

# Ashtanga Opening Chant

Om

Vandē gurūṇām caraṇāravindē  
Sandarśita-svātma-sukhāvabōdhē |  
Nihśreyasē jāngalikāyamānē  
Samsāra-hālāhala-mōhasāntyai ||

Abāhu puruṣākāram  
śaṅkha-cakrāsi-dhāriṇam |  
Sahasra-śirasam śvētam  
praṇamāmi patanjaliṃ ||

Om

I bow to the Gurus lotus feet  
The awakening happiness of one's own Self revealed,  
Beyond better, acting like the Jungle physician,  
Pacifying delusion, the poison of Samsara.

Taking the form of a man to the shoulders,  
Holding a conch, a discus, and a sword,  
One thousand heads white,  
To Patanjali, I salute.