

Ashtāṅga Yoga Prāṇāyāma Chants



nārāyaṇam padma-bhuvanāṁ vaśiṣṭham
śaktim ca tat putra-parāśaram ca |
vyāsam śukam gauḍa-padam mahāntam
govinda-yogendram athāsya śiṣyam ||
śrī śaṅkarācāryam athāsya padma-
pādam ca hastāmalakam ca śiṣyam |
tan troṭakam vārtikakāramukhyān
asmad gurūn saṁtatamānato 'smi ||



om śam no mitra śam varuṇaḥ |
śam no bhavatvaryamā | śam na
indro br̥haspatiḥ | śam no
viṣṇururukramah | namo brahmaṇe |
namas te vāyo | tvameva
pratyakṣam brahmāsi | tvameva
pratyakṣam brahma vadiṣyāmi |
ṛtam vadiṣyāmi | satyam vadiṣyāmi |
tan māmavatu | tad vaktāramavatu |
avatu mām | avatu vaktārām ||
om śāntiḥ śāntiḥ śāntiḥ ||

om saha nāvavatu | saha nau bhunaktu |
saha vīryam karavāvahai | tejasvi
nāvadhītamastu mā vidviṣāvahai ||
om śāntiḥ śāntiḥ śāntiḥ ||

May we both be protected, May we both be nourished,
May we both work together vigorously,
May we both be illumined from our studies,
May there be no animosity amongst us.

Om peace peace peace...



om namo brahma-vidbhyo
brahma-vidyā-sampradāya-kartṛbhyo
namo vaṁśa-ṛṣibhyo
namo mahadbhyo namo gurubhyaḥ |
sarvopaplava-rahita
prajñāna-ghana-pratyagartho
brahmaivāhamasmi || om tat sat ||

Namaste to the knowers of the Supreme Brahman,
Namaste to the the creators of this Vedānata tradition,
Namaste to the decendants of the Ṛṣis, Namaste to
the Great Ones who have proceeded us, Namaste to
the Gurus; These salutations offered, that I may be
freed from delusion - the destroyer of wisdom, that I
may cease from drowning in saṁsāra; For in Truth I
am none other than the Supreme Brahman.

Om All is Good, True & Pure...

