ॐ वक्रतुण्ड महाकाय सूर्यकोटि समप्रभ। निर्विघ्नं कुरु मे देव सर्वकार्येषु सर्वदा॥

Om vakra-tuṇḍa mahā-kāya sūrya-koṭi samaprabha | nirvighnaṃ kuru me deva sarva-kāryeṣu sarva-dā ||

O Ganesa, god with a curved trunk, of great stature, Whose brilliance is equal to ten million suns, Grant me freedom from obstacles, In all things, at all times.

ॐ सह नाववतु । सह नो भुनक्तु । सह वीर्यं करवावहे । तेजस्वि नावधीतमस्तु मा विद्विषावहे ॥
ॐ शान्तिः शान्तिः शान्तिः ।

Oṃ saha nāvavatu | saha nau bhunaktu | saha vīryaṃ karavāvahai | tejasvi nāvadhītam astu mā vidviṣāvahai || Oṃ śāntiḥ śāntiḥ |

May it protect us both together,
May it nourish us both together.
May we work together with vigor,
May our study be illuminating.
May we be free from discord.
Om Peace, Peace, Peace!

translated by Zoë Slatoff www.ashtangayogaupperwestside.com

गुरुर्बह्मा गुरुर्विष्णुः गुरुर्देवो महेश्वरः। गुरुः साक्षात् परं ब्रह्म तस्मै श्रीगुरवे नमः॥

gurur brahmā gurur viṣṇuḥ gurur devo maheśvaraḥ | guruḥ sākṣāt paraṃ brahma tasmai śrī-gurave namaḥ ||

The teacher is Brahmā, God of Creation.
The teacher is Viṣṇu, God of Preservation.
The teacher is Śiva, God of Destruction.
The teacher is clearly the Supreme Spirit.
I bow to that sacred teacher.

शुक्काम्बरधरं विष्णुं शशिवर्णं चतुर्भुजम्। प्रसन्नवदनं ध्यायेत् सर्वविद्योपशान्तये॥

śuklāmbara-dharam viṣṇum śaśi-varṇam catur-bhujam | prasanna-vadanam dhyāyet sarva-vighnopaśāntaye ||

One should meditate upon Lord Viṣṇu, wearing a white garment, All-pervading, with the appearance of the moon, four-armed, With a bright, kind face, For the pacifying of all obstacles.

वसुदेवसुतं देवं कंसचाणूरमर्दनम्। देवकीपरमानन्दं कृष्णं वन्दे जगद्गुरुम्॥

vasudeva-sutam devam kamsa-cāṇūra-mārdanam | devakī-paramānandam kṛṣṇam vande jagad-gurum ||

I bow to Lord Kṛṣṇa, son of Vasudeva, Destroyer of Kaṃsa and Cāṇūra. The greatest joy of Devakī, The spiritual teacher of the universe.

मूकं करोति वाचालं पङ्गं लङ्घयते गिरिम्। यत्कृपा तमहं वन्दे परमानन्द माधवम्॥

mūkaṃ karoti vācālaṃ paṅguṃ laṅghayate girim | yat-kṛpā tam ahaṃ vande paramānanda mādhavam ||

The mute becomes talkative,
The lame crosses a mountain.
Whose compassion makes this possible,
Salutations to that Supreme Spirit, the descendant of Madhu.

योगेन चित्तस्य पदेन वाचां मलं शरीरस्य च वैद्यकेन। योऽपाकरोत्तं प्रवरं मुनीनां पतञ्जलिं प्राञ्जलिरानतोऽस्मि॥

yogena cittasya padena vācāṃ malaṃ śarīrasya ca vaidyakena | yo 'pākarottaṃ pravaraṃ munīnāṃ patañjaliṃ prāñjalir ānato 'smi ||

With palms folded together,
I bow respectfully to Patañjali, the best of sages,
Who dispels the impurities of the mind with Yoga,
Of speech through Grammar, and of the body by means of Medicine.

यस्त्यक्तवा रूपमाद्यं प्रभवति जगतोऽनेकधानुग्रहाय। प्रक्षीणक्लेशराशिर्विषमविषधरोऽनेकवक्त्रः सुभोगी। सर्वज्ञानप्रसृतिर्भुजगपरिकरः प्रीतये यस्य नित्यम्। देवोऽहीशः स वोऽव्यात्सितविमलतनुर्योगदो योगयुक्तः॥

yas tyaktvā rūpam ādyam prabhavati jagato 'nekadhānugrahāya | prakṣīṇa-kleśa-rāśir viṣama-viṣadharo 'neka-vaktraḥ subhogī | sarva-jñāna-prasūtir bhujaga-parikaraḥ prītaye yasya nityam | devo 'hīśaḥ sa vo 'vyāt sita-vimala-tanur yogado yoga-yuktaḥ ||

Patañjali, having abandoned his previous form, incarnates in various ways, For the sake of bestowing favor to this world.

By whom the mass of afflictions is destroyed, who possesses dangerous poison, Who has many heads, is beautifully ringed and brings forth all knowledge.

Whose retinue of snakes is always for his delight.

May that Lord of snakes protect you, Whose body is pure white and spotless, Who transmits yoga, while absorbed in yoga.

ॐ भूर्भुवः स्वः। तत्सवितुर्वरेण्यम्।

भर्गों देवस्य धीमहि। धियो यो नः प्रचोदयात्॥

Om bhūr bhuvaḥ svaḥ | tat savitur vareṇyam | bhargo devasya dhīmahi | dhiyo yo naḥ pracodayāt ||

Earth, Heaven, the Whole Between.
The excellent divine power of the Sun.
May we contemplate the radiance of that god,
May this inspire our understanding.

स्वस्ति प्रजाभ्यः परिपालयन्तां न्यायेन मार्गेण महीं महीशाः। गोब्राह्मणेभ्यः शुभमस्तु नित्यं लोकाः समस्ताः सुखिनो भवन्तु॥ ॐ शान्तिः शान्तिः शान्तिः।

Om

svasti prajābhyaḥ paripālayantāṃ nyāyena mārgeṇa mahīṃ mahīśāḥ | go-brāhmaṇebhyaḥ śubham astu nityaṃ lokāḥ samastāḥ sukhino bhavantu || Oṃ śāntiḥ śāntiḥ |

May the rulers of the earth
Protect the well-being of the people,
With justice, by means of the right path.
May there always be good fortune,
For cows, brahmins and all living beings.
May the inhabitants of all the worlds,
Be full of happiness.

Om Peace, Peace!

काले वर्षतु पर्जन्यः पृथिवी सस्यशालिनी।

देशोऽयं क्षोभरहितो ब्राह्मणाः सन्तु निर्भयाः॥

kāle varṣatu parjanyaḥ pṛthivī sasya-śālinī | deśo 'yaṃ kṣobha-rahito brāhmaṇāḥ santu nirbhayāḥ ||

May the rain cloud rain down in the proper season.

May the earth be abounding in crops.

May this country be free from disturbance.

May those with divine knowledge be free from fear.

अपुत्राः पुत्रिणः सन्तु पुत्रिणः सन्तु पौत्रिणः।

अधनाः सधनाः सन्तु जीवन्तु शरदं शतम्॥

aputrāḥ putriṇaḥ santu putriṇaḥ santu pautriṇaḥ l adhanāḥ sadhanāḥ santu jīvantu śaradaṃ śatam ll

May the childless become parents.

May parents become grandparents.

May the poor become wealthy.

May they live for a hundred autumns.

सर्वेषां स्वस्तिर्भवतु । सर्वेषां शान्तिर्भवतु । सर्वेषां पूर्णं भवतु । सर्वेषां मङ्गलं भवतु ॥

sarveṣāṃ svastir bhavatu | sarveṣāṃ śāntir bhavatu | sarveṣāṃ pūrṇaṃ bhavatu | sarveṣāṃ maṅgalaṃ bhavatu ||

May there be well-being for all, May there be peace for all. May there be wholeness for all, May there be happiness for all.