

Pranayama Teacher Training

Level 1: January 21, 2023

Lighting of the Lamp
prayers



शुक्लाम्बरधरं विष्णुं शशिवर्णं चतुर्भुजम् ।
प्रसन्नवदनं ध्यायेत् सर्वविघ्नोपशान्तये ॥

śuklāambaradharam viṣṇum
śaśi varṇam 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.