

Meditation with the Gayatri Mantra

**OM BHUR BHUVA SUVAH
OM TAT SAVITUR VARENYAM
BHARGO DEVASYA DHIMAHİ
DHIYO YONAH PRACHODAYAT**

"O thou existence Absolute, Creator of the three dimensions, we contemplate upon thy divine light. May He stimulate our intellect and bestow upon us true knowledge."

"O Divine mother, our hearts are filled with darkness. Please make this darkness distant from us and promote illumination within us."

William Jones1807Let us adore the supremacy of that divine sun, the god-head who illuminates all, who recreates all, from whom all proceed, to whom all must return, whom we invoke to direct our understandings aright in our progress toward his holy seat

William Quan Judge1893Unveil, O Thou who givest sustenance to the Universe, from whom all proceed, to whom all must return, that face of the True Sun now hidden by a vase of golden light, that we may see the truth and do our whole duty on our journey to thy sacred seat\

Sivanath Sastri (Brahmo Samaj)1911We meditate on the worshipable power and glory of Him who has created the earth, the nether world and the heavens (i.e. the universe), and who directs our understanding

Swami Vivekananda1915We meditate on the glory of that Being who has produced this universe; may He enlighten our minds**S.**

Radhakrishnan1953We meditate on the adorable glory of the radiant sun; may he inspire our intelligencel.

K. Taimni We meditate upon the Divine Light of that adorable Sun of Spiritual Consciousness, which stimulates our power of spiritual perception; May It open our hearts and enlighten our Intellect.**Swami Srikantananda** O Effulgent, Infinite, Omnipotent, Omniscient and Omnipresent being, bless me with Right Understanding and Clarity of Thinking

There are numerous benefits of chanting Gayatri mantra. Thus, here are some of the positive effects of chanting Gayatri Mantra.

1. It increases learning power.
2. It increases concentration.
3. It brings prosperity.
4. It gives people eternal power.
5. It is very useful for peace.
6. It is the first step to go to the way of the spiritual road.
7. It is correlated with God.
8. It strengthens the mind and improves the health condition.
9. It improves the rhythmic pattern of breathing.
10. It keeps our hearts healthy.
11. It protects the devotee from all the dangers and guides towards the Divine by intuition.
12. It improves our family life.

ॐ
OM
(Sacred Syllable)

भूर्भुवः स्वः
BHUR BHUVAH SUVAHA
the material world the physical world the celestial world

तत् सवितुर् वरेण्यं
TAT SAVITUR VARENIYAM
the Supreme Being the source to be worshipped

भर्गो देवस्य धीमहि
BHARGO DEVASYA DHEEMAHI
the Divine Light its sacred truth we deeply meditate

धियो यो नः प्रचोदयात् ॥
DHIO YO NAH PRACHODAYATH
the Intellect which to us may Light be endowed

