

## 2. Sūrya Namaskāra Mantras

(melody by Renée Sunbird)

Oṃ saptāśvārūḍham nakṣatra mālam  
chāyā lolam candra-pālam  
gagana sancharī  
Oṃ bhāskarāya namaḥ

Oṃ Hrām Mitrāya namaḥ  
Oṃ Hrīm Sūryāya namaḥ  
Oṃ Hrūṃ Ravaye namaḥ  
Oṃ Hraiṃ Bhānave namaḥ  
Oṃ Hrauṃ Khagāya namaḥ  
Oṃ Hrah Pūṣṇe namaḥ

Oṃ Hrām Hiraṇya Garbhāya namaḥ  
Oṃ Hrīm Marīchaye namaḥ  
Oṃ Hrūṃ Ādityāya namaḥ  
Oṃ Hraiṃ Savitre namaḥ  
Oṃ Hrauṃ Arkāya namaḥ  
Oṃ Hrah Bhāskarāya namaḥ

Oṃ Mitrāya namaḥ  
Oṃ Sūryāya namaḥ  
Oṃ Ravaye namaḥ  
Oṃ Bhānave namaḥ  
Oṃ Khagāya namaḥ  
Oṃ Pūṣṇe namaḥ

Oṃ Hiraṇya Garbhāya namaḥ  
Oṃ Marīchaye namaḥ  
Oṃ Ādityāya namaḥ

Oṃ Savitre namaḥ  
Oṃ Arkāya namaḥ  
Oṃ Bhāskarāya namaḥ

Oṃ Śrī savitra sūrya nārāyaṇāya namaḥ

*The Sūrya Namaskār Mantras are a wonderful accompaniment to the morning practice of sun salutations. They include the different names and praises of Sūrya, the sun.*

*I recorded a slower version with the bīja Mantras (Hrām, Hrīm, Hrūm...) and another one without the bīja Mantras. I hope that they add a new dimension to your practice.*

