

Opening mantra

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OM

vande gurūṇām caraṇāravinde
sandarśita svātma sukhāvabodhe
niḥśreyase jāṅgalikāyamāne
saṃsāra hālāhala mohaśāntyai

ābāhu puruṣākāraṃ
śaṅkhacakrāsi dhāriṇam
sahasra śirasaṃ śvetam
praṇamāmi patāñjalim

OM

ॐ

OM

I bow to the lotus feet of the great teachers,
who awaken the happiness of bringing one's own self to light,
who incomparable like medicine men from the jungle
cure the poison of the delusion of birth and death.

Him, who up to his shoulders takes human form,
bearing conch, disk and sword,
thousand-headed, shining white,
him, Patāñjali, I salute.

OM

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