

Shine Your Light!™

The Practice of Sūrya Namaskāra

Week 1

Daily practice:

Go to bed early to wake up early: get 7 1/2 - 8 hours of sleep!!

1. Upon waking: (before anything while lying in bed)

Bring your palms together at your heart. Repeat aloud or in your mind:

I am light. I am love. Thank you for this day.

2. Watch Week 1 videos and listen to week 1 audios.

3. Practice Tantric Seed sounds 5-10 minutes a day in the morning after waking as well as in the evening.

4. Journal daily after practicing. 5-10 minutes a day in the morning or the evening or both.

5. At least once this week get out into nature; the park, a beach etc.

The Tantric Mantras of Sūrya Namaskāra

Hrāṃ
Hrīṃ
Hrūṃ
Hraiṃ
Hraum
Hraḥ

Hrāṃ
Hrīṃ
Hrūṃ
Hraiṃ
Hraum
Hraḥ