



SuryaNamaskar for Students  
**Subhash Khardekar**

hriRamSamarth||  
**The cover page**

||S

The Surya Panchayatan consists of five deities –Lord Vishnu, Lord SuryaNarayan, Lord Shambu Mahadev, AadiShakti (AadiMaya) and Lord Ganesh. The entire mankind is divided according to their faith in GOD - their deity of worship. Those who worship Lord Vishnu are called *Vaishnav*. Those who worship the Sun God are called *Sour*. Those who worship Lord Shankar (ShambuMahadev) are called *Shaivha*.

The peacock feather represents Lord Vishnu who creates, invests and instigates this universe. The Sun God provides the entire universe with everything to sustain life. Damru - one of the percussion instruments - Goes with Lord Shiva who destroys everything in the universe to keep the cycle of birth and death in motion. Trishul is the sign of AadiShakti (AadiMaya). SHE is the prime source of energy behind the creation / birth of all things – living and non living. Lord Ganesh is the God of wisdom who grants you intellect to know THIS truth.

There are three types of worship / yadnya / activities – actions that are done regularly without any break, actions that are performed occasionally and the activities that are accepted as the mission of life. Surya Namaskar is a NityaKarma, daily work as that of sleeping or eating. Sleep doesn't need soft comfortable bed. When you are sleepy you get sound sleep on a stony platform. If you are hungry any eatable thing fulfills the requirement. You can't stay away from sleep. You can't get over with hunger. If you try to avoid these NityaKarma, beyond certain limits, you get corporal punishment by Nature. It is the same with Surya Namaskar. Hence, daily practice in Surya Namaskar is obligatory for all human beings of all age groups, men and women of all casts, creeds and religions.

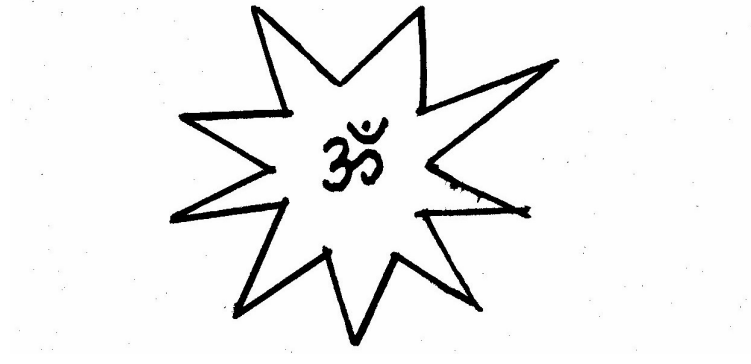
पशुपति श्रीपति आणी गभस्ती ।

यांच्या दर्शने दोष जाती ।

तैसाची नमावा मारुती ।

नित्य नेमे विशेष ॥ (दासबोध 4-6-6)

## SURYA NAMASKAR FOR STUDENTS



आदित्यानामहं विष्णुर्जातिषां रविरंशुमान् ।  
मरीचिर्मरुतामस्मि नक्षत्राणामहं शशी ||21||  
भगवद्गीता अध्याय 10

I AM the Vishnu among the twelve sons of Aditi.  
I AM the Sun among the brilliant bodies in the sky.  
I AM the Marichi among the 49 Wayu Devata.  
I AM the Moon among the cluster of stars in the sky.

A thought offer to  
**Nanu and Manu**  
SubaAba.

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**Dedicated to all my students,  
Their kids & grand kids  
And to everybody  
Who practice  
Surya Namaskar  
Daily.  
JAI-JAI-RAGUVEER SAMARTH.**

**ALL RIGHTS RESERVED.**

**Khardekar Subhash Bhagwantrao.**

Basically a secondary school teacher.  
After post graduation promoted to the Junior College Section.  
Worked as a scouter during my service tenure.  
Was a Nashik District Scout Secretary.  
Got retired as a Vice-Principal,  
from Shri. D.D.Bytco Boys'H.S. & Junior College Nashedik.  
Had fraternal and friendly relations with the students.  
This is just an attempt to motivate them to lead healthy and successful  
life.

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नित्यकर्म-पूजाप्रकाश	गीताप्रेस, गोरखपुर
प्राणायाम रहस्य	स्वामी रामदेव
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Aasan Pranayam Mudra Bandha	Swami Satyanand Saraswati

Research paper-

### **ENERGY COST AND CARDIORESPIRATORY CHANGES DURING THE PRACTICE OF SURYA NAMASKAR**

By Defence Institute of Physiology & Allied Science,  
Lucknow Road, Timarpur, DELHI – 110 054

## Naman to Lord Vishnu-Shiva-Bhanu

अलंकारः प्रियो विष्णु जलधारा शिव प्रीयाः

नमस्कारः प्रियो भानु ब्राम्हाणो मधुरः प्रीया ||

### Meaning:

Lord Vishnu is worshipped with ornaments.

Lord Shiva is worshipped with Jalabhishek. (Constant water flow on the head.)

The Sun God is worshipped with Surya Namaskar.

And Brahman loves sweets.

### Significance:

You worship lord Vishnu with the work you do. Every work that you do should be excellent in every respect. It should be made of pure gold. *Agni* (the fire) removes all impurities from it. Dedicate such a work, such an ornament to Lord Vishnu. You can, of course, offer gold ornaments to Lord Vishnu. The money you use to buy ornaments should be earned through thoroughly just and fair means.

Your efforts in attaining excellence in every work should be like a flow of water. The attempts you make should be steady and progressive just like the flow of river - ever running towards the destination. The water is *Jeewan* (Life force). The word means 'life giving'. Your efforts should rejuvenate your life and the life of others also. While using your physical and mental capacity in your efforts you should be cool and calm just like water is. You can't separate coldness from water. Don't have any tension; don't be anxious about the results. Have complete faith in God. Dedicate your work to HIM.

The word *Bhanu* means the Sun God. The practice of Surya Namaskar everyday, early in the morning, is the real worship to the Sun God. The Sun God is the source of energy to all. Perform Surya Namaskar in order to keep the body healthy and to get the stamina to work. The more you work the more energetic you become.

The word *Brahman* means the person who knows what *Brahma* is. "The *Paramatma*, the supreme self is present in every living and non-living thing. HE alone navigates this entire universe. The heat / energy / life force in your body is the presence of *Brahma* / the Sun God". One who knows these things collects and distributes nectar to everybody. He is a sweet tongued person and loved and respected and wanted by all.

## My quotes

Dear student,

It is a well-known fact that Surya Namaskar is an all-round exercise for all, young and old, men and women. The truth is as real and as clear as the Sun in the sky. It requires no canvassing to prove its worth. The actual practice is the only evidence to confirm the assets you get through Surya Namaskar. For this purpose proper guidance is required.

At the age of seventy-four Mr. Shejwal, who is my teacher, is still in practice of performing Surya Namaskar daily. He is my source of inspiration for this work. My attempts to teach Surya Namaskar to my grand daughters put me into an urgent need to read something more about this art. The reading and the questions they would ask made me think and rethink over the subject again and again. The results are with you, in the form of web site "SURYA NAMASKAR FOR STUDENTS". I have prepared this free web-site [www.suryanamaskar.info](http://www.suryanamaskar.info) with the view to motivate you to practice Surya Namaskar daily. Surya Namaskar is globally acclaimed as the best body exercise for all the persons of all the age groups. It is a real training to our body soul and mind. *Rathasaptami* is observed as the Global Surya Namaskar Day. I am very happy that on this auspicious day the former Principal Mr. Shejwal, J.T. has inaugurated this web-site.

The following useful and suitable information is included in the informative part of the web-site. The information of the twelve *Surya Mantra* / names of the Sun God and their correlation to the activities of the sun in the sky is highlighted. The vital points in the body (the *Sapta Chakra*), their locations and the Elements they represent are pointed out at each of the *Asana*. The concentration at the particular Vital Point in the body, while performing each *Asana*, itself communicates the methodology of Surya Namaskar. The stretch and strain you feel in the muscle while doing a particular position in the Surya Namaskar is explained. The real feel of stretch and strain at the particular part of the body ascertains your success in the process. The usefulness of Surya Namaskar, to prevent and cure certain ailments and diseases, is also stated. The part that contains breathing exercise as well as the BijaAkshar leads you a step ahead towards excellence in performing Surya Namaskar. The last part contains some practical suggestions that includes some useful "dos and don'ts". The short informative clips in this section will help you prevent incorrect move in any of the *Asana*.

**In order to establish one's worth in this fast Developing Age one has to keep tune with time. The main scenario of the modern time, in every walk of life, is the heavy workload with all sorts of responsibilities and cutthroat competition. They consume your health and grant you various diseases. I need not name them but to give you the prime fact I would say that the practice of Surya Namaskar keeps you healthy and happy. It awards you the ability to take the path of success. Perform, at least for a month, three Surya Namaskar systematically, methodically and experience the**

**results yourself. It doesn't take more than twelve to fifteen minutes in the beginning and towards the end of the month, I am sure, you are bound to be in love with this art of Surya Namaskar. Gradually, as you practice ahead, the number of Surya Namaskar will reach to TWELVE while the span of time will remain the same.**

This is a free web sight. You can take a print out copy or down load the material free of cost. It is my appeal to you and your friend circle to make maximum use of this free web-sight ([www.suryanamaskar.info](http://www.suryanamaskar.info)). Practice Surya Namaskar daily. If you have any problem, feel free, to contact me at any time.

**I pray Lord Rama to grant you all the health and happiness.**

I would like to mention the unique personality of Mr. Neetin ModakShashtri, the coordinator of the Sanskrit Weda Pathshala, Nashik who has decided to teach *Sandhya Vidhi* to one lakh students. *Sandhya Vidhi* is an age-old ritual of the worship of the Sun God. I have great regards for his efforts and would like to participate in his work by teaching *Sandhya Vidhi* to the grandparents and the senior citizens so that they can help their grandkids undertake the practice of this ritual. In order to make their task more 'meaningful' my future plan is to write the meaning and the significance of each shloka in the *Sandhya Vidhi* with pragmatic attitude.

Hats off to all the persons who helped and encouraged me to prepare this web-site. To point out some of them I would like to state the following:

Respected Mr. Shejwal, J. T.

Miss. Vaidhehi Rahul Salkade.

Miss. Mansi Ranjit Shrotriya.

Mr. ManojKumar Chavanke.

Mr. Arun K. Chandratre.

Mrs. Sunanda Khardekar.

Snehel Arts, RK. Nashik

Miss. Sapna Khardekar.

Mr. Neetin ModakShastri.

Prof. Borate, T. S.

Retired Principal, Shri. D.D. Bytco Boys' H.S. and Junior College, Nashik.

My grand daughter. Age: Nine

My grand daughter. Age: Four

Decision Software Pvt. Lit. who has developed this web-site.

Retired officer, Dena Bank, Nashik.

(Performed the *Asana*.)

Photographs.

Photography.

M.A, (Drawing) A.T.D. prepared outline figures of the *Asana*.

Coordinator Sanskrit Weda Pathashala, Nashik.

Rtd. HOD English, HPT College, Nashik.

This is your web site and in order to make it more useful I urge you to give your feed back in the form of queries, comments, suggestions etc. This is the only way to evaluate my performance and I assure you to incorporate your needful demands to make your web site more effective and more informative to all the students.

25 th January 2007

Rathasaptami

Subhash Khardekar



## ||ShriRamSamarth||

Dear friend,

Taking into consideration the difficulties of the students in practicing the art of Surya Namaskar I have revised the [www.suryanamaskar.info](http://www.suryanamaskar.info) today on the *GuruPournima* the 18<sup>th</sup> of July 2008. The changes are as follows:

**A cover page**, indicating "*SuryaPanchayat*" is added to the E-book. The significance of "*SuryaPanchayat*" in the light of SuryaNamaskar as *NityaKarma* is explained, in brief, on the back page.

**BijaAkashar** is treated as a separate item. The step by step use and the importance of it is included.

**Surya Namaskar in Stages:** Each of the twelve *Asana* is divided into four stages. The main objective of each Stage:

1. To experience the stretch and strain on the specific muscles and leave the rest in free and relax position.
2. To watch out the process of breathing.
3. To concentrate on the *Chakra* involved in each *Asana*.
4. To do all the actions in one stroke maintaining the rhythm of breathing & actions, time & speed.

The next stage is that of **Pranayam**, of course, it is there without any theoretical or practical explanation.

There is a new item **Invitation**. The item '**Instructions to Participants**' contains Surya Darshan, Surya Namaskar, Suggestions on Eating Habits and Daily Planning, with registration form and etc.

The item **Self Check UR Excellence** gives you rough idea to confirm the health-assets received so far through the practice of Surya Namaskar. The last item of revision is that of correcting the spelling mistakes in the **Sanskrit Shloka**.

May I request you to visit this **FREE** site and go through the changes? Please do let me know your impressions and suggestions regarding the matter and the method used there in.

Thanks in the meanwhile.

Read the article with understanding.

Practise the art of Surya Namaskar daily.

Realize the importance yourself.

Be a mouthpiece to appeal others to practice Surya Namaskar.

Download the article to distribute among your friends.

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*GuruPournima* 2008.

Subhash Khardekar.

## SURYA NAMASKAR

Long long ago, may be six thousand years ago, students of your age (8 to 20-25 years) took education at the residence of their teacher. In the Guru-Kul there were students from humble families as well as from honourable and royal families. The syllabus consisted of all arts and all types of vocational courses. Scriptures were the recommended books and the 'World Citizen' was the final aim of education. In those days ---- just try to reach the past time of six thousand years before. Try to locate the dear and near persons of your family in the past. You can remember your grandfather or grand grandfather. You can't trace the time and persons back for more than 100 or 150 years. But your father knows the name of your ancestor who lived thousands of years before. The *GOTRA* of your family and the *PRAWARA* OF THE *GOTRA* both indicate the names of the ancestors and the teachers, the Guru of the family.

So, in those days, in the Guru Kul, the day started long before sunrise. And the first session was that of *Suryopasana* / Surya Namaskar (Worshipping the Sun God), *Sandhya Vidhi* and the *Gayatri Japa*. Today we are going to learn something about Surya Namaskar. We are going to learn 'what, why and how' of the Surya Namaskar, step by step.

### Let's pray to the Sun God.

It is early in the morning.

The sun is rising on the horizon.

You have taken bath and you feel fresh and strong.

Take the morning air deep into your lungs.

Refer to 'Step Ahead to Excellence' Warming up exercise.

Stand straight. Be at ease.

Fold your hands in **Namaskar Mudra**.

There is no muscle tension anywhere on your body.

There is no tension on your head and hair.

No tension on your face – forehead, nose, cheeks, chin, ears.

There is no tension on your neck.

Remove the tension, if there is any, on your neck, shoulders, elbows, wrists, palms, fingers.

Keep the muscles - of the stomach, abdomen, back - loose.

Relax the muscles of the thighs, knees, ankles, feet, toes etc.

Be at a relaxed position.

आचम्य प्राणानायम्य || विष्णुर्विष्णुर्विष्णुः ||

अद्यपूर्वोच्चारित एवंगुणविशेषण विशिष्टायां शुभपुण्यतिथौ ||

मम शरीरे आरोग्यता प्राप्त्यर्थं श्रीसवितासूर्यनारायण

प्रीत्यर्थं (संख्या) सूर्यनमस्कारान् करिष्ये ||

**Aachaman:** Open the palm straight. Keep away the thumb and the ladyfinger. Close the remaining three fingers and raise them a bit. A scoop is formed on the palm at the end of the fingers. Take a spoonful of water in the scoop. Release the water, from the wrist end of the palm, in your mouth.

**Significance:** Surya Namaskar generates heat and energy. Breathing becomes deep and hard. *Aachaman* prevents dry throat and keeps the throat and food pipe clean smooth and wet.

**Pranayam:** Controlling the breathing is called *Pranayam*. All your activities, physical-mental, are based on breathing. Inhaling is absorbing *Prana Tatwa* / life force in the body. Air is the carrier of *Prana Tatwa* / Cosmic Energy. At this stage take a deep breath and gradually release it out. Take a longer time to exhale. This time sense can be easily attained if you concentrate on the abdomen to breathe out completely.

**Significance:** This is just a start to control breathing and to tune it with the body movements to be performed ahead in the practice of Surya Namaskar.

**Meaning:** The name of Lord Vishnu is repeated thrice – *Awahan, Stapanam, Wandan* (invitation, welcome, worship)

**Significance:** This body of flesh is the legacy of Lord Vishnu, the Supreme self, *the Paramatma*. The meaning of the word 'Vishnu' is omnipresent - one who is continuously and simultaneously present as a whole, at all time, everywhere. Our body is made of five elements – the earth-fire-air-ether-water. The omnipresent entity was there before the creation of the five elements. Hence one who created the elements created our body. We are above the Elements we are the Supreme self, *the Paramatma*. In Bhagwad Gita Lord Vishnu Bhagwan says "I am the (seed) source of birth and growth of all the beings. I am the birth place of all intellect and courage" (Chapter 7 shloka 10) In this way our body in flesh and blood is the heritage of Him. This 'call for' Lord Vishnu is just to remind us of this inheritance.

**Meaning:** The outstanding quality of Surya Namaskar is that it is in practice since from time immemorial. On this auspicious day I perform Surya Namaskar in order to make my body healthy. I undergo this age old practice in the honour of Lord Surya Narayana.

**Significance:** This is *Sankalpa*, the resolution or decision that you are going to do certain thing. This is done to make your mind alert and to urge it to give all possible strength to all the parts of the body, involved in the action, to perform the activity. The Sankalpa makes your actions result oriented. It gives desired direction to your tongue, mind and body.

If you keep on walking, for example, without any goal you will reach nowhere. Hence Sankalpa is a must before every action.

My parents and grand parents and ancestors have practised this art of Surya Namaskar. I also must have done it in the previous lives. Hence worshipping the Sun God is the part of my body, mind soul. It is the part of my personality. Whatever is done is done for Him. It is done in His honour. Nothing is mine. Everything belongs to him. The possessive sense of 'me-my-myself' is to be put on regressive mode.

**The starting *shloka*: (The prayer.)** Dhyanam ध्येयः

*Dheyah sada savitru mandala madhyawarti  
Narayanah sarasijasana sannivistaha  
Keyurawan makara kundalawan kiriti  
Hari hiranya-maya-vapur-dhruta shankha chakrah.*

ध्येयः सदासवितृ मंडल मध्यवर्ती  
नारायणः सरसिजासनसन्निविष्टः  
केयूरवान् मकर कुंडलवान् किरीटी  
हारी हिरण्यमयवपुर्धृत शंखचक्रः ॥

### **Meaning**

Oh! Surya Narayana YOU are the crown glory, carrying *shankha chakra* in your hands.

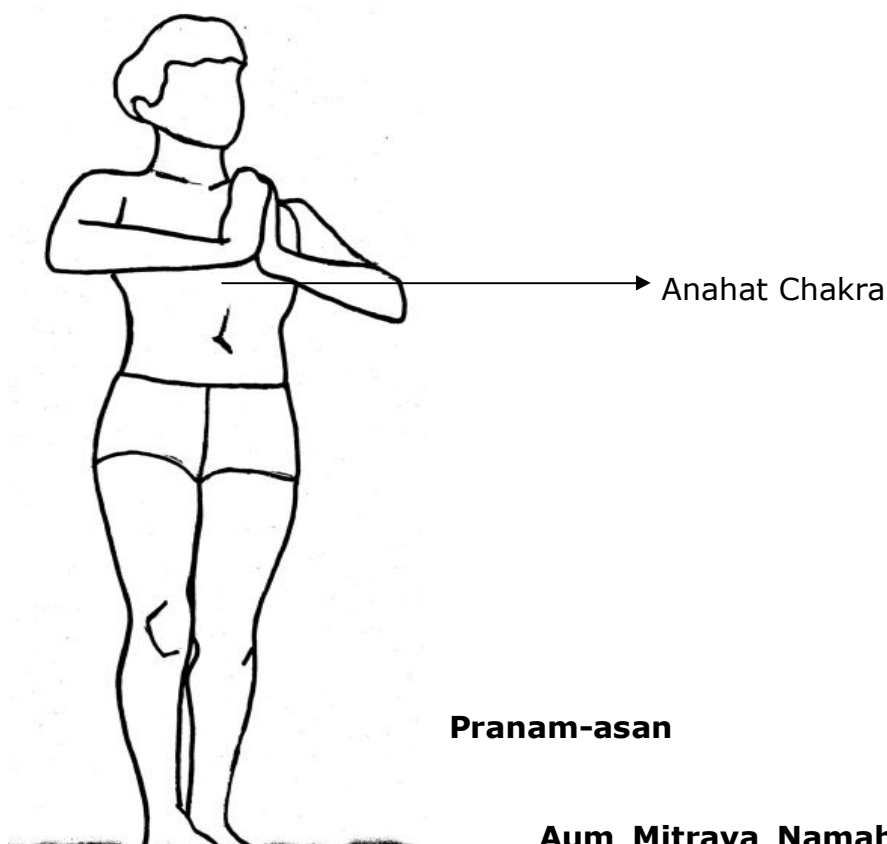
YOU are the creator of joy and destroyer of sorrows.

YOU cover the entire universe with the golden twilight.

YOU are the Master, the Provider of the entire universe.

Oh! Sun God make all my efforts as bright and brilliant as the sun in the solar system.

## Aum Mitraya Namah



**Aum Mitraya Namah:** The sun is your friend. HE is called *Jaganmitra*. HE is lovable like a true friend. You miss HIM in his absence. You ever long to experience the joy of his warmth and affection. If the sun is not in the sky you get disturbed – bodily and mentally. Your appetite is lost. Nervousness takes hold of your activities. You gather friends to restore your mood. You eat hot and drink hot and talk a lot to compensate the absence of the warmth and joy of the Sun God. Now you can understand why the people from far off countries come to India to enjoy SunBath. The touch of twilight has dramatic effect on our body. It is a touch of warmth and care. It is a magic touch. It is a healing touch. It is the touch of mother that calms down the crying child instantly. The touch of love and affection of the Sun God cures our physical and mental worries. The Sun God is to us as Lord Krishna is to Arjuna. Pray the sun God who is intimate and dear to us.

**Namaskar Position.** Retain your breath. (*Kumbhak*)

The vital point: The Anahat Chakra.

The colour of the Chakra: Yellow as that of the rising sun.

Location: In the centre of the chest.

Ruling element: The wind, *Vayu*.

Relation to body: Touch. Skin.

Useful to treat and prevent: Nervous breakdown, fits, sensory deprivation etc.

The chest cavity is enlarged to inhale more oxygen. The supply of more oxygen to all the cells activates the muscles. The experience of more energy and happiness is the result.

Stand straight.

Close the right toe and heel with the left.

Put your chest out.

Press your shoulders backward and pull them downwards.

Keep your eyes on your nose-tip.

Hands in *namaskar* position.

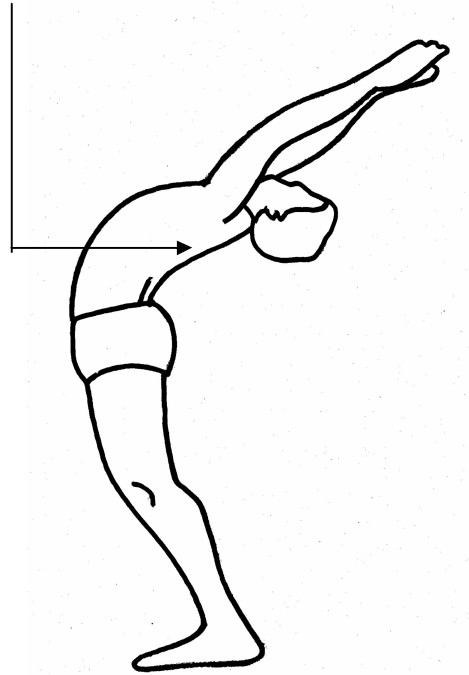
Palms closed. Fingers closed. At right angle to the ground.

Thumb touching the middle part of the chest.

Forearms in line with the ground.

## Aum Ravaye Namah

Vishudha Chakra



### Urdhva-hasta-asan

**Aum Ravaye Namah:** The meaning of the word *Ravi* is Tej. Glow. Shine. Good behaved pious men; saints and sages have this glow on their faces. This is the *Tej* of the Sun God. We bow to such people to get their blessings. The light of the moon and stars, the heat of fire and *Yadnya Kunda* everything is the *Tej* of the Sun God. The heat of the body, the heat (*Jatharagni*) that digests food is the presence of the Sun God in our body. If you are not well at stomach just don't eat after the sunset. The presence of the Sun God, during daytime, will digest the food. The seven power points (*Sapta Chakra*) in our body represent the Sun God. These seven points control and govern our physical and mental activities. They are the source of heat and energy to all our activities. If there is no heat in our body we are cold – we are no more. Worship this *Tej* of the Sun God.

### Urdhva-hasta-asan. (Breath in.)

The vital point: The *Vishudha Chakra*.

The colour of the Chakra: Colour of smoke.

Location: At the base of the neck.

Ruling element: The space.

Relation to body: Sound and speech. Ears and speech organs.

**Useful to treat and prevent:** Swelling (Internal and external), knot in the muscle, wound with pus, pus discharge from eyes pimples and

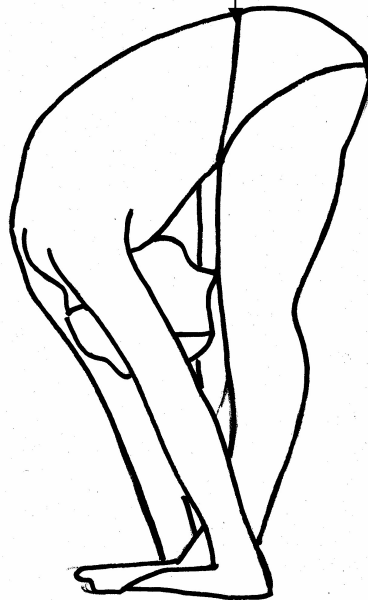
freckles on skin, etc. Relieves the pain of the neck shoulders, arms, ankles, wrists. Gives stress and stretch to all the muscles from ankles to neck. Chemical and physical process of respiration becomes strong and healthy. Result is increase in the body height and health.

Close your palms together. Put your hands straight up.  
Straighten your hands and legs.  
Fix your heels on the ground.  
Close your right toe and heel with the left.  
Give upward stretch to your hands and legs.  
Look at the palms.  
Bend your head backward slowly, gracefully.  
Form an arch of the body above waist.



## Aum Suryaya Namah

Swadhistan Chakra



### Hasta-pad-asan

**Aum Suryaya Namah:** The Sun God is one who always activates others and is full of activities too. He is the symbol of cosmic energy. The chariot of the Sun God is of seven horses. The horses represent the seven days of the week. They also stand for the seven colours of the rainbow. The seven power points in our body have different colours of their own. His work is colourful. It is endless and unlimited combination & permutation of colours. Nobody can pinpoint the exact time when the activities of the Sun God started. The span of time of His activities cannot be counted either. The end of His activities is beyond our imagination. HIS activities are varied. The food supplied to all the plants is the same but the rose is not the same as other flowers. All the leaves of different trees are not the same. The varieties of the trees and the leaves are uncountable. HE is omnipresent in all and every act. When the sun rises in the sky all the creatures & worms, birds & animals start their work. Pray the Sun God to give inspiration and energy to do good deeds.

**Hasta-pad-asan:** Breath out.

The vital point: The Swadhistan Chakra.

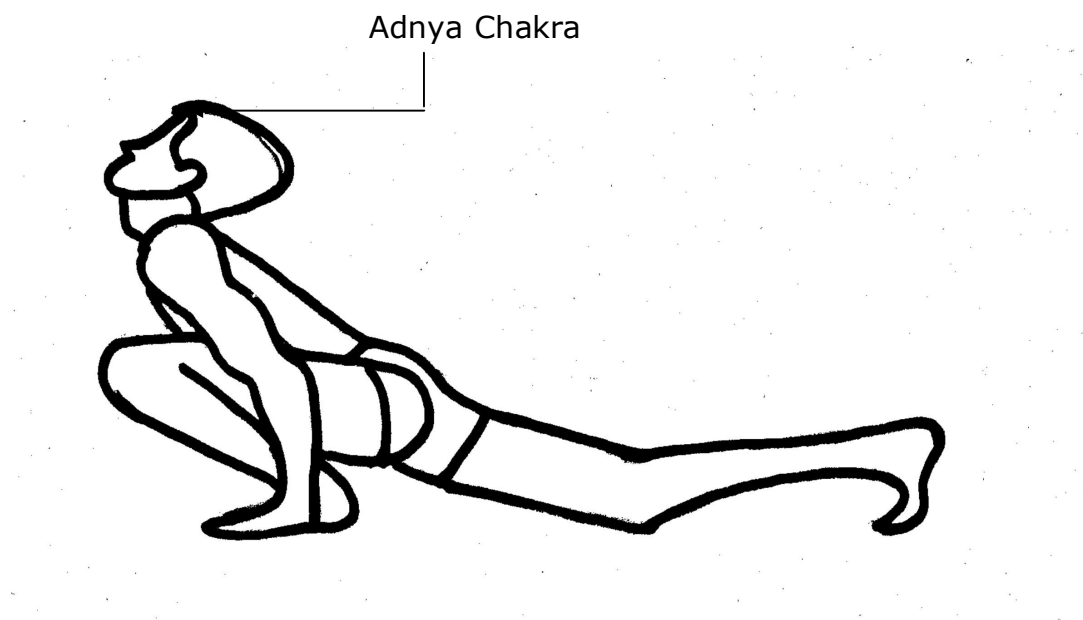
The colour of the Chakra: *Sindur* / Saffron

Location: At the tip of the spine.  
Ruling element: *Jal*, the water.  
Relation to body: Taste. Tongue. Sleep.

Useful to treat and prevent: Urine problems, urine stone, sleeplessness, general debility (weakness). Muscle pain in the back, shoulders, throat, chest, stomach is relieved. Removes cough. Increases appetite. Helps remove gases and toxic material. Sound sleep is the result.

Fix your palms flat on the ground.  
Adjust the big toes and the palms in line.  
Keep shoulder distance between the palms.  
Keep your legs straight and knees straightened.  
Touch your chin to the chest.  
Touch your forehead to the knees.

## Aum Bhanave Namah



### Ardha-bhujang-asan

**Aum Bhanave Namah:** The word '*Bhanu*' means 'light', the daylight. Darkness indicates ignorance and light intelligence. The sun removes darkness and makes us wise. The tug of war, in your mind, always puts you into puzzles. It is the *Adnya Chakara* that guides you to take the right decision. In this way the sun God is the source of enlightenment to all of us. HE is the model example for us all. Be HIS follower. Perform your deeds in the light of the Sun. Be helpful to others as the sun takes care of us all. Expect no returns for your services to others, for the sun demands nothing from you. The other examples in this 'light' are the rivers and the trees. In fact the entire nature is the living model that communicates the spirit of the Sun God. Bow to the *Dnyan Surya*, the wisdom of the Sun God, to make us clever and intelligent.

**Ardha-bhujang-asan:** Breathe in.

The vital point: The *Adnya* Chakra.

The colour of the Chakra: Lotus white.

Location: Between the two eyebrows.

Ruling element: *Aakash*. (*Manas*)

Relation to body: Mind

Useful to treat and prevent: Respiratory diseases, hypertension etc.  
Thoughts become clear, brain bright concentration sharp. Result:

Intellectual work with confidence. Muscle pains in thighs, knees, calves, ankles are relieved.

Keep the right foot and the palms firm on the ground.

Stretch the left leg backwards.

Touch the left knee and toe to the ground.

Fold the right knee. (The calf, the back part of the thigh and the last rib of the right chest touching each other.)

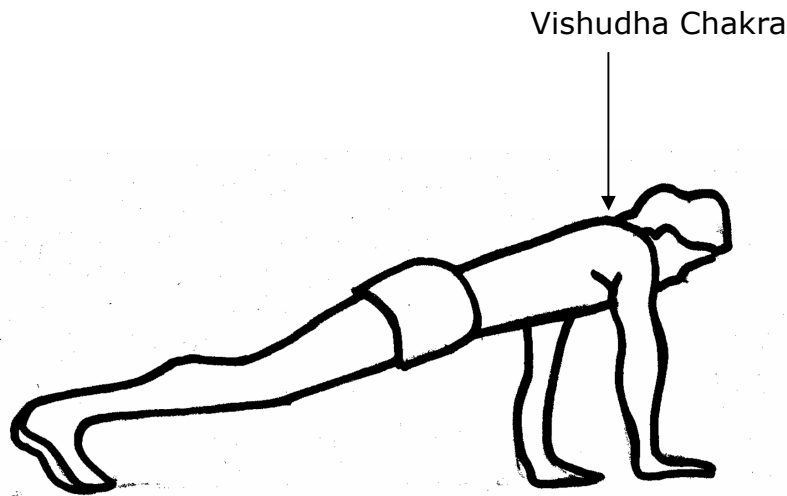
Keep both the hands straight.

Put your chest out. Lift up the shoulders to touch the head.

Push your head backwards.

Look towards the sky.

## Aum Khagaya Namah



### Makar-asan

**Aum Khagaya Namah:** *Khaga* means space, *Akash*, and *gama* means go - one who travels through the sky. It indicates the presence of the sun, the sunrays and the sun-warmth everywhere in the space. You can't find a pinch of place in the sea without seawater so is the sun in the universe. There is no place, neither in our body nor outside in the entire universe, without the sunrays. You yourself can experience this fact. Close your eyes. Ask someone to put on and off the electric tube light. Though your eyes are closed, you get the feel of the tube light. You can measure and count time in days, weeks, months, years because of the sunrise and the sunset. The sun reminds us of the passing days and years. Life is the sum total of days, weeks, months and years. With His own example HE prompts us not to waste time. Wasting time in doing nothing is going fast near to the death point. It is a slow suicide. So pray to the Sun God to give us energy and wisdom to use the life span in the self-help and in the service to others.

**Makar-asan:** Breath out.

The vital point: The *Vishudha* Chakra.

The colour of the Chakra: Colour of smoke.

Location: At the base of the neck.

Ruling element: *Aakash*, The space.

Relation to body: Sound and speech. Ears and speech organs.

**Useful to treat and prevent:** Swelling (Internal and external), knot in the muscle, wound with pus, pus discharge from eyes

pimples and freckles on skin, etc. Relieves the pain of the neck shoulders, arms, ankles, wrists. Gives stress and stretch to all the muscles from ankles to neck. Chemical and physical process of respiration becomes strong and healthy. Result is increase in the body height and health

Keep both the hands in the same position.

Take the weight of the body on the hands and the shoulders.

Stretch the right leg backwards.

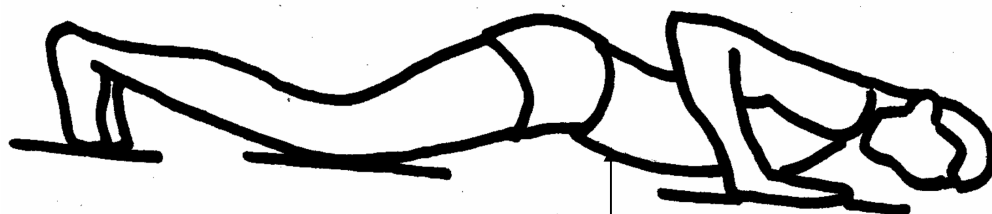
Close the feet. Stretch them straight backwards.

Straighten your legs and knees, arms and elbows.

Keep your body - head to heels - in straight line in slanting position

Fix your eyes on the ground at the right angle to the body.

## Aum Pushne Namah



Manipur Chakra

### Sastang-namaskar-asan

**Aum Pushne Namah:** The word *Pushnaihi* means one that provides nutrition. The sun is the source of all types of food and medicines. Food is the only source of energy that builds our body. It gives wisdom – intellect to perceive the meaning of things & thoughts and power to act accordingly. So you should be grateful to the sun god for providing food to you. You should give respect and regard to the food you eat. Engaging yourself in other activities while eating food is a sort of insult to the food and the Sun God. Hence, watching TV, reading or playing games while eating should be avoided. The sun, directly or indirectly, offers light, heat and energy round the clock. The Sun God is all very important for us to sustain life. You may have read news in the newspaper. The news is to the effect that there is a man who eats nothing. He is without food for years together. He drinks only water and eats no food. He does *Yogasana*, in the open field, in the morning and in the evening at a particular time. Do you know that a baby tortoise gets its nourishment through the affectionate look of the mother tortoise? Here, offer your respect to the sun God for providing you with food, light, heat, and energy.

**Sastang-namaskar-asan:** Retain breath. (*Kumbhak*)

The vital point: The *Manipur Chakra*.

The colour of the Chakra: Blue

Location: At the navel.

Ruling element: *Agni*, The fire.

Relation to body: Sight and feeling. The eyes and the brain.

Useful to treat and prevent: Asthma, piles, arthritis, digestion problems etc. It builds you healthy. Bright eyes, glow on the face, dark hair, long

stamina and strong body is the result. The involvement of brain and mind in your activities become keen and sharp.

Don't move the palms and the toes.

Take the body weight on your hands.

Bend the arms at the elbow.

Press the chin to the chest.

Touch the ground with the eight points of your body.

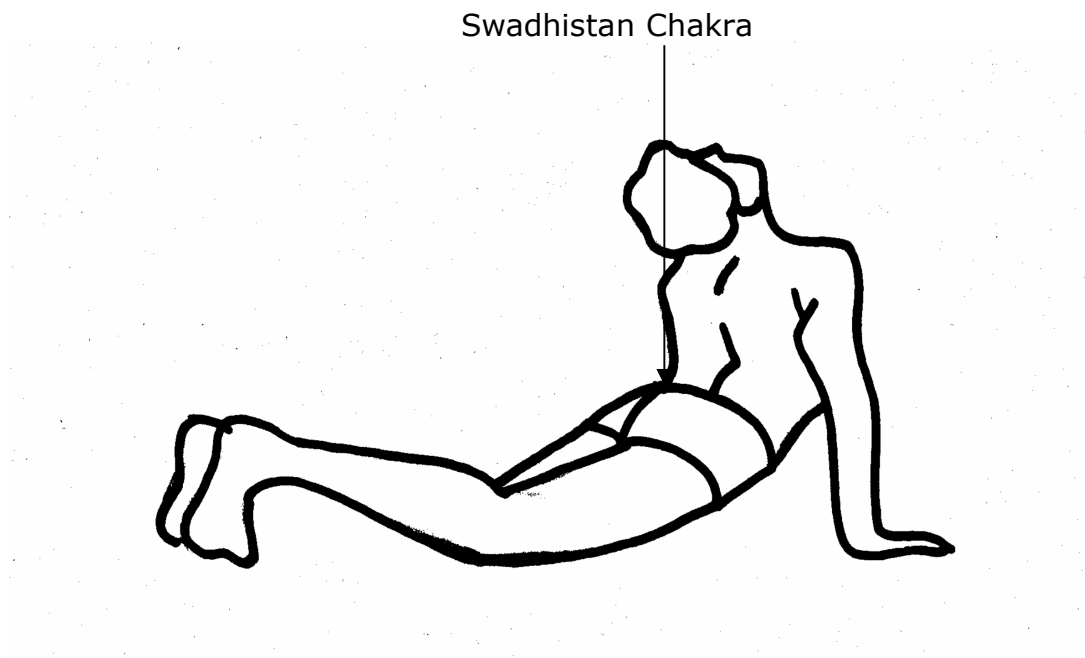
(Forehead, chest, knees, palms, toes.)

Push both the elbows inside, towards each other.

Uplift the hip part of your body.



## Aum Hiranyagarbhaya Namah



### Bhujang-asan

**Aum Hiranyagarbhaya Namah:** The word *Hiranya* means gold, golden. Gold is dear to us. Everybody loves to possess it because it is pure in every respect. It is a pure currency. The craving for gold is unlimited. The sun gives us pure gold. *Agni*, the fire burns out all the impurities from the gold ore. The twilight is golden in colour. It covers the entire universe in its fold. It turns the entire universe into gold – pure gold. The time of twilight is the best period for meditation / *Tapa* for study. The sunlight makes everything visible. It has given birth to the universe. So *Hiranyagarbha* means the womb of the entire universe. The sun element is everywhere in the cosmos. The centre part of the earth and other planets is hot as the sun. This is why all the stars and planets are in motion and at their right position because of the sun. All the stars and planets have (evolved) developed gradually from the sun. The Sun God is the creator of all the living and non-living things. The sun God is omnipotent. The cycle of nature – the Sun, the water, the clouds, the winds, the rain and the farming – ever goes on only because of the Sun God. HE is all-powerful, possessing complete and unlimited power, energy and authority. HE is the master of the entire universe. Focus your attention on HIS ability and capacity and pray HIM to give a tiny part of HIS ability as blessings.

**Bhujang-asan:** Breathe in.

The vital point: The *Swadhisthan* Chakra.

The colour of the Chakra: Sindur / saffron.

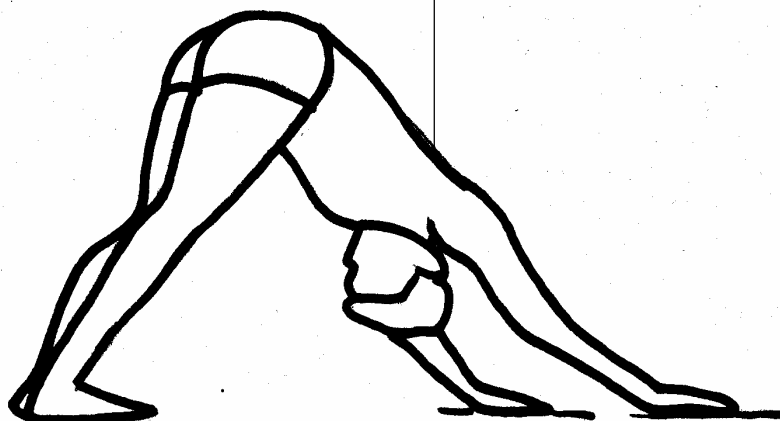
Location: At the tip of the spine.  
Ruling element: *Ja/*. The water.  
Relation to body: Taste. Tongue. Sleep.

Useful to treat and prevent: Urine problems, urine stone, sleeplessness, general debility (weakness). Muscle pain in the back, shoulders, throat, chest, stomach is relieved. Removes cough and increases appetite. Helps remove gases and toxic material. Health and Sound sleep is the result.

Don't disturb the position of the palms.  
Keep the arms straight. Straighten the elbow.  
Throw the head and the shoulders back.  
Look towards the sky.  
Pull the waist towards the centre between the palms.  
Don't disturb the position of the feet.  
Touch the knees to the ground.  
Form arch like position.

## Aum Marichaye Namah

Vishudha Chakra



### Parvat-asan

**Aum Marichaye Namah:** *Marich* means mirage. A person in the desert gets to see a big pond of water at a long distance. It is the heat and the rays of the sun that form the image of water. It is not actual water. In fact the person can't reach that point of water. If he runs after the mirage to quench his thirst he will receive death but no water. The Sun God is the creator of all types of mirages. HE is the creator of illusions, good and bad. HE is the originator of all good and bad impressions of life. HE is the commander of all such things. Our eyesight, to look at life, is very short and small. It can focus on a very small portion of time, space and event. Hence, we form wrong impressions of life. We have wrong ideas of life. We have wrong desires to fulfill in our life. We work hard to get what we actually don't want. We don't know what life really is. In this way we walk on the wrong path of life and our precious time is wasted in vain. We worship the Sun God to save us from the mirage of life. The other meaning of the word *Marich* means one who makes us aware of the sin. The word *Marich* also means the power that cures diseases. Here, pray the Sun God to give the wisdom to know what is good and what is bad for life.

**Parvat-asan:** Breathe out.

The vital point: The *Vishudha* Chakra.  
colour of the Chakra: Colour of smoke.  
the base of the neck.

The  
Location: At

Ruling element: *Aakash*. The Space.

Relation to body: Sound and speech. Ears and speech organs.

**Useful to treat and prevent:** Swelling (Internal and external), knot in the muscle, wound with pus, pus discharge from eyes pimples and freckles on skin, etc. Relieves the pain of the neck shoulders, arms, ankles, wrists. Gives stress and stretch to all the muscles from ankles to neck. Chemical and physical process of respiration becomes strong and healthy. Result is increase in the body height and health.

Don't move the position of the feet and the palms.

Raise up the middle part of your body.

Form a triangle with the palms waist and feet.

Touch the heels to the ground.

Put your arms and legs straight.

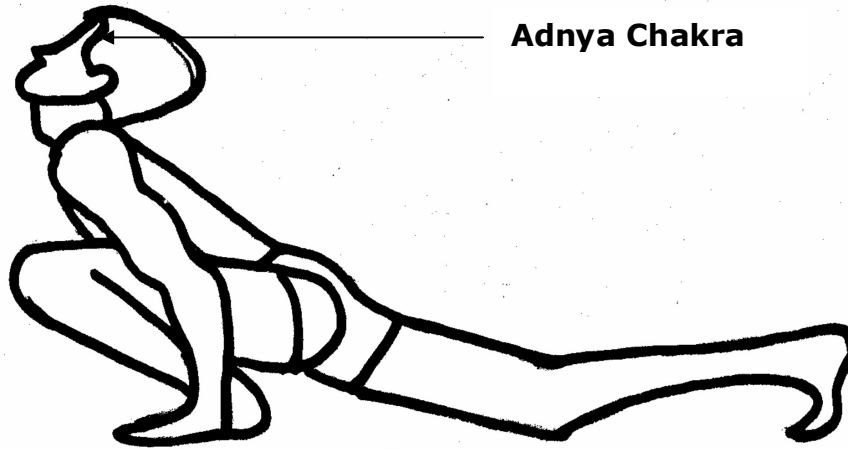
Straighten your elbows and knees.

Pull your head towards the knees.

Touch the chin to the chest.

Fix your eyes on the nose-tip.

## Aum Adityaya Namah



### Ardha-bhujang-asan

**Aum Adityaya Namah:** The word *Aditya* means the son of Aditi. AdiMaya is the source of birth and growth of the entire universe. Hence, Aditi is supposed to be the mother (*Aaee*) of all Gods. The word *Aaee* in Marathi language is of two alphabets *Aa+Eee*. '*Aa*' (*Aadi*) indicates the basic source of creation and '*Eee*' indicates the Ishwar source / the governing power of all the working force. Aditi is the wife of Bruhaspati. Bruhaspati is the priest of all the Gods. The sun is the son of Aditi and Bruhaspati. HE is the image of Aditi and Bruhaspati. He is the worthy son of the celestial parents. The Sun God gives to the world whatever HE has received from HIS parents-Aditi and Bruhaspati. HE is the true follower of the commandments, customs and traditions of HIS parents. We all are the creation of the Sun God. The entire big bunch of all the Divine Qualities of the Sun God is the heritage of all the human beings. Bow to the sun God in the memory of this divine heritage. Beg HIM to give power to use this heritage in your day-to-day life.

**Ardha-bhujang-asan:** Breathe in.

The vital point: The Adnya Chakra.

The colour of the Chakra: Lotus white.

Location: On the forehead between the eyebrows.

Ruling element: *Aakash*. (*Manas*)

Relation to body: Mind.

Useful to treat and prevent: Respiratory diseases, hypertension etc. Thoughts become clear, brain bright concentration sharp. Result: Intellectual work with confidence. Muscle pains in thighs, knees, calves, ankles are relieved.

Don't change the position of your palm.

Refer to Aum Bhanave Namah. (Ardha-bhujang-asan.)

Keep the left foot and the palms firm on the ground.

Stretch the right leg backwards.

Touch the right knee and toe to the ground.

Fold the left knee. (The calf, the back part of the thigh and the last rib of the left chest touching each other.)

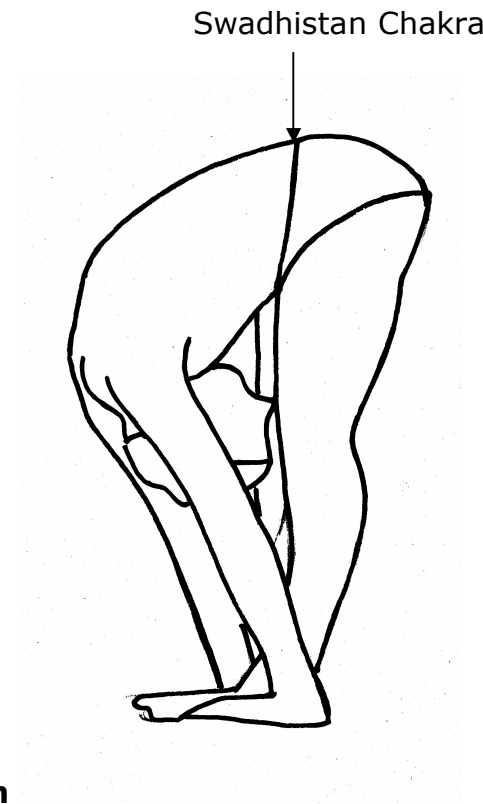
Keep both the hands straight.

Put your chest out. Lift up the shoulders to touch the head.

Push your head backwards.

Look towards the sky.

## Aum Savitre Namah



### Hasta-pad-asan

**Aum Savitre Namah:** The word *Savita* means mother. We owe our birth and existence to the Sun God. The Sun God takes care of us all as a mother takes care of her kids. Mother never wants her children to be in any difficulty. She is always worried about the well being of her children. She helps assists and supports her kids with all her ability and power. The kids are the biological part of her being. You can relate all the qualities of your mother to the Sun God. So when you are doubtful about the right *Adnya* / order conveyed to you by the Sun God, consult your mother to confirm, verify or change the course of action. Try to visualize what your mother would like you to do in such a situation. Look at the problem with the eyes of your mother. It will show you the path of success. You will feel triumphant to do the efforts for the final success. In this respect the sun is our caretaker, our mother. The prayer to the Sun god reminds us of our mother. Worship the Sun God to help you fulfill the dreams of your mother.

**Hasta-pad-asan:** Breathe out.

The vital point: The *Swadhisthan* Chakra.

The colour of the Chakra: *Sindur* / saffron.

Location: At the tip of the spine.

Ruling element: *Jal*. The water.

Relation to body: Taste. Tongue. Sleep.

Useful to treat and prevent: Urine problems, urine stone, sleeplessness, general debility (weakness).

Muscle pain in the back, shoulders, throat, chest, stomach is relieved.

Removes cough. Increases appetite. Helps remove gases and toxic material. Sound sleep is the result.

Don't change the position of your palm.

Fix your palms flat on the ground.

Adjust the big toes and the palms in line.

Keep shoulder distance between the palms.

Keep your legs straight and knees straightened.

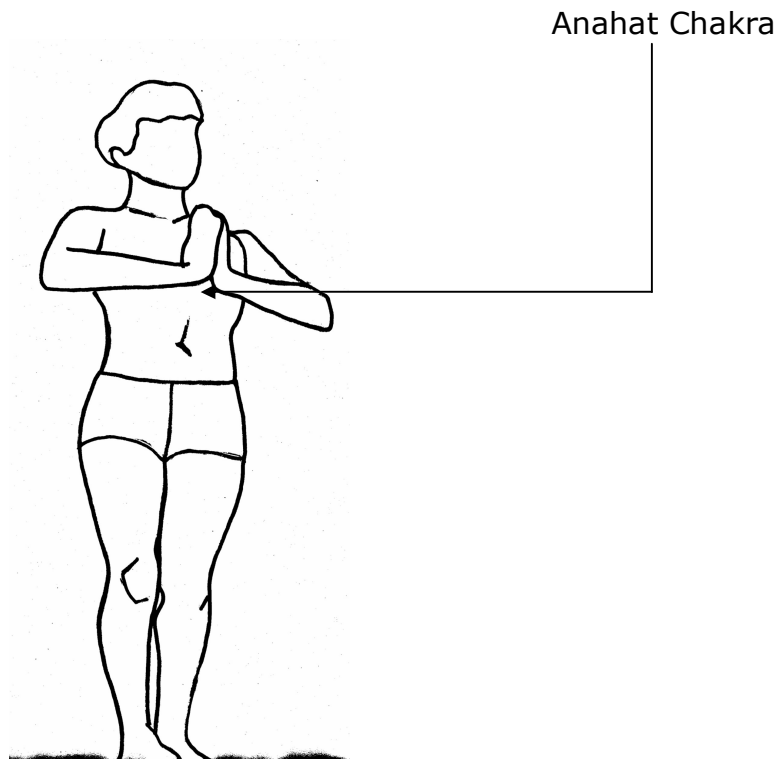
Touch your chin to the chest.

Touch your forehead to the knees.

Refer to Aum Suryaya Namah. (Hasta-pad-asan.)



## Aum Arkaya Namah



### Pranam-asan

**Aum Arkaya Namah:** The meaning of the word *Arka* means extract. The sun is the concentrated form of life. HE is the essence of life. HE is the pure extract of how one's life should be. HIS is the guiding light that enlightens our path of life. HE is the wisdom of life for us. HE is the model example for us to learn the art of living. The nonstop activity for the welfare of all the living and non-living, without expecting anything in return, is the 'real light' of the Sun God. The Sun God is unaware of HIS enormous and unlimited activities. HE is passive to any result; good or bad, of HIS own actions. HE looks at HIS own actions as a third person. HE doesn't involve HIMSELF in his action. In fact HE doesn't think that HE has performed such a huge task. Honey is the essence of flowers. But the flowers are not present in it. In the same way the sun remains absent from HIS actions. In fact the Sun God is the action, the actor and the outcome of the performance.

It is very difficult to follow and practice the life of the Sun God. But this is the only way of life to be happy. So worship the Sun God to give you the inspiration to follow HIS precept.

**Pranam-asan:** Retain your breath. (Kumbhak)

The vital point: The Anahat Chakra. The  
colour of the Chakra: Yellow as that of the rising sun. Location: In the  
centre of the chest.

Ruling element: The wind, *Vayu*.

Relation to body: Touch. Skin.

Useful to treat and prevent: Nervous breakdown, fits, sensory deprivation  
etc.

The chest cavity is enlarged to inhale more oxygen. The supply of more  
oxygen to all the cells activates the muscles. The experience of more  
energy and happiness is the result.

Refer to Aum Mitraya Namah. Pranam-asan.

Stand straight.

Close the right toe and heel with the left.

Put your chest out.

Press your shoulders backward and pull them downwards.

Keep your eyes on your nose-tip.

Hands in namaskar position.

Palms closed. Fingers closed at right angle to the ground.

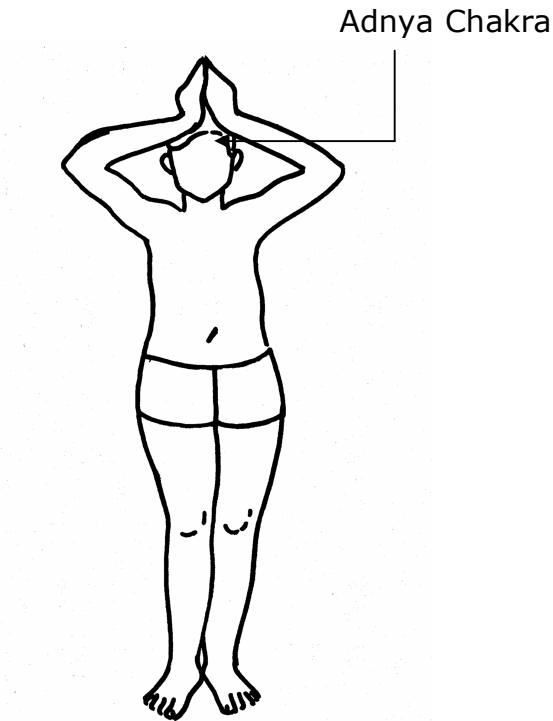
Thumb touching the middle part of the chest.

Forearms in line with the ground.

This is the last position of Surya-Namaskar.

This is the ready position for the next Surya-Namaskar.

## Aum Bhaskaraya Namah



### NamaskarMudra

**Aum Bhaskaraya Namah:** The word *Bhaskar* means *Prakashah, Tej*; one who is *Prakashman* or *Tejaswi*. The sun is not God-like but HE is THE GOD of the universe. HE has covered the entire universe with his light. There is the sun light inside and out side of our body. HE is the witness to all our deeds mental and physical. HE observes all of your actions and gives you joy and sorrow accordingly. HE leads assists and inspires you to do noble works. When you accept HIS help and perform your work accordingly you become happy inside and out. In order to get this divine happiness and self-satisfaction, bow to the Sun God and perform Surya-Namaskar.

Surya Namaskar is a prayer to the Sun God. You can call it 'Action Prayer'. A prayer means 'thanks giving'. "The thanks giving" for what you have already received. You express gratitude to the Sun God for the previous day that was granted to you and expect HIS blessings for the coming day. Prayer is not begging for blessings. You are going to get what you deserve. You are bound to get success and joy equal to your efforts – in the present and the past. So 'best of efforts', in every action, should be your motto.

Start every of your day with Surya Namaskar. Pray the Sun God early in the morning before the sunrays enter your house. HE is the first visitor of the day to your house. And the guest is not an ordinary one. HE

is the GOD that we can actually see. HE is the model example for you to follow. Receive the guest wholeheartedly. Shake off your sleep. Get ready to welcome HIM. Isn't it absurd to welcome the guest after he has entered your house?

### **Namaskar Mudra:**

The vital point: The Anahat Chakra. The  
colour of the Chakra: Yellow as that of the rising sun. Location: At the  
level of the heart.

Ruling element: *Vayu*, the wind.

Relation to body: Touch. Skin.

Refer to Aum Mitraya Namah. Pranam-asan.

Close your palms. (Adnya Chakara)

Put the closed palms in the middle of the forehead.

Keep the shoulder-distance between the elbows.

Complete submission – **body, speech, mind, heart** –  
to the Sun God.

### **Concluding Shlok**

*Adityasya namaskaran ye kurvanti dine dine  
Janmantar-sahashreshu daridrya nopajayate  
Namah dharma-vidhanaya namaste kruta-shakshine  
Namah pratyaksha devaya bhaskaraya namah nama-h.*

अदितस्य नमस्कारान ये कुर्वन्ती दिने दिने

जन्मांतरसहस्रेषु दारिद्र्यं नोपजायते ॥

नमो धर्मविधानाय नमस्ते कृतसाक्षिणे

नमः प्रत्यक्षदेवाय भास्कराय नमोनमः ॥

**Meaning:** One who performs Surya Namaskar regularly gets no poverty (Poverty of wealth, health and intellect.) lives after lives.

Oh! Lord Bhaskara. YOU are the Dharma incarnated. (YOU yourself are all the divine virtues.)

YOU are the soul witness to all my deeds, good and bad.

YOU are the only God in shape and form. I bow to you (with all my body, mind and soul.)

**Significance:** The daily practice in Surya Namaskar gives you health. Healthy body performs more work. The working hours are increased. The work is done with ease and confidence. You become successful in your work. The success leads to success. The success, of course, gives you happiness and wealth too.

The Sun God is the Dharma incarnated. With His own example He tells us what Dharma is. HE is the only god that we get to see everyday, everywhere. HE is the only god in shape and form. HE is the witness to all

your deeds. HE showers happiness according to your deeds. I pray the Sun God with all my heart.

अनेनसूर्यनमस्काराख्येन कर्मणा भगवान्  
श्रीसविता सूर्यनारायणः प्रीयतां न मम् ॥

**Meaning:** In this way the practice of Surya Namaskar is over. With great reverence I dedicate the act of Surya Namaskar, performed in His honour, to Lord Surya Narayn (the Sun God). HE has given me the inspiration and the physical ability to carry out the action and got it done from me.

**Significance:** Nothing is mine. Everything belongs to HIM. The possessive sense of 'me-my-mine' is to be put on regressive mode.

Achaman: Open the palm straight. Keep away the thumb and the ladyfinger. Close the remaining three fingers and raise them a bit. A scoop is formed on the palm at the end of the fingers. Take a spoonful of water in the scoop. Release the water, from the wrist end of the palm, in your mouth. And say:

अकालमृत्यु हरणं सर्व व्याधी विनाशनं  
सूर्य पादोदकं तीर्थं जठरे धारयाम्यहं ॥

**Meaning:** Oh Sun God! Let the sip of water keep away from me all the diseases and the untimely deaths.

**Significance:** It is a sort of promise to be confirmed by self-instruction. If you practice Surya Namaskar daily, it relieves you from minor illness, disorders, and other ailments. All these discomforts, if not taken care of, may turn into serious diseases leading you to the death point.

॥ Jai Jai Raghuveer Samartha ॥

**Hari Aum Tat-Sat. Hari Aum Tat-Sat. Hari Aum Tat-Sat.**

## Surya Namaskar in Stages

Surya Namaskar is a combination of some useful YOGASANA in series. In each Surya Namaskar, some *Asanas* are repeated, with a difference of its own. One Surya Namaskar contains twelve *Asana* and twelve Surya *Mantra* / names. You have the general know how of each *Asana* and how to perform them. (Please refer to the main body of the text.) Now it's time to know each position of Surya Namaskar as *ASANA* - as the YOGASANA. The word *ASANA* means a "steady position." The implied meaning of the word *YOGA* is the real experience of the ecstatic joy of bringing the concept of Surya Namaskar into actual practice. The concept of *Yogasana* is the base of Surya Namaskar. Hence, some basic rules of *Yogasanas* should be taken into consideration.

Go slow in the process of performing every *Asana*, at least for three Surya Namaskar.

It is a training to all the muscles, involved in voluntary and involuntary actions, to acquire elasticity and flexibility through Surya Namaskar. Flexibility of the muscles is the KEY POWER of all physical and mental abilities.

At the beginning, each Surya Namaskar consumes 13.91 kcl without giving you any fatigue. It reduces your body weight without making you perspire. It builds your muscles without any increase in the heart beats.

Use all your physical and mental abilities to perform Surya Namaskar.

Each *Asana* is divided into four stages. Practice the first stage of every *Asana* at least for a fortnight. Then take to the first and second stage of every *Asana* for the next fortnight then stages 1+2+3, then stages 1+2+3+4.

Take into consideration the steps by step method to use ***BijAkshar*** while performing Surya Namaskar.

After you acquire some skill in Surya Namaskar give ten / fifteen minutes to the practice of ***Pranayam***. Some of the most useful and correlated *Pranayam* to Surya Namaskar are ***Bhastrika Pranayam, Kapal Bhati Pranayam and Bhaya Pranayam***.

In order to learn the art of ***Pranayam*** you better contact me (or somebody expert) personally. Gathering information about ***Pranayam*** through reading and listening is insufficient for practical work.

**Aum Mitraya Namah.**

Pranamasan.

### Stage First:

Stand straight. Legs closed. Toe to toe. Heel to heel, knee to knee. (No strain on either knee or calf; heel or toe.)

Hold your hands at the chest, in Namaskar position.

Initially apply a light pressure to the palms. (Increase the pressure slowly, day-by-day as your practice gathers experience.)

Take the feel of the pressure in the muscles of the palms, wrists, forearms, arms, shoulders and the CHEST.

The pressure of the palms results in a bit expansion of the CHEST

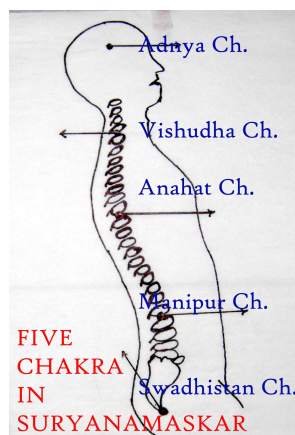
After attaining the maximum position, wait for five seconds.  
 Release the muscle tension from the CHEST, shoulders, arms, forearms, wrists, and palms.  
 Speak out the next Surya Mantra and move to the next *Asana*.  
 If the muscle tension is released from elsewhere, you need to rectify the mistake through practice. (Rule applies to all twelve *Asana*.)  
 Refer to 'Step Ahead to Excellence' for supportive exercises for all the *Asana*.

### **Stage Second:**

Watch out exhaling.  
 Each time you exhale bring the elbows close to body.  
 Each time you exhale pull down the shoulders.  
 Keep the palms pressed, as they are.  
 Exhale completely. Hold your breath. Be in the position of *Kumbhak*.  
 Experience the muscle tension at the palms, hands, shoulders and the CHEST.  
 After attaining the maximum position, wait for five seconds.  
 Relax all the muscles under stress and strain.  
 Speak out the next Surya Mantra and move to the next *Asana*.

### **Stage Third:**

Focus your attention on the *Anahat Chakra*.  
 (Lord Hanuman opens HIS chest showing the idols of Lord Ram-Laxman-Seeta.)  
 The main objectives: To increase the elasticity of CHEST.  
 To make use of palms, elbows, shoulders as levers to expand the chest.  
 After attaining the maximum position, exhale completely.  
 Wait for a while. Relax all the muscle tension.  
 Speak out the next Surya Mantra. Move to the next *Asana*.



### **Stage Fourth:**

Say slowly and loudly 'Aum Hram Mitraya Namah.' (Refer to BijAkshar.  
 Follow the method of your choice.)

While exhaling perform all the activities in one stroke as described in stage first, second, third.

Experience the feel of every activity in each stage every time.

Take the feel of vibrations of the *Chakra* involved in the *Asana*.

The speed without the actual feel is of little use.

Use all your physical and mental abilities to perform every *Asana* of the Surya Namaskar.

Wait for a while. Then relax. Move to the next *Asana*.

Take care to match the rhythm of breathing with that of actions.

Practice on music, group practice, counting 1, 2, 3---12. is possible at this stage.

### **Aum Ravaye Namah**

### **UrdhwaHastaAsana**

#### **Stage First:**

Stand straight, as you were in the previous position.

Move your hands above the head. Stretch them up.

Palms closed. Elbow straight. Upper arms near to the ears.

Turn the head backwards to look at the palms.

Eyes and palms in line.

Move the hands backwards. Sight is tied up with the palms.

After attaining the maximum position, wait for five seconds.

Relax. Remove all the muscle tension from the hands, shoulders, chest, stomach, backbone, waist, thighs, calves and ankles.

Speak out the next Surya Mantra and move to the next *Asana*.

#### **Stage Second:**

Inhale and stretch the body up. (from ankles to the index fingers)

Inhaling each time, repeat the action for three / four times.

Inhale and push the head back to look at the palms above.

Inhale. Move the hands backwards keeping the eye-sight with the palms

After attaining the maximum position, wait for five seconds.

Relax all the muscles under stress and strain.

Speak out the next Surya Mantra and move to the next *Asana*.

#### **Stage Third:**

Focus your attention on the *Vishudhya Chakra*.

It is easy to catch hold of the *Vishudhya Chakra* when you push your head back to look at the palms.

The main objectives: To give upward stretch to all muscles in the body, from ankles to the index fingers.

To give massage to the muscles of the stomach.

To give strength to the backbone.

After attaining the maximum position, wait for five seconds.

Relax. Remove all muscle tension.

Speak out the next Surya Mantra. Move to the next *Asana*.

#### **Stage Fourth:**



While inhaling perform all the activities in one stroke as described in stage first, second, third.  
The rest is as stated under Pranamasan.

### **Aum Suryaya Namah                      HastaPadaAsana**

#### **Stage First:**

Stand straight. Keep a distance of 08-10 inches between the legs.  
Bend down in the waist.  
Take a side view in the mirror to check your standing position. OR  
Stand, touching your back at a wall and then bend down in the waist.  
Keep your palms on the knees.  
Bend as far down as possible. Go slow without giving jerks to the body.  
Keep the stomach loose. Try to rest your palms on the ground, ahead but near to the big toe.  
Keep the knees straight.  
Keep the shoulder distance between the palms.  
After attaining the maximum position, wait for five seconds.  
Relax all the muscles of the stomach, the lower back / upper hip, backbone.  
Speak out the next Surya Mantra and move to the next Asana.

#### **Stage Second:**

Stand straight. Legs closed. Toe to toe. Heel to heel. Knee to knee.  
When you bend down exhale completely. Remove air from your belly.  
Every time you exhale try to bend down a bit further, without any jerks.  
Repeat slowly. Bend forward ahead each time.  
Keep the shoulders loose. Remove muscle tension from your shoulders.  
Touch your chin to the chest. Neck loose.  
Touch the forehead to the knees.  
Put the palms flat on the ground near & in front of the toe.  
After attaining the maximum position, wait for five seconds.  
Relax all the muscles under stress and strain.  
Speak out the next Surya Mantra and move to the next *Asana*.

#### **Stage Third:**

Focus your attention on the *Swadhistan Chakra*. It is the last end of the backbone, above the hip bone. All the seventy-two thousand nerves spread all over the body in cross section from this area.  
Put the palms flat on the ground by the side of the feet.  
Main objective: To stretch the muscles of the waist, back and shoulders.  
To press the muscles of the stomach and massage the belly.  
To give flexibility and strength to the backbone.  
After attaining the maximum position, wait for five seconds.  
Relax. Remove all muscle tension.  
Speak out the next Surya Mantra. Move to the next *Asana*.

#### **Stage Fourth:**

While exhaling perform all the activities in one stroke as described in stage first, second, third.  
The rest is as stated under Pranamasan.

**Aum Bhanave Namah      ArdhaBhujangAsana. Or  
AshwaSanchalanAsan**

**Stage First:**

Take the left leg backwards. Touch the left knee and the left toe onto the ground.

Sit down on the right leg. The heel and the toe completely resting on the ground.

The location of the hands and the right foot is not at all disturbed.

Put your hands straight. Lift up the shoulders.

Pull back the head.

After attaining the maximum position, wait for five seconds.

Relax all the muscles of both the legs and hands, the right side of the stomach, the neck and the upper part of the back and the backbone.

Speak out the next Surya Mantra and move to the next Asana.

**Stage Second:**

While inhaling move the left leg far back, touching the knee and the toe to the ground.

Keep the position of the left knee and the toe as it is. Use the joint of the ankle and the waist to stretch the leg as far back as possible.

While inhaling sit on the right leg touching the foot flat on the ground.

Though you are in sitting position you are supposed to be ready as a horse (Ashwa) to run quick and fast as and when the signal comes from the Navigator.

All the body weight is on the right foot but the thigh and knee are a bit raised up inwardly, in ready position.

While inhaling lift up the shoulders and push the head as far back as possible.

After attaining the maximum position, wait for five seconds.

Relax all the muscles under stretch and strain.

Speak out the next Surya Mantra and move to the next Asana.

**Stage Third:**

While doing all these actions focus your attention on the *Adnya Chakra*, at the middle of the forehead. This is the antenna to receive the cosmic energy. Keep it in front of the Sun.

The main objectives: To give downward stretch to the left leg.

To give pressure on the muscles of the right leg.

To lift up inwardly the knee joint and the hip joint of the right foot in ready position.

To stretch the backbone upward in convex curve.

The serpent is in "ready position" to catch the tunes of the FLUTE.

To massage the muscles of the right side of the belly, including the liver part.

To push the head far back.  
After attaining the maximum position, wait for five seconds.  
Relax. Remove all muscle tension.  
Speak out the next Surya Mantra. Move to the next *Asana*.

#### **Stage Fourth:**

While inhaling perform all the activities in one stroke as described in stage first, second, third.  
The rest is as stated under Pranamasan.

#### **Aum Khagaya Namah**

#### **MakarAsan.**

##### **Stage First:**

Move the right leg near to the left leg.  
Keep the heels and knees tied up.  
Take all the body weight on your hands and raise up the shoulders.  
Keep your palms on the ground, straight in line with the shoulders.  
Keep the body in slanting position with the head and neck in line. Give a downward stretch, to the body, from neck to feet.  
After attaining the maximum position, wait for five seconds.  
Relax all the muscles of the legs and hands, the stomach, the upper part of the back and the neck.  
Speak out the next Surya Mantra and move to the next *Asana*.

##### **Stage Second:**

While exhaling press the hands down on the ground and raise up your shoulders.  
While exhaling give a downward stretch, towards the toe. Use the ankle joints to pull the body downwards.  
Check the 'body slanting position' in the mirror. OR  
Ask somebody, present, to guide you.  
The head should be in line with the 'body slanting position'.  
After attaining the maximum position, wait for five seconds.  
Relax all the muscles under stretch and strain.  
Speak out the next Surya Mantra and move to the next *Asana*.

##### **Stage Third:**

While performing all the actions focus your attention on the *Vishudha Chakra*, at the base of the neck.  
Main objectives: To press the hands down on the ground with all the body weight and at the same time to lift up the shoulders.  
To give downward stretch toward the feet - to the neck-the upper part of the back- back- waist- thighs-knee-calves-the ankles.  
This stretching is unique of its type. The start point is the *Vishudha Chakra* and the end points are the ankles.  
After attaining the maximum position, wait for five seconds.  
Relax. Remove all muscle tension.  
Speak out the next Surya Mantra. Move to the next *Asana*.

**Stage Fourth:**

While exhaling perform all the activities in one stroke as described in stage first, second, third.

The rest is as stated under Pranamasan.

Take a clean piece of cloth. The width should be equal to that of your shoulder (Inner) distance and the length should be 60cm, approx. Stand on the rear end of the cloth.

This size of mattress / Asan helps you keep the fix distance of hands throughout the practice of Surya Namaskar. The location of hands and the feet is now immutable throughout the practice. While performing the SastangNamaskarAsan the mattress should be under your face so as to prevent dust infection.

**Aum Pushne Namah****SastangNamaskarAsan****Stage First:**

Keep the position of the legs and hands as it is.

Rest the knees on the ground.

Bend down in the elbow and rest your body on the stomach.

Keep the feet close to each other.

Keep the knees close to each other.

The toes, knees and the palms are on the ground.

Rest the chest and the forehead on the ground.

Press the chin to the chest.

Keep the elbows close to the body.

Without disturbing the body-position lift up the middle part of the body.

After attaining the maximum position, wait for five seconds.

Relax all the muscles of the stomach, chest, and the backbone.

Speak out the next Surya Mantra and move to the next Asana.

**Stage Second:**

Focus on exhaling and hold out your breath.

Be in the position of *Kumbhak*.

Exhale completely. Hold the breath. Lift the middle part of the body up.

While exhaling bend the elbow so that the chest touches the ground. At the same time lower down the leg part so as to touch the knees on the ground.

While exhaling touch the chin to the chest. Touch the forehead on the ground.

After attaining the maximum position, wait for a while.

Relax all the muscles under stretch and strain.

Speak out the next Surya Mantra and move to the next Asana.

**Stage Third:**

While performing the actions, described above, focus your attention on the *Manipur Chakra*.

The main objective is to massage the muscles of the entire belly.

Exhale completely. Hold your breath and be in the position of *Kumbhak*.  
After attaining the maximum position, wait for a while.  
Relax. Remove all muscle tension.  
Speak out the next Surya Mantra. Move to the next *Asana*.

**Stage Fourth:**

While you exhale and hold your breath out, perform all the activities in one stroke as described in stage first, second, third.  
The rest is as stated under *Pranamasana*.

**Aum HiranyaGarbhaya Namah BhujangAsan**

**Stage First:**

Push the palms on the ground and lift up the shoulders.  
While lifting the shoulders, make use of the ankles to give a forward push to the belly. Try to bring the belly near to the middle of the hands.  
Touch the toe parts of the feet on the ground.  
Touch the knees on the ground.  
Push the head back. The backbone in convex curve.  
Chest is tossed up and puffed up.  
After attaining the maximum position, wait for five seconds.  
Relax all the muscles from waist to head including backbone stomach, chest and hands.  
Speak out the next Surya Mantra and move to the next *Asana*.

**Stage Second:**

Focus your attention on inhaling.  
Perform every action giving extra consideration to inhaling.  
Inhale deep and long when you push the head back.  
Inhale, with the chest tossed up, deep and long while giving convex curve to the backbone.  
After attaining the maximum position, wait for five seconds.  
Relax all the muscles under stress and strain.  
Speak out the next Surya Mantra and move to the next *Asana*.

**Stage Third:**

While performing the actions, described above, focus your attention on the *Swadhistan Chakra*.  
The main objectives: To inhale as much cosmic energy as possible.  
To give a convex shape to the backbone.  
To puff up the chest at its maximum.  
Bhujanga / cobra lifting up the front part of its body and opening out the hood below its head. Ready to dance with the rhythm of DAMARU.  
The resting point to lift up the body is the *Swadhistan Chakra*.  
The hood of the cobra is your chest – enlarge it, amplify it.  
After attaining the maximum position, wait for a while.  
Relax. Remove all muscle tension.  
Speak out the next Surya Mantra. Move to the next *Asana*.

**Stage Fourth:**

While inhaling perform all the activities in one stroke as described in stage first, second, third.

The rest is as stated under Pranamasan.

**Aum Marichaye Namah      ParvatAsan****Stage First:**

Keep the hands and the legs as they are.

Lift up the middle part of the body, as far up as possible.

Adjust your shoulders forward or backward to touch the heels to the ground.

Lift / push up your body from feet to waist and from neck to waist.

Keep the head in line with the body.

After attaining the maximum position, wait for five seconds.

Relax all the muscles of hands, legs, backbone etc.

Speak out the next Surya Mantra and move to the next Asana.

**Stage Second:**

Focus your attention on exhaling.

Perform every action giving due consideration to exhaling.

Exhale deep and long while giving upward lift-from feet to waist.

After attaining the maximum position, wait for five seconds.

Relax all the muscles under stress and strain.

Speak out the next Surya Mantra and move to the next Asana.

**Stage Third:**

While performing the actions, described above, focus your attention on the *VishudhaChakra*.

The main objectives: To give upward push from feet to waist and *from Vishudha Chakra to the waist*.

To give a mountain / parvat like shape to the body.

All the body muscles are pushed up towards the waist / Swadhistan Chakra.

After attaining the maximum position, wait for five seconds.

Relax. Remove stretch and strain from all the muscles under tension.

Speak out the next Surya Mantra. Move to the next *Asana*.

**Stage Fourth:**

While exhaling perform all the activities in one stroke as described in stage first, second, third.

The rest is as stated under Pranamasan.

**Aum Adityaya Namah      ArdhaBhujangaAsan**

Now it is the left part of the stomach. The massage with a light press is given to the intestine and other organs in this area.

The rest is the same as described under the head Aum Bhanave Namah ArdhaBhujangAsana.

**Aum Savitre Namah**                      HastaPadAsan

Previously, while performing this Asana the act of bending was downward. Now it is upward. Lift up the hip part, make the knees straight, and try to touch the forehead to the knees. The rest is the same as described under the head Aum Suryaya Namah, HastaPadaAsana

**Aum Arkaya Namah**                      PranamAsan

As that of Aum Mitraya Namah.

**Aum Bhaskaraya Namah**                      Namaskar Mudra.

It is a Mudra and not an Asana. Be at ease. Complete submission – body, speech, mind, heart – to the Sun God.

## The Bija-Aksharas

### Pranawa and Bija Mantra:

Pranawa (AUM), Bija Mantra, Surya Mantra and the Surya Namaskar are all complementary to each other. Each one enhances and ensures the positive results of the other. Some exercises in **Pranayam** are considered the part of Surya Namaskar to treat certain diseases.

Pranawa / AUM is pronounced before the Bija Mantra. It is pronounced in three segments. The articulation of these parts is long longer longest, in the ascending order. (Aaaaaa Uuuuuuuuuu Mmmmmmmmmmm.... ) Lips closed at the last segment. The three segments of AUM activate stomach, heart and brain respectively. The articulation of AUM creates vibrations at the *Manipur Chakra*, the *Anahat Chakra* and the *Adnya Chakra*. Digestion, respiratory & sensory activities go through the powerful lens of AUM turning intellect and memory into sharp, powerful, pointed weapons.

**Bija-mantra:** The *Bija* Mantras are six in numbers. The cycle of the six *Bija* Mantra is repeated, of course, in sequence to cover the twelve names of the Sun God. The *Bija* Mantras are as follows:

*Aum - Hram Hreem Hroom Hraim Hroum Hrahaha.*

ॐ ह्रां ह्रीं ह्रूं ह्रै ह्रौं ह्रः

The *Bija* Mantras can also be written as follows:

ॐ ह्रां ह्रीं ह्रूं ह्रै ह्रौं ह्रः

*Bija Mantra* is pronounced together with the name of the Sun God. The position of the *Bija Mantra* is between the sound Aum and the name of the Sun God. For example:

*Aum Hram Mitraya Namah.*

**Bij-akshare:** The root alphabets of the *Bija* Mantra and the sequence of their pronunciation are as follows:

- 1) **h** = It represents *Akash*. It is *Suryabij*, *SuryaTej* in miniature. It is also called *Mahapran*. Heart is the source of its pronunciation. It empowers the heart to perform all its functions in a better manner.
- 2) **r** = It represents the element Fire hence it is called *Agni-Bij*. The centre of the forehead is the source of its pronunciation. The palate



and the brain are gently buffeted by the vibration. The result is good taste and better intellect.

- 3) **Swar** (Vowel) is a sound pronounced with minimum friction in the vocal cord. When long Eeee...is uttered the minute vibrations work upon the palate, the vocal cord and the nasal area making the passage clear of mucus, soft and strong.

When long Uuuu...is uttered, the minute vibrations work upon the stomach, small intestine, pancreas making the digestive system strong.

When the combined vowel is uttered, as in *Hraim*, the minute vibrations work upon kidney and urinary passage making the organs strong and sensitive.

When this combined vowel, as in *Hroum*, is uttered the minute vibrations work upon excretory system making the organs strong and sensitive.

- 4) **Anunasik**. *Anunasik* is a sound vibrations created in the nasal area. These vibrations keep the nasal passage clean soft and wet.

- 5) **Visarga**. ( : ) The sound vibrations created by *Visarga* work on the chest and the vocal cord

### **Combination of Pranawa – Bija Mantra – Surya Mantra:**

Some people perform the FIRST SERIES of twelve Surya Namaskar with the pronunciation of each name of the Sun God / Surya Mantra in sequence before the start of every *Asana* of the Surya Namaskar. (The bunch of twelve Surya Mantra and twelve *Asana* is ONE Surya Namaskar.)

The SECOND SERIES of twelve Surya Namaskar is performed inserting a *Bija Mantra* in between the AUM and the Surya Mantra, before each Surya Namaskar.

*Aum Hram Mitraya Namah.*

*Aum Hreem Ravaye Namah.*

*Aum Hroom Suryaya Namah*

*Aum Hraim Bhanave Namah. .*

*Aum Hroum Khagaya Namah.*

*Aum Hrahaha Pushne Namah.*

*Aum Hram Hiranyagarbhaya Namah.*

*Aum Hreem Marichaye Namh.*

*Aum Hroom Adityaya Namah.*

*Aum Hraim Savitre Namah.*

*Aum Hroum Arkaya Namah.*

*Aum Hrahaha Bhaskaraya Namah.*

The **THIRD SERIES** of **TWELVE** Surya Namaskar is composed in the following way:

Each Surya Namaskar

AUM + 02 Bija Mantra + 02 Surya Mantra for 06 Surya N.

AUM + 04 Bija Mantra + 04 Surya Mantra for 03 Surya N.

AUM + 12 Bija Mantra + 12 Surya Mantra for 03 Surya N.  
The closing Surya Namaskar of the performance:  
Aum Shri Savita Surya Narayanaya Namah for 01 Surya N.

**Note:** If you want to perform more than three series of Surya Namaskar (each of twelve SN.), the method indicated in the SECOND SERIES is repeated.

The last method clearly demands good mental concentration, better slow-heavy breathing and the best use of all physical abilities. At the same time the time gap between two SN ensures steady heart beats and stable use of physical efforts.

I would suggest you to use FIFTEEN minutes to perform THREE Surya Namaskar at the beginning. As you practice ahead the number of Surya Namaskar will reach to TWELVE while the span of time will remain the same.

Use other fifteen minutes to perform one more series of SN. Gradually you achieve the ability to perform 24+01 SN in thirty minutes, of course, utilizing full physical ability. Thereafter you can take care of time & speed; rhythm & breathing. The speed of performance should fulfill all the aims and objectives of each and every Asana of Surya Namaskar.

## **Surya Namaskar some practical guidelines**

Effective use of Surya Namaskar is experienced on three levels – body, mind and intellect. The practice of Surya Namaskar is a sort of training to your body mind and soul (Pradnya). It works with equal force on these three aspects. It gives us physical and mental health with sharp intellect.

Only 35 to 40% of your muscles are used in daily activities. Rest of the muscles remain inactive. Surya Namaskar is a physical exercise where almost 95% to 97% of your muscles are switched on to active mode. They remain active, hours ahead during the day, till you recharge them the next morning.

You are at dis-ease when there is imbalance of *Waat*, *Kapha* and *Pitta* in the body. Daily practice in Surya Namaskar maintains steady state of these three, keeping the body in perfect health.

While performing Surya Namaskar the breathing exercise (*Pranayam*) gives more oxygen to your lungs. The rhythm of breathing becomes heavy with vitality. Each breath becomes deep and clear. It carries more oxygen to the parts of your body.

The vital points (*The Chakras*) in the body get charged. The *Surya-Tej* in these Chakras gets enlightened with the thought and sight of the Sun God.

While performing Surya Namaskar think nothing, but about the Sun God. Concentrate yourself on the meaning of the Surya *Mantra*, the steps in the Surya Namaskar, their sequence, the proper activities of the different parts of the body, the parts of the body where you feel stress, stretch and strain etc. This will shut your mind off from thinking. Thoughtless state of mind contains no mental stress and strain at all. It is a real rest to your mind. Freedom from mental and emotional anxiety is the sound rest to your body too.

The word '*Moksha*' means to be relieved from fear and tears. It is to get freedom from all types of woes and worries. This 'released state of mind' gives you absolute happiness. All the virtues – the divine qualities which are nothing less than the GOD HIMSELF – are the carriers that take you to the absolute happiness-the *Moksha*.

The starting shloka, the *Sankalpa*, the *prayer*, the concluding shloka, the *Samarpan* and the shloka of dedication are important in the process of 'know thyself'. If you can't (or don't want to) recite these shlokas give a thought to the meaning of each shloka while practicing Surya Namaskar.

Early morning is the best time for Surya Namaskar. Don't eat any thing at least for five hours prior to Surya Namaskar.

Follow the body postures in each step very scrupulously. If it is not possible for you at the beginning you are free to make some minor changes, here and there, for the time being. But your final aim is to attain the perfect position.

All the diagrams merely indicate only outward body posture roughly. They are not the ideal state of *Asana*.

Each movement of the *Asana* should be divided into parts and performed gracefully.

While performing the *Asanas* keep your belly and hip part loose. Get the feel of the stretch and strain at the particular part of the body. The rest of the body should be free of muscle tension.

Go slow. Slow speed is for *SharirShuddhi* – for cleansing the body of all sorts of toxins, fats, unwanted secretions and for restoring health. Each movement of the *Asana* should be graceful. Use all your physical ability to experience the stretch and strain on your body while performing the *Asana*

There are twelve steps in Surya Namaskar. You can count five seconds for each step of the Surya Namaskar. It means that one Surya Namaskar goes for one minute (and a bit more). This is the normal speed to perform twelve *Asana* / one Surya Namaskar. This speed ensures *SharirVruddhi* – stedy progress in overall health and happiness. At the beginning, of course, you have to go very slow.

The body posture is important. If you have any problem at any step, revise all the given information, about the particular step, in the light of your problem. Your doubt will be solved. Make use of phone / E-mail to get your doubts cleared.

You can gain perfection in the Surya Namaskar after a long and steady practice. Be patient. Maintain slow and steady progress everyday to reach to the right posture of the *Asana*. Be one with the art. The Sun God will take you to the path of progress.

It is said that twenty-four Surya Namaskar, if done properly, are equal to five hundred sit-ups / pull-ups. It may be a statement of exaggeration. But it is worth to experience the physical fitness that you attain after you start practising Surya Namaskar. At the beginning of the practice, one Surya Namaskar consumes 13.91 kcal. This exercise burns out a lot of calories and reduces body mass and body weight.

If your physical capacity is to perform twelve Surya Namaskar at a time, perform only five. Give importance to use all the physical abilities to perform each and every Asana of Surya Namaskar.

The seven *Chakras* (the vital points), in your body govern every of your activity. They motivate you to act, give ability to perform the act and get the action done. Doctors also give prime importance, directly or indirectly, to these vital points while treating a patient. Overall health and strength is restored through Surya Namaskar.

Persons suffering from slip-disk, arthritis, heart attack etc including pregnant women are suggested to take medical opinion before they start the practice of Surya Namaskar.

If your breathing goes fast while practising Surya Namaskar, either take some rest or stop performing more Surya Namaskar for the day.

After the practice of Surya Namaskar is over you better lay down in *Shawasan / Yoga Nidra* for some time.

## **A step ahead to excellence**

There is coordination between the body movement and breathing. If you want to call out somebody from the third floor you take a deep breath and then call out his name loudly. You can't stop exhaling and speak out at the same time. In fact the harmony between breathing and action is quite natural. Be aware of the harmony between the two. While you bend down exhale and stand up inhale. Don't go against it. The body postures in Surya Namaskar, if done with the awareness of breathing, give you the desired results. It gives you ease to perform the postures. The series of body postures tuned with breathing become rhythmic and graceful without any stops or jerks or halts. It puts the cells in the muscles on the active mode to generate energy and power. There are various breathing exercises supporting different Yogasanas. In the following paragraphs I have selected some which, I think, are beneficial to you in performing Surya Namaskar.

### **Warming up:**

Stand straight in relax position.

Inhale silently and slowly through nose in two segments.

Hold the breath.

Tighten all the joints and muscles from toes to neck.

Exhale completely with force through mouth, air vibrations audible, in two segments.

Repeat the action for three to five times.

Effect on body: The entire body is charged with cosmic energy due to the contraction and expansion of the cells in the muscles. All the tissues of almost all the muscles are put on active mode.

The following exercises are useful in the practice of Aum **Mitraya Namah** (Pranam-asan), **Aum Arkaya Namah** (Pranam-asan) **Aum Bhaskaraya Namah** (Namaskar Mudra) These exercises help to expand the chest, to increase the intake of air in the chest, to supply more oxygen to the cells in the body.

### **Exercise one:**

Stand in Namaskar position.

Press the top of the fingers tight on each other.

Press the middle parts of the fingers tight.

Press the bottom part of the fingers tight.

Press the palms and the thumbs tight.

Press the end parts of the palms tight on.

After every action stop for a while, retain the pressure for ten seconds and move ahead to the next action.

Wait for a moment. Release the pressure slowly. Take the hands apart (3 – 4 inches) gradually. Bring them close. Experience the force of attraction between the palms. Refer to Surya Darshan in the item "Instructions to Participants".

Move the palms on your face with a light press. The energy collected on the fingers is directly applied onto the face.

**Exercise two:**

Stand in Namaskar position.

Intertwine the fingers.

While inhaling push the hands ahead straight.

Keep the palms out side and back palms inside.

Keep the hands parallel to the ground.

Experience the stress and strain on the chest and shoulders.

While exhaling bring the palms close to the chest.

Experience the stress and strain on the chest and shoulders, ankles, wrists and intertwined fingers.

The duration of time for the forward backward movements of the hands should be equal to that of inhaling and exhaling respectively. Repeat the series of actions for several times.

Repeat the same action for several times now with the hands stretched over your head. Inhaling for upward movement and exhaling for downward movement.

The following exercises are useful in the practice of Aum **Ravaye Namah** (*Urddhva-hasta-asan*) **Aum Suryaya Namah** (*Hasta-pad-asan*) **Aum Savitre Namah** (*Hasta-pad-asan*) **Aum Marichaye Namah** (*Parvat-asan*). These exercises help to improve the flexibility of the neck and the waist and the other parts of the spinal cord, to take the feel of the improved quality of body movements, to attain the harmony in breathing and body moment, to achieve ease and grace in each and every posture.

**Exercise three:**

Stand in relaxed position with legs a bit apart.

Stretch up your hands parallel to the ground, palms facing each other.

While inhaling stretch the hands upward and bend backward.

Keep the knees straight.

Push the hands as far back as possible.

While exhaling come back to the previous position and (if possible) bend forward to touch the ground.

Repeat the series of actions for several times

**Exercise four:**

Stand up with legs apart in relaxed position.

While inhaling raise the hands sideways parallel to the ground.

While exhaling bend down in the waist to touch the left hand to the right toe.

While inhaling come to the previous position.

While exhaling bend down in the waist to touch the right hand to the left toe.

Repeat the series of actions for several times.

The following exercises are useful in the practice of **Aum Bhanave Namah** (Ardha-bhujang-asan), **Aum Khagaya Namah** (Makar-asan), **Aum Hiranyagarbhaya Namah** (Bhujang-asan), **Aum Adityaya Namah** (Ardha-bhujang-asan). These exercises help to bring about ease and grace in the body postures in the *Asanas* mentioned above. These exercises also help to keep the body movements tuned with breathing.

**Exercise five:**

Sit down on the toes and palms.

Don't rest the heels on the ground.

Keep the hands straight.

Take the body weight on your hands.

Inhale deep and hold.

Keep the hands firm on the ground and jump backward.

(Refer to Aum Hiranyagarbhaya Namah / Bhujang-asan.)

Keep the heels close together.

Rest the heels on the ground.

While inhaling pull the waist towards the centre between the palms.

Look towards the sky.

Keep the position of the palms as it is.

Keep the hands firm on the ground.

Inhale deep and hold.

Remove the inward curve of the back and jump forward.

Jump forward to bring the legs between the palms.

Repeat this series of actions for several times.

**Exercise six:**

Stand up in relaxed position.

Stretch your hands ahead, parallel to the ground.

Keep the palms facing to the ground.

While exhaling sit down taking the body weight on the toes.

Don't rest the heels on the ground while sitting down.

Now, put the body weight on the heels and sit down.

While inhaling come to the standing position.

Repeat the series of actions for several times.

The following exercises are useful in the practice of **Aum Pushne Namah** (Sastang-namaskar-asan). These exercises help to bring about ease and grace in the body postures in this *Asana*. These exercises also help to keep the *Manipur Chakra* tuned with breathing.

**Exercise seven:**

Rest on your four – palms and knees.

Keep the hands straight. Keep the elbow joints straight.

Keep shoulder-distance between the knees.



While exhaling fast through mouth lower down the head and give arch shape to the spine.

While inhaling raise up the head and arch the spine in concave shape.

Repeat the series of actions for several times.

**Exercise eight:**

Lie flat touching the stomach, chest and forehead onto the ground.

Close the feet, touch the toes and knees onto the ground.

Put the palms at both sides of the chest.

Refer to the (Aum Pushne Namah) Sastang-namaskar-asan.

Be at relaxed position.

Now, while exhaling fast through mouth, lift up the middle part of the body giving arch shape to the spine.

While inhaling rest the abdomen onto the ground.

Repeat the series of actions for several times.

Important points to remember:

- The duration of time for the body movement should be equal to that of inhaling or exhaling.
- The duration of time for exhaling is a bit more than that of inhaling.
- This time sense can be easily attained if you concentrate on the abdomen to breathe out completely.
- After the practice of Surya Namaskar some exercises in **Pranayam** is advised. The combination of Surya Namaskar and **Pranayam** is very effective to out root all sorts of physical and mental disorders.



Daily practice in  
Surya-Namaskar and  
Sandhya-Vidhi  
is advised to students.

The custom is observed in India  
for more than **5000** years.

If you are interested,  
we both will practise this art.

Start from today.  
Right now.

**Subhash Bhagwantrao Khardekar. Phone: +91 253 2574293**  
**'Kashiwant' Patil Lane-4, College Road, Nashik-422005**  
**Web sight: [www.suryanamaskar.info](http://www.suryanamaskar.info)**

**E-Mail: [khardekar@suryanamaskar.info](mailto:khardekar@suryanamaskar.info)**

**E-Mail: [subhashkhardekar@gmail.com](mailto:subhashkhardekar@gmail.com)**

## Workshop on Surya Namaskar

The 4<sup>th</sup> Birth Centenary of Shri Samarth RamdasSwami is over. In his honour I have undertaken Samarth Seva and have started FREE Weekly Three Days Work Shop on Surya Namaskar at my residence. The weekly programme is as follows:

Every Saturday at 18; 00 to 20.00	Theory and Ques. &Ans.
Every Sunday at 07.00 to 08.00	Practical and Practice.
Every Monday at 07.00 to 08:00	Practical and Practice.

### The real feel of "Suryanamaskar"

Daily practice in Surya Namaskar prevents untimely death and releases you from bad addictions. Surya Namaskar is a combination of some useful YOGASANAS in series. Some *Asanas* are repeated, with a difference of its own, in each Surya Namaskar. One Surya Namaskar contains twelve *Asana* and twelve *Surya Mantra* / name.

Every Yogasana makes us healthy and develops body resistance to all diseases. The first *Surya Mantra* is Aum Mitraya Namah with the *Pranamasan* where one has to focus on the Anahat Chakra. This *Asana* develops the elasticity of the chest cavity. The intake of oxygen per breathing is increased. The respiratory system is strengthened. The supply of more oxygen to each and every cell of the body keeps away all the ailments of the 'five senses'. It is useful to treat sensory deprivation at its initial stage. It relieves us from mental and physical fatigue and helps control heart beats at normal rate etc.

A group of youngsters is being formed to experience the TRUTH on the personal level. The effect of Surya Namaskar on eyesight is the main topic of interest of this group. The renowned eye surgeon Dr. Sachin Korade, M.S; D.N.B. has given his consent to preside over this event.

This is a mission free of cost. If you are interested, please register your name with me. The 'Registration Form' is given below.

Dr. Sachin Korade, M.S; D.N.B.  
Ph. Clinic :+91 253 576767  
Ph. ( Hos.)+91 253 2576262  
E – mail.  
[sachinkorade@rediffmail.com](mailto:sachinkorade@rediffmail.com)

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[khardekar@suryanamaskar.info](mailto:khardekar@suryanamaskar.info)

## Peace & Prosperity through Surya Namaskar Registration Form

To

[www.suryanamaskar.info](http://www.suryanamaskar.info)

'Kashiwant' Patil Lane-4, College Road, Nashik-422005

Dear Sir,

I am interested in the art of Surya Namaskar. I want to experience total health through the daily practice of Surya Namaskar. I assure you to use all my ability and every little best to be regular and punctual in performing Surya Namaskar. My personal information is as follows:

Full Name: Mr. / Mrs. / Master. / Miss.

Phone number:

E-Mail:

Personal Postal address:

Name of the School / Organization:

The standard:

Name of the course:

Service / Post Held:

Date of birth and Age:

Height in CM:

Weight in KG:

Body mass {BM = Weight in KG ÷ (Height in met.)<sup>2</sup>}:

Chest (Normal & Puffed up):

Heart Beats per minute:

Eye sight (Eye problems):

Number of the spectacles: (Fill up the table below.)

	RE				LE			
	Sph.	Cly.	Axis.	Vn.	Sph.	Cly.	Axis.	Vn.
Distance								
Near								

Date of the eyesight checked,

Extra activities during the year:

Percentage of marks of the annual exam.

TV/Computer daily working hours:

Wake up time in the morning:

How many hours for outdoor play?

Daily routine of physical exercise:

Other health problems, if any, pl. specify:

**Note:** It is mandatory that the patients of slip disk, arthritis, asthma, heart trouble etc including pregnant women need take medical opinion before registration.

Signature of the parent(s)  
(If the student is minor.)

Signature of the student.  
Date:



The real feel of "Suryanamaskar"  
**Instructions to Participants**

**Surya Namaskar:**

Get ready for the Practice in Surya Namaskar early in the morning after taking bath.

Perform the warming up exercises described in the "A step Ahead to Excellence".

Other exercises, if needed, can be practised before the start of SN.

At the beginning perform THREE Surya Namaskar using at least FIFTEEN minutes.

Take care of the following :

Use all your physical strength to perform each and every *Asana*.

*Surya Mantra* and its meaning

Pranavocchar, Bijakahar, Surya Mantra.

The *Chakra* involved in each *Asana*.

The parts of body muscles involved in each action.

The type of stretch and strain in the muscles.

The physical posture, the weight and centre of gravity of the body.

Distinctive difference of the *Asanas* repeated.

The inhaling and exhaling while performing each *Asanas*.

The aims and objectives in terms of health and body building.

The aims and objectives in terms of preventive treatment.

Waiting for five seconds after attaining the maximum position of each *Asana*.

Get the feel of the stretch and strain at the particular part of the body.

The rest of the body should be free of muscle tension.

Relaxing the body muscles after attaining the maximum position in each *Asana*.

Total time utilized for each Surya Namaskar.

Listen to the rhythm of breathing.

Gradually, as your practice gathers experience the number of Surya Namaskar will reach to twelve while the duration of time remains the same.

Recite the starting and concluding shlokas with dedication. Have great faith in yourSELF . Get actual physical confirmation that your physical and psychological ailments are, day by day, being eliminated.

Receive the feel that your craving for any addiction is on the mode of regression.

**Note:**

Refer to "Surya Namaskar in Stages"

Attend at least one Workshop on Surya Namaskar.

Call me at your place to conduct 'Workshop on Surya Namaskar'.

For ready reference take a printout copy of the E-Book.  
Read a book or two on "Surya Namaskar" given in the bibliography.  
Take help of E-mail / phone to get your doubts cleared.  
You can take care of the time & speed, breathing & rhythm in performing Surya Namaskar after you have attained 24+1 Surya Namaskar in thirty minutes.

### **Surya Darshan :**

Use a rough woolen cloth as a mattress to sit on.  
Fold it to make a thick, soft, comfortable seat.  
(Kambal or Dhabali is better. It's a bad conductor of heat and keeps away germs and worms.)  
Cover the mattress with a piece of cotton / silk cloth.  
(The piece of cloth should cover the inside part of the border of the mattress. It should not reach to the ground.)  
Sit down with crossed legs.  
Keep the backbone straight in line.  
Be comfortable.  
Keep all the muscles loose.  
Put your hands on the knees.  
If it is yet time to Sunrise, perform 'Exercise One' described in "A Step Ahead to Excellence".

**The vibration that you feel in the palms in the last action of the 'Exercise One' is the cosmic force/energy/vitality in the muscles and mind. This is the Vigor, the working force behind voluntary and involuntary actions, physical as well as mental in our body. This energy is called *Pran Shakti* / Brahma & Maya / Vishnu & Vaishnavi / Purush & Prakruti / Cosmic Energy / Magnetic Poles, or Positive Negative electrodes. Place the palms on your face with a light press.**

Effect on body: The cosmic energy collected on the fingers is directly applied onto the face. This is a warming up step for the muscles on the face to receive the Pran Shakti effectively during "Surya Darshan"

Try to visualize the delightful image of your mother.

Breathing is as it goes.

Take notice of the exhaling part of breathing.

Focus your attention onto the Anahat Chakra.

Receive the feel of breathing on the middle of the chest.

Illustration: BajarangaBali with HIS chest open, showing the idols of Lord Rama, Laxman and Seeta in the heart.

Chest: a little puffed up and lifted up too.

Stomach: flat & loose,

Look at the rising-sun constantly for some time (a minute or two) without closing eyelids.

Revise silently all the information about all the Surya Mantra, one by one.

Keep the eyes blinking fast for five seconds.

Close the eyes. Try to retain / expand the glow of the Sun in the inward eye.

Repeat the action if time permits you to.

Take the feel that the glow of the Sun is revitalizing your eye sight.

Take the feel that the Cosmic Energy is energizing your body, mind spirit.

The duration of Surya Darshan is 08-10-12 minutes after the Sunrise and before the Sunset. The span of time varies according to the season and the altitude of the location.

The glow of the Sun before your inward eye is a delightful experience. You would simply wait for the next twelve hours to experience the same during the Surya Darshan at the Sunset.

If you are practicing *Sandhya Vidhi* in the morning and in the evening, facing to the sun, in the open, you need not repeat Surya Darshan. You better incorporate *Surya Darshan* in *Sandhya Vidhi*.

### **Basic suggestions on food habits:**

We are what we eat and drink. Food is the only source, other than the cosmic energy, that gives us energy and keeps us healthy. Medicines cure diseases and incorrect eating habits create them. Hence we better control our intake of food. Stomach is the most misused organ in our body. So, whenever you want to eat give a thought to what, when, where, how and how much to be eaten. Following are the basic guidelines useful to develop good food habits. Of course, old habits die hard. It is not easy to get out of an old habit in a day or two. So at the beginning decide upon a target to minimize the intake of unwanted food. Have complete faith in the Sun God. Keep on practicing the art of Surya Namaskar without a single break and ensure the success yourself.

Give the first preference to fresh-hot-cooked food and the second preference to baked food. Avoid the frequent use of fried food and totally discard bakery food.

If you want to eat food fried in oil / ghee have it, in limited quantity, at the beginning / in the first course of your meal.

Baked food is good for health in the rainy season.

Take two glass of hot water or a glass of fruit juice after eating bakery snacks

Eat the cooked food fresh and hot. Vegetarian food is suitably appropriate to our physical requirements.

Frequent and proportionate use of cow milk, cow buttermilk, cow butter, cow ghee, in daily food is of great use.

Make use of fresh butter with honey. Use homemade cow ghee made from fresh cow butter.

It is better to maintain 01: 01 ratio of cooked food to raw food.

Raw / uncooked food can mainly be listed under the heading: – All types of sprouted beans, dry fruits, fresh fruits and vegetables & salads.

Always prefer seasonal fruits and vegetables. Seasonal mango is far better than a tanned mango juice / pulp in the rainy season.

If you have a choice to select from fresh-hot-cooked food and raw food give your vote to raw food.

The other group of food is dairy food. Make occasional use of milk product and sweetmeats in your meals.

Minimize the use of sugar and go for honey, gud, raw sugar, sugarcane juice, dates, etc.

Minimize the use of fast food, readymade food, tanned food, junk food, cold drinks, hot drinks etc. and take to fresh hot corn soup and fresh fruit juice.

It is not the food you eat that makes you heavy weight or obese.

Obesity is generally related to indigestion, constipation, hard bowels and lack of exercise.

Mild laxative once in a month is recommended. The use of castor oil is the best.

Keep your sweet/heavy/oily/faty food intake balanced with the number of Surya Namaskar.

Be alert. Keep your eating habits under experiment. Find out the type of food that does not go with your constitution. Change accordingly.

### **Daily planning**

Leave the bed as soon as you get out of sleep.

After bath, it's time for Surya Namaskar, Surya Darshan *Pranayam* and *Sandhya Vidhi*, *Pooja* etc.

Early morning is the study time.

Memory is sharp and keen at this time.

Learn at least two lines by heart everyday.

Do some reading, writing work every day in the morning.

After Surya Namaskar, wait for 15 to 20 minutes to have breakfast.

(Let the muscles-sells-tissues-tendons-ligaments stretched and strained and pressed during Surya Namaskar get relieved and relaxed from tension. You can use Yoga-Nidra to get quick relaxation.)

Routine work school / college / service / occupation / business etc.

In the evening outdoor games. *Surya Darshan*.

Recreation, entertainment, TV and reading writing also.

After diner study period, reading etc for at least one hour.

Go to bed. While you are awake in the bed revise the days work.

**Wherever you realize that you have made a mistake in the form of act, thought or speech, pledge yourself that you would undo the wrong deeds by apologizing the concerned person.**

The decision to undo the incorrect behaviour grants you sound sleep.

The action "decided & done" awards undivided concentration in meditation, *Surya Darshan* and Surya Namaskar. It gives you sound sleep without any interruptions.

Select any three useful activities of your interest each of half an hour duration for the next day.



Give a thought to the three activities of the previous day. Have you worked them out accordingly?

If the answer is NO find out the reasons and try them out again.

If the answer is YES add something more into your planning such as: specific time, result oriented action(s), duration of time or increase the difficulty level of the action etc. Keep on expanding the programme to ensure steady progress.

You must have easily learnt two lines by heart. Now add something more a stanza, a definition, properties of certain things, phone numbers, birth days of your dear and near relatives and friends, proverb, idiom, thought of the day etc.

Revise and repeat the recitation of the previous days. Let the span of memory gets enlarged.

The information you have learnt by heart works as a hold-all to encompass all types of memory with confidence.

Revise the persons in contact today, their conversation, incidents, proposals, advice etc. **Look at all these things as the guidelines for self improvement.** Think positively and absorb whatever is good for your SELF-development.

Relax from head to heel taking away muscle tension, if there is any, part by part, step by step, slowly. At the same time look at your breathing (with closed eyes). Submit yourself to sleep. Pray God to grant a day more to serve His cause in a better manner the next day.

## Self check ur excellence



The real feel of "Suryanamaskar"

### Monthly Report

**Date**

**Total Days**

**Full Name:**

Regd. No.

Surya Darshan at the sunrise how many days?

Surya Darshan at the sunset how many days?

Each time Surya Darshan lasted for how much time?

Performed Surya Namaskar for how many days?

How many Surya Namaskar for fifteen minutes?

Observed instructions on diet: Fair Good Excellent

How many days have you planned three activities daily?

How many days have you worked according to the planning?

Could you shake off / minimize any of your bad habit?

Would you name it please?

Have you started any good habit? Name it please.

How many times did you rectify your misbehavior?

How many days have you learnt two lines daily?

**What is your wake up time everyday?**

**How many hours do you study everyday?**

**How many hours do you watch TV?**

**How many hours do you work with Computer?**

**How many hours do you give for outdoor play?**

**How much time do you give for physical exercise?**

**How many days were you absent from school/work place for ill health?**

**What was the illness? What was the treatment?**

**Describe your participation in the event other than the routine work**

The percentage of marks of the school examination:

**Any other achievement, honour, prize, distinction, compliments at home or outside:**

**Eye sight, if checked: (Fill up the table below.)**

	RE				LE			
	Sph.	Cly.	Axis.	Vn	Sph.	Cly.	Axis.	Vn.
Distance								
Near								

**Other information:**

Dt.Birth	Height CM	Weight KG	Body Mass	Heart Beats	Chest Nor-Puffed

- Name the good symptoms of Surya Namaskar you feel:
- Any bad symptoms. Physical or other problem. Please specify:

- Any positive experience of the practice in the SN:

Signature of Mother

Date:

Sig. of Participant

- **Note: Use a separate page to give detail information.**
- **It's compulsory to answer the items in Bold Types.**

**Note:**

The duration of the first round of practice is of 180 days or the next EYE-CHECK UP.

Send the forms, every month, duly filled up to know the expert's opinion. Take help of the following information to know your health and health progress.

**Body Mass Index**=Weight in KG (Height in met.)<sup>2</sup>

Under weight	Healthy wt	Over wt	Obese	
		Ext.obese		
BMI less than	BMI 18.5 to	BMI 25 to	BMI 30 to	BMI 40 &
18.5	24.9	29.9	39.9	
	above			

Based on NHLBI Obesity Education Initiative, National Institute of Health. 1998

Heart Beats: If the heart beats are less than 50 or more than 100 medical check up is essential. माझा साक्षातकारी हृदयरोग अशोक बंग 151

Age Male	Unfit	Good fitness	Best fitness.
20 to 29	86 or more	60 – 85	Less than 60
30 to 39	86 or more	64 – 85	Less than 64
40 to 49	90 or more	66 – 89	Less than 66
50 +	90 or more	68 – 89	Less than 68

Age Female	Unfit	Good fitness	Best fitness.
20 to 29	96 or more	72 – 95	Less than 71
30 to 39	98 or more	72 – 97	Less than 71
40 to 49	99 or more	74 – 98	Less than 73
50 +	103 or more	76 – 102	Less than 75

The count of heart beats of kids below 20 years is more than that of the first group of '20 to 29'

General rule for the body weight: Your body weight at the age of twenty five is the ideal weight for you to keep up with. Page No.140 माझा साक्षातकारी हृदयरोग अशोक बंग



The real feel of "Suryanamaskar"

**List of Participant Institutes in the First Series.**

Siddeshwar Ved Pathshala, Parbhani.

Cell-phone: 64200 31541

Nandanwan Colony, Koregaon Road, Parbhani. (Maharashtra)

Akhandananda Ved-Vedang Mahavidyalaya, Nashik.

Phone: 0253 25101111

Kailas Math, Panchawati, Nashik – 422005 (Maharashtra)

Brahmanand Ved Pathshala, Aurangabad.

Cell-phone: 94227 01873

Sai Temple, Chikhalthana, Jalana Road, Aurangabad. (Maharashtra)

Sanskrit Ved Pathshala, Gondawle.

Shri. Satguru Brahmachaitanya Maharaj Gondawlekar Sansthan.

Cell-phone: 94206 22604

At/Past Gondawle (B), Satara – 415 508 (Maharashtra)

Vaidik DnyanVidnyan Sanskrit Mahavidyalaya, Nashik.

Cell-phone: 98220 52534

Kewadi Wan, Tapowan, Nashik – 422005 (Maharashtra)

All the students taking part in the "Three Day Workshop in SN." at my residence.

All the students who have enrolled through post / E-mail.

**Congratulations!**

You have read all the pages of the article.

Your expressions are solicited.

Your suggestions are invited.

Please do contact.

**|| SHUBHAM BHAWATU ||**