

Pranayama Intensive June 2025

Prayers

- Lighting the lamp prayers
- Sankalpa
- Opening and closing prayers



शुक्लाम्बरधरं विष्णुं शशिवर्णं चतुर्भुजम् ।
प्रसन्नवदनं ध्यायेत् सर्वविघ्नोपशान्तये ॥

śuklāmbaradharam viṣṇum
śaśi varṇaṁ caturbhujam
prasanna vadanam dhyāyet
sarva vighnōpaśāntaye

*Wearing white clothes, all pervasive,
the color of the moon, with four arms, a smiling face;
I meditate on the pacifier of all types of obstacles*

शुभं करोति कल्याणमारोग्यं धनसंपदा ।
शत्रुबुद्धिविनाशाय दीपज्योतिर्नमोऽस्तुते ॥

Śubhaṃ karoti kalyāṇam-ārogyam dhana-saṃpadā |
Śatru-buddhi-vināśāya dīpa-jyotir-namostute ||

*The bringer of brightness, auspiciousness, health, wealth,
and prosperity, the destroyer of the enemies of the intellect;
salutations to the light of the lamp!*

ॐ सरस्वती नमस्तुभ्यं वरदे कामरूपिणि ।
विद्यारम्भं करिष्यामि सिद्धिर्भवतु मे सदा ॥

Oṃ sarasvatī namastubhyaṃ varade kāmarūpiṇi |
vidyārambhaṃ kariṣyāmi siddhirbhavatu me sadā ||

*Salutations to you, Goddess Saraswati!
The giver of boons, the form of desire.
As I begin my studies,
may accomplishment always be with me.*

Oṃ Oṃ Oṃ
Śrī Gurubhyo Namaḥ Hariḥ Oṃ

oṃ saha nāvavatu saha nau bhunaktu
saha vīryaṃ karavāvahai
tejasvi nāvadhītam astu mā vidviṣāvahai

oṃ śāntiḥ śāntiḥ śāntiḥ

Mama upatta samasta dūritakshaya dvara
sri parameshvara siddhyartham mama sakala vidya praptyartham
Adyetyadi Sri Parameshvara prasada purvakam
samadhi tatphala siddhyartham
asana purvakan pranayamadin karishye

ॐ ॐ ॐ

श्री गुरुभ्यो नमः हरिः ॐ

Om Om Om

Śrī Gurubhyo Namaḥ Hariḥ Om

Salutations to the Gurus!

ॐ सह नाववतु । सह नौ भुनक्तु ।

सह वीर्यं करवावहै ।

तेजस्वि नावधीतमस्तु मा विद्विषावहै ।

ॐ शान्तिः शान्तिः शान्तिः ॥

aum saha nāvavatu saha nau bhunaktu

saha vīryam karavāvahai

tejasvi nāvadhītam astu mā vidviṣāvahai

aum śāntiḥ śāntiḥ śāntiḥ

Aum. May that Brahman protect us together. May it nourish us together.

May we both gain great vitality. May our learning be brilliant.

May we never argue. Om peace, peace, peace.

ॐ असतो मा सद्गमय ।

तमसो मा ज्योतिर्गमय ।

मृत्योर्मा अमृतं गमय ।

ॐ शान्तिः शान्तिः शान्तिः ॥ हरिः ॐ तत्सत् ॥

asato mā sadgamaya

tamasomā jyotir gamaya

mrityormā amritaṃ gamaya

Oṃ śāntiḥ śāntiḥ śāntiḥ hariḥ oṃ tat sat

*Lead me from changing existence to unchanging being,
lead me from the darkness of tamas to the light of knowledge,
lead me from death to immortality. Harih om that is truth.*

लोकाः समस्ताः सुखिनोभवंतु ॥

लोकाः समस्ताः सुखिनोभवंतु ॥

लोकाः समस्ताः सुखिनोभवंतु ॥

ॐ शान्तिः शान्तिः शान्तिः ।

lokāḥ samastāḥ sukhinobhavantu ॥

lokāḥ samastāḥ sukhinobhavantu ॥

lokāḥ samastāḥ sukhinobhavantu ॥

oṃ śāntiḥ śāntiḥ śāntiḥ ॥

May all worlds be happy.

Om Peace Peace Peace!