

# Surya Shakti

## Gayatri Mantra:

Om bhur bhuvah suvah  
Tat savitur varenyam  
Bhargo devasya dheemahi  
Diyo yo nah prachodayat

“O splendid and playful sun, we offer this prayer to thee; enlighten this craving mind; be our protector; may the radiance of the divine ruler guide our destiny; wise men salute your magnificence with oblations and words of praise”.

The Vedic scriptures of the Hindu religion refer to the sun as the store house of inexhaustible power and radiance. The sun god is referred to as **Surya** or **Aditya**. The Vedas are full of hymns describing the celestial body as the source and sustainer of all life on earth. The origin of the worship of the Sun in India is thus several centuries old. The sun stands for knowledge, spiritual light and wisdom.

Surya is worshiped as a chief solar deity. He is a vision of the divine, whose light fills all the worlds; Surya is also the Cosmic Pillar and support of the universe and the symbol of the Supreme. Surya is

the most popular Vedic God. In Rig Veda III 62.10 he is worshipped as Savitr, the source of life and light. The Sun is to be installed in the temple of our body so that it dispels darkness by its effulgence once and all for all time-the darkness of ignorance.

Surya is portrayed with hair and arms of gold, three eyes, and four hands holding water lilies -- the flower that longs for the dawn and drives a chariot pulled by seven horses representing the seven days of the week. In Hindu religious literature, Surya is notably mentioned as the visible form of God that one can see every day.

The Indian system of beliefs regards sunlight as the greatest of disinfectants; hence the sun is associated with healing power. Legend has it that Samba the son of Krishna was cured of leprosy by his worship of the sun god. It is still believed by many that sun worship offered at several of the sun temples all over India, is a cure for leprosy and other skin ailments, blindness and infertility.

## **Healing with Surya Shakti**

Surya Shakti can be used as reiki or we may combine it to any other healing modality for synergic effect. Put your hand on the patient's body think about Surya Shakti to start the energy flow. Let energy flow.

## **Pass on the Surya Shakti**

To invoke this intent merely say:

“ I request Lord Surya perform the Surya Shakti) attunement on \_\_\_\_ (Full Name), on

\_\_\_\_\_(Date), \_\_\_\_\_ (Time), in their time zone, in \_\_\_\_\_  
(name of City/Country).

## **SURYA NAMASKARA (Sun Salutation)**

Sun worship is often mentioned in the Ramayana. Before Rama goes to fight Ravana, sage Agastya advises him to worship Surya and chant the Adityahridayam, which destroys enemies, gives victory, removes all sins and sorrows, and gives light to the world

Surya Namaskara is an ancient system of Indian exercise. it includes the regular routine of prayer and worship. One of the means of honoring the sun is through the dynamic asana sequence *Surya Namaskar* (better known as Sun Salutation).

The Sun Salutation is a prayer in motion. It allows us to use the body as an instrument of higher awareness, so that we can receive wisdom and knowledge. Surya namaskar consists of a sequence of twelve postures performed continuously and combined with synchronized breathing. Each position counteracts the preceding one producing a balance between flexions and extensions. Among these twelve positions, ten are Asanas only. The first one and the last one are two positions. All these Asanas and position are very easy to perform and can easily be practiced by the people of all ages. Together these twelve positions constitute the process of Surya Namaskara.

Surya Namaskar must be performed at some open and airy place. Perform Surya Namaskara slowly without feeling tired (fatigue) or panting and puffing; changing the feet every time, it must be performed on each of the feet successively.

In Hindu mythology, the sun god is worshipped as a symbol of health and immortal life. The Rig Veda declares that "Surya is the Soul, both of the moving and unmoving beings". The Sun Salutation originated as a series of prostrations to the sun. Traditionally, it is performed at dawn, facing the rising sun. In time, each of the twelve positions came to have its own mantra, celebrating aspects of the sun's divinity.



## **Surya Namaskar (1): Pranamasana (Prayer Pose)**

### **Body Posture:**

Stand erect with feet together and join the palms in the center of the chest in the style of Indian salute and inhale. Then exhale and push the hands down straightening and lowering the arms until the elbows touch the sides.

**Associated Mantra:** "**Aum Mitraaye Namah**" (Om mi-try-yay namah-hay) Salutations to Mitra, the bestower of universal friendship. You can use the Bija Mantra: "Om Hram" as an alternate when practicing more rapidly.

### **Visualization:**

Concentrate on Anahata Chakra - The 'Heart' Chakra.

Try to feel very bright and positive, as if greeting the shining sun!

## **Specific Health Benefits:**

Promotes balance between both sides of the body.  
Develops a sense of poise and respect for body and mind in preparation for the following postures.

## **Surya Namaskar (2)**

### **Hasta Uttanasana (Raised Arms Pose)**



### **Body Posture:**

crescent moon pose. Inhale and raise the arms above the head and extend the spine backwards arching the back from the waist and moving the hips forward. Let the eyes follow the hands while relaxing your neck.

**Associated Mantra:** **Aum Ravaye Namah** (Om Rah-vay-yay na-mah-hay):

Salutations to Ravi, the bestower of radiance.

You can use the Bija Mantra: "Om Hreem" as an alternate when practicing more rapidly.

### **Visualization:**

Concentrate on Vishuddha - The 'Throat' Chakra.

Imagine that your body is very strong and flexible - like a tall tree swaying in the breeze.

### **Specific Health Benefits:**

Promotes balance.

Expands the abdominal viscera and promotes digestion.

Exercises the arm and shoulder muscles and tones the spine.

Expands the lungs and opens the Heart Chakra.

### **Surya Namaskar (3)**

#### **Padahastasana (Hand to Foot Pose)**



#### **Body Posture:**

bending pose. Begin to exhale bending forward from the waist and place the hands on the floor besides each foot. Relax with your head and neck in a bending pose.

**Associated Mantra:** **Aum Suryaaye Namah** : Om Sur-yah-yay namah-hay : Salutations to Surya, the dispeller of darkness.

You can use the Bija Mantra: "Om Hroom" as an alternate when practicing more rapidly.

## **Visualization:**

Concentrate on Svadisthana - The 'Genital' Chakra.

Keep the knees straight and the feet relaxed, balancing your weight evenly.

## **Specific Health Benefits:**

Promotes good blood circulation.

Keeps the abdominal tract well regulated and healthy.

Stretches the leg muscles and back, stimulating the spinal nerves.

## **Surya Namaskar (4)**

### **Ashwa Sanchalanasana (Equestrian Pose)**



## **Body Posture:**

Inhale and putting your weight on the hands stretch the right leg behind like a stick resting on the toes. Bend the knee and place it on the floor with your weight on the left foot and arch the spine backward. Lift the head and neck first up and then back. Roll the eyes up. The left foot remains between the hands.

**Associated Mantra:** **Aum Bhanave Namah** : Om Ba-nah-vay na-mah-hay : Salutations to Bhaanu, the shining

You can use the Bija Mantra: "Om Hraym" as an alternate when practicing more rapidly.

## **Visualization:**

Concentrate on Ajna - The 'Third Eye' Chakra.

Relax the pelvic area and firm the buttocks while expanding the chest, pulling the shoulders downward.

## **Specific Health Benefits:**

Increases flexibility and strength in the legs.

Massages the abdominal organs.

Develops confidence and courage.

## **Surya Namaskar (5)**

### **Parvatasana (Mountain Pose)**



## **Body Posture:**

Exhale and bring the left foot back in line with the right. Lift the hips up high like a mountain. Push the heels and head down and look at the toes with the head down between the arms.

**Associated Mantra:** **Aum Khagaaye Namah** (Om Kah-gah-yay namah-hay) : Salutations to Khaga, the all-pervading.

You can use the Bija Mantra: "Om Hraum" (Pr: Hrome) as an alternate when practicing more rapidly.

## **Visualization:**

Concentrate on Vishuddha - The 'Throat' Chakra.



## **Specific Health Benefits:**

Stimulates blood circulation to the brain.

Strengthens the heart.

Relieves tension in the neck and shoulders.

Strengthens the arms and wrists.

## **Surya Namaskar (6)**

### **Ashtanga Namaskara (Salute With Eight Limbs Pose)**



#### **Body Posture:**

Put the knees down first and then bring the chest down. See that eight parts of the body are touching the floor including two feet, two knees, two hands, the chest and the chin or forehead. Sashtang means eight limbs and dandawat means paying homage by touching the floor. Make sure the hips are slightly raised above the ground. Inhale and exhale in this position. Keep the feet together.

**Associated Mantra:** **Aum Pooshne Namah** : (Om Poosh-nay na-mah-hay) : Salutations to Pushan, the mystic fire.

You can use the Bija Mantra: "Om Hrah" as an alternate when practicing more rapidly.

#### **Visualization:**

Concentrate on Manipura - The 'Abdominal' Chakra.

Expand the chest strongly, compressing the upper back between the shoulder blades.

### **Specific Health Benefits:**

Expands the chest.

Develops the leg and arm muscles.

Increases flexibility and releases tension in the neck and shoulders.

### **Surya Namaskar (7)**

#### **Bhujangasana (Cobra Pose)**



#### **Body Posture:**

Lower the pelvis and abdomen to the floor. Inhale and stretch the toes on the floor. Raise your head slowly up, arch the spine and neck and look up. Keep your legs together and the elbows alongside the body slightly bent and keep the shoulders down.

**Associated Mantra:** **Aum Hiranyagarbhaaya Namah** (Om Here-ON-ya-gar-by-yay na-mah-hay): Salutations to Hiranyagarbha, the golden colored one (who brings healing).

You can use the Bija Mantra: "Om Hram" as an alternate when practicing more rapidly.

#### **Visualization:**

Concentrate on Svadisthana - The 'Genital' Chakra.  
Press the shoulders downward as the head goes back.  
Relax the lower back while firming the buttocks.

### **Specific Health Benefits:**

Increases circulation of blood to the abdominal organs.  
Improves digestion and relieves constipation.  
Increases flexibility of the back and stimulates the spinal nerves.

## **Surya Namaskar (8)**

### **Parvatasana (Mountain Pose)**



### **Body Posture:**

Exhale and wiggle your toes forward allowing your feet to rest on the soles while you raise the hips as you did in number 5.

**Associated Mantra:** **Aum Mareechaye Namah** (Om Mar-each-eye-yay na-mah-hay):

Salutations to Marichi, the light.

You can use the Bija Mantra: "Om Hreem" as an alternate when practicing more rapidly.

### **Visualization:**

Concentrate on Vishuddha - The 'Throat' Chakra.  
Flatten the back, pushing shoulders and chest downward.

## **Specific Health Benefits:**

Stimulates blood circulation to the brain.

Strengthens the heart.

Relieves tension in the neck and shoulders.

Strengthens the arms and wrists.

## **Surya Namaskar (9)**

### **Ashwa Sanchalanasana (Equestrian Pose)**



## **Body Posture:**

Inhale and bring the right foot forward and assume pose number 4 exactly as before. This is the same as posture number 4, with the leg positions reversed.

**Associated Mantra:** **Aum Adhityaaya Namah** (Om Ah-dit-ya-yay na-mah-hay): Salutations to Aaditya (an aspect of Vishnu).

You can use the Bija Mantra: "Om Hroom" as an alternate when practicing more rapidly.

## **Visualization:**

Concentrate on Ajna - The 'Third Eye' Chakra.

Relax the pelvic area and firm the buttocks while expanding the chest, pulling the shoulders downward.

## **Specific Health Benefits:**

Increases flexibility and strength in the legs.  
Massages the abdominal organs.  
Develops confidence and courage.

## **Surya Namaskar (10)**

### **Padahastasana (Hand to Foot Pose)**



#### **Body Posture:**

Exhale and bring the right foot forward. This is the same as posture number 3.

**Associated Mantra:** **Aum Savitre Namah** (Om Sah-vi-tray na-mah-hay): Salutations to Savita (Savitri) the impeller.

You can use the Bija Mantra: "Om Hraym" as an alternate when practicing more rapidly.

#### **Visualization:**

Concentrate on Svadisthana - The 'Genital' Chakra.

Keep the knees straight and the feet relaxed, balancing your weight evenly.

#### **Specific Health Benefits:**

Promotes good blood circulation.

Keeps the abdominal tract well regulated and healthy.

Stretches the leg muscles and back, stimulating the spinal nerves.

## **Surya Namaskar (11)**

### **Hasta Uttanasana (Raised Arms Pose)**



#### **Body Posture:**

Inhale and stretch up in a standing pose with your arms up and bend backwards

This is the same as posture number 2.

**Associated Mantra:** **Aum Arkaaya Namah**(Om Ark-eye-ya na-mah-hay): Salutations to Arka, the remover of afflictions.

You can use the Bija Mantra: "Om Hraum" (Pr: Hrome) as an alternate when practicing more rapidly.

#### **Visualization:**

Concentrate on Vishuddha - The 'Throat' Chakra.

Imagine that your body is very strong and flexible - like a tall tree swaying in the breeze.

#### **Specific Health Benefits:**

Promotes balance.

Expands the abdominal viscera and promotes digestion.

Exercises the arm and shoulder muscles and tones the spine.  
Expands the lungs and opens the Heart Chakra.

## **Surya Namaskar (12)**

### **Pranamasana (Prayer Pose)**



#### **Body Posture:**

Exhale and stand erect bringing the hands back to the center of the chest with palms together. This is the same as posture number 1.

**Associated Mantra:** **Aum Bhaaskaraya Namah**(Om Bah-scar-eye-ya na-mah-hay): Prostration to Him who is the cause of lustre. You can use the Bija Mantra: "Om Hrah" as an alternate when practicing more rapidly.

#### **Visualization:**

Concentrate on Anahata - The 'Heart' Chakra.

Try to feel very bright and positive, as if greeting the shining sun!

#### **Specific Health Benefits:**

Promotes balance between both sides of the body.

Develops a healthy sense of poise and respect for body and mind.

Surya Namaskars has several benefits. It activates almost all the glands of the endocrinal system. Because of this internal activation, the pancreas, adrenal, thyroid, pituitary and some other glands begin to secrete their respective hormones in normal way.

Surya Namaskara corrects disorders of the pancreas, liver and cure constipation, wind troubles, indigestion, acidity, intestinal disorder. It takes away extra weight of abdominal area. It strengthens the spinal cord, energizes the inner cells and activates the whole nervous system. It allows us to use the body as an instrument of higher awareness, so that we can receive wisdom and knowledge.

Regards with love and light,

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