

# Nithya Yoga

## SURYA NAMASKAR



BASED ON THE TEACHINGS OF

**Nithyananda**



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# *Níthya Yoga*

## *Surya Namaskar*

Based on the teachings of  
**Paramahansa Nithyananda**



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# *Introduction to Surya Namaskar*



*Surya Namaskar* is translated as Eternal Salutations to the Sun. '*Surya*' means 'sun' and '*namaskar*' means 'salutations'. The sun in Vedic culture is symbolic of consciousness and therefore has been worshipped daily in this tradition.

Our body is equipped with innate intelligence to produce energy from the sun. According to the ancient science of *Ayurveda*, the human organism is the ultimate system on planet earth. It is a living memory bank, a storehouse of the enormous intelligence of all the other bodies on earth.

Nithya Yoga operates on the belief that if plants can produce energy directly from the sun, why can't man? After all, every human being is composed of the same five elements, earth, water, fire, air and ether as the rest of the universe.

The practice of *surya namaskar* will awaken the body intelligence to directly create energy from the sun. For centuries we have suppressed, denied and forgotten the fact that the body has its own intelligence; the wisdom of the ages is stored in each and every cell. The ancient *rishis* understood this truth and therefore declared time and again that we are filled with cosmic consciousness.

Every cell in the body actively responds to environmental stimuli both internal and external. According to Indian tradition, the body is a wonderful mechanism that has the intelligence and capacity to produce energy. *Surya namaskar* is designed to access the etheric energy all around us. When performed facing the East in the first rays of the morning sun along with the appropriate breathing technique and *surya namaskar mantra*, the effect on the individual mind, body and spirit is incomparable.

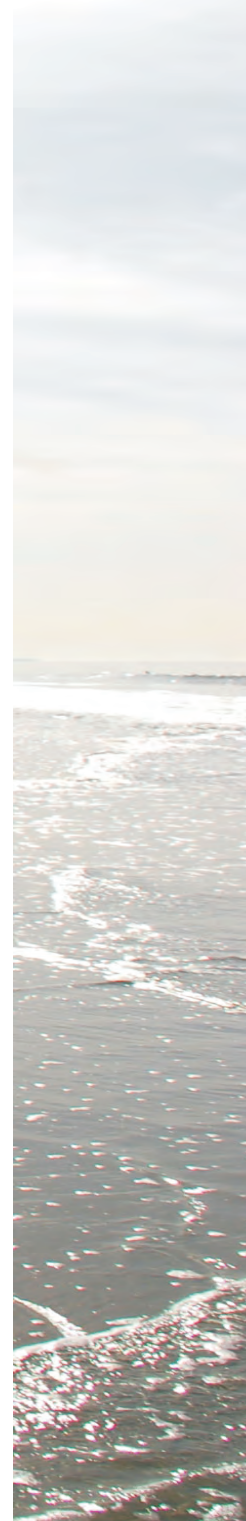
Early morning at dawn, when the sun bursts on the horizon, the air is filled *prana shakti*, life force energy. That is why it is advised we do sun salutations at that time of the morning so we accrue maximum benefit from our practice. It is not uncommon to see in India, on rooftops, in courtyards, in beaches and by the river side people gathering in the early hours of the morning to practice the sun salutations.

## Spiritual Benefits

In *surya namaskar*, if the *asanas* (postures), correct breathing and *mantra* are practiced together, *surya namaskar* becomes a complete dynamic meditation technique in itself. *Surya namaskar* is a complete spiritual practice (*sadhana*) on its own.

*Surya namaskar* is a salutation to the sun. When practicing, one can express gratitude toward the outer sun for the energy it provides to planet earth. The sun is the giver of life and energy. Therefore, one can recognize this and sincerely salute the sun and give gratitude. Gratitude is the highest spiritual quality hence the practitioner will start the day by humbling themselves, bowing their head, offering gratitude and respect to the sun.

Although *surya namaskar* is an expression of gratitude to the sun outside of oneself, in a deeper sense, *surya namaskar* is a practice that enables the practitioner to recognize their inner sun. As the sun rises everyday, it brings intelligence, life and energy. As the practitioner transverses their spiritual path, they start to recognize they have light also within them. Their inner sun starts to rise and hence, their inner intelligence and energy starts to express.



There is an even deeper awareness of the sun salutation that is normally understood. When done with the chanting of the *mantra*, it becomes a deep cleansing process that unclutches our mind from our personal identity (*mamakar*). Every sun salutation *mantra* ends with '*namaha*'. The syllable '*ma*' refers to our personal identity and the word *namaha* means surrendering the identity. Whenever we perform the *surya namaskar*, our awareness, the inner sun throws light on our true identity which is Divinity or Divine. *Surya namaskar* should not be reduced to a mere bending or stretching of the body but needs to be done with this profound understanding; then the benefits are enormous.

Each *asana* performed in the *surya namaskar* vinyasa sequence relates specifically to one of the seven main energy centers (*chakra*). While performing each *asana* in the *surya namaskar*, the practitioner can put their awareness on the *chakra* that the specific posture corresponds to.

The following diagram identifies the seven major *chakra* and their location at the metaphysical level (the etheric plane) in the human body.





We should understand that each of the seven main *chakra* is blocked by specific negative emotions. The *chakra* can be unblocked, made to flower and expand by infusing awareness into the *chakra* and promoting the positive emotion associated with the *chakra*.

The positive emotions that can potentially help the *chakra* to flower are;

*Muladhara Chakra* (Root Centre) - Welcoming Reality

*Swadisthana Chakra* (Two Inches Below the Navel) - Focusing on Continuity

*Manipuraka Chakra* (Navel Centre) - Clarity

*Anahata Chakra* (Heart Centre) - Unconditional Love

*Vishuddhi Chakra* (Throat Centre) - Individuality

*Ajna* (Between the Eyebrows)- Innocence and Simplicity

*Sahasrara* (Crown Centre) - Gratitude

During the practice of *surya namaskar*, it is optional to bring the awareness to each *chakra*. However, to make the practice more spiritually focused, practice the movements very slowly while bringing the awareness to each *chakra*, flooding each with the positive emotion.

## Mind/Body Benefits

It is said that a daily practice of *surya namaskar* comprising a complete set of twelve repetitions is enough to reap enormous benefits. Nothing else needs to be done.

The *surya namaskar* is so designed that it works on all body parts, every organ, every system, and every *chakra*. It is a moving set of postures done dynamically with the appropriate breathing. Of all the *asana* practice, the *surya namaskar* is considered the most effective way to limber up, tone, stretch and strengthen the entire body and the spine. *Surya namaskar* is regarded as the king of *asana*. It is also the quickest way of touching base with our core inner strength.

One may consider focusing on the different *chakra* as a spiritual practice. However, focusing on and energizing the *chakra* can provide amazing benefits in the practitioners overall health and well being. Modern day science has proven that the seven major *chakra* correspond to the certain major organs and endocrine glands in the physical body.



Paramahansa Nithyananda says that all of our diseases are actually psychosomatic. Meaning, our disease stems from negativity and disturbances in the mind.

When the different *chakra* are blocked by negative thoughts and emotions, it can in turn affect the functioning of the corresponding organ, gland or bodily region and consequently, disease and physical ailments can manifest.

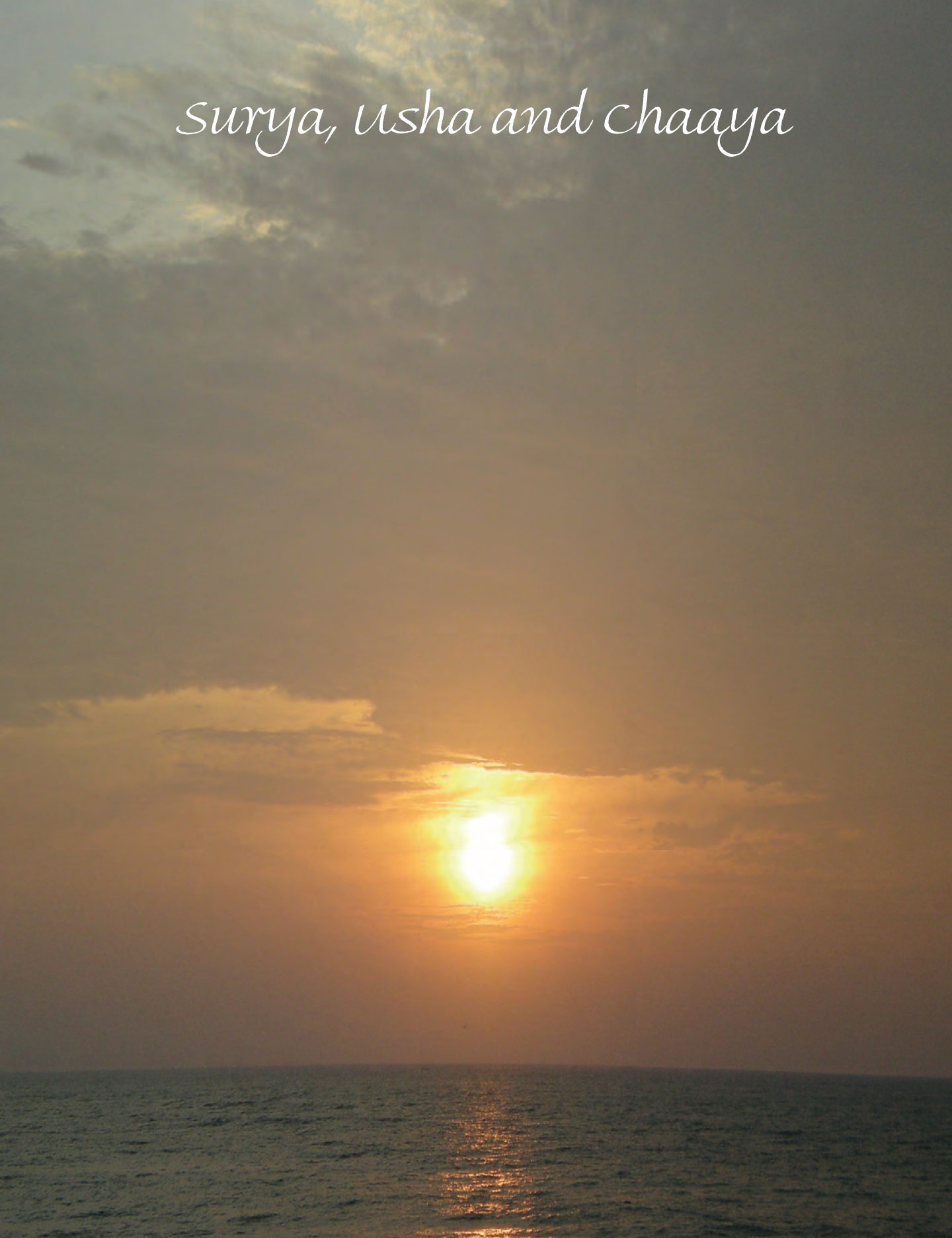
By flooding awareness and positivity into the different chakra, not only do we benefit spiritually, we start to enjoy and experience optimum health, well being and freedom from depression and illness.

The regular practice of *Surya Namaskar* will allow tremendous healing to happen in us. The heat generated by this practice elevates the metabolic rate, boosts the immune system and helps breakdown the energy clots, the engraved memories or *samskaras*. They are expelled as toxins from our system. Deep cleansing and energizing of our inner space happens.





*Surya, Usha and Chaaya*



Anything in the *vedic* tradition has deep symbolic meanings. This is true with reference to deities that are associated with the sun salutation. These deities are, *Surya*, *Usha* and *Chhaya*.

When practicing *Surya Namaskar* in front of these deities, one is able to contemplate on the energy and the qualities of the sun itself. The three deities represent certain qualities and following is a detailed description of what these qualities are.

The deity in the center wearing the white dress is *Surya*, the Sun God. *Surya* is holding a lotus flower in each hand. The significance of this is that the lotus expands itself just from the presence of the sun. From the very energy of the sun the lotus will bloom. *Surya* is supposed to radiate a special kind of energy through which the lotus blooms. By *Surya* holding the lotus flowers, it signifies that his energy will open us also. It is a blessing that is given by *Surya* that the practitioner will also blossom. Actually *Surya* is symbolic of our innate intelligence. As the quality of our awareness deepens and brightens our potentiality blossoms in all its glory and uniqueness, and flowers just as the lotus blooms in the first rays of the morning sun.



Standing on either side of *Surya* are his two consorts (erroneously understood to be his wives). One is *Usha* and the other is *Chhaya*. The feminine energy is expressed as the wife and the mother. *Chhaya* on his left represents the wife energy. *Usha* on his right represents the mother energy. It appears like there are two women however, it is not actually two women. It is the same woman, radiating two different energies.

*Usha* means light and *Chhaya* means shadow. Light and shadow are not two different things, rather it is the same energy represented by two forms. There is a deep secret, meaning and significance in this. If you live an intense and intimate life, a man can suddenly experience his wife as a mother. When a wife becomes a caretaker, a nurturer and a nourisher, she expresses the mother energy in her. A wife can potentially be giving such deep fulfillment, she has become a mother for him.

Feminine energy has two aspects to it. The wife energy gives the husband the physical pleasure and the mother energy gives the emotional comfort.

*Chhaya* means shadow. This feminine energy is representative of the physical pleasure. Physical pleasure is nothing but the shadow of the mother energy. Whether we know it or not, accept it or not, we all want to go back to the womb we came from. That is the physical relationship. That's the whole essence of physical relationship.

This is the significance of the *Surya*, *Usha* and *Chhaya*. *Surya Namaskar* creates a kind of energy in us through which will make us feel complete and whole. We will experience a fulfillment.

# *Surya Namaskar Mantra*



A *mantra* is a composition of syllables, words, phrases or sentences that when repeated with awareness has a very powerful and penetrating influence on the mind. Before performing each repetition of Surya Namaskar, students chant the corresponding *Surya Namaskar Mantra*. The *Surya Namaskar Mantra* is composed of a *bija* (seed) mantra and the glorification mantra which highlight the various qualities of the sun.

In the *vedic* tradition in India, children are taught mantras are taught at a very young age. It is a subtle technique of breath control which later prepares children for higher practices of pranayama. The chanting of mantra is a subtle technique of breath control

Sanskrit is considered as the language of the Gods. It is a language which has both a phonetic and linguistic component to it. It comprises of 52 syllables and each syllable is a sound frequency. The *vedic* rishis declared the truth that the whole cosmos resonates to different frequencies of sound. Our body is a replication of the cosmos. When we chant the mantra the very sound frequency elevates our consciousness and connects to cosmic intelligence.

## Bija Mantra

The *bija* (seed) *mantra* has no meaning by itself but the vibration of the *mantra* in the human system is very powerful. The theory of vibration as expounded by modern scientist seems to be catching up with the truth that was delivered to humanity thousands of years ago by the inner scientists, the *Vedic rishis*. Scientific studies conducted by Dr Masaro Emoto of Japan have clearly proven that the nature of sound the very quality of vibrations has a profound effect on water. Considering that the human body is more than 80% water, the scientific community is waking up to the enormous possibilities that are available to mankind. On the flip side of the coin we need to wake up to the enormous damage created in the human psyche with words and sounds and the negative qualities attached to them.

Just as note of interest, *Nataraja*, the form of Shiva representing the cosmic dance of rejuvenation holds the *damaru* (drum) in his left hand. This signifies that the whole cosmos is created from sound. The different frequencies represent the different levels of consciousness. So the whole journey of enlightenment is to raise our individual frequency to the ultimate cosmic frequency.

Similarly, in the Bible we are familiar with the statement, 'first was the Word', implying the importance of sound frequencies as an expression of divinity.

*Bija mantra* do not have any literal meaning, but by chanting them we set up powerful vibrations of energy within the body and the mind. They are six in number and repeated in the following order:

OM HRAM  
 OM HRIM  
 OM HROOM  
 OM HRAIM  
 OM HRAUM  
 OM HRAHA



# Glorification Mantra

The twelve glorification *mantra*, highlight the various aspects of the Sun. When chanted with complete awareness before every repetition of *Surya Namaskar*, the *mantra* confer the same qualities on the committed practitioner. Through this simple, though highly effective method, we realize that the outer sun symbolizes the shining intelligence in our inner sky; we come to understand our connectivity to the cosmic energy that is all pervasive.

## The Twelve Glorification Mantra

**Note:** The *mantra* are to be chanted in one single exhale. They work directly on the *manipuraka chakra* which is the source of the sound energy. They have the power to replace the constant inner chatter which is of low frequency with the sound energy that elevates consciousness.

**Repetition 1:** *Om bram mitraya namaha*  
(salutations to the Friend of All)

**Repetition 2:** *Om brim ravaye namaha*  
(salutations to the Shining One)

**Repetition 3:** *Om broom suryaya namaha*  
(salutations to the One who Induces Activity)

**Repetition 4:** *Om braim bhanave namaha*  
(salutations to the One who Illumines)

**Repetition 5:** *Om braum kbagaya namaha*  
(salutations to the One who Moves Swiftly)

**Repetition 6:** *Om hraba pushne namaha*  
(salutations to the Giver of Strength)

**Repetition 7:** *Om bram hiranya garbhaya namaha*  
(salutations to the Golden Cosmic Self)

**Repetition 8:** *Om brim marechaya namaha*  
(salutations to the Lord of Dawn)

**Repetition 9:** *Om broom adityaya namaha*  
(salutations to the Son of Aditi, the Infinite Cosmic Mother)

**Repetition 10:** *Om braim savitre namaha*  
(salutations to the Benevolent Mother)

**Repetition 11:** *Om braum arkaya namaha*  
(salutations to the One who is Praiseworthy)

**Repetition 12:** *Om hraba bhaskaraya namaha*  
(salutations to the One who Leads to Enlightenment)



# Explanation of the Mantra

## Repetition 1:

*Om bram mitraya namaha*

**(Salutations to the Friend of All)**

We begin the sun salutation with the understanding that our inner sun, our intelligence, our potential energy is our trusted friend who will lead us on the path of enlightenment.

Just as the physical sun shines forth for the benefit of humanity irrespective of who, what and where we are, so too our intelligence is there to guide us. It is ever present, to illumine our inner journey, in total acceptance of us.

We start the salutation on a note of deep, trusted friendship, the one quality needed for growth in all relationships and the greatest relationship is the one we establish with our Self.



## Repetition 2:

*Om brim ravaye namaha*

**(Salutations to the Eternal Shining One)**

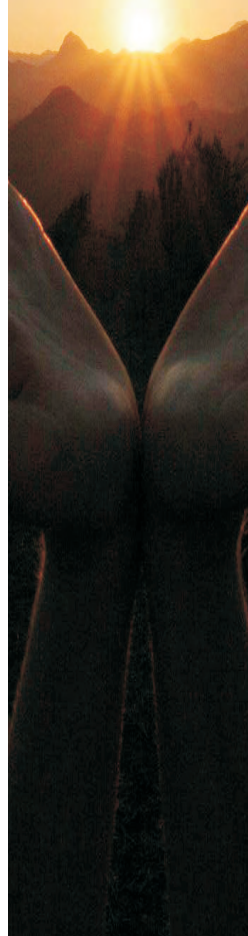
Our intelligence, the inner sun, is eternally radiant. We offer our salutations with the deep understanding that the light of our intelligence is the torch that will guide us toward inner knowing.

## Repetition 3:

*Om broom suryaya namaha*

**(Salutations to the One who Induces Activity)**

Our intelligence **is** energy. We offer our salutations to the one who will move us from a state of *tamas* (slothfulness), to one of intuitive activity, the state of *sattva*.





### Repetition 4:

*Om braim bhanave namaha*

(Salutations to the One who  
illuminates)

Our inner sun, by its very nature, illuminates. We offer our salutations to that light, our intelligence, which will reveal the truth of who we truly are.

### Repetition 5:

*Om braum kbhagaya namaha*

(Salutations to the One who  
Moves Swiftly)

Awakened intelligence moves swiftly to reveal our enlightened state. We offer our salutation to that illumined energy which moves us from a state of darkness, ignorance, to one of light, the elevation of consciousness.

### Repetition 6:

*Om braha pushne namaha*

(Salutations to the Giver of  
Light)

Our inner intelligence is light. We offer our salutations to that eternal source of light which ignites the dormant light within us, our pure awareness.

## Repetition 7:

*Om bram hiranya garbhaya namaha*

**(Salutations to the Golden Cosmic Womb)**

The sun is the cosmic womb which creates and nourishes life. We offer our salutations to the source of all potentialities and creativity; our blissful nature, which is energy and intelligence.

## Repetition 8:

*Om brim mareechaya namaha*

**(Salutations to the Lord of Dawn)**

From the cosmic womb the dawn of a new birth happens. We offer our salutations to that energy, that intelligence, which ushers in the dawn of a new life, the birth of our true Self.

## Repetition 9:

*Om broom adityaya namaha*

**(Salutations to the Son of Aditi, the Infinite Cosmic Mother)**

From the womb of the cosmic mother, the new born child shines forth. We offer our salutations to that radiant Self, born from the energy of the infinite cosmic mother, recognizing it to be our pure, unsullied and witnessing consciousness.

## Repetition 10:

*Om braim savitre namaha*

**(Salutations to the Benevolent Mother)**

The benevolent mother is the caring, nurturing energy within us. We offer our salutations to that unbound intelligence which is the origin of life and is the source of all energy.



## Repetition 11:

*Om braum arkaya namaha*

**(Salutations to the One who is Praiseworthy)**

Our inner sun, the fire of our inherent intelligence is praiseworthy. We offer our salutations to that glowing energy that is responsible for propelling us tirelessly in our inner journey

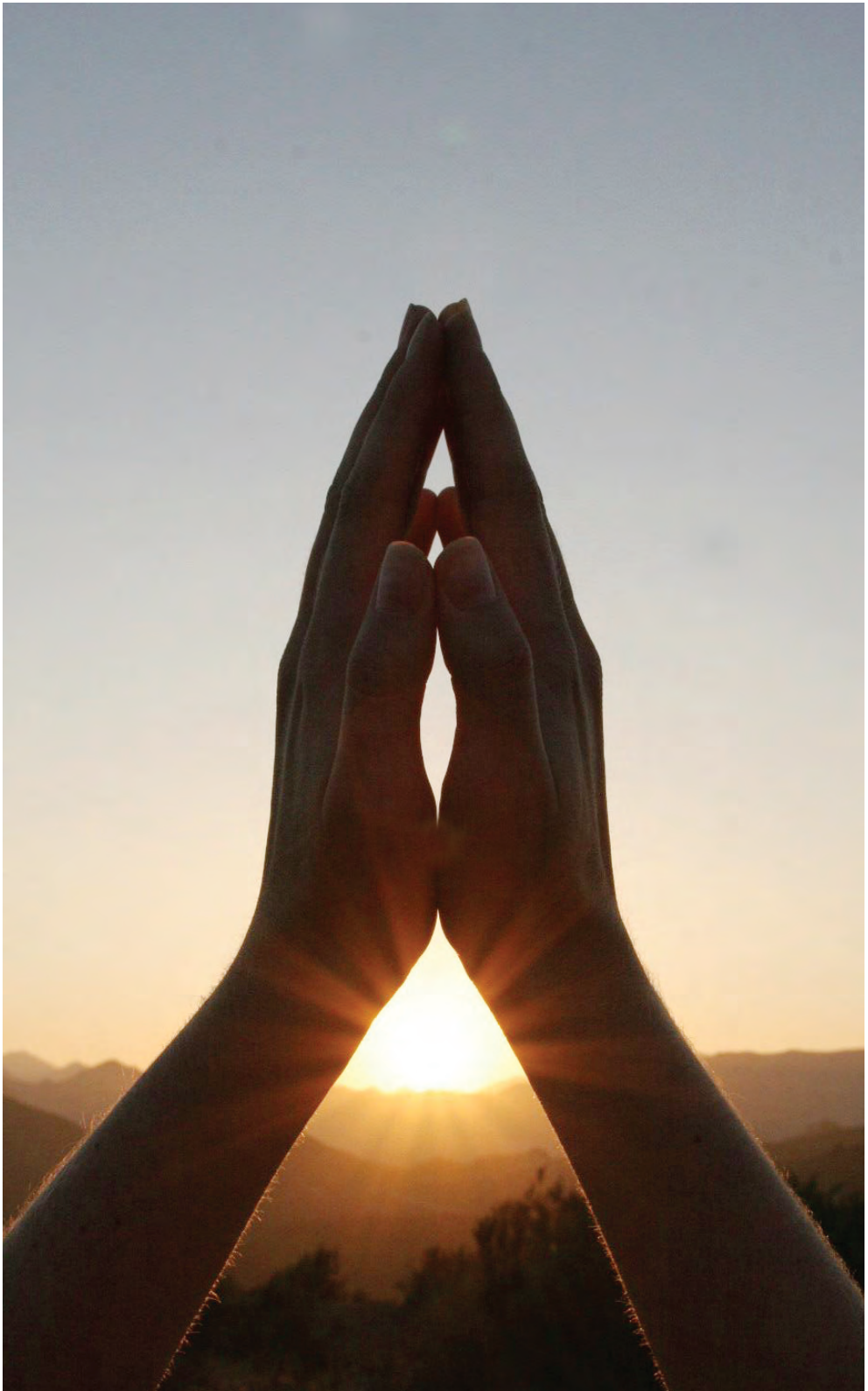
## Repetition 12:

*Om hraba bhaskaraya namaha*

**(Salutations to the One who leads to Enlightenment)**

Our total awareness of who we truly are is enlightenment. We offer our salutations to our trusted friend, the fire of our innate intelligence that unerringly leads us to the source of all luminosity, the ultimate flowering - Enlightenment.





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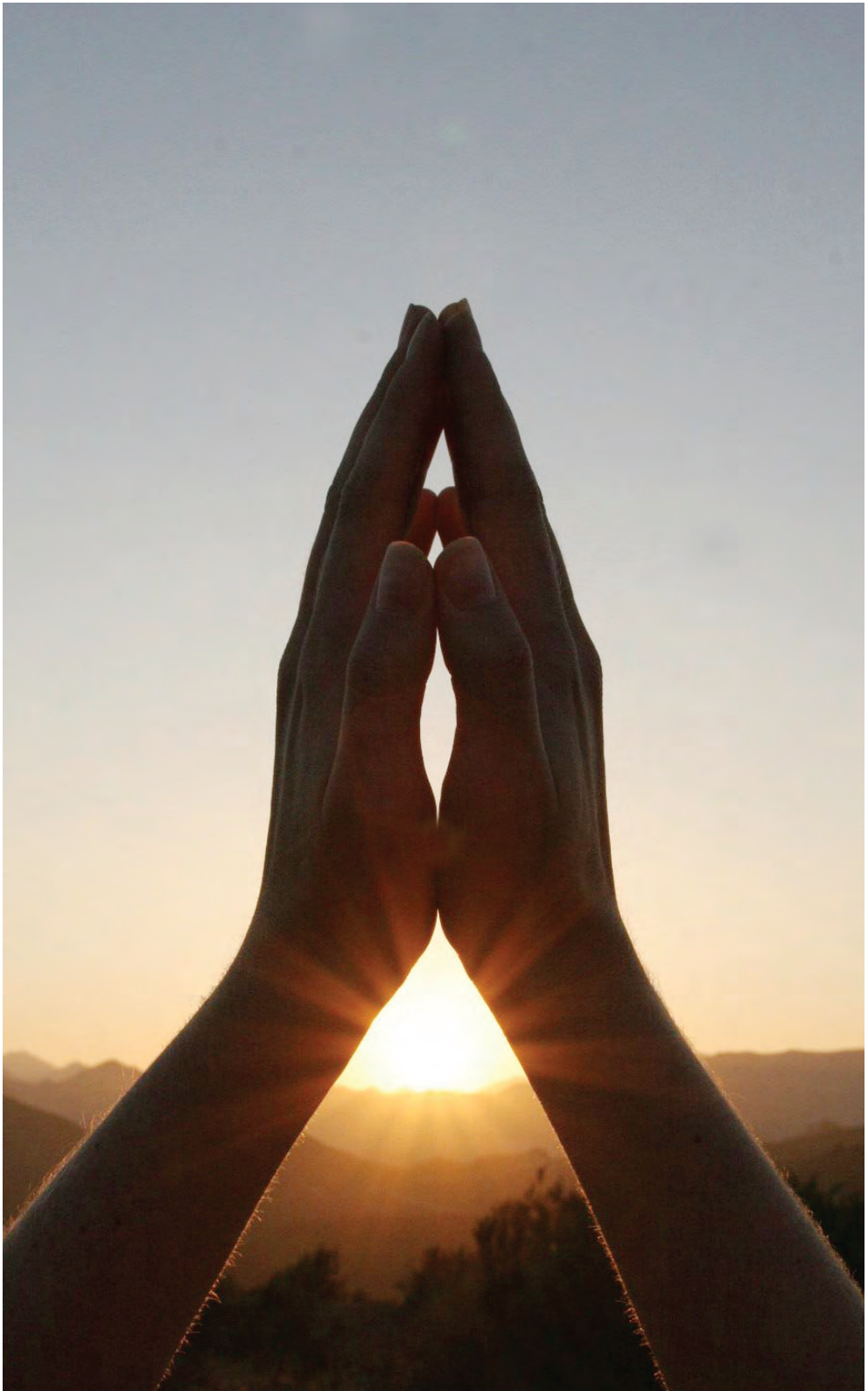
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# *Practicing surya Namaskar*



*Surya Namaskar*, for best benefits should be practiced at dawn. Any yoga practice (especially one that includes *asanas*) should be done only on an empty stomach or no sooner than three hours after a main meal.

*Surya Namaskar* is traditionally practiced in a well ventilated place as the sun is rising. This practice is extremely powerful because the practitioner can be instantly energized by the subtle rays of the sun. It is best if it is dry outside, not too windy and not too late in the morning. If the sun is too high, this will cause a lot of heat to be created in the body. This can aggravate a *pitta* constitution.

If one is practicing *Surya Namaskar* primarily to achieve cleansing and health benefits, six to twelve repetitions can be practiced at a faster pace. For intense physical purifying and cleansing, it is possible to practice many repetitions of *Surya Namaskar* daily, however the practitioner should practice this with the supervision and guidance of a teacher.

For a more spiritually focused practice, six to twelve repetitions can be practiced at a much slower pace. A small amount of time should be given between each repetition. As each repetition is practiced, the breathing should become slower and more controlled. Usually at first, this is the opposite for most practitioners. They can find themselves becoming breathless and even breaking a sweat. If the practitioner does become breathless, they should ensure they pause between each repetition.

When the breath, the movement and the mind flow as one, grace expresses itself through the *asanas* practice. This harmonious integration is Nithya Yoga – eternal uniting.

## *Surya Namaskar – Warm Up Practice*

*Surya namaskar* is often regarded as a warm for a practitioner's daily *asana* practice. However, there is even a warm up for *Surya namaskar*.

This small *vinyasa* sequence can be practiced before commencing the actual practice of *Surya namaskar*, especially on mornings where the room temperature is cool or the practitioner feels weak or tired. It subtly energizes the body and provides an extra alert for the muscles and limbs that will be worked in the *Surya namaskar*.

This sequence is excellent for beginners and can be practiced alone at first. It is also great for practitioners who are overweight and it is gently enough for the more aged practitioner.

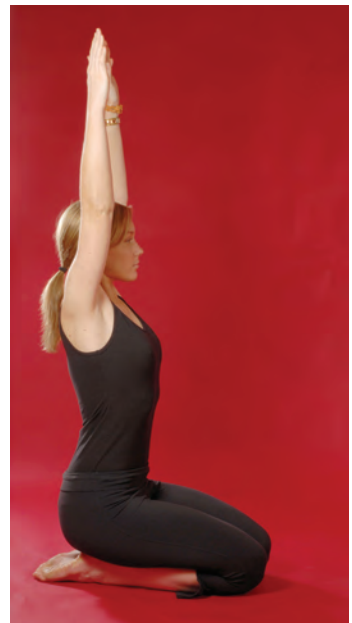
It should be practiced slowly and ensure each movement is performed with the recommended breath.

## Warm up Instructions

1) Start by sitting in *vajrasana* (sitting on your heels with your arms by your side). Eyes are open and soft. Relax into a soft smile.



2) As you inhale, blissfully sweep your arms up over your head, making this movement as slow and graceful as possible.



3) As you exhale, fold forward at your hips and sweep your arms forward. Gently bring your hands and forehead down onto the floor into *shashankasana* (hare pose).



4) As you inhale, stand up on your hands and knees, lift your heart and arch your spine inwards into *chakravakrasana* (cat pose).



5) Curl your toes underneath, lift your hips up into the air, and as you exhale, gently stretch the back of the legs as you encourage the heels down toward the earth assuming *adho mukha svanasana* (downward facing dog pose). Let the head relax down and direct a soft and friendly gaze at the floor between your feet.



6) Bring the knees back down onto the floor, point the toes and as you inhale, lift your heart, gently directing the gaze upwards.



7) As you exhale, sit the hips down onto the heels and rest the forehead on the floor with the hands still stretched in front of you.



8) As you inhale, sit back up gracefully sweeping your arms up over your head.



9) Exhale and gracefully allow your arms to float back down by your side.



# Traditional Surya Namaskar Sequence <sup>28</sup>

1) Stand with the feet together or slightly apart for balance. Bring your hands together into *namaskar* (prayer position) in front of the chest. Keep the eyes open throughout the practice of *surya namaskar*. Chant the corresponding *surya namaskar mantra*.





2) Inhaling, gracefully sweep the arms up over your head and gently arch the spine backwards.



3) Exhaling, sweep the arms forward and down so the hands touch the floor close to the feet and the forehead comes in close to the knees. Please bend the knees if required to allow for greater ease in bringing the head close to the legs.



4) Step the right foot back as far as you can and as you inhale, lift your heart centre up.



5) Step your left foot back and assume a plank position with the spine, neck and head in one straight line, your hands placed beneath your shoulders.



6) On the exhale, lower your knees, chest and chin to the floor and assume *ashtanga namaskar* (salute with eight parts or points touching the ground). Keep the chin forward and the toes curled under.



7) On the inhale, gently push with your hands and lift the heart off the floor. Keep the elbows bent at a 90 degree angle and come into *bhujangasana* (cobra's pose).



8) Push with your hands, raise your hips into the air and assume *adho mukha svanasana* (downward facing dog pose), exhaling. Spread the fingers wide and gently push your heels toward the earth.



9) Look forward at your hands and step the right foot forward as far as you can, close to the hands. Inhale, lift your heart.



10) Step the left foot forward to meet the right hand. Bend your knees a slightly if you need, exhale and bring the forehead in close to your knees.



*11)* On the inhale, sweep your arms up over your head and gently arch the spine gently – saluting the sun.



*12)* Exhale, bring your arms down and your hands back into prayer position in front of your heart.

# Body Gratitude Relaxation

Gratitude is the highest form of prayer. When we give gratitude to anything we elevate our consciousness. When done as a body gratitude relaxation, it is a deep meditation by itself. This technique helps us acknowledge our spirit as the Divine encased within the body. We connect deeply to our body and see it as the temple of our spirit worthy of worship.

## Instructions:

- Lay on your back with your eyes closed.
- Separate the legs slightly and let the toes fall open to the side.
- Arms placed beside your body with palms facing upwards.
- Consciously scan the body. Bring your awareness to each part of the body and relax each part.
- Start to lovingly remember each part of your body one by one by starting at your toes and finishing at the crown of the head. Individually remember each part with deep love and gratitude.

**Duration: 5 - 10 Minutes**



# Surya Bedhana (Sun Pranayama)

*Surya Bhedana* is a *pranayama* (breath control technique) that will activate our inner fire. Whenever the body/mind experiences sluggishness, this technique is advocated to enhance activity.

## Instructions:

Sit in *vajrasana* (on your heels) or *sukhasana* (cross-legged). Keep your spine straight to allow the energy that is generated to travel upward



Form *mrigi mudra* with your right hand by folding your index and middle finger into your palm.

Take your hand towards your nose. Completely close the left nostril off with the ring and baby fingers. Apply gentle pressure with the thumb on the right nostril. Bring your chin down.



Inhale through your right nostril, lifting the chin up.

Exhale through the right nostril bringing your chin down – this is one round.



**Repeat up to 12 breaths (rounds). The breath should be smooth, steady and deep.**



# Appendices

## About Paramahansa Nithyananda

Paramahansa Nithyananda is a living enlightened Master of the 21<sup>st</sup> century.

He took birth in Tiruvannamalai, a spiritual nerve center in South India. Since a very young age, Nithyananda spent days and nights in meditation in the divine aura of Arunachala. His intense quest for deeper Truths of life led him on his spiritual journey which covered the



length and breadth of India, several thousand miles of which he covered on foot. Visiting venerated shrines, meeting highly evolved *yogis* and *rishis*, and practicing intense meditations, he studied Yoga, Tantra, and other Eastern metaphysical sciences. He went through several profoundly impacting spiritual experiences, culminating in his realization of the Ultimate at a young age.

Since then, Nithyananda has been sharing his experience with millions of people worldwide through the activities of Nithyananda Mission which conducts insightful and inspiring meditation programs and a wide spectrum of social services, thus

providing life solutions at the physical, mental and spiritual levels. The meditation programs are offered worldwide through the International Vedic Hindu University (IVHU) Florida, USA. Further, free education to youth, encouragement to art and culture, corporate meditation programs, meditation for prisoners, free medical camps, free meals, a one-year residential training program in India called the Life Bliss Technology program, an in-house *gurukul* system of learning for children, and many more such services are offered around the world.

Employing time-tested *vedic* knowledge and modern technology, the Mission ashrams and centers the world over serve as spiritual laboratories where inner growth is a profound achievement. Today, they are much sought after as ideal destinations to explore, experiment and experience through a host of programs, courses and research facilities in diverse subjects from meditation to the sciences.

Established in 2003, Nithyananda Mission has grown today into a worldwide movement for bliss, standing for the ideal of realizing an enlightened humanity and thereby raising the collective consciousness of planet earth.

## Programs and Workshops

Nithyananda Mission offers specialized meditation programs worldwide, to benefit millions of people at the levels of body, mind and spirit. A few of them are listed below:

### **Life Bliss Program Level 1 (LBP Level 1)**

*- Energize yourself*

A *chakra* based meditation program that relaxes and energizes the seven major *chakras* or subtle energy centers in your system. It gives clear intellectual and experiential understanding of your various emotions such as greed, fear, worry, attention-need, stress, jealousy, ego, and discontentment. It is designed to create a spiritual effect at the physical level. It is a guaranteed life solution to experience the reality of your own bliss. When you are liberated from a particular emotion, you experience a new world, a new energy. It is a highly effective workshop, experienced by millions of people around the globe.

### **Life Bliss Program Level 2 (LBP Level 2)**

*- Death demystified!*

A meditation program that unleashes the art of living by demystifying the process of dying. This program creates the space to detach from ingrained and unconscious emotions like guilt, pleasure and pain, all of which stem from the ultimate fear of death. It is a gateway to a new life that is driven by natural intelligence and spontaneous enthusiasm.

### **Life Bliss Program Level 3 - Atma Spurana Program (LBP Level 3 - ATSP)**

*- Connect with your Self!*

An indepth program that analyzes clearly the workings of the mind and shows you experientially how to be the master of the mind rather than be dictated by it. It imparts tremendous intellectual understanding coupled with powerful meditations to produce instant clarity and integration.

### **Life Bliss Program Level 3 - Bhakti Spurana Program (LBP Level 3 - BSP)**

*- Integrate your Devotion*

A program that reveals the different dimensions of relating with others and with your deeper self. It clearly defines relationship as that which kindles and reveals your own unknown dimensions to you. It allows you to experience the real depth and joy of any relationship in your life.

### **Life Bliss Technology (LBT)**

*- A free residential life sciences program*

Life Bliss Technology (LBT) is a residential program for youth between 18 and 30 years of age. With its roots in the Eastern system of *vedic* education, this program is designed to empower modern youth with good physical, mental and emotional health and practical life skills. By nurturing creative intelligence and spontaneity, and imparting life skills, it creates economically self-sufficient and spiritually fulfilled youth. Above all, it offers a lifetime opportunity to live and learn under the tutelage of an enlightened master.

### Inner Awakening

An enlightenment intensive program for sincere seekers offering yoga, powerful teachings, meditation, initiation and more. This program is an intense experience to prepare the body-mind system to hold and radiate the experience of 'living enlightenment'.

### Nithyanandam

An advanced meditation program for seekers where the presence of the Master and the intense energy field lead one to the state of *nithya ananda* – eternal bliss. It offers a range of techniques from meditation to service to sitting in the powerful presence of the master.

### Kalpataru

An experiential meditation program sowing in one the seed of:

*Shakti*, the Energy to understand and change whatever you need to change in life,

*Buddhi*, the Intelligence to understand and accept whatever you don't need to change in life,

*Yukti*, the Clarity to understand and realize that however much you change, whatever you see as reality is itself a continuously changing dream,

*Bhakti*, the Devotion, the feeling of deep connection to That which is unchanging, eternal and Ultimate, and

*Mukti*, the Ultimate Liberation into Living Enlightenment when all these four are integrated.

### Nithya Dhyaan

- *Life Bliss Meditation*

Become one among the millions who walk on planet Earth – Un-clutched! Register online and get initiated.

Nithya Dhyaan is a powerful everyday meditation prescribed by Nithyananda to humanity at large. It is a formula or a technique, which is holistic and complete. It works on the entire being to transform it and make it ready for the ultimate experience of enlightenment to dawn. Each segment of this technique complements the remaining segments to help raise the individual consciousness. It trains you to un-clutch from your mind and live a blissful life. It is the meditation for Eternal Bliss.

If you wish to be initiated into Nithya Dhyaan, you may visit <http://www.dhyanapeetam.org> and register online. You will receive through mail, a *mala*, bracelet, a spiritual name given by Nithyananda for your own spiritual growth (optional), Nithya Dhyaan Meditation CD and Nithya Dhyaan booklet in a language of your choice, personally signed by Nithyananda (mention your choice in the comment column).

Nithyananda says, 'My advent on planet Earth is to create a new cycle of individual consciousness causing Collective Consciousness to enter the Superconscious zone.'



**Meditation and de-addiction camps worldwide:** Over 2 million people impacted to date.

**Nithya Spiritual Healing:** A system of cosmic energy healing administered free through 5000 ordained healers, through our worldwide ashrams and centers, touching 20,000 people globally every day – healing both mind and body.

**Anna Daan (free food program):** 10,000 nutritious meals distributed every week through all the ashram *anna mandirs* for visitors, devotees and disciples thus improving health standards.

**The Nithyananda Order and its training:** Spiritual aspirants ordained as *Sannyasis*, *Brahmacharis* and *Brahmacharinis*: who undergo years of intensive training in yoga, meditation, deep spiritual practice, Sanskrit, *vedic* chanting, life skills, and who run the 100% volunteer based ashrams of Nithyananda Mission worldwide, working in all Mission activities.

**International Vedic Hindu University (IVHU)** (the former Hindu University, Florida, USA): Paramahansa Nithyananda was unanimously elected as chairman (chancellor) of International Vedic Hindu University which provides education in Eastern philosophies, therapeutics, *vedic* studies, meditation science and more through Bachelor of Science, Post Graduate and Diploma degrees.

**Nithya Yoga:** A revolutionary system of yoga in the lines of sage Patanjali's original teachings, taught worldwide.

**Temples and Ashrams:** Over 30 Vedic temples and ashrams worldwide.

**Meditation Programs in prisons:** Conducted in prisons and juvenile camps to reform extremist attitudes – resulting in amazing transformation among the inmates.

**Medical Camps:** Free treatment and therapies in allopathy, homeopathy, ayurveda, acupuncture, eye check-ups, eye surgeries, artificial limb donation camps, gynecology and more.

**Support to children in rural areas:** School buildings, school uniforms and educational materials provided free to rural schools.

**Life Bliss Technology:** A free two year / three month program for youth teaching Life Engineering and the science of enlightenment.

**Nithyananda Gurukul:** A modern scientific approach to education combined with the *vedic* system of learning – protecting and developing the innate intelligence of the child who flowers without repression, fear or peer pressure.

**Corporate Meditation Programs:** Specially designed and conducted in corporate firms worldwide including Microsoft, AT&T, Qualcomm, JP Morgan, Petrobras, Pepsi, Oracle, American Association of Physicians of Indian Origin (AAPI) – with focus on intuitive management, leadership skills and team work.

**Nithyananda Institute of Teachers' Training:** Over 300 teachers trained to teach: transformational meditation programs, Quantum Memory Program, Nithya Yoga, Health and Healing Programs, Spiritual Practice Programs and more.

**Media:** Articles in national and international newspapers and magazines, carrying transforming messages from Nithyananda.

**Nithyananda Publishers:** Over 4700 hours of Paramahansa Nithyananda's discourses transcribed, edited and published in-house and made available in stores through books, DVDs and Cds.

**Life Bliss Gallerias:** Worldwide stores and mobile shops retailing recordings and books of Nithyananda's discourses and Nithya Kirtan recordings in 23 languages.

**Nithyananda Meditation & Healing Centers:** Worldwide, offering meditation and healing services.

**Nithyananda Sangeeth Academy:** Music, dance and other forms of art taught and encouraged in youth and elderly alike - live and through internet.

**Free Discourses on YouTube:** Over 500 free discourses on [www.youtube.com](http://www.youtube.com) – wisdom from the Master, easily accessible. Ranked top in viewership.

**Support to scientists and researchers:** Continually bridging gaps between science and spirituality through researches on spiritual energy and healing.

**Nithyananda Youth Foundation:** A collection of inspired youth, building a divine and dynamic society with a common ideology of peace and enlightenment.

**Nithya Dheera Seva Sena:** Through transformation of self, this volunteer force of *Ananda Sevak's* trains and functions in the service of humanity, also serving as relief wing working towards disaster recovery management.

## Contact Us

Listed below are some of the main centers of Nithyananda Mission.

### USA:

#### Los Angeles

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### INDIA:

#### Bengaluru, Karnataka

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#### Varanasi, Uttar Pradesh

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For further information visit [www.nithyananda.org](http://www.nithyananda.org)

**Nithyananda Galleria**

A wide range of products for blissful living:

- ~ Nithyananda's insightful messages on video, audio tapes, CDs and books in over 20 languages.
- ~ Enlivening music and chants for meditation and deep inner healing.
- ~ Meditation and yoga books, kits and CDs for rejuvenating body, mind and spirit.
- ~ Energized rosaries, bracelets, photographs, clothing and gift items for a stimulating life style.
- ~ Ethnic energy bead jewellery for men and women for tranquility and continued high energy.

Visit [www.lifeblissgalleria.com](http://www.lifeblissgalleria.com) for more information.

**Suggested for Further Reading**

- Guaranteed Solutions
- Nithya Yoga - The Ultimate Practice for Body, Mind and Being
- Nithya Yoga - For Kids
- Nithya Yoga - The Understanding
- Don't Worry Be Happy
- Nithyananda Vol. 1
- Instant Tools for Blissful Living
- You Can Heal
- Follow Me In!
- The Door to Enlightenment
- Songs of Eternity
- You are No Sinner
- So You Want to Know The Truth?
- Uncommon answers to Common Questions

Over 500 FREE discourses of Nithyananda available at  
<http://www.youtube.com/lifeblissfoundation>





# Nithya Yoga

## SURYA NAMASKAR

*Surya Namaskar* or Sun Salutation is the oldest yogic practice for the integration of body-mind-spirit. It activates the left brain energy or the active, male principle in us. It works on all the major glands and organs of the body in a most beneficial manner.

The Sun Salutation involves a set of 12 *asanas* or postures that are done with the appropriate breathing for enhancing the overall effect on physical and mental well being. When practiced in the early hours of the morning, it helps stretch and limber our body, clear our mind and hone our awareness.

This booklet takes us on a fascinating tour of the history and background of the Sun Salutation. Through clear photographs it takes us through the preparations and the various steps of the Sun Salutations in an easy- to- learn manner.

Also in it is included the *pranayama* or breathing technique that is closely associated with Surya or the Sun.

Moreover for the seeker who wishes to go deeper, the *bija* or seed *mantras* and the *sun salutation mantras* have been effectively incorporated into the practice. The deeper meaning of the mantra have been presented to lift the practice to a different level of consciousness altogether. To complete the practice with a feeling of wholeness a beautifully crafted body gratitude meditation has been included as the end piece.

This well presented booklet is a must for those who are looking for fulfilment in their practice of the Sun Salutation.



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