

Yoga Education Teacher Training

2024

Module 1: Week 1

Lighting the lamp prayers

Sankalpa

Opening and closing prayers



Lighting of the Lamp prayers

शुक्लाम्बरधरं विष्णुं शशिवर्णं चतुर्भुजम् ।

प्रसन्नवदनं ध्यायेत् सर्वविघ्नोपशान्तये ॥

śuklāmbaradharam viṣṇum

śaśi varṇaṁ chaturbhujam

prasanna vadanam dhyāyēt

sarva vighnōpaśāntayē

Wearing white clothes, all pervasive,
the color of the moon, with four arms, a smiling face;
I meditate on the pacifier of all types of obstacles

शुभं करोति कल्याणमारोग्यं धनसंपदा ।

शत्रुबुद्धिविनाशाय दीपज्योतिर्नमोऽस्तुते ॥

Shubham Karoti Kalyānam-Aarogyam Dhana-Sampadā |

Shatru-Buddhi-Vināshāya Dīpa-Jyotir-Namostute ||

The bringer of brightness, auspiciousness, health, wealth,
and prosperity, the destroyer of the enemies of the intellect;
salutations to the light of the lamp!

ॐ सरस्वति नमस्तुभ्यं वरदे कामरूपिणि ।
विद्यारम्भं करिष्यामि सिद्धिर्भवतु मे सदा ॥

saraswati namastubhyam varadé kāmarūpiṇi |
vidyārambham kariṣhyāmi, siddhirbhavatu mé sadā ||

Salutations to you, Goddess Saraswati!
The giver of boons, the form of desire.
As I begin my studies,
may accomplishment always be with me.

Om Om Om

Sri Gurubhyo Namah Harih Om

om saha nāvavatu saha nau bhunaktu
saha vīryaṃ karavāvahai
tejasvi nāvadhītam astu mā vidviṣāvahai

om śāntiḥ śāntiḥ śāntiḥ

Mama upatta samasta duritakshaya dvara
sri parameshvara siddhyartham mama sakala vidya praptyartham
Adyetyadi Sri Parameshvara prasada purvakam
samadhi tatphala siddhyartham
asana purvakan pranayamadin karishye

Opening prayers

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श्री गुरुभ्यो नमः हरिः ॐ

Om Om Om

Sri Gurubhyo Namah Harih Om

Salutations to the Gurus!

ॐ सह नाववतु । सह नौ भुनक्तु ।
सह वीर्यं करवावहै ।
तेजस्वि नावधीतमस्तु मा विद्विषावहै ।
ॐ शान्तिः शान्तिः शान्तिः ॥

aum saha nāvavatu saha nau bhunaktu
saha vīryam karavāvahai
tejasvi nāvadhītam astu mā vidviṣāvahai
aum śāntiḥ śāntiḥ śāntiḥ

*Aum. May that Brahman protect us together. May it nourish us together.
May we both gain great vitality. May our learning be brilliant.
May we never argue.
Om peace, peace, peace.*

Closing prayers

लोकाः समस्ताः सुखिनोभवंतु ॥

लोकाः समस्ताः सुखिनोभवंतु ॥

लोकाः समस्ताः सुखिनोभवंतु ॥

ॐ शान्तिः शान्तिः शान्तिः ।

lōkāḥ samastāḥ sukhinōbhavantu ॥

AUM śāntiḥ śāntiḥ śāntiḥ ॥

May all worlds be happy.

AUM Peace Peace Peace!