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सूर्य नमस्कार

Surya Namaskar

The twelve mantras with meaning

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DHYANA

ध्येय: सदा सवितृमण्डलमध्यवर्ती
नारायण: सरसिजासनसन्निविष्ट:।
केयूरवान् मकरकुण्डलवान् किरीटी
हारी हिरण्मयवपुर्धृतशङ्खचक्र:॥

A dhyana shloka invoking Lord Narayana seated at the heart of the sun's orb — recited once before beginning the twelve rounds.

1. PRAṆĀMĀSANA · PRAYER POSE

ॐ मित्राय नमः

Salutations to the universal friend of all beings.

2. HASTOTTĀNĀSANA · RAISED ARMS

ॐ रवये नमः

Salutations to the radiant one worthy of praise.

3. HASTAPĀDĀSANA · FORWARD BEND

ॐ सूर्याय नमः

Salutations to the one who dispels darkness and leads to activity.

4. AŚVA SAÑCĀLANĀSANA · EQUESTRIAN

ॐ भानवे नमः

Salutations to the one who illuminates all.

5. DAṆḌĀSANA · PLANK / STICK

ॐ खगाय नमः

Salutations to the one who moves through the heavens.

6. AṢṬĀṄGA NAMASKĀRA · EIGHT-LIMB SALUTE

ॐ पूष्णे नमः

Salutations to the nourisher who feeds all life.

7. BHUJAṄGĀSANA · COBRA

ॐ हिरण्यगर्भाय नमः

Salutations to the golden cosmic womb, source of all creation.

8. PARVATĀSANA · MOUNTAIN / DOWN-DOG

ॐ मरीचये नमः

Salutations to the lord of the dawn rays.

9. AŚVA SAÑCĀLANĀSANA · EQUESTRIAN · R

ॐ आदित्याय नमः

Salutations to the son of Aditi, the infinite mother.

10. HASTAPĀDĀSANA · FORWARD BEND

ॐ सवित्रे नमः

Salutations to the stimulator who impels life forward.

11. HASTOTTĀNĀSANA · RAISED ARMS

ॐ अर्काय नमः

Salutations to the one worthy of all praise.

12. PRAṆĀMĀSANA · RETURN TO PRAYER

ॐ भास्कराय नमः

Salutations to the maker of light who causes brilliance.

THE CLOSING BĪJA MANTRA

ॐ श्री सवितृ-सूर्यनारायणाय नमः

Chanted after the twelfth posture of the final round, offering the entire practice to Śrī Sūryanārāyaṇa — the sun as the visible form of Nārāyaṇa.

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