Thanksgiving Prayer

We return thanks to our mother, the earth, which sustains us.

We return thanks to the rivers and streams, which supply us with water.

We return thanks to all herbs, which furnish medicines for the cure of our diseases.

We return thanks to the moon and stars, which have given to us their light when the sun was gone.

We return thanks to the sun, that has looked upon the earth with a beneficent eye.

Lastly, we return thanks to the Great Spirit, in Whom is embodied all goodness, and Who directs all things for the good of Her children.

~Iroquois Prayer

Surya Namaskar

1. Do standard Surya Namaskar first for two times
2. Do Surya Namaskar listening to Sanskrit prayer
3. Do Surya Namaskar listening to English prayer translation
4. Do Surya Namaskar listening to Bija chakra mantra
5. Do Surya Namaskar focusing all energy on body part of chakra (base of spine, pelvis, navel, heart, throat, eyebrow, crown)
6. Do Surya Namaskar two times in silence and your eyes closed if possible

1. Pranamasana (prayer pose)
   Om Mitraya Namaha
   (I bow to the one who is a friend to all)
   Yam
   Heart
2. Hasta Uttanasana (sky reaching pose)
   Om Ravaye Namaha
   (I bow to the radiant one)
   Ham
   Throat
3. Pada Hastasana (hands to feet pose)
   Om Suryaya Namaha
   (I bow to the dispeller of darkness)
   Vam
   Pelvis
4. Ashwasanchalanasana (low lunge)
   Om Bhanave Namaha
   (I bow to the one who illuminates)

Om
Eyebrow

5. Parvatasana (downward dog, feet together)
   Om Khagaya Namaha
   (I bow to the one who moves through the sky)
   Silence
   Crown
6. Ashtanga Namaskar (snake)
   Om Pushne Namaha
   (I bow to the giver of nourishment and strength)
   Ram
   Navel
7. Bhujangasana (low cobra)
   1.Om Hiranya Garbhaya Namaha
   (I bow to the one who is the source of energy)
   Lam
   Base of spine
8. Parvatasana (downward dog, feet together)
   Om Marichaye Namaha
   (I bow to the giver of light)
   Silence
   Crown
9. Ashwasanchalanasana (low lunge)
   Om Adityaya Namaha
   (I bow to the Divine Mother)
   Om
   Eyebrow
10. Pada Hastasana (hands to feet pose)
    Om Savitrye Namaha
    (I bow to the creator of life)
    Vam
    Pelvis
11. Hasta Uttanasana (sky reaching pose)
    Om Arkaya Namaha
    (I bow to the one who is worthy of praise and glory)
    Ham
    Throat
12. Pranamasana (prayer pose)
    Om Bhaskaraya Namaha
    (I bow to the giver of enlightenment)
    Yam
    Heart
13. Do 2 more Surya Namaskar in silence. Feel free to close your eyes as well
14. Childs Pose
15. Savasana