

Gayatri Mantra

ॐ भूर्भुवः स्वः ।
तत्सवितुर्वरेण्यं ।
भर्गो देवस्य धीमहि ।
धियो यो नः प्रचोदयात् ॥

Gayatri Mantra

om bhurbhuvah sva:
tatsaviturvarenyam
bhargodevasya
dhimahidhiyo yo
nah prachodayat ॥

पहला अर्थ: हम पृथ्वीलोक,
भुवर्लोक और स्वर्लोक में व्याप्त उस
सृष्टिकर्ता प्रकाशमान परमात्मा के
तेज का ध्यान करते हैं। हमारी बुद्धि
को सन्मार्ग की तरफ चलने के लिए
परमात्मा का तेज प्रेरित करें।

*We meditate on the Supreme Sun whose light pervades this world(Bhuh),
the heavens(Bhuvah) and the next world(suvah). May thy light guide our
intellect in the right direction.*

The Gayatri mantra is one of the oldest of the divine hymns. Gayatri mantra is the essence of all seventy million supreme mantras. Just as all the rivers merge in the oceans, all mantras unite in the Gayatri mantra. The arrangement of the twenty-four seed syllables in the Gayatri mantra is the most wondrous and mysterious. The chanting of this mantra develops nada, a regular subtle vibration in the nerves of the subtle body. The repetition of this mantra with right understanding of its sacred meaning has the power to dispel all the negative tendencies in the human mind and thereby unfold the Supreme Self within. The Gayatri mantra is chanted early in the morning after bath.