

The Mandala of Iyengar Yoga Practice: Tapah (Yoga Discipline) and the Temple of the Body

MANTRA SĀDHANĀ PACKAGE

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Mantras in this package:
Traditional Teacher-Student Prayer
Patañjali Yoga Sūtras: 2.1 and 1.12



1. Traditional Teacher-Student Prayer

ॐ सह नाववतु ।

सह नौ भुनक्तु ।

सह वीर्यं करवावहै ।

तेजस्र्व नावधीतमस्तु मा विद्विषावहै ।

ॐ शान्ति शान्ति शान्तिः ॥

Oṃ saha nāvavatu
Saha nau bhunaktu
Saha vīryam karavāvahai
Tejasvi nāvadhītamastu ma vidveṣāvahai
Oṃ śānti śānti śāntiḥ

Om. May we, guru and disciple, be protected together.
May we enjoy the fruits of our action together.
May we achieve strength together.
May our knowledge be full of light.
May we never have enmity for one another.
Om, peace, peace, peace.

2. Patañjali Yoga Sūtra: 2.1

2.1

तपःस्वाध्यायेश्वरप्रणिधानानि क्रियायोगः

tapahṣvādhyāyeśvarapraṇidhānāni kriyāyogaḥ
tapahṣvādhyāya | īśvarapraṇidhānāni | kriyāyogaḥ

3. Patañjali Yoga Sūtra: 1.12

1.2

योगश्चित्तवृत्तिनिरोधः

yogaḥ ścittavṛttinirodhaḥ
yogaḥ | cittavṛttinirodhaḥ

