

CALGARY IYENGAR YOGA



INVOCATIONS

INVOCATION TO THE GURU

GURUR BRAHMA, GURUR VISNU, GURUR DEVO MAHEŚVARAH
GURUR SĀKSAT, PARAM BRAHMA, TASMAI ŚRIGURAVE NAMAH
BRAHMĀNANDAM PARAMASUKHADAM KEVALAM JÑĀNA-MŪRTIM
DVANDVĀTITAM GAGANASADRSAM TAT-TV AM-ASY-ĀDILAKSAM
EKAM NITYAM VIMALAM ACALAM SARVADHISĀKSI-BHŪTAM
BHĀVĀTĪTAM TRIGUNARAHITAM SAT GURUM TAM NAMĀMI

Guru is verily Brahma, Guru is verily Visnu, Guru is verily Śiva, Guru indeed is the Supreme, to him I bow. I salute the Guru who himself is a blissful state of Brahma, who gives only happiness, is embodiment of knowledge, has crossed all the dualities, who is as vast as the sky, who is the tangible sign of "that thou art". Who is one without imperfection, unchanging, sublime witness of all beings, who moves above the existence and is unaffected by the three gunas. So is the true Guru. I salute that Guru.

GENEŚA DHYĀNAM

VAKRATUNDA MAHĀKĀYA SŪRYAKOTI SAMAPRABHA
NIRVIGHNAM KURU ME DEVA ŚUBHAKARYESU SARVADĀ

Oh! Elephant-faced Ganeśa, Mighty One! Thy effulgence is equal to a billion suns! Forever remove, I pray thee, all impediments in the path of my auspicious deeds.

VISNU DHYĀNAM

ŚĀNTĀKĀRAM BHUJAGA-ŚĀYANAM PADMANĀBHAM SUREŚAM
VIŚVĀDHĀRAM GAGANA-SADRŚAM MEGHA-VARNAM ŚUBHĀNGAM
LAKSMĪ-KĀNTAM KAMALA-NAYANAM YOGIBHIR-DHYĀNA-GAMYAM
VANDE VISNUM BHAVA-BHAYĀHARAM SARVA-LOKAIKA-NĀTHAM

We meditate upon the Master of the Universe, Lord Visnu, who is every peaceful, who lies on the great serpent-bed, from whose navel springs the lotus of the creative power, who is the controller of the gods, whose form is the entire universe, who is all-pervading as the sky, of the hue of the cloud, of fascinating beauty, the Lord of Laksmāī, the lotus eyed, he who dwells in the hearts of the yogis and who can be approached and perceived through meditation, who is the destroyer of the fear of Samsāra.

INVOCATION TO SAGE PATAÑJALI

YOGENA CITTASYA PADENA VĀCĀM
MĀLAM SARĪRASYA CA VAID YAKENA
YOPĀKAROTTAM PRAVARAM MUNĪNĀM
PATAÑJALIM PRĀÑJALIRĀNATO'SMI ĀBĀHU PURUSĀKĀRAM
ŚANKHA CAKRĀSI DHĀRINAM SAHASRA ŚĪRASAM ŚVETAM
PRANAMĀMI PATAÑJALIM

Let us bow before the noblest of sages, Patañjali, who gave yoga for serenity and sanctity of mind, grammar for clarity and purity of speech and medicine for perfection of health. Let us prostrate before Patañjali, an incarnation of Ādiśesa, whose upper body has a human form, whose arms hold a conch and a disc, and who is crowned by a thousand-headed cobra.

ŚĀNTI MANTRA

AUM SA HA NĀVAVATU SA HA NAU BHUNAKTU
SAHA VĪRYAM KARAVĀVAHAI TEJASVINĀV ADHĪTAMASTU
MĀ VIDVISĀVAHAI
AUM ŚĀNTIĪ ŚĀNTIĪ ŚĀNTIĪ

May the Lord protect us together, May the Lord nourish us together,
May we exert together, May our learning be luminous,
Mat we never hate or quarrel with one another,
Om, peace, peace, peace.