



Sun salutes or Surya Namaskar can be used to befriend the Sun deity when combined with the chanting of the twelve names of Surya, while performing the Sun salutes at dawn. It's best to repeat the mantras in the beginning of each of the 12 cycles. The Mantras can also be chanted mentally with each of the 12 positions of Surya Namaskar as listed below.

ॐ मित्राय नमः

Om mitraaya namah



1. Stand facing east in the direction of the rising sun, both feet touching, the hands together, palm-to-palm, at the heart.

ॐ रवये नमः

Om ravaye namah



2. *Inhale* and raise the arms upward. Slowly bend backward, stretching arms above the head.

ॐ सुर्याय नमः

Om suryaaya namah



3. *Exhale* slowly bending forward, touching the earth with respect until the hands are in line with the feet, head touching knees.

ॐ भानवे नमः

Om bhaanave namah



4. *Inhale* and take a wide backward step with the right leg. Keep the hands and feet firmly on the ground, with the left foot between the hands. Raise the head.

ॐ स्वगाय नमः

Om svagaaye namah



5. While *exhaling*, bring the left foot together with the right. Keep arms straight, raise the hips and align the head with the arms, forming an upward arch.

ॐ पुष्णे नमः

Om puushne namah



6. *Hold your breath* and lower the body to the floor until the feet, knees, hands, chest, and forehead are touching the ground.

ॐ हिरण्यगर्भाय नमः

Om hiranyagarbhaaya namah



7. *Inhale* and slowly lower the hips to the floor, (hips should be slightly raised above the ground) and bend backward as much as possible.

ॐ मरीचये नमः

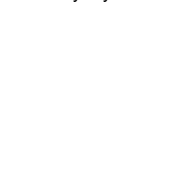
Om mariicaye namah



8. While *exhaling*, bring the left foot together with the right. Keep arms straight, raise the hips and align the head with the arms, forming an upward arch.

ॐ आदित्याय नमः

Om aadityaaya namah



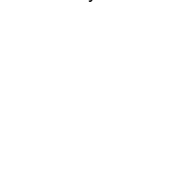
ॐ सवित्रे नमः

Om savitre namah



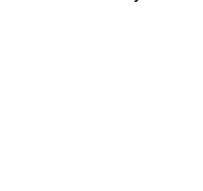
ॐ अर्काय नमः

Om arkaaya namah



ॐ भास्कराय नमः

Om bhaskaraaya namah





9. *Inhale* and move the right leg back away from the body in a wide backward step. Keep the hands and feet firmly on the ground, with the left foot between the hands. Raise the head.



10. *Exhale* slowly bending forward, touching the earth with respect until the hands are in line with the feet, head touching knees.



11. *Inhale* and raise the arms upward. Slowly bend backward, stretching arms above the head.



12. *Exhale*, bring the left foot together with the right. Keep arms straight, raise the hips and align the head with the arms, forming an upward arch.