

## OPENING AND CLOSING CHANTS

vande gurūṇaṃ caraṇāravinde sandarśita svātma sukhāvabodhe ।  
niḥśreyase jāṅgalikāyamāne saṃsara hālāhala mohaśāntyai ॥

ābāhu puruṣākāraṃ śaṅkhacakrāsi dhāriṇam ।  
sahasra śirsamaṃ śvetamaṃ praṇamāmi patañjalim ॥

I bow to the lotus feet of the Gurus  
The awakening happiness of one's own self revealed  
Beyond better acting like the Jungle physician  
Pacifying delusion, the poison of Samsara  
Taking the form of a man to the shoulders  
Holding a conch, a discus and a sword  
One thousand heads white  
To Patanjali I salute



swasti-prajābhyaḥ paripāla-yantām  
nyāyena mārgēṇa mahīm mahīśāḥ ।

go-brāhmaṇebhyaḥ śubha-mastu nityam ।  
okāḥ samastāḥ sukhino bhavantu ॥

May all be well with mankind  
May the leaders of the earth protect by keeping to the right path  
May there be goodness for those who know the earth to be sacred  
May all the worlds be happy