



MYSORE CHALLENGE

April 9th - May 31st

Ashtanga Beginning Mantra

वन्दे गुरुणां चरणारविन्दे
सन्दर्शित स्वात्म सुखाव बोधे ।
निःश्रेयसे जाङ्गलिकायमाने
संसार हालहल मोह शान्त्यै ॥
आवाहु पुरुषाकारं
शन्ख चक्रासि धारिणम् ।
सहस्र शिरसं श्वेतं
प्रणमामि पतञ्जलिम् ॥
ॐ

vande gurūṇāṃ caraṇāravinde
sandarśita svātma sukhāva bodhe
niḥśreyase jāṅgalikāyamāne
saṁsāra hālāhala moha śāntyai
ābāhu puruṣākāraṁ
śankha cakrāsi dhāriṇam
sahasra śirasam śvetam
praṇamāmi patañjalim
om

I bow to the two lotus feet of the (plurality of) Gurus, which awaken insight into the happiness of pure Being, which are the complete absorption into joy, the jungle physician, eliminating the delusion caused by the poison of Saṁsāra (conditioned existence).
I prostrate before the sage Patañjali who has thousands of radiant, white heads (as the divine serpent, Ananta) and who has, as far as his arms, assumed a human form, holding a conch shell (divine sound), a wheel (a discus of light or time) and a sword (discrimination).
Om

Ashtanga Finishing Mantra

स्वस्ति प्रजाभ्यः परियालयन्तं
न्यायेन मार्गेण महीं महीशाः ।
गोब्राह्मणेभ्यः शुभमस्तु नित्यं
लोकासमस्ता सुखिनो भवतु ॥
काले वर्षतु पर्जन्यः
पृथिवी सस्यशालिनी ।
देशोयं क्षोभरहितो
ब्राह्मणा संतु निर्भयाः ॥

svasti prajābhyaḥ paripālayantāṁ
nyāyena mārgēṇa mahīṁ mahīśāḥ
gobrahmaṇebhyaḥ śubhamastu nityaṁ
lokāsamastā sukhino bhavantu
kāle varṣatu parjanyaḥ
pṛthivī sasyaśālīnī
deśo yaṁ kṣobharahito
brāhmaṇā santu nirbhayaḥ

May all of humankind be happy and well.
May the noble lords protect the earth in every way by the path of virtue.
May there be perpetual joy for those who know the real nature of things.
May all the worlds be happy.
May the rains fall on time,
and may the earth yield its produce in abundance.
May this country be free from disturbances,
and may the knowers of the truth be free from fear.