



Krishnamacharya Yoga Mandiram

virajā - mantraḥ

om prāṇāpānavyānodānasamānā me śudhyantām jyotirāham virajā
vipāpmā bhūyāsaggsvāhā ।

om vānmanaścakṣuśśrotrajihvāghrānaretobuddhyākūtisaṅkalpā me
śudhyantām jyotirāham virajā vipāpmā bhūyāsaggsvāhā ।

om śiraḥpāṇipādapārśvapṛṣṭhodarajaṅghaśiśnopasthapāyavo me
śudhyantām jyotirāham virajā vipāpmā bhūyāsaggsvāhā ।

om tvakcarmamāgmsarudhiramedo'sthimajjā me śudhyantām
jyotirāham virajā vipāpmā bhūyāsaggsvāhā ।

om śabdaspārśarūparasagandhā me śudhyantām jyotirāham virajā
vipāpmā bhūyāsaggsvāhā ।

om pṛthivyaptejovāyvākāśā me śudhyantām jyotirāham virajā
vipāpmā bhūyāsaggsvāhā ।

om annamayaprāṇamayamanomayavijñānamayānandamayā me
śudhyantām jyotirāham virajā vipāpmā bhūyāsaggsvāhā ।



Krishnamacharya Yoga Mandiram

om vivit̥ṭyaḥ svāhāḥ |

om ghaṣotkāya svāhāḥ |

om uttiṣṭha puruṣa hare lohitapiṅgalākṣi dehi dehi dadāpayitā me
śudhyantām jyotiraham virajā vipāpmā bhūyāsaggsvāhāḥ |

ogsvāhāḥ ||