



What is invocation?

Invocation in yoga refers to the practice of beginning a yoga session or practice with a chant, prayer, or ritual. It is a way to set the intention for the practice, connect with a higher spiritual or cosmic energy, and create a focused and sacred atmosphere. The specific invocations used can vary depending on the tradition and the teacher. They may include Sanskrit mantras, prayers, or chants that have spiritual or philosophical significance in the context of yoga.

The use of an invocation serves several purposes:

1. **Setting intention:** Invocations help practitioners establish a clear intention for their yoga practice, whether it's to cultivate inner peace, seek spiritual growth, or achieve physical well-being.
2. **Creating a sacred space:** The ritual of an invocation can create a sense of reverence and sacredness, helping to establish a mindful and tranquil environment for the practice.
3. **Connection to tradition:** Many invocations draw from the rich traditions of yoga, helping students connect with the wisdom and heritage of the practice.
4. **Mental preparation:** The act of chanting or reciting mantras can help calm the mind and prepare it for the physical and mental aspects of yoga practice.

The use of mantras before starting a yoga class is a common form of invocation. Mantras are sacred words or phrases that are believed to have inherent power, and they can be used to invoke specific qualities, energies, or deities. Chanting a mantra at the beginning of a yoga class is seen as a way to align oneself with the intention of the practice and invoke positive energies. Common yoga mantras include "Om" (Aum), which is considered the primordial sound of the universe, and other Sanskrit mantras with spiritual significance.

The specific choice of mantra and the incorporation of an invocation can vary depending on the style of yoga and the individual teacher. Some yoga classes may not include an invocation at all, while others may have a more elaborate ritual to begin the practice. The use of invocations and mantras in yoga can add a spiritual and meditative dimension to the physical practice, enhancing the overall experience for practitioners.



Asato Ma Sadgamaya

ॐ असतो मा सद्गमय ।
तमसो मा ज्योतिर्गमय ।
मृत्योर्मा अमृतं गमय ।
ॐ शान्तिः शान्तिः शान्तिः ॥

Om Asato Maa Sad-Gamaya |
Tamaso Maa Jyotir-Gamaya |
Mrtyor-Maa Amrtam Gamaya |
Om Shaantih Shaantih Shaantih ||

Meaning:

- 1.AUM, (O Lord) From (the Phenomenal World of) Unreality, make me go (i.e. Lead me) towards the Reality (of Eternal Self),
- 2.From the Darkness (of Ignorance), make me go (i.e. Lead me) towards the Light (of Spiritual Knowledge),
- 3.From (the World of) Mortality (of Material Attachment), make me go (i.e. Lead me) towards the World of Immortality (of Self-Realization),
- 4.Om, Peace, Peace, Peace.