

## Yoga Chants

1. Om Narayanam Padmabhuvam Vashishtam Shaktim  
Tatputra Parasharancha Vyasam Shukam  
Gaudapadam Mahantam Govinda Yogaindram  
Athasya Shishyam Shri Shankaracharyam  
Athasya Padmapadancha Hastamalakancha  
Shishyam Tanrotakam Vartekakara Mukyam  
Asmat Gurun Santatamanatosmi

(I am always bowed to our teachers--Narayanam, the first teacher, Brahma the Lotus Born, Vashishta and his son Shaktim, Vyasa and his son Parasharancha, Gaudapada the Great, Govinda, Lord of Yogis and his disciple Shri Shankaracharya, and his disciples Padmapadancha and Hastamalakancha, and the author of Varteka, Trotakam.)

2. Vande Gurunam Charanaravinde  
Sandarashita swatma sukhava bhode  
Nishreyase Jangalikaya Mane  
Samsara halahala mohashantiye  
Abahu Purushakaram  
Shankachakra Asi Dharinam  
Sahasra Shirasam Swetam  
Pranamami Patanjalin Om

(I respectfully bow to the lotus feet of my teacher, who teaches the knowledge of the Self that awakens us to great happiness, who is the Jungle Physician and dispeller of the poison of conditioned existence.

Taking the form of a man up to the hands, holding a conch, a discus, and a sword. and having a thousand heads of white light, Patanjali, I bow to you.)

3. Sahanavavatu Sahanau Bhunaktu Saha Viryam  
Karava vahai tejas vinau adhitamastu  
Ma vidvisha vaha-i-i Om shanti shanti shanti

(May wisdom protect and nourish us, let us work together for wisdom, may our study be illuminating, may we never be at discord)

4. Om namo Brahmaavidibhyo Brahmavidya sampradaya karatrobhyo namo  
Vomsharishibhyo namo mahadibhyo namo Gurubhyaha  
Sarva upaplava rahita prajnanaghana pratyagarthaha  
Brahma iva aham asmi Om tat sat

(Salutations to Brahma and the originators of His wisdom, salutations to the sage of our family lineage, salutations to the great teachers. I am Brahma only, perfect consciousness, devoid of all misfortune.)