ॐ Yoga Universal Prayers ॐ

Starting Prayer

Sahana Vavtu,	May He protect us both
Sahanou Bhunaktu,	May He nourish us both
Sahaviryan Karava Vahai,	May we both work together with great energy
Tejas Vinavadhi Tamastu	May our study be enlightening and fruitful
Ma Vid Visa Vahai	May we live in harmony
Om Santih Santih Santih	Om Peace Peace Peace

Surya-Namakar Prayer

Hiranmayena Patrena	Like a lid to a vessel
Satyasyaphitam Mukham	O Sun, your Golden orb covers the entrance to Truth
Tat twam Pusan Apavrnu	Kindly open thy entrance
Satya Dharmaya Drstaye	To lead me to Truth

Bija Mantras:

Aum Hram Mitraya Namah	Salutations to the friend of all
Aum Hrim Ravaye Namah	Salutations to the shining one
Aum Hrum Suryaya Namah	Salutations to he who induces activity
Aum Hraim Bhanave Namah	Salutations to the giver of light
Aum Hraum Khagaya Namah	Salutations to indweller of the sky
Aum Hrah Pusne Namah	Salutations to giver of divine nourishment
Aum Hram Hiranyagarbhaya Namah	Salutations to pure potentiality
Aum Hrim Maricaye Namah	Salutations to one who possesses rays
Aum Hrum Adityaya Namah	Salutations to son of Aditi
Aum Hraim Savitre Namah	Salutations to one who produces everything
Aum Hraum Arkaya Namah	Salutations to one who is fit to be worshiped
Aum Hrah Bhaskaraya Namah	Salutations to one who is the cause of all brightness

Concluding Prayers

Sarve Bhavantu Sukhinah,	May all be happy
Sarve Santu Niramayah,	May all be free from disease
Sarve Bhadrani Pasyantu,	May all realise what is good
Ma Kascit Dukha Bhabhavet	May none be subject to misery
Om Santih Santih Santih	Om Peace Peace Peace