



STRENGTH  
BALANCE  
EQUANIMITY



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## Invocation To Patañjali

yogena cittasya padena vācām  
malam śarīrasya ca vaidyakena  
yopākarottam pravaram munīnām  
patañjalim prāñjalirānato'smi  
ābāhu puruṣākāram  
śaṅkha cakrāsi dhāriṇam  
sahasra śīrasam śvetam  
praṇamāmi patañjalim

Let us bow before the noblest of sages, Patañjali, who gave yoga for serenity and sanctity of mind, grammar of clarity and purity of speech, and medicine for perfection of health.

Let us prostrate before Patañjali, an incarnation of Ādiśeṣa, whose upper body has a human form, whose arms hold a conch and a disc, and who is crowned by a thousand-headed cobra.