

Sivananda Yoga

Closing prayer

Om tryambakam yajāmahe
sugandhim puṣṭivardhanam
urvārukam-iva bandhanāmṛtyormukṣīya māmṛtāt (x 3)

Om - We Offer worship to the fragrant, three-eyed Lord Siva who enhances prosperity. May he liberate us from the bondage of death, like the water melon (which effortlessly separates from the vine); let Him not turn us away from immortality.

Om sarveṣām svastir-bhavatu
sarveṣām śāntir-bhavatu
sarveṣām purṇam bhavatu
sarveṣām mangalam bhavatu

Om - May welfare be unto all.
May peace be unto all.
May fullness be unto all.
May prosperity be unto all.

sarve bhavantu sukhinaḥ
sarve santu nirāmayāḥ
sarve bhadraṇi paśyantu
mā kaściduḥkhabhāgbhavet

May all be happy.
May all be free from diseases.
May all look to the good of others.
May none suffer from sorrow.

asato mā sad-gamaya
tamaso mā jyotir-gamaya
mṛtyor-mā amṛtam gamaya

Lead me from the untruth to the truth.
From darkness to light
From mortality to immortality.

Om pūrṇam-adaḥ pūrṇam-idaṁ
pūrṇāt-pūrṇam-udacyate
pūrṇasya pūrṇam-ādāya
pūrṇam-evāvaśiṣyate

Om - That is whole. This is whole.
From the whole the whole becomes manifest.
From that whole when this whole is negated
what remains is again the whole.

Om. Śāntiḥ śāntiḥ śāntiḥ

Om Peace, Peace, Peace