



Invocation To Patanjali

योगेन चित्तस्य पदेन वाचां
yo-gay-nuh chit-tuh-syuh puh-day-nuh wah-chahm
मलं शरीरस्य च वैदिकेन
muh-lum shah-ree-ruh-syuh chuh way-dyuh-kay-nuh
योपाकरोति तं प्रवरं मुनीनां
yo-pah kuh-roht-tum pruh-vuh-rum moo-nee-nahm
पतञ्जलिम् प्राञ्जलीरानतोस्मि
puh-tun-juh-lim prahn-juh-leer ah-nuh-to-smee

आबाहु पुरुषाकारं
ah-bah-hoo poo-roo-shah-kah-rum
शङ्खचक्रासि धारिणम्
shahn-khuh chuh-krah-see dah-ree-num
सहस्र शिरसं श्वेतं
suh-huh-sruh sheer-uh-sum shway-tum
प्रणमामि पतञ्जलिम्
pruh-nuh-mah-mee puh-tun-juh-lim
हरी ओम्
hah-ree om



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Yoga for consciousness, grammar for speech
medicine for the ills of the body;
he gave us these things the sage
Patañjali to whom I pay my respects.

His upper body (arms) of human form,
holding conch, discus, and sword,
thousand headed cobra (over his head)
I pay my respects to Patañjali.



Why do we chant at the beginning of yoga class?

*Nothing can be learned unless we have the humility to learn.
So the moment we think of a great scholar and yogi like
Patanjali, we know we are very small. Once that is
understood then the problems which always arise while
practicing, mainly concerned with ego, will be lessened. We
become humble. In that sense the chanting helps.*

Paraphrased 1992 interview of Geeta Iyengar. Original interview
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