

GAYATRI MANTRA

OM BHUR BHUVAHA SWAHA
TAT SAVITUR VARENYAM
BHARGO DEVASYA DHIMAHI
DHIYO YONAH PRACHODAYAAT



The eternal, earth, air, heaven
That glory, that resplendence of the sun
May we contemplate the brilliance of that light
May the sun inspire our minds.

Salutations to that sacred sound (Om) present in the
earth, the heavens, and that which is beyond. May the
glorious splendour of the Divine Light illumine our
meditation.

May all beings on earth reach enlightenment.

Gayatri - Meaning

The Gayatri mantra first appeared in the Rig Veda, an early Vedic text written between 1800 and 1500 BCE. It is mentioned in the Upanishads as an important ritual and in the Bhagavad Gita as the poem of the Divine. According to Douglas Brooks, PhD, a professor of religion at the University of Rochester and a teacher in the Rajanaka yoga tradition, the Gayatri is the most sacred phrase uttered in the Vedas. "It doesn't get more ancient, more sacred, than this," says Brooks.

The mantra is a hymn to Savitur, the sun god. The sun in the mantra represents both the physical sun and the Divine in all things. In Vedic scripture, the sun symbolises our higher state of consciousness.

The actual meaning will vary with each translation, and the meaning is less important than the action of the vibrations on our body, mind and consciousness.

Gayatri is a particular meter, which is used in the mantra. Can also be related to Gaia, the Mother Earth Divine goddess.

Purpose of the Mantra

The first is to give back to the sun. The sun gives but never receives. This mantra is a gift back to the sun, an offering of gratitude to honour the sun's gracious offering.

The second purpose is to seek wisdom and enlightenment. The mantra is a request to the sun: May we meditate upon your form and be illumined. The mantra is an expression of gratitude, to both the life-giving sun and the Divine.

Gayatri is a mantra of physical, emotional, and mental healing, purifying the subtle karmas, protection from the onslaught of obstacles, and of spiritual awakening or Self-realization (Swamiji.com)

Translation of the Mantra

Om: The primeval sound;

Bhur: the physical body/physical realm;

Bhuvah: the life force/the mental realm

Swaha: the soul/spiritual realm;

Tat: That (God);

Savitur: the Sun, Creator (source of all life);

Vareṇyam: adore;

Bhargo: effulgence (divine light);

Devasya: supreme Lord;

Dhīmahī: meditate;

Dhiyo: the intellect;

Yo: May this light;

Nah: our;

Prachodayāt: illumine/inspire