

## Prārthanā Ślokaṃ

### Patañjali Opening Dhyānaṃ Ślokaṃ with Translation



yogena cittasya padena vācāṃ  
malaṃ śarīrasya ca vaidyakena |  
yopākarottaṃ pravaraṃ munīnāṃ  
patañjaliṃ prāñjali rānato'smi ||

'Coming from the lineage of teachers  
who transformed impurities of the mind by Yoga,  
of speech by grammar and of the body by medicine.  
To Patañjali I salute.'

ābāhu puruṣākāraṃ śaṅkhacakrāsīdhāriṇam |  
sahasra śīrasaṃ śvetam praṇamāmi patañjalim ||

'Up to the shoulders human form,  
holding conch, disc, sword.  
One thousand heads white  
to Patañjali I salute.'

śrīmate anantāya nāgarājāya namo namaḥ ||

'To venerable, eternal serpent king, Nāga,  
my reverences.'