

ASHTANGA OPENING CHANT

Om

Vande Gurunam Charanaravinde
Sandarshita Svatma Sukhava Bodhe
Nih Sreyase Jangalikayamane
Samsara Halahala Mohashantyai

Abahu Purushakaram
Shankhacakrasi Dharinam
Sahasra Shirasam Svetam
Pranamami Patanjalinam

Om

Om

I pray to the Lotus feet of the Supreme Guru who teaches the
Good Knowledge, showing the way to knowing the Self-awakening
Great Happiness; who is the doctor of the jungle,
Able to remove the poison of ignorance from conditioned existence.

To Patanjali, an incarnation of Adisesa, white in colour with 1000
Radiant heads (in his form as the divine serpent, Ananta),
Human in form below the shoulders holding a sword (for discrimination),
A wheel of Fire (discus of light, representing infinite time),
And a conch (for divine sound) –
To him, I prostrate.

Om

ASHTANGA CLOSING CHANT

Om

Swasthi – Praja Bhyah Pari Pala Yantam
Nya – Yena Margena Mahi – Mahishaha
Go – Brahmanebhyaha – Shubhamastu – Nityam
Lokaa – Samastha Sukhino – Bhavanthu

Om Shanti, Shanti, Shantihi

Om

Let Prosperity be Glorified –
Let Rulers (Administrators) lead the world with law and justice
Let divinity and erudition (spiritual education) be protected
Let all beings everywhere be happy and free

Om peace, peace and perfect peace

