

# Aṣṭāṅga Yoga Mantren

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वन्दे गुरुणां चरणारविन्दे सन्दर्शित स्वात्म सुखाव बोधे ।  
निःश्रेयसे जङ्गलिकायमाने संसार हालाहल मोहशांत्यै ॥

vande gurūṇām caraṇāravinde sandarśita svātma sukhāva bodhe |

I bow of the teachers lotus foot unveiling the self bliss awakening

niḥ-śreyase jaṅgali-kāyamāne saṁsāra hālāhala moha-śāntyai ||

complete well-being jungle healer conditioning a poison Illusion easing

This mantra connects with the ancient tradition of the eight-limbed path (Aṣṭāṅga Yoga).  
A track that leads out of the jungle of conditioning, prejudices and illusion to a more clear realization of the self.

ābāhu puruṣākāraṁ śankha – cakr – āsi dhāriṇam |

upper body human form mussel horn discus sword holding

sahasra śirasam śvetam praṇamāmi patañjalim ||

thousand head bright i bow to Patanjali

Patañjali formulated the philosophical concepts of the tradition.  
He symbolizes the clear realization of the self (a thousand radiant heads)  
and mastery (sword, distinctiveness) of origin (conch, primordial sound) and finitude (discus, time).

आबाहु पुरुषाकारं शंखचक्रासि धारिणम् ।  
सहस्र शिरसं श्वेतं प्रणमामि पतञ्जलिम् ॥

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स्वस्तिप्रजाभ्यः परिपालयन्तां न्यायेन मार्गेण महीं महीशाः ।  
गोब्राह्मणेभ्यः शुभमस्तु नित्यं लोकासमस्ता सुखिनो भवन्तु ॥

svasti-prajābhyaḥ paripālayantām nyāyena mārgeṇa mahīm mahīśāḥ |

well-being for mankind may it be protected in a right manner on the path of earth rulers

go-brāhmaṇebhyaḥ śubham-astu nityam lokā-samastā sukhino-bhavaṁtu ||

cows scholars blessed may it be eternal the worlds all well-being may all this be

With this mantra we wish for a peaceful, harmonious world in which there is space for the divine  
and human alike, the mighty are virtuous, and the grand are as blessed as the lowly.

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शान्तिः शान्तिः शान्तिः

śāntiḥ śāntiḥ śāntiḥ

peace peace peace

