



**Gayatri Mantra** is considered to be one of the most powerful mantras with a divine power. Originally written in the Vedas, the mantra is made of 24 syllables that are meant to have both a psychological and physiological effect on our body.

Every mantra has a combination of bija aksharas (root words) which are considered to be sacred and powerful as when they are chanted, they EXPLODE (*not in the literal sense*) releasing a wave of energy into the body of the chanter.

### Vedic Words

**Om Bhur Bhuvah Swah  
Tat-savitur Varenyaṃ  
Bhargo Devasya Dhīmahī  
Dhiyo Yonah Prachodayāt**



## The General meaning of the Gayatri Mantra:

We meditate on that most adored Supreme Lord, the creator, whose effulgence (*divine light*) illumines all realms (**physical, mental and spiritual**). May this divine light illuminate our intellect.

## Another Translation is:

We meditate upon the Effulgence of that adorable Supreme Divinity, the source of Truth, Consciousness and Bliss. May that Supreme Radiance be embodied within us, enlightening our intellect and inspiring us to realize the Supreme Truth.

### Each Word or Bija meaning:

**Om:** The primeval sound;

**Bhur:** the physical body/physical realm;

**Bhuvah:** the life force/the mental realm

**Suvah:** the soul/spiritual realm;

**Tat:** That (God);

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

**Vareṇyam:** adore;

**Bhargo:** effulgence (divine light);

**Devasya:** supreme Lord;

**Dhīmaḥi:** meditate;

**Dhiyo:** the intellect;

**Yo:** May this light;

**Nah:** our;

**Prachodayāt:** illumine/inspire.





**Gayatri** mantra has 24 syllables. It is the *only known mantra* that has all 24 of its constituent syllables as beejaksharas the chanting of which releases a tremendous wave of energy and shields the devotee *from all external negative influences*. Negative vibration is repelled by **Gayatri** mantra.

This mantra is one of the oldest mantras, and generally thought of as being amongst the highest and most powerful mantras of all. This mantra is therefore often referred to as the **Mother of the Vedas**. In the Bhagavad Gita, Lord Krishna had proclaimed to Arjuna: “*Among all the mantras, I am the Gayatri*”. In the **Gayatri** mantra, the blessings of Soorya Bhagavan are invoked for **inner illumination**.

**Gayatri** signifies the energy present in the orb of the Sun and it is with this dynamic energy that one ascends spiritually to higher levels of consciousness. The mantra itself comprises twenty-four syllables. The first two lines glorify the manifestation of light on the earth, astral region and the heavens. It is an adoration of the effulgence of the Solar Being.

**The third line is a request for inner illumination.**

**Gayatri** is the Mother of all scriptures (Vedas).

She is present, wherever Her name is chanted. She is very powerful.

The One who nourishes the individual being is Gayatri.

She bestows pure thoughts on anyone who worships Her.

**She is the embodiment of all Goddesses.**

Our very breath is **Gayatri**, our faith in existence is Gayatri.

**Gayatri** has five faces, they are the five life principles.

She has nine descriptions which are the Bija's above they are 'Om, Bhur, Bhuvah, Swah, Tat, Savitur, Vareṇyam, Bhargo, Devasya'.

Mother **Gayatri** nourishes and protects every being and she channelizes our senses in the proper direction. 'Dhīmahī' means meditation.

We pray to her to inspire us with good intelligence.

'*Dhīyo Yonah Prachodayāt*' - We beseech her to bestow on us everything we need. Thus Gayatri is a **Complete prayer for Protection, Nourishment and finally, Liberation.**



The following are some of the incredible benefits of **Gayatri Mantra** chanting and singing:

### ***1. Improves Concentration and Learning:***

The vibrations created when chanting this mantra directly activates the last three chakras – the throat chakra, the 3rd eye chakra and the crown chakra. These chakras deal with providing focus and removing distractions. Hence, the concentration is increased.

### ***2. Removes Toxins from Body:***

The vibrations created activate certain points on the face to further oxygenate the skin. The breathing involved provides more oxygen to the blood vessels which travel throughout your skin. This flushes out the toxins and gives a glow to your skin.

### ***3. Improves Breathing:***

It is advised to practice Pranayama before chanting to open up the breathing airways. And while chanting, further controlled deep breathing expands your lungs fully to improve breathing and also oxygenate the body.

### ***4. Keeps Your Heart Healthy:***

The synchronized breathing while chanting also syncs the pumping of blood to the heart. Thus the blood pressure is kept in check and the heart stays healthy. It is definitely one of the better reasons why you should meditate more.

### ***5. Removes Negativity:***

By continuously chanting and focusing on the mantra, you stimulate your brain to be focused. This level of concentration helps with keeping the mind calm and positive.

### ***6. Improves Functioning of Nervous System:***

When you start chanting, you put pressure on your tongue, throat, mouth, and lips. The combined pressure creates different vibrations. This, in turn, induces your brain to release neurotransmitters for proper stimulus of these vibrations. The nerves perform better and function healthily.



### **7. Helps reduce Asthma Symptoms:**

While breathing, a short hold of your breath helps in strengthening your lungs. The asthma symptoms slowly dissipate when you practice chanting regularly.

### **8. Calms the Mind:**

When you are concentrated, you see clearly. The clarity lifts all of your tension. The repetition of chants also releases many good hormones like serotonin and others. The power in this prayer allows you feel happy and calm.

### **9. Improves Overall Immunity:**

Gayatri mantra chanting activates the hypothalamus which is responsible for keeping immunity in the body. The diseases are kept at bay and you feel more healthy and fit.

### **10. Reduces Stress and Anxiety:**

Along with all the other benefits and the explanation given for each of them, the chanting of this mantra also removes *depression, anxiety, and stress*. This is so important. With all that is happening on earth these days, people are becoming more prone to anxiety and chanting is a very natural way to keep your anxiety in check.

**This is above all the most powerful form of SOUND healing and activation as your own Divine voice becomes a tool for healing, connection and TRANSFORMATION.**



## When is the optimal time to Chant this Mantra?

Chanting anytime is amazing however the best to chant the **Gayatri** Mantra in the morning at dawn, mid -day and dusk. am. However, it can be chanted at any given time of the day. Among all the days, chanting this mantra on Friday's will be most auspicious.

It is recommended to repeat the **Gayatri** mantra at least 3 times. And it can be repeated a multiple number of times.

The benefits can be reaped by practicing this mantra regularly. It's with only time that the benefits will be observed. Do put in the effort to pronounce the mantra properly and just breathe.

Effect of Gayatri Mantra on the Body		No.	Letter	Gland	Involved Energy
<p>The above picture shows the relation of the sounds of the Gayatri Mantra to the specific centers of the body. As shown above, particular letters of the Mantra are related to different parts of the body. The details are in the table. Gayatri activates the above mentioned twenty-four divine qualities in the devotee. With their growth, varied accomplishments and prosperity start manifesting in the life of the devotee. Gayatri Sadhana is the well-organized scientific process of spiritual growth and it has a solid scientific basis.</p>		1	Tat	Tapini	Success
		2	Sa	Saphalta	Bravery
		3	Vi	Vishwa	Maintenance
		4	Tur	Tushti	Well-being
		5	Va	Varda	Yoga
		6	Re	Revati	Love
		7	Ni	Sookshma	Money
		8	Yam	Gyana	Brilliance
		9	Bhar	Bharga	Defense
		10	Go	Gomati	Intellect
		11	De	Devika	Suppression
		12	Va	Varahi	Devotion
		13	Sya	Sinhani	Power of Retention
		14	Dhee	Dhyan	Life-Breath
		15	Ma	Maryada	Self-restraint
		16	Hi	Sfuta	Penance
		17	Dhi	Medha	Farsightedness
		18	Yo	Yogmaya	Awakening
		19	Yo	Yogini	Production
		20	Naha	Dharini	Sweetness
		21	Pra	Prabhava	Ideal
		22	Cho	Ooshma	Courage
		23	Da	Drashya	Wisdom
		24	Yat	Niranjan	Service

