

Sivananda Dhyāna Ślokaḥ Opening Mantras

gajānanam bhūtagaṇādi-sevitam
kapittha-jambū-phala-sāra-bhakṣitam
umā-sutam śokavināśa-kāraṇam
namāmi vighneśvara-pāda-paṅkajam

I prostrate myself before the lotus feet of Vigneshvara (Ganesha), the son of Uma, the cause of destruction of sorrow, who is served by the host of Bhuta-Ganas (angels etc), who has the face of an elephant, who partakes of the essence of kapittha and jambu fruits.

ṣaḍānanam kuṅkuma-raktavarṇam
mahāmatim divya-mayūra-vāhanam
rudrasya sūnam surasainya-nātham
guham sadāham śaraṇam prapadye

I always take refuge in Subramanya who is of deep red colour like kumkuma, who possesses great knowledge, who has the divine peacock to ride on, who is the son of Rudra (Siva), and who is the leader of the army of the Devas (gods, angels).

yā kundendu-tuṣāra-hāra dhavalā
yā śubhra vastrāvṛtā
yā vīṇā-varadaṇḍa-maṇḍita-karā
yā śveta-padmāsanā
yā brahmācyuta-śaṅkara prabhṛtibhiḥ
devaiḥ sadā pūjitā
sā mām pātu sarasvatī bhagavatī
niśśeṣa-jāḍyāpahā

May that Goddess Saraswati, who wears a garland white like the Kunda flower, the moon and the snow, who is adorned with pure white clothes, whose hands are ornamented with the Vina and the gesture of blessings, who is seated on a white Lotus, who is always worshipped by Brahma, Vishnu, Siva and other Gods, who is the remover of dullness, protect me.

om namaḥ śivāya gurave
sacchidānandamūrtaye
niṣprapañcāya śāntāya
śrī-śivānandāya te namaḥ
śrī viṣnudevānandāya te namaḥ

Salutations to Guru Siva who is the embodiment of Existence- Knowledge-Bliss Absolute, in whom worldliness does not exist, who is ever peaceful.

Salutations to Swami Sivananda
Salutations to Swami Vishnudevananda

om sarva-maṅgala-māṅgalye
śive sarvārtha-sādhike
śaraṇye tryambake gauri
nārāyaṇi namostute
nārāyaṇi namostute

I salute the three-eyed Divine Mother Narayani, who brings auspiciousness and who fulfills all the desires of the Devotee (both spiritual and material).

Om sa ha nāvavatu
sa ha nau bhunaktu
saha vīryaṁ karavāvahai
tejasvi-nāvadhītam-astu
mā vidviṣāvahai.
Om śāntiḥ śāntiḥ śāntiḥ

May the lord protects us both the student and the teacher. May he nourishes both of us (with knowledge). May we both put forth sufficient effort. May our learning be effective. May we not misunderstand each other. May there be absence of three-fold obstacles.