

## **SURYA NAMASKARAM and CHAKRAS**

Surya Namaskaram is an important part of Yoga – The experts consider it the most important asana. It is a combination of 8 Asanas which activates all parts of the body and requires balance. It is also considered as a salutation to the sun, the source of Energy in the universe. It is not only just a physical exercise but also done as a combination of Pranayama, Asanas, Mantras and Chakra meditation. Surya Namaskaram is performed as a step to control the mind and body. It has twelve steps and each step is to concentrate on breathing.

Chakras are energy centres in the body's Aura. The Human body receives energy from the Universe and Mother Earth through the chakras. The chakras are linked to Endocrine glands and Organs. Energy balance between the chakras is what maintains the body's health. Loss of balance is dis-ease. One with the knowledge of Chakras can energise the chakras through conscious meditation.

So, anyone who does Surya Namaskram with the knowledge of chakras and flow of energy can get the benefits of the Asana.

In nature, human body, sahasrara chakra receives divine energy from heaven. Mooladhara chakra receives energy from mother earth. Continuous flow of divine power from these two sources keep a person in good health. Knowledge of these source makes the person realise the benevolence of the Creator.

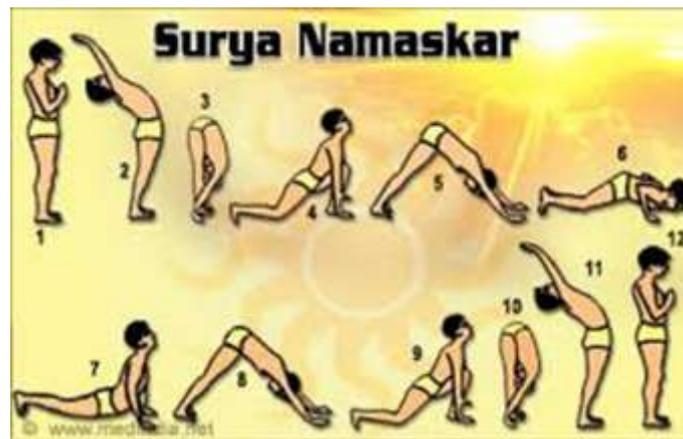
Human beings exists in the universe by receiving energy from two sources – from cosmos and mother earth. The continuous flow of energy from these two sources, especially during Surya Namaskaram enhances the inherent divine healing power in self. Not only knowledge of these two sources is essential to get the benefit, but knowledge of Chakras is mandatory.

### Human body

Human body, visible to the naked eye is ensheathed by an invisible force, called Aura. It is invisible metaphysical body with seven layers. The innermost layer close to the physical body is termed, inner aura, in which seven major chakras are located. These seven major Chakras are energy centres, establishing link between cosmic energy, aura and the endocrine glands within the physical body.

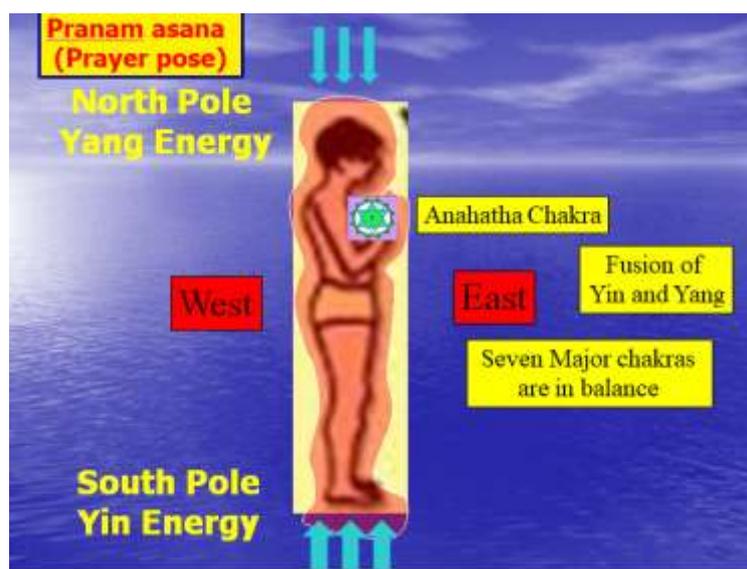
Surya Namaskar is to allow free flow of cosmic energy generated by Lord Surya through the auric body, Chakras and endocrine glands within the physical body. From endocrine glands through the neuro transmitters the divine energy reaches every cell in the body. Different postures in Surya Namaskaram make the Chakras more powerful and in turn the physical body become healthier and permits the free flow of divine energy within.

In simple terms, let me explain what you can expect when you perform Surya Namaskaram in twelve postures.



Physical body assumes different postures. Practitioners concentrate on inhaling and exhaling as per the instructions given by teachers..

I. Pranamasana/ prayer pose

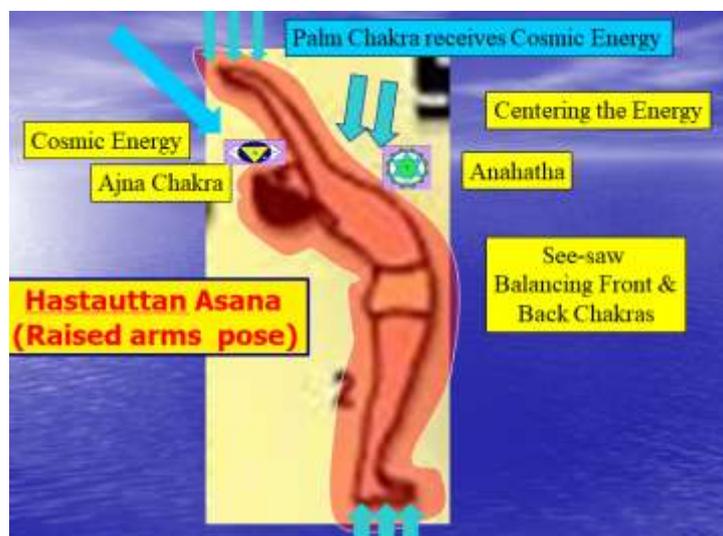


Prayer – in primary position facing east. Bring the palms together at the level of Anahatha chakra.

Body is straight facing east, rising sun. Both palms, at the level of Anahatha chakra, in Namaskaram posture. Physical eyes are closed. Third eye, Ajna Chakra is open. Sahasrara chakra receives Cosmic/Yang energy from heaven. Ajna Chakra faces east, receives cosmic energy from rising sun. Both feet are grounded, Mooladhara chakra facing down . Both feet and Mooladhara Chakra receive divine Energy from Mother earth. All front chakras facing east and back Chakras facing west receive simultaneously cosmic energy from the universe. Divine energy circulating among all chakras are brought to the hands at the level of Anahatha chakra.

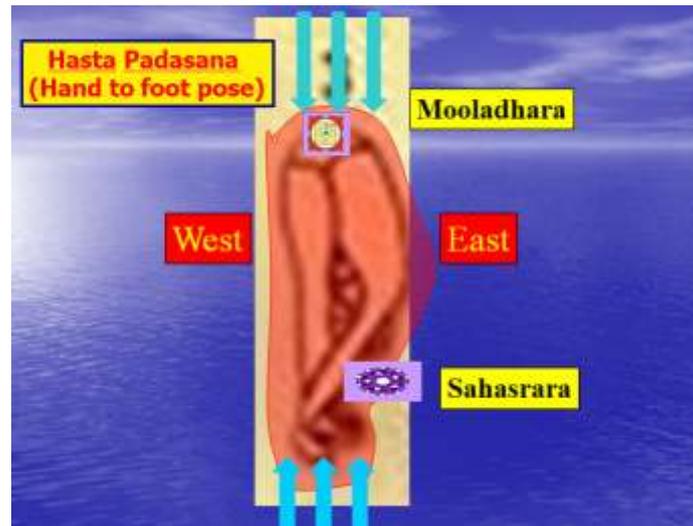
Anahatha Chakra is the central force located in the middle of the upper three chakras, Sahasrara, Ajna and Visudhi and the lower three chakras, Manipura, Swadhishtana and Mooladhara. The two opposite forces flowing in harmony, concentrate at Anahatha chakra. Bringing both palms at Anahatha chakra level enhances the healing power of palm chakra and Anahatha chakra. This is the seat of unconditional love.

## II. Husta Uttanasana (Raised arms posture)



Body is fully stretched. All front major chakras are fully exposed to the Sun's rays. Hands are stretched, palms are open, facing heaven receiving the divine power from heaven. Ajna Chakra, which usually faces front, now is directed towards heaven, receiving cosmic energy. This increases brain power. All back Chakras, facing down receive cosmic energy from mother earth.

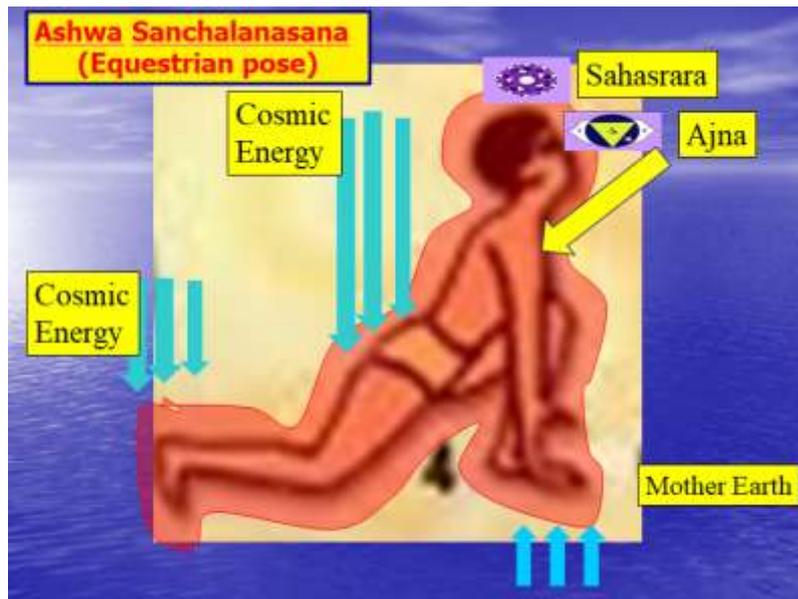
### III. Hasta padasana (Bend forward posture)



Body is bent. Sahasrara chakra is now facing down, receiving energy from Mother earth (Yin energy). Palms, which has received cosmic energy in the previous posture, now touches the ground. As Palms touch the ground, divine energy from Mother earth flows and reinforces the energy in palm Chakra. In this posture, Mooladhara is directed upwards receiving cosmic energy

Chakras, by changing the direction, become capable of receiving divine energy from both sources. Mooladhara –Energy from heaven (yang) and Sahasrara – from mother earth (Yin) -reverse order. Palms, already energised by Yang energy are now reinforced by yin energy. Thus the energy starts circulating around the inner aura.

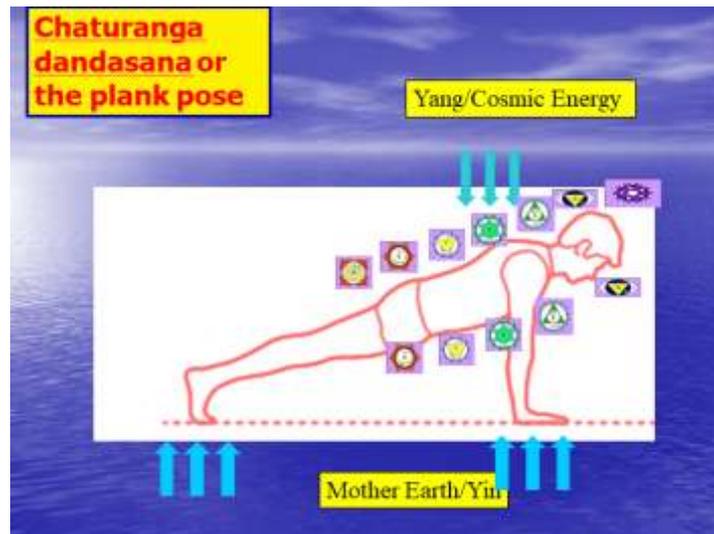
### IV. Ashwa sanchalanasana /lunge pose



Palms touching the ground receives earth Energy. Body is relaxed and stretched. All back chakras including Mooladhara chakra are exposed to the cosmos receives Cosmic /Yang energy . Ajna Chakras facing East receives energy from Lord Surya, stimulating their third eye. The front side of the body (Yin Side) is exposed to the ground (Ajna, Vishudha, Anahatha, Manipura and Swadhishtana). Front Chakras receive earth Energy whereas both Sahasrara and Mooladhara receive energy from the cosmos.

The whole body experiences the divine power from both sources. Concentrating on all chakras in this posture , makes the healer realise the benevolence of the creator. Because only human beings are blessed with the metaphysical body and seven chakras are also blessed with sixth sense and powerful third eye. Only humans using sixth sense realise creator's blessings. Once this realisation is inculcated in the mind, Surya Namaskaram with Bhakthi , one can attain blissful stage.

V. Chaturanga dandasana or the plank pose



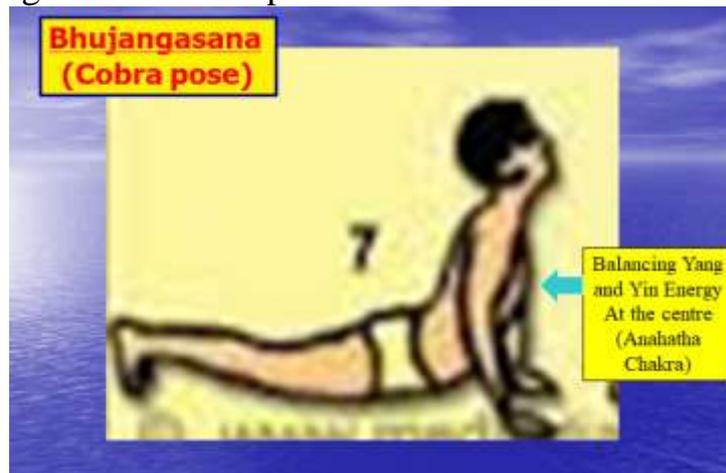
Palms and feet receiving energy from mother earth. Sahasrara and Mooladhara chakra, all back-chakras receive energy from cosmos. Front-Ajna to mooladhara chakras facing down receive energy from mother earth. Now by concentrating on front and back chakras, divine energy can circulate around the body through all chakras.

#### VI. Ashtanga namaskar or eight limbed pose



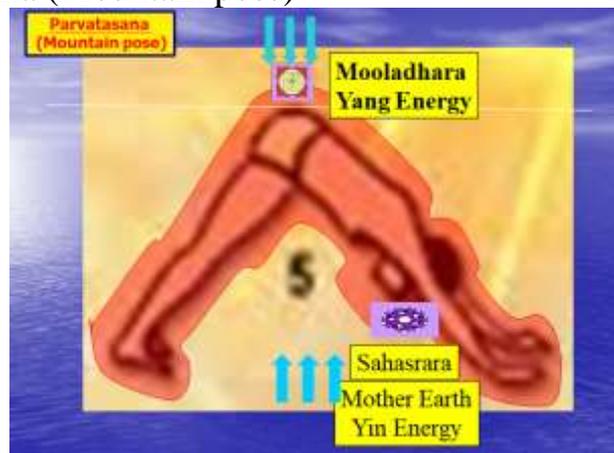
Whole body is in contact with the ground except hip which is slightly raised. Eight parts of the body (feet, knees, palms, chest and chin) are in direct contact with the mother earth. Sahasrara and mooladhara receive energy from heaven (Surya). Back-chakras receive energy from the cosmos and the front-chakras receive energy from mother earth. Energy from both sources circulates like a garland around the body, energising the aura, chakras and body.

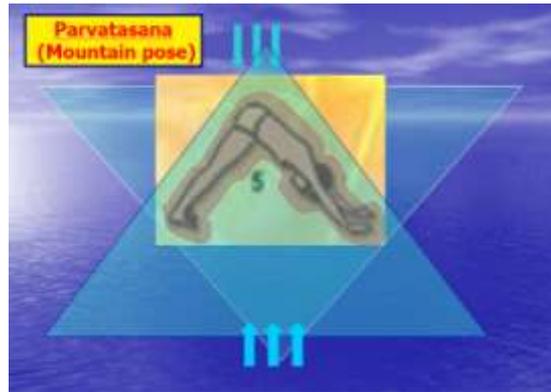
VII. Bhujangasana or cobra pose



Palms, pelvic region, knees and feet touch the ground. Palms rest on the ground. Energy from mother earth flows in to the palm chakra, front-swadhishtana (pelvic region) and sole chakra (Feet). Manipura chakra, Anahatha, Ajna and Sahasrara chakras receive energy from cosmos. Mooladhara to back-ajna chakras facing up receive cosmic energy. From pelvic region, body is raised face upwards. Sahasarara, front and back-ajna front and back vishudhi, front and back anahatha, back-swadhishtana, mooladhara chakra receive energy from cosmos.

VIII. Adho mukha Svanasana or Downward facing dog also known as Parvatasana (Mountain pose)





Back raised, palms and feet are touching the ground. Unique features of this posture – in Reiki, we draw two triangles overlapping each other. One triangle facing downward, another triangle overlapping and facing upwards. Triangle facing downwards brings the energy from cosmos and the upward facing triangle gets energy from mother earth. This symbol is called Apatha. Energy flowing through this triangle facing down energises all back-chakras converges to ground the body to the mother earth. Triangle facing up energises all front-chakras converges. At the tips reinforcing all the chakras. Now energy reaching from two divine sources uniformly on all chakras makes the person feel tranquillity. Mind becomes calm and peaceful.

IX . Ashwa sanchalanasana or High lunge pose

repetition of asana no 4

10. Hasta padasana or bend forward

Repetition of asana no 3

11. Hasta uttanasana or Raised arms pose

12. Pranamasana or Prayer pose

Asanas IX to XI makes the body to slowly resume prayer pose

These 12 postures in salutation to Lord surya allows the chakras to receive energy from sun and fuse with the divine energy from mother earth. Thus all chakras, invisible to the naked eye are fully activated and brought in to harmony resulting in hormonal balancing. So yoga practitioners if they acquire

knowledge about chakras and connect the energy through chakras to physical body, they will get the complete benefits of Surya namaskaram.