

Sri Gurubhyo Namah

Sri Mahaganapathaye Namah

Om Mitraaya Namah

Om Adityaaya Namah

Sri Surya Narayana Swamine Namah



Mitrotsavam 2008

'Surya Atma Jagathastatushascha'

-Yajur Veda

(The Sun is the soul of all things in cosmos, moving and unmoving')

Mitrotsavam, the festival worshipping Mitra (Sun God), is being celebrated on the 25th of December, 2008. Mitra or Surya is the giver of all, a '*pratyaksha devitam*'. Mitra is the provider of life itself, and of energy, light, and rains. Mitra is the bestower of all bounties on Earth and is worshipped as Savita by the most profound of mantras, the Gayatri mantra.

For thousands of years, Hindus have understood the power of worshipping the Sun. Worshipping Mitra helps to cure diseases, especially those related to the eyes, head, and heart. Surya worship also sharpens the memory and intellect, gives strength and energy, wards away enemies, and provides all round prosperity.

In Trikkur village, Thrissur district, Kerala, Mitrotsavam rituals will begin at 9.00 am with a Ganapati Puja, followed by Surya Narayana Puja, 128 Surya Namaskarams, Chanting of Rig Veda Sura mantras, Surya Tarpanam, Savitr homam, Archana and chanting of Surya-Shlokas. There will be a *sangeeta saparya* (musical programme) by children. This will be followed by prasadam. For more information, please contact Sri. T.P. Gopalakrishnan (email: kichannatkr@yahoo.com).

With many prayers to Mitra to bless all of us with health and prosperity and bestow upon us the courage and dedication to protect *Dharma*.

T. P. Gopalakrishnan,

Trikkur, Thrissur