



Yoga Universal Prayers



Yoga Prayer to Sage Patanjali

Yogena Cittasya Padena Vaca
Malam Sarirasya CaVaidyakena
Yopakarottam Pravaram Muninam
Patanjalim Pranjaliranatosmil
Om Santih Santih Santih

I offer my salutations with folded hands to Patanjali,
the renowned amongst sages, who removed
impurity of mind through Yoga, of the speech by
Grammar and of the body by Ayurveda
Om Peace Peace Peace

Starting Prayer

Sahana Vavtu,
Sahanou Bhunaktu,
Sahaviryan Karava Vahai,
Tejas Vinavadhi Tamastu
Ma Vid Visa Vahai
Om Santih Santih Santih

May He protect us both
May He nourish us both
May we both work together with great energy
May our study be enlightening and fruitful
May we live in harmony
Om Peace Peace Peace

Surya-Namakar Prayer

Hiranmayena Patrena
Satyasyaphitam Mukham
Tat twam Pusan Apavrnu
Satya Dharmaya Drstaye

Like a lid to a vessel
O Sun, your Golden orb covers the entrance to Truth
Kindly open thy entrance
To lead me to Truth

Bija Mantras:

Aum Hram Mitraya Namah
Aum Hrim Ravaye Namah
Aum Hrum Suryaya Namah
Aum Hraim Bhanave Namah
Aum Hraum Khagaya Namah
Aum Hrah Pusne Namah
Aum Hram Hiranyagarbhaya
Namah
Aum Hrim Maricaye Namah
Aum Hrum Adityaya Namah
Aum Hraim Savitre Namah
Aum Hraum Arkaya Namah
Aum Hrah Bhaskaraya Namah

Salutations to the
... friend of all
... shining one – cause for change
... one who inspires
... one who is the giver of light
... indweller of the sky
... giver of divine nourishment
... pure potentiality
... one who possesses rays
... son of Aditi
... one who produces everything
... one who is fit to be worshiped
... one who is the cause of all brightness



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Concluding Prayers

Sarve Bhavantu Sukhinah,
Sarve Santu Niramayah,
Sarve Bhadrani Pasyantu,
Ma Kascit Dukha Bhabhavet
Om Santih Santih Santih

May all be happy
May all be free from disease
May all realise what is good
May none be subject to misery
Om Peace Peace Peace

THE SAVITUR- GAYATRI MANTRA

Om Bhoor Bhuvah Swah

Tat Savitur Varenyam

Bhargo Devasya Dheemahi

Dhiyo Yo Nah Prachodayat

Om- Brahman; Bhoor-Outer world; Bhuvah – Inner world; Swaha- Innermost world;
Tat-That; Savituh- the generator, creator;
Varanyam-adorable;
Bhargah-bright light that burns off ignorance;
Devasya-of divine; Dheemahi-we meditate;
Dhiyah- understandings; Yah- Who; Nah-ours;
Prachodayat- should enlighten

Om the infinite Brahman which pervades the outer, inner and the innermost world. We meditate upon the bright lustre of lord Savita (represented by the sun) may he enlighten our understandings. He is the eternal presence behind manifested world formed of energy and matter. He is the Brahman, pervading all the sphere of Bhur-Bhuvah-Swah. The sun is verily the Brahman.

Maha Mrityunjaya Mantra

Om Tryam-bakam Yaja-mahe
Sugan-dhim Pusti-var-dha-nam
Urva-ruka-miva Bandha-nat

Mrityor-mukshi-ya-mamri-ta-t

Om! We worship Shiva
Who nourishes all beings
We are bound to our material life, like cucumbers attached to a vine
Sever us from this world of death, release us into the eternal