

Opening Mantras

The Wisdom of Deep Practice: Exploring Your Inner World through the Yoga Sutras of Patanjali

Opening Invocation

Om Om Om
Om namah shivaya gurave
Sat chit ananda murtaye
Nisprapanchaya shantaya
Niralambhaya tejase

*Salutations to the eternal teacher.
Who exists within us as pure being, pure awareness, pure joy.
Who is peaceful, luminous, without form.
Who is never not supporting us.*

Invocation to the Primordial Goddess

Sarva mangala mangalye
Shive sarvatra sadhike
Sharanye tryambhike gauree
Narayanee namo stute

*I take refuge in She who is the auspiciousness of all that is auspicious,
Who is always united with Shiva
To Gauri, the three-eyed shining one, to Narayanee, I bow.*

Traditional Patanjali Invocation Mantras

Vande Gurunaam Charanaaravinde
Sandarshita Svaatma Sukhaava Bodhe
Nih Shreyase Jaangalikaayamaane
Samsaara Haalaahala Mohashaantyai
Aabaahu Purushaakaram
Shankhachaakrasi Dhaarinam
Sahasra Shirasam Shvetam
Pranamaami Patanjalin

*I bow to the lotus feet of the Gurus,
The awakening happiness of one's own Self revealed,
Supremely good, acting like the jungle physician (the miracle healer,
Pacifying delusion, the poison of Samsara.
Taking the form of a man-serpent,
Holding a conch, a discus, and a sword,
One thousand heads, white,
To Patanjali, I salute.*