

Gayathri Manthra

Gayathri Manthra is the quintessence of the Vedas

-Contains in it the meaning of all four Maha Vakyas – Prajnanam Brahma, “consciousness is Brahman”, Ayam Atma Brahma “I am this Atma that is Brahman”, Tat Twam Asi- “Thou are That”, Aham Brahmasmi “I am Brahman”

-In the simple worship of the Sun, all possible states in spiritual evolution have been provided for.

Though many are familiar, very few practice the chanting of the Manthra

-Those who chant, many do so by force of tradition or habit

-Even fewer still are those who chant while realizing the greatness of the manthra or its meaning or relevance”

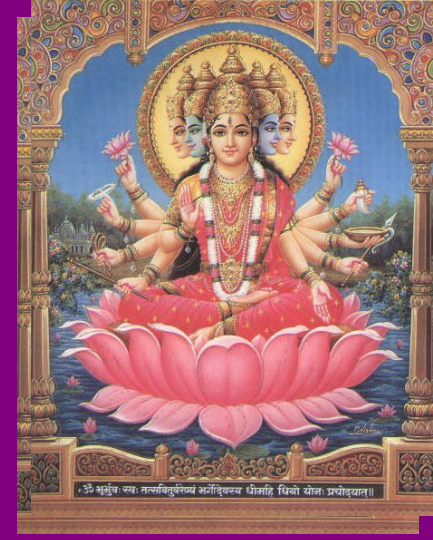
Gayathri Manthra

Among all mantras, the Gayathri Mantra is supreme. All other mantras are rooted in the Gayathri such that only on the strength of this Mantra , all other mantras bear fruit. If a devotee recites this Mantra and no other mantras, it is adequate. No need to recite any other mantra.

As an Integral part of daily prayer, it forms the protective armory as well as arms. (Sage Viswamithra)



Gayantham Thraayathe Ithi Gayathri



– protects the person who chants it. The manthra is chanted for contemplating the glory of the light that illumines all the worlds and liberates man from the riddles of living-! (Sage Viswamithra)

Mithra (Friend)

Viswa (Universe)- Friend of the Universe

Benefits of Chanting Gayathri

One who chants Gayathri Manthra daily at day break and dusk, it confers the merit of reciting the Vedas themselves.

(Manu)

Gayathri is the mother of all Vedas. It is capable of destroying all sins. Nothing in Heaven or Earth is holier than the Gayathri Manthra. Goddess Gayathri lends a helping hand and saves those falling into the deep ocean known as Hell.

(Sankasmrithi)

Gayathri Japa-Sandhyopasana

- Ja- Janma -birth,
- Pa- Papa, consequences of committing sins: Gayathri Japa washes away sins accrued on account of birth on a daily basis and instead accrues **Punya (good deeds) in the Divine Bank Balance-**
- Loud chanting – 10 times more effective than any sacrifice according to scriptures, whispering: 100 times potent;
- silent, mentally: thousand times more potent! with faith, reverence and concentration with the only object of realizing the Supreme Being confers lasting peace. (Manusmriti II - 85)

Dwijanma

Twice-born: those initiated in Gayathri Japa traditionally from a competent Guru, with yearning for spiritual knowledge and practiced with faith and reverence.

Take bath, clean clothes, free from physical and mental disturbance.

-One can chant Gayathri during the time of bath at their own homes during Sandhya kaala-dawn, noon and dusk, more powerful when done at river beds, sacrificial altars, places of pilgrimage (100s and 1000s and billion times respectively more potent)

Prayer of Gayathri

Sacred verse of the Rig Veda:

Ohm Bhoo Bhuvan Suvah

Pranava: Ohm- This Divine Glow
extending to

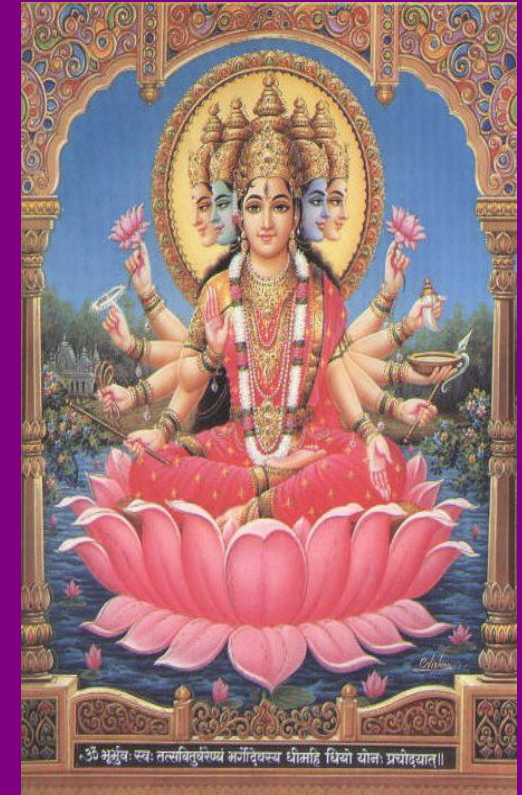
Vyahrithis:

Bhoo Bhuvan Suvah

(Earth) (Sky) (Heaven)

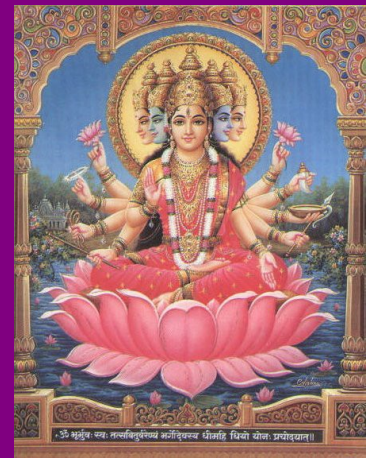
Physical Emotional Mental States

Thri Gunas, Thri Kala, Awake, Sleep, Dream States



Gayathri

- Thath Savithur Devasya
- That Creator of the Universe
- Varenyam Bhargah Dheemahi
- Adorable Light we meditate on
- Yah Nah Dhiyah
- Who our intellectual faculties
- Prachodayat: I pray to you to illumine my intellect and dispel my ignorance



Gayathri Devi

- **The object adored is Brahman or universal soul and the one that illumines the Sun which in turn illumines everything in the Universe.**
- **Presiding deity: Goddess: Gayathri**
 - **Gayathri: the morning**
 - **Savithri: at noon**
 - **Saraswathi: in the evening**
 - **(Sage Yagna Valkya)**

Pranayaamam – 7- Vyahrithis

- 1.Ohm Bhu': The Supreme Being is the only real existence-**
- 2.Ohm Bhuvah: All things, while they exist, exist only on Him.**
- 3.Ohm Suvah: He pervades the entire Universe.**
- 4. Ohm Mahah': He alone is to be adored by all desirous of their oneness with the Supreme Being.**

Vyahrithis – (continued)

5. Ohm Janah,: He who brought this Universe into existence

6.Ohm Tapah: The Sun who illumintes and warms the whole Universe is but a symbol of Him.

7. Ohm Sathyam: He is the Truth Eternal. Truth indeed is the Seventh World, called Sublime world:

Chanting and meaning of Yagna

- To repeat 1008, or 108 or 28 or at least ten times daily, depending upon the circumstances.
- Manana: Meditative chanting with the mind involve in it confers beneficial vibrations to the nerve centers in the person, clearing the mind to sort out conflicts and confusion. That which occurs in the mind and uttered silently comes out in words when chanted aloud and is translated into actions through bodily act.
- To fulfil the Vedic injunctions, the requirement is for the unification of the Mano (mind), Vaak (speech), and Kaayam (Body-actions) requires total involvement, as a Yagna- all actions, a rite or ritual performed whole heartedly with a feeling of devotion and humility as an offering to the Divine-Supreme Self or Paramathma.

God Resides :

- Utsaha: Enthusiasm, Determination (Sahasam), courage(Dairya), Sad Buddhi (Good Sense), Strength (Shakthi), and Adventure(Parakrama)
Sign of Yogis; not Rogis: To purify consciousness and reveal the Atma.
Jnani: laughs.
- Ajnani: afflicted with sorrow, he weeps.

Benefits of Gayathri Manthra Chanting

- Chanting of this Manthra provides clarity to the mind, removes ignorance and confusion and helps not only themselves but every one around them and the larger society by their actions of generosity.
- Knowledge about Self promotes self confidence, and provides a successful combination of positive attitude about one's self for the day ahead to meet the challenges boldly with six excellences - Courage, Enthusiasm, Strength, Determination, Good sense, Adventure.

