

# Agnihotra Mantras

## **At Sunrise**

sooryáya swáhá, sooryáya idam na mama  
(after the word swáhá, add the first portion of rice/ghee into the fire)

prajāpataye swáhá, prajāpataye idam na mama  
(after the word swáhá, add the second portion of rice/ghee into the fire)

This completes morning Agnihotra.

(á is pronounced like a in 'father')