



Anusara® Yoga Opening Invocation
Om Om Om

Om Namah Shivaya Gurave

*I honor the essence of Being, the Auspicious One, the luminous Teacher within and without,
I see the goodness in everyone and everything, including myself,*

Saccidnanda-Murtaye

*Who assumes the forms of Truth, Consciousness, and Bliss,
I am a being whose reality is consciousness and bliss,*

Nishprapancaya Shantaya

*Who is never absent, full of peace,
I know that peacefulness is always around me, always present,*

Niralambaya Tejase

*Ultimately free and sparkles with a Divine luster.
I am full of vitality and radiance, regardless of external circumstances.*

Om

Ă-new-săr-ă Invocation
Phonetic Pronunciation

Ōm Ōm Ōm

Ōm Nă-măh Shī-vī-yă Gu-ră-vā

Om Namah Shivaya Gurave

Săt-chīt-ă-Năndă Moor-tīe-yā

Saccidnanda-Murtaye

Nēesh-pră-pān-chai-yă Shăwn-tīe-yă

Nishprapancaya Shantaya

Near-ă-lăm-bī-yă Tā-jă-sāy

Niralambaya Tejase

Ōm