

lower leg.

Trikonasana can be practised by people of any age at any place without any difficulty. By practising Trikonasana flexibility of the body increases initially. Then freshness increases. Then there is increase in balancing power of the mind and the nervous system so mental power increases. It develops the physical stamina, body balance and makes the body handsome. Yogabhyasa, Pranayama, meditation give good shape to the body, good health, mental balance, concentration, freshness and new awakening to the nervous system.

There are many types of Trikonasana. But it is just like many recipes made from the same flour as different types of the ornaments are made from the gold and various names are given to them. The names are different but it is gold only. It is the same for Trikonasana also. The mind wants varieties. So if there is variety in Yogabhyasa the teacher and the students will maintain interest in Yogabhyasa, hence variety is essential. Otherwise practice of Trikonasana is very primary and the first step of Yogabhyasa.

20. SURYANAMASKARA (Sun Salutation)

In Valmiki Ramayana it has been mentioned that Sri Ram and Laxman were given the knowledge of Suryanamaskara, Ashtanga Yoga - Yama, Niyama, Asana, Pranayama, Pratyahara, Dharna, Dhyana and Samadhi; also Shatchakrabhedana, Kundalini Yoga at Rishi Vasishtha's Ashram.

When was the period of Sri Ram ? Whether he was there or not ! It is not the controversial question. According to Orlando-NASA-America-March 2003 news, Setubandha Rameshwara is eleven million years old place. If we consider this satellite picture and scientific information it tells that Sri Ram lived before that. It means how old Suryanamaskara is !

In India it is believed that Sarfaroz(second) the Maharaja of Tanjore gave rebirth to Suryanamaskara. Our Sadgurudeva Pratyaksha Parmatma Swarup worshipful Sri Swami Chidanandaji's age is ninety two years. He loves Suryanamaskara very much. He always used to say that late Maharani(queen) of Mysore did Suryanamaskara even after her age of ninety years. She was able to maintain her body just like a young lady even during her old age. Some English officers with their families visited her. After talking for some time with the queen they felt that they were perhaps talking with ADC of the queen. At that time the queen(Rajmata) told them

that she was the same person you wanted to meet. The English people were surprised to see the erect posture, beauty of the skin and the wrinkleless face of Rajmata.

Suryanamaskara is taught before all Asanas so that the body gets prepared for doing all other Asanas. Suryanamaskara is the group of many Asanas and Pranayama. They are Namaskarasana, Hastauttanasana, Ashwasanchalan Mudra, Saral Parvatasana, Sashtanga Namskarasana, Bhujangasana, Parvatasana etc. Then initial four Asanas are repeated in reverse order.

The Sun is a great element and Pratyaksha (physically seen) God. So the prayer in Veda's Shantimantra is, "O Sun, you are our friend. Please do well for us." The sun is the main source of energy for the living and non living things on the earth. We are here due to sun only and the life is also because of the sun. The Prana is also due to the sun. The world exists due to the sun. In Suryanamaskara Mantras it has been said that "O sun, you are our friend, you have given us light, you always move in the sky, you have given us the life and there is source of energy in your heart. You have plenty of medicines. You are the son of Aditi. You are blessed by Marichi Rishi and you are Pratyaksha Savitru deva. You are the secret of the whole world. You destroy the darkness, give light and knowledge. Our salutations to you again and again.

- (1) Om Mitraya Namah
- (2) Om Ravaye Namah
- (3) Om Suryaya Namah
- (4) Om Bhanave Namah
- (5) Om Khagaya Namah
- (6) Om Pushne Namah
- (7) Om Hiranyagarbhaya Namah
- (8) Om Marichaye Namah
- (9) Om Adityaya Namah
- (10) Om Savitre Namah
- (11) Om Arkaya Namah
- (12) Om Bhaskaraya Namah

There are twelve postures in Suryanamaskara connected with twelve Sanskrit names of the Sun – Mitra, Ravi, Surya, Bhanu, Khaga, Pushne, Hiranyagarbha, Marichi, Aditya, Savitri, Arka and Bhaskara. After doing initial eight postures the ninth, tenth, eleventh and twelfth postures are the repetition of fourth, third, second and first postures. The breathing should be usual in the first posture. Inhale (Purak) during the second posture. Exhale during third posture. Inhale during fourth posture and in the fifth posture (Saral Parvatasana) it should be retained in (Antarkumbhaka). Exhale during the sixth posture. Now during the seventh, eighth, ninth, tenth and eleventh posture it will be alternate inhalation and exhalation. Suryanamaskara should be done in even numbers so that each side of the limbs and the parts of the body get equal exercise. The practice of Suryanamaskara should be done at the time of sunrise and facing the east; so that the benefits of sunrays can be achieved. The vitamins A and D get synthesized in the body. Suryanamaskara is – Upasana(worship) in addition to exercise. It is the giver of Prana in the life. It is the protector of life. We also offer our humble thanks to the sun by performing Suryanamaskara.

In our India the devotees of Ganapati are called Ganapatya, the devotees of Shakti are called Shaakta, the devotees of Vishnu are called Vaishnava and the devotees of Shiva are called as Shaiva. The worshippers of Tantra are called Tantrika and worshippers of Mantra are called Mantrika. The same way the worshippers of the sun are called Saurayana.

Suryanamaskara can be practised after emptying of the bowels and after taking bath. In the noon it can be practised before taking lunch and in the afternoon it can be done three and half to four hours after taking the meal.

(1) For practising Suryanamaskara spread a blanket or Yoga mat on an even surface in a place having enough ventilation and light. Stand on this blanket facing the east after leaving eight to ten inches of space from one side.

The palms and fingers should touch and it should be kept near the chest and should not touch the chin. The eyes should be closed and the breathing should be normal. Stand straight and the heels and the paws should touch each other. There should not be stress on the face and pray mentally. (Namaskarasana).

(2) Slowly open the eyes and inhale deeply.

Take the hands above the head keeping the palms touching each other so that both the arms will be near the respective side of the ears. Lean backwards in this position. Do it very slowly. Never make any haste while performing any Yogasana or Suryanamaskara. Lean backwards only when both arms touch ear on respective side. It is repeatedly told that if you lean backwards before the arms touch the ears there is a possibility of falling on back side as the head is the center of gravity. If it becomes eccentric there will be a fall. So take care.

(Hastauttanasana).
(3) Slowly exhale, keep the palms in touching position and bring them down towards the legs. Keep the palms on the ground on either side of the leg. Keep the knees straight. Try to touch the forehead



Position-1

to the knees. Exhale. (Hastapadasana).

(4) By transmitting the weight on the hands and keeping the left leg in the same position stretch the right leg backwards and support it on the paw. Keep the right knee on the ground and bend the back of the neck to the waist backwards. Puraka - Internal retention of the breath. (Ashwasanchalana Mudra).

(5) Do Antarkumbhaka. Take the left leg back to touch the right leg. The whole body is now supported on the paws and the palms. Maintain the balance. The waist should not be lifted up or it should not be falling down. The whole body should be kept straight in one line. (Saral Parvatasana).

(6) Slowly exhale. Then the knees, chest and the



Position-3



Position-4

(6) Slowly exhale. Then the knees, chest and the



Position-5



Position-6

forehead should touch the ground in order. The waist should be slightly lifted. In this position the eight parts of the body; paws of both legs, knees, palms, chest and forehead touch the ground so it is called as Sashtanga Namaskarasana.

(7) Slowly inhale deeply. Take the weight on the palms. Then slowly lift the forehead, chest and upper abdomen up to the navel. Keep the elbows in the bent position and support the legs on the paws. The shape resembles Sarpasana. (It may be called as Bhujangasana. The feet are stretched on back side in Bhujangasana while they are on the paws in Sarpasana position.)



Position-7

(8) Slowly exhale. Take the weight on the palms. Make the heels to touch the ground. Lift the waist. Keep the head between the arms. Make the shape of the body resembling a mountain. (Parvatasana).

(9) Try to remember which leg was there in front



Position-8

position in fourth posture. It was the right leg. So keep the right leg in back position and take the left leg forwards to keep the left foot between the hands. Inhale. The right knee should be touching the ground. (Ashwasanchalana Mudra or fourth posture.)



Position-9

(10) Now bring the right leg forwards and touch the left leg. Both palms should be by the side of the legs. Knees should be straightened and the head should touch the knees. Exhale the breathe..



Position-10

Rechaka. (Hastapadasana or third posture).

(11) Inhale deeply. Keep both the legs touching each other. Heels and the paws of both sides should touch each other. Now join the hands and take them upwards and bend backwards only when the head is between the arms. Don't bend the elbows. (Hastauttanasana or second posture).

(12) Slowly exhale. Then breathe routinely. Keep both the hands joined together and bring them in front of the chest in the center. Then take them on respective side of the trunk. (Namaskarasana or the first posture of Suryanamaskara).

For doing Surya-namaskara for second time take the left leg on back side for the fourth posture. Always do Shavasana after doing exercise of Surya-namaskara for two, four or six times.



Position-11



Position-12

21. PRIMARY ASANAS

1. ASANAS TO BE DONE BY LYING ON THE BACK

EKA-PADA-UTTANASANA

Spread the four times folded blanket on the floor. Yoga mat also can be used. Lie down on your back on it. The heels and the paws should touch each other and the palms should face the ground by the side of the trunk. The mouth and eyes may be closed. Now slowly inhale deeply and raise the right leg by one to one and half feet above the ground. Keep the leg straight and stable without bending from the knee. The left leg will remain straight on the ground. You may keep the eyes open and raise the leg at least up to the height so that the foot can be seen. Breath should be held till it is possible without feeling any difficulty. If you can't hold the breath, take normal breathing. Then gradually bring the right leg on the ground. After taking rest for some moments repeat the same exercise by the left leg. The exercise done on the right side is called as Dakshinapadauttanasana and on left side it is called as Vamapadauttanasana.

It is much beneficial and purposeful if the position in the same Asana is maintained for a long time than repeating it for two to three times. Do each Asana for twenty seconds in the beginning and gradually it must be increased to ninety seconds.