

INVOCATION

yogena cittasya padena vacam
malam sarirasya ca vaidyakena
yopakarottam pravaram muninam
patanjalin pranajaliranato'smi
abahu
purusakaram
sankha cakrasi dharinam
sahasra sirasam svetam
pranamami patanjalin

Om

Let us bow before the noblest of sages Patanjali,
who gave yoga for serenity and sanctity of mind,
grammar for clarity and purity of speech and
medicine for perfection of health.

Let us prostrate before Patanjali, an incarnation of Adisesa,
whose upper body has a human form,
whose arms hold a conch and a disc, and
who is crowned by a thousand-headed cobra.