

## IMPORTANCEY OF SURYA NAMASKARA IN OUR YOGIC PRACTICE

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Yoga is not a religion. It is a science, a science of well-being, a science of youthfulness, a science of integrating body, mind and Soul. It is invigoration in relaxation. Yoga is a Powerful vehicle for our changing life, As you build strength, You start to the believe in your own potential.

Psychology is also the study of the stories of the soul. This subject says –“When you focus on problems you will have more problems. But when you focus on possibilities you will have more opportunities. So, if we will keep control of our mind, We will Achieve Everything.

Surya Namaskara is a vital technique in the yogic repertoire. It is the most useful methods to induce a healthy, vigorous, active life. This Surya Namaskara is a practice which has been handed down from the sages of Vedic times. Surya means Sun & Namaskara means Salutation. In ancient times the sun was worshipped as a daily ritual because it is a powerful symbol of spiritual consciousness. It is more than just a series of physical exercises and also an integral part of the yogic approach to these problems & can be easily integrated

into our daily lives as it requires only five to fifteen minutes of practice daily to obtain beneficial results remarkably quickly.

It is composed of the three elements of form, energy & rhythm. The twelve postures create the physical matrix around which the form of the practice is woven. These postures generate prana, the subtle energy, which activates the psychic body.

In ancient India the great avatar Rama became the king of the solar race in the epic Ramayana. The roots of the present Hindu Culture lie in the ancient Vedic scriptures, which contain numerous slokas referring to the sun.

It is already 12 physical postures. These alternating backward & forward bending asanas flex & stretch the spinal column & limbs through their maximum range. The series gives such a profound stretch to the whole of the body that few other forms of exercise can be compared with it. The sun is given 12 different names. These 12 names comprise the 12 sun mantras, which are to be mentally repeated in their respective order in conjunction with the 12 movements of Surya Namaskara.

As an alternative to the 12 names of the sun, there is a series of bija mantras, or seed syllables. The bija mantras are ---

1. OM HRAAM
2. OM HREEM
3. OM HROOM
4. OM HRAIM

5. OM HRAUM
6. OM HRAH

The six bija mantras are repeated 4 times during one complete round of Surya Namaskar.

All the movements of surya namaskara are generated around forward & backward bending of spinal column. All yoga asanas recognize the importance extends beyond this. The spinal passageway is the conducting path for sushumna, the central nadi through which the awakened & liberated Shakti passes during its ascent to sahasrara.

The sun is the centre of solar system & radiates solar energy towards the earth from its distance of 92 millions of miles. In spite of its great distance from Earth, Solar energy regulates life on this planet.

### **Surya Namaskara in Therapy :**

Surya Namaskara acts to rebalance the energies of mind and body, depending on how we perform it. This knowledge allows us to modulate our body's energies according to need.

For anyone practising surya namaskara is very important. In the therapeutic situation it is rarely necessary to progress onto chakra awareness or mantra repetition. These constitute the spiritual side that we undertake when our body is healed and strengthened by asana and pranayama.

### **Twelve steps of surya namaskara :**

<b>POSTURE</b>	<b>CONCENTRATION</b>
1. Pranamasana	Anahata
2. Hasta utthanasana	Vishuddhi

3.	Padahastasana	Swadhisthana
4.	Ashwa sanchalanasana	Ajna
5.	Parvatasana	Vishuddhi
6.	Ashtanga Namaskara	Manipura
7.	Bhujangasana	Swadhisthana
8.	Parvatasana	Vishuddhi
9.	Ashwa sanchalanasana	Ajna
10.	Padahastasana	Swadhisthana
11.	Hasta utthanasana	Vishuddhi
12.	Pranamasana	Anahata

### **Surya Namaskara for Children :**

Children are complete but unexpressed personalities. They are the seeds within which the whole is contained in a potential form. Surya Namaskara is an excellent method to utilize constructively the exuberant physical energy that most children possess, and to channel it towards physical and mental health. After this series of asanas, the children are better prepared to take in the subject matter in the next lesson.

### **Benefits of surya namaskara :**

The overall benefits of all the 12 variations are highly beneficial to all the systems of the body.

Endocrinal circulatory, respiratory & digestive system. Surya Namaskara ventilates & tones up the lungs & glands, oxygenates the blood, cures asthma, diabetes, kidney ailments, bronchitis & normalises menstrual cycle.

It removes hypertension, palpitation, tones up the nervous system by stretching & bending the spinal column.

It also improves the memory & strengthens the muscle structure of the whole body in general & that of neck, shoulders, arms, wrists, back, thighs, calves, ankles, & abdominal region. It removes also the excessive flesh in hips & the abdominal region. It also restores vim, vigour & vitality & increase height.

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