

Ashtanga Invocation

वन्दे गुरूणां चरणारविन्दे
vande gurūṇāṃ caraṇāravinde
सन्दर्शित स्वात्म सुखाव बोधे ।
sandarśita svātma sukhāva bodhe

निःश्रेयसे जाङ्गलिकायमाने
niḥśreyase jāṅgalikāyamāne
संसार हालाहल मोह शान्त्यै ॥
saṁsāra hālāhala moha śāntyai

I bow to the two lotus feet of the (plurality of) Gurus, which awaken insight into the happiness of pure Being, which are the complete absorption into joy, the jungle physician, eliminating the delusion caused by the poison of Saṁsāra (conditioned existence).

आबाहु पुरुषाकार
ābāhu puruṣākāraṁ
शन्ख चक्रासि धारिणम् ।
śankha cakrāsi dhāriṇam
सहस्र शिरसं श्वेतं
sahasra śirasam śvetam
प्रणमामि पतञ्जलिम् ॥
praṇamāmi patañjalim

I prostrate before the sage Patañjali who has thousands of radiant, white heads (as the divine serpent, Ananta) and who has, as far as his arms, assumed a human form, holding a conch shell (divine sound), a wheel (a discus of light or time) and a sword (discrimination).

ॐ Om