

The Mandala of Iyengar Yoga Practice: The inward journey of īśvara praṇidhāna (Devotion)

MANTRA SĀDHANĀ PACKAGE

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1. Traditional Teacher-Student Prayer

ॐ सह नावतु ।

सह नौ भुनक्तु ।

सह वीर्यं करवावहै ।

तेजस्र्व नावधीतमस्तु मा विद्विषावहै ।

ॐ शान्ति शान्ति शान्तिः ॥

Oṃ saha nāvavatu

Saha nau bhunaktu

Saha vīryam karavāvahai

Tejasvī 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. Mantra to the Guru as Brahmā, Viṣṇu and Lord Śiva (Maheśvaraḥ)

गुरुब्रह्मा गुरुविष्णुगुरुदेवो महेश्वरः ।

गुरुः साक्षात्परंब्रह्म तस्मै श्रीगुरवे नमः ॥

Gurur brahmā gurur viṣṇuḥ gururdevo maheśvaraḥ

Guruḥ sāksāt parambrahma tasmai śrī gurave namaḥ

Tasmai śrī gurave namaḥ tasmai śrī gurave namaḥ

Salutations to the Guru who is Brahmā, the creator, Viṣṇu, the sustainer, and Śiva, the destroyer, and to the manifestation of the Supreme absolute, to him, the glory of the Guru, I bow down, I bow down, I bow down.



3. Mantra to the Inner Source of Light (Gayatri): the Kundalini Śakti

ॐ भूर्भुवः स्वः ।

तत् सवितुर्वरेण्यम् भृगोर देवस्य धीमहि ।

धियो यो नः प्रचोदयात् ॥

Om bhūr bhuvaḥ svaḥ ।

Tat savitur vareṇyam bhargo devasya dhīmahi ।

Dhiyo yo naḥ prachodayāt ॥

Om. We meditate upon that light of wisdom which is the Supreme wealth of the divine.

May it grant us blessings and increase in our meditations. To that innermost light, we bow down.

4. Gaṇeśa Mantra

ॐ गणानां त्वा गणपति गुं हवामहे

पि्रयाणां त्वा पि्र्यपति गुं हवामहे

निधिइनां त्वा निधिपति गुं हवामहे वसो मम ।

आहमजानि गर्भभधमा तवमजासि गर्भभधम् ॥

om gaṇānāṃ tvā gaṇapati guṃ havāmahe

priyāṇāṃ tvā priyapati guṃ havāmahe

nidhīnāṃ tvā nidhipati guṃ havāmahe vaso mama

āhamajāni garbbhadhamā tvamajāsi garbbhadham

Om. We invoke you with offerings, oh Lord of the Multitudes; We invoke you with offerings, oh

Lord of Love; We invoke you with offerings, oh Guardian of the treasure. Sit within me, giving

birth to the realm of the Gods within me; Yes, giving birth to the realm of the Gods within me.

ॐ गणानां त्वा गणपति गुं हवामहे

कविं कवीनामुपमश्रवस्तमम् ।

ज्येष्ठराजं ब्रह्मणां ब्रह्मणस्पत

आ नः शृण्वन्नूतिभिः सीद सादनम् ॥



om gaṇānāṃ tvā gaṇapati guṃ havāmahe
kaviṃ kavīnāmupamaśravastamam
jyeṣṭharājam brahmaṇām brahmaṇaspata
ā naḥ śṛnvannūtibhiḥ sīda sādānam

Om. We invoke you with offerings, oh Lord of the multitudes; Seer among Seers, of unspeakable grandeur. Oh Glorious king, Lord of the Knowers of Wisdom, come speedily hearing our supplications and graciously take your seat amidst our assembly.

5. Chaṇḍī Pāṭhaḥ - Śloka 3 from 'Atha sapta ślokī durgā'

स्वरमङ्गलमङ्गल्ये शिवे स्र्वार्थरसाधिके ।
शरण्ये त्र्यम्बके गौरि नारायणि नमोऽस्तु ते ॥

Sarva maṅgala maṅgalye śive sarvārtha sādḥike ।
Śaraṇye tryambake gauri nārāyaṇi namo-stu te

To the auspicious of all auspiciousness, to the good, to the accomplisher of all objectives, to the source of refuge, to the mother of the three worlds, to the Goddess who is rays of light, exposor of consciousness, we bow to you.

6. From Light on Prāṇāyāma: The Yogic Art of Breathing by B.K.S. Iyengar (pg. 117)

ॐ नमो भगवते वासुदेवाय
āum namō bhagavate vāsudevāya

7. Prayer provided by Gitte Bechsgaard

āum namō Śivaya



8. Invocation to Patañjali

ॐ श्रीमत् पतञ्जलि महामुनये नमः

योगेन चित्तस्य पदेन वाचां ।

मलं शरीरस्य च वैद्यकेन ॥

योऽपाकरोत् तं पूर्वम् मुनीनां ।

पतञ्जलिं प्राञ्जलिरानतोऽस्मि ॥

आबाहु पुरुषाकारं ।

शङ्खचक्रासि धारिणम् ॥

सहस्र शिरसं श्वेतं ।

प्रणमामि पतञ्जलिम् ॥

ॐ शान्तिः शान्तिः शान्तिः ॐ ॥

Om Śrīmat Patañjali mahāmunaye namaḥ

yogena cittasya padena vācām

malam śarīrasya ca vaidyakena

yo'pākarottaṁ pravaraṁ munīnām

Patañjalim prāñjalirānato'smi

ābāhu puruṣākāram

śaṅkacakrāsi dhāriṇam

sahasra śirasam śvetam

praṇamāmi Patañjalim

Om śānti śānti śāntiḥ

यस्त्यक्त्वा रूपमाद्यं प्रभवति जगतोऽनेकधाऽनुग्रहाय ।

प्रक्षीणक्लेशराशिविषमविषधरोऽनेकवक्त्रः सुभोगी ।

स्वरज्जान प्रसूतिभुरजगपरिकरः प्रीतये यस्य नित्यं

देवोऽहीशः स वोऽव्यात्सितविमलतनुयोरगदो योगयुक्तः ॥

ॐ शान्तिः शान्तिः शान्तिः ॐ ॥



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Yastyaktvārūpamādyam̐ prabhavati jagato'nekadhānugrahāya
prakṣiṅnakleśarāśirviṣamaviṣadharo'nekavakraḥ subhogī
sarvajñāna prasūtir bhujaga parikaraḥ prītaye yasya nityam̐
devohīśaḥ sa vovyāt sitavimala tanur yogado yogayuktaḥ
Om śāntiḥ śāntiḥ śāntiḥ

9. Patañjali Yoga Sūtra: 2.1

तपःस्वाध्यायेश्वरप्रणिधानानि क्रियायोगः

2.1 tapaḥsvādhyāyeśvarapraṇidhānāni kriyāyogaḥ
tapaḥ svādhyāya | īśvarapraṇidhānāni | kriyāyogaḥ

10. Patañjali Yoga Sūtra: 1.20

श्रद्धावीर्यस्मृतिसमाधिपूजापूवरक इतरेषाम्

1.20 śraddhāvīryasmṛti samādhiprajñāpūrvaka itareṣām
śraddhāvīrya | smṛtisamādhi | prajñāpūrvaka itareṣām

11. Patañjali Yoga Sūtra: 1.23-1.28

ईश्वरप्रणिधानाद्वा

1.23 īśvarapraṇidhānādvā
īśvara | praṇidhānādvā

क्लेशकर्मरविपाकाशयैरपरामृष्टः पुरुषविशेष ईश्वरः

1.24 kleśakarma vipākāśayairaparāmṛṣṭaḥ puruṣaviśeṣa īśvaraḥ
kleśakarma | vipākāśayaiḥ | aparāmṛṣṭaḥ | puruṣaviśeṣa īśvaraḥ

तत्र निरतिशयं स्वरज्जबीजम्

1.25 tatra niratiśayam sarvajñabījam
tatra | niratiśayam | sarvajñabījam



स एष पूवेरषामपि गुरुः कालेनानवच्छेदात्

1.26 sa eṣa pūrveṣāmapī guruḥ kālenānavacchedāt
sa eṣaḥ | pūrveṣāmapī guruḥ | kālenānavacchedāt |

तस्य वाचकः प्रणवः

1.27 tasya vācakaḥ praṇavaḥ
tasya vācakaḥ | praṇavaḥ

तज्जपस्तदर्थरभावनम्

1.28 tajjapastadarthabhāvanam
tajjapaḥ | tadarthabhāvanam

