

Invocation to Patanjali

Yogena cittasya padena vacam (Yo-gay-nuh chih-tah-syuh pah-day-nuh vah-chahm)

Malam sarirasyaca vaidyakena (Mah-lahm shah-ree-rah-syuh chuh vy-dyuh-kay-nuh)

Yopakarottam prvaram muninam (Yo-pa kar-oh-tahm prah-vah-rahm moo-nee-nahm)

Patanjalim pranjaliranato'smi (Pah-tahn-jah-lim prahn-jah-leer ah-nah-toe-smee)

Abahu purusakaram (A-bah-hoo poo-roo-shah-kar-ahm)

Sankha cakrasi dharinam (Shahn-kah chah-krah-see dar-ee-nahm)

Sahasra sirasam svetam (Sah-hah-srah sheer-ah-sahm shvay-tahm)

Pranamami Patanjali (Prah-nuh-mah-mee pah-tahn-ja-lim)

Hari om (Har-ri hey Om)

Meaning:

Knowing the work of Patanjali

yogena cittasya padena vacam To purify the mind (citta), purify the consciousness, Patanjali gave the science of yoga (yogena) to us. To purify our use of words (pada) and speech (vacca), he gave a commentary on grammar to us, so that our use of words and way of speaking is clarified, distinct and pure.

malam sarirasya ca vaidyakena To remove the impurities (malam) of the body (sarira), he gave us the science of medicine (vaidyakena).

yopakarottam pravaram muninam Let me go near the one who has given these things to us.

patanjali pranjalir anato'smi Let me bow down my head with my folded hands to Lord Patanjali

Second stanza says what Lord Patanjali looks like.

To do any meditation first the form has to be in front of the eyes.

abahu purusakaram From the hand up to the head he has the shape (karam) of a human (purusa).

sankha cakrasi dharinam In his hand he is holding the conch (sankha) and disc (cakra)

sahasra sirasam svetam On top of his head (sirasam) he has got a thousand (sahasra) hoods of the cobra, because he is the incarnation of Adishesha, the greatest cobra. Svetam means white.

pranamami patanjali I bow down to Patanjali

Who was Patanjali?

Patanjali was a sage in India who is believed to have authored a number of Sanskrit works, the most prominent of which is the *Yoga Sutras*, a classical yoga text dating to 200 BCE – 200 CE. He's considered to be the father of all yoga.