

## OPENING MANTRA

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वन्दे गुरुनं चरणारविन्दे सन्दर्शित स्वात्म सुखाव बोधे  
निः श्रेयसे जङ्गलिकायमाने संसार हाला हल मोहशांत्यै  
आबाहु पुरुषकारं शंखचक्रासि धारिणम्  
सहस्र शिरसं श्वेतं प्रणमामि पतञ्जलिम्

om

vande gurūṇaṁ caraṇāravinde sandarśita svātma sukhāva bodhe |  
niḥ śreyase jaṅgalikāyamāne saṁsāra hālā hala mohaśāntyai ||

ābāhu puruṣakāraṁ śaṅkhacakrāsi dhāriṇam |  
sahasra śirasaṁ śvetaṁ praṇamāmi patañjalim ||

I bow to the lotus feet of the Gurus  
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.