

## **Ashtanga Yoga Opening Chant**

*Om*

*Vande Gurunam Charanaravinde*

*Sandarshita Svatma Sukava Bodhe*

*Nih Sreyase Jangalikayamane*

*Samsara Halahala Mohashantyai*

*Abahu Purushakaram*

*Shankhacakrsi Dharinam*

*Sahasra Sirasam Svetam*

*Pranamami Patanjalinam*

*Om*

### Translation

om

I bow to the lotus feet of the Supreme Guru

which awaken insight into the happiness of pure Being,

which are the refuge, the jungle physician,

which eliminates the delusion caused by the poisonous herb of Samsara (conditioned existence).

I prostrate before the sage Patanjali

who has thousands of radiant, white heads (as the divine serpent, Ananta)

and who has, as far as his arms, assumed the form of a man

holding a conch shell (divine sound), a wheel (discus of light or infinite time) and a sword  
(discrimination).

om