

# **Sun Salutations – *Beeja* Mantra**

**(To be pronounced before chanting each name)**

**Combinations of 2 sounds “Ha”and “Ra”with variations caused by 6 vowels**

**Aa, E, U, Aai, Au, Aha.**

**Benefits of chanting:**

- **OM (Pranava)**

**Stimulates all the vital internal organs of the body, especially the brain, heart and stomach**

- **Hram**

**Acts as a stimulus to the brain, heart, alimentary canal, respiratory organs such as nose, windpipe, throat, lungs & chest and upper ribs**

# **Sun Salutations – *Beeja* Mantra** (contd...)

**(To be pronounced before chanting each name)**

- **Hrim**  
Invigorates the throat, palate, heart, respiratory and digestive organs
- **Hrum**  
Strengthens the liver, spleen, stomach, abdomen, uterus and intestines
- **Hraim**  
Stimulates kidneys
- **Hroum**  
Normalizes the function of rectum and anus
- **Hrah**  
Develops the chest and throat

# Adjectives offered to The Sun (Names of Surya)

(To be Chanted before each Cycle)

Mitra	A friend of all
Ravi	Praised by all
Surya	The stimulator
Bhanu	Giver of luster/beauty
Khaga	Stimulator of senses
Pushan	The one who nourishes
Hiranyagarbha	One who possesses power to develop energy and vitality
Marici	Destroyer of diseases
Aditya	One who attracts
Savitr	Begetter
Arka	Fit to be revered
Bhaskar	Refulgent

# Chanting Bija Mantras and Sun's Adjective

- 1) **Aum Hram Mitraya Namaha**
- 2) **Aum Hrim Ravaye Namaha**
- 3) **Aum Hrum Suryaya Namaha**
- 4) **Aum Hraim Bhanave Namaha**
- 5) **Aum Hroum Khagaya Namaha**
- 6) **Aum Hraha Pushne Namaha**
- 7) **Aum Hram Hiranyagarbhaya Namaha**
- 8) **Aum Hrim Marichaye Namaha**
- 9) **Aum Hrum Adityaya Namaha**
- 10) **Aum Hraim Savitre Namaha**
- 11) **Aum Hroum Arkaya Namaha**
- 12) **Aum Hraha Bhaskaraya Namaha**
- 13) **Aum Sri Savitra Surya Narayanaya Namaha**