

# Gâyatrî Mantra

Om bhûr-bhuvas-suvaha  
Tat savitur-vare-e-nyam  
Bhargo devasya dhîmahî  
Dhîyo yo *nah* prachodaya<sup>â</sup>-â-ta  
Om

Translation:

Salutations to that sacred sound Om, present in the earth, the heavens and that which is beyond. May the glorious splendour of that Divine life illuminate my meditation. Let the adored Lord sun, that shines as the light of Consciousness in my intellect burn away my ignorance and illuminate my intellect, by means of wisdom of the greatest Truth.

Pronunciation:

Vowels with symbols= long vowel sounds

Italicised letter= higher pitch

Underlined letters= lower pitch

The *Gâyatrî* Mantra is from the Vedas originating from the Taittirîya Mahânârâyana Upanishad. It is universally applicable to those who seek a clear intellect so that the divine essence within may be reflected without distortion. The energy of the sun is called on when it is chanted. The Sun is the spiritual giver of light, energy, the illuminator of all experience and the life force itself (*Prana*).

It is believed by practitioners that reciting the mantra bestows wisdom and enlightenment, through the vehicle of the Sun (Savitur), who represents the source and inspiration of the universe.

This enlightenment is not only for the individual but for the wellbeing of all humanity. It directs the path of the truth for all. There is a power to the collective utterance of the mantra that is outside the meaning of the words. It inspires wisdom and removes obstacles on the path of spiritual enlightenment through the pure energy of the sun.