

# Invocation to Sage Patanjali



**Yogena Cittasya Padena Vacam  
Malam Sarirasya Ca Vaidyakena  
Yopakarottam Pravaram Muninam  
Patanjalim Pranjaliranato'smi  
Abahu Purusakaram  
Sankha Cakrasi Dharinam  
Sahasra Sirasam Svetam  
Pranamami Patanjalinam**

**Let us bow before the noblest of sages Patanjali,  
Who gave Yoga for serenity and sanctity of  
mind, Grammar for clarity and purity of speech,  
and Medicine for perfection of health. Let us  
prostrate before Patanjali, An incarnation of  
Adisesa, Whose upper body has a human form,  
Whose arms hold a conch and disc, and Who is  
crowned by a thousand headed cobra.**