

## Opening Prayer

वन्दे गुरूणां चरणारविन्दे  
सन्दर्शितस्वात्मसुखावबोधे ।  
निःश्रेयसे जाङ्गलिकायमाने  
संसारहालाहलमोहशान्त्यै ॥

vande gurūṇāṃ caraṇāravinde  
sandarśita-svātma-sukhāvabodhe ।  
niḥśreyase jāṅgali-kāya-māne  
saṁsāra-hālāhala-moha-śāntyai ॥

**Gist:** Because I want more peace of mind and stability in life, I am now going to practice yoga as it is has been passed down since time immemorial.

**Interpretive:** For the peaceful resolution of the deluding nature of repetitive existence, I bow at the lotus feet of the Gurus, and behold the awakened joy of my own Soul; this is the ultimate refuge that acts like a shaman, a true source of spiritual enrichment.



आबाहुपुरुषाकारं  
शङ्खचक्रासिधारिणम् ।  
सहस्रशिरसं श्वेतं  
प्रणमामि पतञ्जलिम् ॥

ābāhu-puruṣākāraṁ  
śaṅkha-cakrāsi-dhāriṇam ।  
sahasra-śirasaṁ śvetaṁ  
praṇamāmi patañjalim ॥

**Literal:** I respectfully honor Patañjali - a principle proponent of yoga - who has taken the form of a brilliantly luminous man with thousands of heads, and who holds a conch, a discus and a sword.



vande = I bow

guruṇām = of the gurus

caraṇa = a pair of feet

aravinda = a lotus

caraṇāravinde = at a pair of lotus feet

sandarśita = vision

sva = one's own

ātma = Self, soul; the God within

sukha = happiness

avabodha = awakening

niḥśreyase = the very best; supreme refuge

jāṅgali = jungle

kāya = body

māna = one who measures; measuring

jāṅgali-kāya-māna = the jungle physician; a snake doctor or “shaman”

saṁsāra = repetitive worldly existence

hālāhala = the poison spewed forth from Ananta during the churning of the ocean of milk

moha = delusion

śānti = peace; resolution

saṁsāra-hālāhala-moha-śāntyai = for the pacification of the poisonous delusion of repetitive worldly existence

ābāhu = all bodily limbs

puruṣa = a man

ākāra = the form of . . .

ābāhu-puruṣa-ākāram = having the form of a man's body - i.e. only below the head

śaṅkha = a conch

cakra = a discus

asi = a sword

dhāriṇa = holding

śaṅkha-cakrāsi-dhāriṇam = holding a conch, a discus and a sword

sahasra = lit. a thousand; thousands, innumerable

śirasa = head

sahasra-śirasam = innumerable heads

svetam = luminous, white

praṇamāmi = I bow

patañjalim = to Patañjali