



Lord Nataraja, the dancing form of Siva
who is worshipped as the first Guru of Yoga

Om Om Om

Dhyaana Muulam Guruur Muurtih

Puujaa Muulam Guruur Padam |

Mantra Muulam Guruur Vaakyam

Moksha Muulam Guruur Kripa |

Om Shanthi Shanthi Shanthih

Meaning:

The Root of Meditation is the Form of the Guru

The Root of Worship is the Feet of the Guru

The Root of Mantra is the Word of the Guru

The Root of Liberation is the Grace of the Guru

Gu - darkness Ru - remover. Guru means 'remover of darkness'.

By reciting this prayer we are paying respects to the entire lineage of Gurus, Rishis and Siddhars through whose support we are learning the ancient Yogic wisdom.

Kindly note that the prayer is shared for curious students who would like to know what is chanted. Please do not feel obliged to recite.