

yogita yoga

Om Bhur bhuvah svahah Tat savitur varenyam Bhargo devasya dheemahi Dheeyo yo nah prachodayat Om Shanti Shanti Shantihi	Just like the Sun annihilates darkness, so does the Gayatri Mantra destroy ignorance. The Gayatri Mantra invokes the power and radiance of the Sun to energize all earthly life, to destroy our sins and to reveal the Supreme Self to us. Om peace, peace, peace.
Om Asatho Ma Sath Gamaya Thamaso Ma Jyothir Gamaya Mrithyur-Ma Amritham Gamaya Om Shanti Shanti Shantihi	Lead me from the unreal to the real, from darkness to light, from death to immortality. Om peace, peace, peace.
Om Lokah Samastah Sukhino Bhavantu Lokah Samastah Sukhino Bhavantu Lokah Samastah Sukhino Bhavantu Om Shanti Shanti Shantihi	May all be happy in the world May everybody see the Lord in everyone May the flame of love burn in our minds May everyone ever live in harmony Om peace, peace, peace.
Om Purnamadah purnamidam Purnat purnamudacyate Purnasya purnamadaya Purnam-eva-vasisyate Om Shanti Shanti Shantihi	That is perfect This is perfect From the perfect springs the perfect If the perfect is taken from the perfect, the perfect remains Om peace, peace, peace.
Om Sarvesam svastirbhavatu Sarvesam santirbhavatu Sarvesam purnambhavatu Sarvesam mangalambhavatu Om Shanti Shanti Shantihi	May perfection prevail on all May peace prevail on all May contentment prevail on all May auspiciousness prevail on all Om peace, peace, peace.
Om Saha navavatu Saha nau bhunaktu Saha viryam karavavahai Tejasvi navadhitamastu Ma vidvisavahai Om Shanti Shanti Shantihi	May both of us together be protected May both of us together be nourished May we work together with great energy May our study together be brilliant and effective May we not hate or dispute with each other Om peace, peace, peace.
Om Sri Gurubhyo Namah Hari Om	Om Salutations to all the Gurus (teachers)
Om Yogena Cittasya Padena Vacam Malam Sarirasya Ca Vaidyakena Yopakarottam Pravaram Muninam Patanjalim Pranajaliranatosmi Om Shanti Shanti Shantihi	Let us bow before the noble sage Patanjali who gave yoga for quietening the mind grammar for clarity of speech and ayurveda for health of the body. Om peace, peace, peace.
Om Svashti Praja Bhyah Pari Pala Yantam Nya Yena Margena Mahi Mahishaha Go Bramanebhyaha Shubamastu Nityam Lokah Samastah Sukhino Bhavantu Om	Om. May all be well with mankind. May the leaders of the Earth protect in every way by keeping to the right path. May there be goodness for those who know the earth to be sacred. May all the world be happy. May the rains fall on time and may the earth yield its produce in abundance. May this country be free from disturbance and may the righteous be free from fear. Om
Om Vande Gurunam Charanaravinde Sandarshita Svatma Sukhava Bodhe Nishreyase Jangalikayamane Samsara Hala Hala Mohashantyai Abahu Purushakaram Shankachakrasi Dharinam Sahasra Shirasam Shvetam Pranamami Patanjalinam Om	Om I pray to the lotus feet of the Guru, who is the healer, teaching the knowledge of Self awakening and great happiness, removing the delusion of conditioned existence. To the sage Patanjali; who is the refuge, holding in his hands infinite time (a wheel of fire), divine sound (a conch), and the capacity for appropriate judgment and action (the sword of discrimination) To him, I prostrate. Om