

PRĀNA MANTRA

Prāṇasyedaṁ vaśe sarvaṁ tridive yat pratiṣṭitam

Māteva putrān rakṣasva śrīśca prajñāmśca vidhehi na iti

Whatever exists in the whole universe is all under the control of prana. (O prana) protect us as a mother protects her child; give us affluence and intelligence.

Arsha Yoga

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