



Introductory Mantras

This mantra is chanted 1-3 times at the start of the hatha yoga class.

OM NA MAH SHI VAA YA GU RA VE	<i>Salutations to Lord Shiva, the primordial Guru,</i>
SAT CHID AANANDA MUR TA YE	<i>whose form is existence, consciousness, and</i>
NISH PRAPAN CHAAYA SHAAN TAAYA	<i>bliss, who is transcendent, calm, free from all</i>
NIRAA LAM BAAYA TE JASE (x3)	<i>support, and luminous.</i>

Tvameva

This invocation is typically chanted to support coming out of shavasana in my morning hatha yoga classes. Student do not chant with me because the focus is on gently transitioning from Savasana to Meditation to one's day; but I thought you might enjoy having the words and the translation. I generally chant verses 1 and 5, but I included other verse of this invocation for your enjoyment because I find the poetry so beautiful.

1. TVAMEVA MAATAA CA PITAA TVAMEVA,
TVAMEVA BANDHUSHCHA SAKHAA TVAMEVA
TVAMEVA VIDYAA DRAVINAM TVAMEVA,
TVAMEVA SARVAM MAMA DEVA DEVA.

You are the mother, you are the father, you are the brother, you are the friend. You are knowledge, you are wealth. You are everything for me, Oh god of gods.

2. DURA KARO DUHKHA DARDA SABA, DAYAA KARO BHAGAVAN
MANA MANDIR ME UJJVALA HO, TERA NIRMALA JNAAN.

Remove all my cares and sorrows. Be merciful, Oh Lord! May the temple of my mind be illumined by your pure knowledge!

5. SABA KUCHA DIYAA AAPA NE, BHETA KARU KYAA NAATH
NAMASKAARA KI BHETA KARU, JODU MAI DONO HAATH.

You have given me everything. What shall I offer to you, Oh master? With folded hands, I offer salutations.