

GAYATRI MANTRA
The Mantra of Purification. Meditate on Enlightenment

OM Bhur Bhwaha Swah
Tat Savitur Varenyam
Bhargo Devasya
Dhimahi Dhiyo Yo nah Prachodayat

OM – Space. The ultimate Source of all.

Bhur –Self existent, without beginning or end. Praan, life-force, breath.

Bhuwah – Absolute consciousness that governs the universe. Sky consciousness.

Swah – All-pervading nature of the divine. Bliss consciousness.

Tat – that

Savitur – The source of all things. Shakti (power) that enables the discernment of right from wrong, vice from virtue. Through this shakti, we are gain the self-guiding ability.

Varenyam – Acceptance of our original source as our true nature.

Bhargo – Divine glorious light, love and power.

Devasya – The individual qualities of the Divine Being.

Dhimahi – To meditate on our true nature, pure existence, pure consciousness.

Dhiyo – Having established Divine consciousness in our heart, emphasize that eternal presence and influence on our mind and intellect.

Yo – Who - to our highest Self we offer this prayer.

Nah – Our - signifying selflessness.

Prachodayat – To seek guidance and inspiration, that Self effulgent light may remove darkness of Maya (illusion) and we are able to see the way through the chaos of the world and to find tranquility and peace, the root of happiness and the source of true bliss.

Traditional mantra and melody.

Recorded by Padma
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