

SURYANAMASKAR



Suryanamaskar in itself is a complete exercise. There are 12 phases of exercise (Kriyas) in this. It can be called as a aggregate of 12 Asans. There are 12 Mantras related to 12 kriyas also. One mantra is silently uttered with each phase.

Suryanamaskar is an important though simple Asan. It can be done by every one male, female, weak, healthy, asectic or a rich person. When you begin this Asan, only the first three kriyas should be practiced on the first day. You can repeat these kriya 3 or 4 times. After this go on adding the practice of one kriya each day. Within 10 days, the practice of all 12 kriyas can be completed. After the practice of 12 kriyas, consider 12 kriyas as one Suryanamaskar and repeat it 2 or 3 times. Gradually increase it to 9. After doing 9 Suryanamaskar, one garland of suryanamaskar is complete. In one garland, there are 108 beads. In 9 Suryanamaskar also 108 kriyas are performed. The repetition of 108 Mantras is completed. The Mantras and their sequence are follows :-

1. OM Mitraya Namah Om Oh Sun, friend of the universe, Salutation to you.
2. OM Ravaye Namah Om Oh Sun, bringer of the motion in Universe, Salutation to you.
3. OM Suryaya Namah Om Oh Sun, Giver of life, Salutation to you.
4. OM BHanava Namah Om Oh Sun, full of light, Salutation to you.
5. OM Khagaya Namah Om Oh Sun, mover in the sky, Salutation to you.
6. OM Pushne Namah Om Oh Sun, sustainer of the world, Salutation to you.
7. OM Hiranyagarvaya Namah Om Oh Sun, full of illumination, Salutation to you.
8. Om Marichaya Namah Om Oh Sun, Lord of Rays, Salutation to you.

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| 9. OM Aditaya Namha | | Om Oh Sun, savior of the world,Salutation to you. |
| 10. OM Savitre Namah | | Om Oh Sun, creator of the world,Salutation to you. |
| 11. OM Arkaya Namah | | Om Oh Sun, remover of impurity, Salutation to you. |
| 12. OM Bhaskaraya Namah | | Om Oh Sun,maker of light, Salutation to you. |

Speciality :

Suryanamaskar should also be done slowly like other Asan.Never do this in jerky movement.It is not necessary to do any Asan bfore or after Suryanamaskar.It is not necessary to walk or run before or after Suryanamaskar.

If any other Asan is practiced before or after Suryanamaskar.there is a possibilities of some harm being done.One or two cleansing kriyas from amongst the 6 cleansing kryias(Sat kriyas) can be done before the practice of Suryanamaskar.Later on,pranayam can be done.As far as possible,Surynamaskar should be performed in front of the rising sun.

Caution :

Suryanamaskar should not be done by blood pressure or heart patient.People running a temperature should not do it.

First kriya :

1. Stand on a blanket or carpet facing the sun.
2. Keep your knees,toes and heels together.
3. Keep the waist,back,neck,spine and head erect.
4. Bend both your arms at the elbow,bring both palms in the manner of doing salutation.
5. This is the final stage of this first kriya.

Chant the Mantra : “OM Mitraya Namah” mentally.Do salutation to the sun.

Second kriya :

1. Inhale and raise both your hands upwards.
2. Retain your breath and bend backward from he waist.

3. Stretch the entire body as much as possible along with the legs.
4. This is the final stage of the second kriya.

Chant the Mantra :- “OM Ravaye Namah” mentally and do salutation to the sun.

Third kriya :

1. Exhale and bend forward.
2. Put the palm slowly on the ground by the side of your feet.
3. Keep all your finger and toes straight.
4. Touch your knees with your heads.
5. This is the final stage of the third kriya.

Chant the Mantra :- “OM Suryaya Namah” mentally and do salutation to the sun.

Fourth kriya :

1. Keep both palms on the ground as is done in the third kriya. Inhale.
2. Stretch the left leg backward as far as possible.
3. Sit on your bended right leg. Push the chest forward.
4. Bend the neck backward and look towards the sky.
5. This is the final stage of the fourth kriya.

Chant the Mantra :- “OM Bhanave Namah” mentally and do salutation to the sun.

Fifth kriya :

1. Straighten both your arms and put the palms firmly on the ground. Exhale.
2. Stretch the right leg backward. Now keep both legs parallel.
3. Let both palms, heels, knees together.
4. The weight of the whole body should be on the toes and palms.
5. Stretch the whole body.

Chant the Mantra :- “OM Khagaya Namah” mentally and do salutation to the sun.

Sixth kriya :

1. Keep your hand and palms on the ground after breathing out.
2. Now put your head,chest and knees on the ground by bending the arms at the elbows.
3. Come to the position of Astang Pranam.
4. In Astang Pranam all eight limbs touch the ground.Eight limbs are as follows :2 palms,2 knees,2 heels,chest and head.

Chant the Mantra :- “OM Pushne Namah” mentally and do salutation to the sun.

Seventh kriya :

1. Continue to keep the palms firmly on the ground.
2. Inhale and straighten your arms.
3. Lift the body up to the navel region.Push the chest forward.
4. Take the neck backward.Look towards the sky.
5. Stretch the legs backward.Let the heels face the sky.Come to the position of Bhujangasan.

Chant the Mantra :- “OM Hiranyagarbhaya Namah” mentally and do salutation to the sun.

Eighth kriya :

1. Keep the palms firm on the ground.Inhale and lift your buttocks.
2. Keep the head in between your arms.
3. Place the heels.toes on the ground
4. Stretch the waist backward.Keep both legs straight together from the toes to the waist.
5. Exhale fully.Pull in the stomach.

Chant the Mantra :- “OM Marichaye Namah” mentally and do salutation to the sun.

Ninth kriya :

1. Keep the palm firmly on the ground.
2. Inhale and bring the left leg forward bending it at the knee.
3. Put the left leg near the palm and come to the position of the fourth kriya of the suryanamaskar .
4. In the fourth kriya,the right leg is stretched backward.
5. Push the Chest up.Bend the shoulders.Look towards the sky.

Chant the Mantra :- “OM Adityaya Namah” mentally and do salutation to the sun.

Tenth kriya :

1. Keep both palms firm on the ground.
2. Keep also the right leg parallel to the left leg, fixed on the ground.
3. Exhale and come to the position of the third kriya of Suryanamaskar.
4. Place the head on the knee.

Chant the Mantra :- “OM Savitre Namah” mentally and do salutation to the sun.

Eleventh kriya :

1. Inhale and stand straight.
2. Raise your hands upwards.
3. Hold your breath.
4. Bend the back,neck,head and backwards.
5. Come to the position of second kriya of Suryanamaskar.
6. Stretch the whole body along with the legs as far as possible.

Chant the Mantra :- “OM Arkaya Namah” mentally and do salutation to the sun.

Twelfth kriya :

1. Exhale fully and stand straight.
2. Keep your hands and palms folded on the chest in the form of doing Salutation.

Chant the Mantra :- “OM Bhaskaray Namah” mentally and do salutation to the sun.

Now take a little rest and repeat the kriyas.

Advantages :

The 12 kriyas of Suryanamaskr give exercise to the whole body. All organs become flexible, beautiful and strong. The benefits of all Asans are obtained by Suryanamaskar. Constipation is cured and bowels become clean. The uterus of females becomes strong and it cures leucorrhoea and excessive bleeding during menstruation. The waist and hips become beautiful.