

## Inledningsmantra:

OM

vande gurūṇāṁ caraṇāravinde sandarśita svātma sukhāva bodhe  
niḥ śreyase jāṅgalikāyamāne saṁsāra hālāhala mohasāntyai  
ābāhu puruṣākāraṁ śaṅkhacakrāsi dhāriṇam  
sahasra śirasaṁ śvetam praṇamāmi patañjalim

OM

*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*

## Avslutningsmantra:

OM

svasti prajābhyaḥ paripālayantām nyāyena mārgeṇa mahīm mahīśāḥ  
gobrāhmaṇebhyaḥ śubhamastu nityaṁ lokāḥsamastāḥ sukhinobhavantu

OM Shanti-Shanti-Shanti

*May all be well with mankind*

*May the leaders of the world 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 worlds be happy*