

Light on Hatha Yoga

Module 1

Class prayers

November 7, 2022



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श्री गुरुभ्यो नमः हरिः ॐ

Om Om Om
Sri Gurubhyo Namah Harih
Om

Salutations to the Gurus!

ॐ सह नाववतु ।
सह नौ भुनक्तु ।
सह वीर्यं करवावहै ।
तेजस्वि नावधीतमस्तु मा विद्विषावहै ।
ॐ शान्तिः शान्तिः शान्तिः ॥

om saha nāvavatu saha nau bhunaktu
saha vīryaṃ karavāvahai
tejasvi nāvadhītamastu mā vidviṣāvahai
om śāntiḥ śāntiḥ śāntiḥ

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.

Maṅgala Śloka of Haṭha Pradīpikā

श्रीआदिनाथाय नमोऽस्तु तस्मै येनोपदिष्टा हठयोगविद्या ।
विभ्राजते प्रोन्नतराजयोगम् आरोढुम् इच्छोर् अधिरोहिणीव ॥१॥

śrī ādi nāthāya namaḥ astu tasmai yena upadiṣṭā haṭha yoga vidyā |
vibhrājate pronnata rāja yogam āroḍhum icchoḥ adhirohiṇī iva ||

I bow to the Almighty who taught the lore of Haṭha Yoga,
which is held in high esteem as if it were a flight of steps
for the aspirant who looks forward to climbing
the highest peak of Rājayoga (spiritual achievement).

Saṅkalpa

An inquiry into the nature of the principles
and practices of Yoga through undertaking
the study of the Haṭha Pradīpikā.

ॐ सर्वे भवन्तु सुखिनः
सर्वे सन्तु निरामयाः ।
सर्वे भद्राणि पश्यन्तु
मा कश्चिद्दुःखभाग्भवेत् ।
ॐ शान्तिः शान्तिः शान्तिः ॥

om sarve bhavantu sukhinah
sarve santu nirāmayāḥ
sarve bhadraṇi paśyantu
mā kaścid duḥkha bhāgbhavet
om śāntiḥ śāntiḥ śāntiḥ

May all be happy, may all be free from disease,
may all see goodness,
may none suffer from sorrow.

ॐ असतो मा सद्गमय ।
तमसो मा ज्योतिर्गमय ।
मृत्योर्मा अमृतं गमय ।
ॐ शान्तिः शान्तिः शान्तिः ॥ हरिः ॐ तत्सत् ॥

asato mā sadgamaya
tamasomā jyotir gamaya
mrityormāamritam gamaya
Om śhānti śhānti śhāntiḥ harih om 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.