

Invocation to Patanjali

Yogena cittasya padena vacam

Yo-gay-nuh chih-tah-syuh pah-day-nuh vah-chahm

Malam sarirasyaca vaidyakena

Mah-lahm shah-ree-rah-syuh chuh vy-dyuh-kay-nuh

Yopakarottam prvaram muninam

Yo-pa kar-oh-tahm prah-vah-rahm moo-nee-nahm

Patanjalim pranjaliranato'smi

Pah-tahn-jah-lim prahn-jah-leer ah-nah-toe-smee

Meaning: To the noblest of sages, Patanjali, who gave us yoga for serenity of mind, grammar for purity of speech and medicine for the perfection of the body, I salute.

Abahu purusakaram

A-bah-hoo poo-roo-shah-kar-ahm

Sankha cakrasi dharinam

Shahn-kah chah-krah-see dar-ee-nahm

Sahasra sirasam svetam

Sah-hah-srah sheer-ah-sahm shvay-tahm

Pranamami Patanjalinam

Prah-nuh-mah-mee pah-tahn-ja-lim

Hari om

Har-ri hey Om

Meaning: I salute before Patanjali whose upper body has a human form, whose arms hold a conch, and disc and a sword, who is crowned by a thousand headed cobra. Oh incarnation of Adisesa my humble salutations to thee.

