva paaba pra naa sanam
chinthasoga prasamana aayul vardhana muthamam**

[This shloka is praising the supreme source of truth and awareness - Surya. This scripture will make one to get rid of all mental sickness, distress, tiredness of body and mind. This will give us the intelligence to identify the enemies within us and conquer them. This will make us to become aware about our actions and protect us from committing sins. This will increase our life span and keep us healthy and bestow with all goodness in life.]

**rasme mandham samudh yandham devaa sura namaskrutham
pooja yaswa viwas vandham Baaskaram Bhuvaneshwaram**

**sarva devaath mago hyesha tejas we rasmi baavana
ye sha devaa sura ganaan logaan paadhi gapas thi bi**

[Surya vibrates with raditions, he raises daily, he is being worshiped with great respect by Devas and Asuras. He provides the light energy to the whole earth. Please pray to him! He is the abode of all deities. He is powerful and dewls with his radiations. He saves all devas and asuras with his rays.]

**Yesha Bhrama cha Vishnus cha Shiva Skandha Prajaapathy
Mahendhro dha na dha kaalo Yama Somo hya baam pathy**

**pitharo vasava saadhya hyas we now Marudho Manu
Vaayu Vahni Prajaa praana rudhu karthaa Prabhaa ka ra**

**Aadithya savidhaa Surya kaka bhooshaa kabasthi maan
swarna sathru so baanu swarna ray dhaa Dhiwaakara**

**Hari Thasva sahas raar chi saptha sapthir maree see maan
thime ron madhana sambhu sthvashta maarthaanda Amsumaan**

[He is Bhrama, Vishnu, Shiva, Skandha, Prajaapathy, Yama, Indra, Kubera, Kaala, Chandra, Varuna, Pithur devathas, Asta vasus, Saadhyaas, Ashwini devas, Maruths, Manu, Vaayu, Agni, SAL ENERGY - jeeva sakthi of all people, he changes the seasons and showers his pure light on us. He is the son of Adithi, he makes this Earth. He makes us to perform our actions. He resides in space. He gives the rain and cares the living beings. He emits rays with pure light of awareness. With his male thatwa as bhraman he creates the whole cosmos. He removes the darkness of ignorance called night and brings the day light.]

**Hiranya garba se se rastha ba no Baskaro Ravi
Agni garbodhi dho puthra sanga se se ranaa sana**

**vyoma dhaanas thamo bay dheerug yaju saama paaraka
gana vrushtirabaam mithram vindhya we dhi plavangama**

**aa dh pi mandalee mruthyu pingala sarva dhaabana
kavir viswo mahaa tejo raktha sarva bavoth bava**

**nakshatra graha tharaa naamaadhibo viswa baavana
teja saa mabi tejas we thwaadha saathman namosthu they**

[Surya resides in the center of the whole universe which shines like melting gold. He quenches the needs of his devotees and makes their mind cool and peaceful. He heats up the Earth and also emits pure light energy. He is being worshiped by all. He holds the fire of wisdom as his eternal energy. He is the son of Adithi Devi. He rests in the evening. He melts the mist of ignorance. He is the leader of space. He can control the Rahu. He is being praised by all 4 Vedic scriptures. He is the ultimate truth which has been said in 4 Vedas. He blesses with rain and fills the water

sources as their friend. In Dakshinaaya [sun shine more falling in Southern direction - July to Jan] time he floats like a boat in the space. He is the heat energy. He is disc shaped. He gives as the death. He is the death for our ignorance. He is yellowish red in color. He showers his maximum rays at noon and makes all tired. He is the 3 forms of time. He runs the actions of this cosmos. His rays are very strong to our eyes. He has compassion for all beings and makes us to take birth upon Earth. He is the leader for all planets, stars and galaxies. He is the most shining star. He is in the form of 12 Devathaas. I prostrate and render my humble respect at the feet of Surya Deva!]

**Nama boorvaaya kira ye baschi maa yath raye namaha
jyothir ganaa naam patha ye dhinaadhi patha ye namaha:**

[He raises in the Eastern Ghats and rests behind western Ghats. I salute his feet! I salute at the feet of Surya who shines as the most powerful light in space and controller of noon time.]

**Jayaaya jaya bathraaya haryasvaaya namo namaha
namo namaha sahasraam so Aadithyaaya namo namaha**

[You are form of all success! You can bless us with all goodness and wealth! Your horses are green in color. I salute you for infinite times. Yours rays are infinite and powerful. I prostrate several times at your sacred feet! I salute Adithi Devi's son]

**Nama ugraaya veeraaya saarangaaya namo namaha
nama padma prabodhaaya maarthaandaaya namo nama**

[He controls over the ego. He makes all to function. In half second he can travel for 2000 yojana. He makes the lotus of wisdom to get blossomed at our hearts. I salute him with great respect!]

**Bhramay saa naachyudhe saaya Surya Aadithya varcha say
baas va they sarva baksha roudhraaya vabhu shay namaha:**

[He is the consciousness called bhraman who is superior than Bhrama Vishnu and Mageshwara. He makes people to function. He emits his light energy through Aadithya. He dissolute and creates the universe with his light. He makes us to get scare for our sins and ignorance. I salute at his feet!]

**Tha mog naaya he mag naaya sathuk naayaa me dhaath ma nay
krudhak nak naaya Devaaya jyodhishaam pathaye nama**

**thaptha saa mee karaa baa ya vahnay viswa kar ma nay
namastha mo abi nig naaya rava ye loka saakshinay**

**naasa yath yesha vai bootham tha deva sru jathy prabhu
paayath ye sha thabath ye sha varshath ye sha kabas thi bi**

**ye sha subth ye shu jaagarthi bhoo dey shu pari nishtitha
ye sha ye vaakni hothram ca balam saivaakni hothrathri naam**

**Vedhaas cha kratha vas saiva krathuu naam bala may was cha
yaani kruth yaani lokay shu sarva ye sha Ravi prabhu**

**Ye na maa bath su kru cch rau shu kaanthal ray shu ba ye shu cha
keertha yaan purusha kas chin naava see dhadhi Raagava:**

**Poojayas vaina may kaakro Deva devam jagath pathyim
y thath three gunitham japth vaa yudh dhe shu vija ish yasi**

**asmin ksha nay mahaa paaho Raavanam thvam vadhish yathy
ye va mukthvaa tha dhaa hasth yo jagaama cha yadhaa gatham**

**yedhach ruth vaa mahaaa tejaa nashta sogo aba vath thadhaa
thaara yaa maasa supreetho Raagava prayadhaathmavaan**

**Aadhithyam prakshya japthwaa thi param harsha mavaaptha mavaan
three raa samya susir bhoothva dhanu raa dhaaya veeryawaan**

**Raavanam praykshya hrushtaathmaa yudhaaya samu baagamath
sarva yath nay na mahathaa vadhe dhasya dhri tho abavath**

[He removes the darkness and ignorance. He removes the mist. He destroys the inner self-enmity and outer enemies of a man. He cannot be reached. He kills the people who forget the gratitude.

He is the head of all dwelling objects. He is divine and I salute him.

He is shining like a molten gold. He resides in the homas and offers the havir to each devatha. He is the seed for all creations. He removes the ignorance. He is the source of light energy. He is the omnipresent energy within all beings. He is the proof for all our actions of life.

He dissolute the world. He is the sleeping awareness of us. He creates, protects and destroys. He is the effect of agnihothra homa.

Dear Rama! Please chant this shloka with real awareness thrice and conquer the Lanka King.]