



yoga me fit

INTEGRATING RADIANT HEALTH

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Om

नमः शविय गुरवे

Namah Shivaya Gurave

I offer myself to Lord Shiva, the Auspicious One, who is the True Teacher within and without

सचदिनन्द मृतये

Saccidananda Murtaye

Who assumes the forms of Reality, Consciousness, and Bliss,

नसिपपचय शनतय

Nishprapanchaya Shantaya

Who is never absent and is full of peace,

नरिलमबय तेजसे

Niralambaya Tejase

Independent in existence, the vital essence of Illumination.