

Invocation

Shpongle

Atandari invocation

Yogena cittasya padena vacam
Malam sarirasya ca vaidyakena
Yo pakarottam pravaram muninam
Patanjalim pranjaliranato smi

Abahu-purusakaram
Sankha-cakrasi-dharinam
Sahasra-sirsasam svetam
Pranamami Patanjali

(Translation from Sanskrit to English)

I am a deep bow with hands folded to Patanjali,
The most excellent of sages, who removed
Impurity of consciousness through yoga
Impurity of speech through word (grammar) and
Impurity of the body through medicine (Ayurveda).

In the form of a man up to the shoulders,
Holding the conch (divine sound), discus (wheel of time)
And sword (discrimination),
Thousand-headed, white,
I bow respectfully to Patanjali.