

Ashtanga Invocation

Om

Vandē gurūṇāṃ caraṇāravindē
Sandarśitasvātmasukāvabōdhē |
Niḥśrēyasē jāṅgalikāyamānē
Saṃsārahālāhālamōhaśāntyai ||

Ābāhu puruṣākāraṃ
Śaṅkhacakrāsīdhāriṇam |
Sahasraśīrasaṃ śvētaṃ
Praṇamāmi patañjalim ||

Om

Translation

Om

I bow to the lotus feet of the Supreme Gurus
who awaken insight into the happiness of pure Being,
who are the refuge, and the jungle physician,
who eliminate delusion caused by the poison of
conditioned existence.

Taking the form of a man to his shoulders,
holding a conch shell (divine sound), a wheel (discus of
light or infinite time) and a sword (discrimination)
with a thousand radiant white heads,
I bow to the sage Patanjali

Om