

Invocation to Sage Patanjali

योगेन चित्तस्य पदेन वाचां । मलं शरीरस्य च वैद्यकेन ॥ योऽपाकरोत्तं प्रवरं मुनीनां । पतञ्जलिं
प्राञ्जलिरानतोऽस्मि ॥

yogena chittasya padena vachAM | malaM sharIrasya cha vaidyakena ||yo.apAkarottaM
pravaraM munInAM | pata-njaliM prA-njalirAnato.asmi ||

"I respectfully bow down with folded hands and offer my salutations to Sage Patanjali, the highest among the Munis (sages), who has presented the remedies for removing the impurities of the body through his treatise on Ayurveda, of language through his treatise on grammar (Patanjala Mahabhashya) and the impurities of the Chitta (mind field) through his treatise on Yoga (Yoga Sutras of Patanjali)"

Closing Shanti Mantra

ॐ असतो मा सद्गमय
तमसो मा ज्योतिर्गमय
मृत्योर्माऽमृतम् गमय
॥ ॐ शान्तिः शान्तिः शान्तिः ॥

Om asato-maa sadgamaya, tamaso-maa jyotirgamaya, mRutyor-maa-amRutam
gamaya.

Om shaantiH shaantiH shaantiH.

Lead me from unreal (untruth) to real (truth)

Lead me from darkness to light

Lead me from the fear of death to the knowledge of immortality.

Om peace, peace, peace!