

# Sitting for the Invocation

Geeta S. Iyengar Canadian Intensive – 1997 Pune, India



Please sit all of you. Fold the palms in front of your chest. Keep the back erect; maintain the lift of the spine. Raise your chest upward, raise your sternum bone upward, keep your head in straight position. Don't bend yourself forward. Close your eyes completely and look within. Relax your throat., relax your tongue. Allow the breathing to go smoothly and softly. At the same time, keep your eyes receding backward with the exhalation so you connect with the brain cells to recede in such a manner that the charged brain cells have to connect themselves toward the trunk. Lift your sternum bones, lift your chest upward from inside, and in that very lift charge the chest in such a manner that again the chest unites with the head. The head uniting with the chest and the chest uniting with the head. Adjust your body bringing evenness to both sides so that you don't tilt to the left or the right. Centralizing yourself means that you unite both the left and right sides in such a manner that you feel existence only in the centre.

From the right to the centre, from the left corner of the body to the centre, bring head down towards the centre and from the base of your trunk from the buttock, up towards the centre. Bringing all that energy in the centre, well spread that centre, charge that centre and see whether you can intelligize that part while sitting in that straight position.

It takes a long time for the centre of the body to get charged. Often you don't know that the very centre of your existence, exists over there. It is hiding inside. Therefore see that in all these adjustments that you excavate the very centre of your existence, the very core of your being and salute that very core of your being which is pure as the supreme.

योगेन चित्तस्य पदेन वाचां  
मलं शरीरस्य च वैद्यकेन।  
योऽपाकरोत्तं प्रवरं मूनीनां  
पतञ्जलिं प्राञ्जलिरानतोऽस्मि॥

आवाहूपरुपाकारं  
शङ्खचक्रासिधारिणम्।  
सहस्रशिरसं श्वेतं  
प्रणमामि पतञ्जलिम्॥

यस्त्यक्त्वा रूपमाद्यं प्रभवति जगतोऽनेकधानुग्रहाय  
प्रक्षीणकेशराशिर्विषमविषधरोऽनेकवक्त्रः सुभोगी।  
सर्वज्ञानप्रसूतिर्भृजगपरिकरः प्रीतये यस्य नित्यं  
देवोऽहीशः स वोऽव्यात्सितविमलतनुर्योगदो योगयुक्तः॥

yogena cittasya padena vacam  
malam sarirasya ca vaidyakena  
yopakarottam pravaram muninam  
patanjalin pranajaliranato'smi  
abahu purusakaram  
sankha cakrasi dharinam  
sahasra sirasam svetam  
pranamami patanjalin

Let us bow before the noblest of sages Patanjali  
Who gave yoga for serenity and sanctity of mind,  
Grammar for clarity and purity of speech  
And medicine for perfection of health.  
I prostrate before Patanjali  
Whose upper body has a human form  
Whose arms hold a conch and a disc,  
Who is crowned by a thousand-headed cobra.  
O incarnation of Adisesa, my salutations to Thee.