

Gāyatrī Mantra

This mantra is traditionally called the Mother of the Vedas. The practice of this mantra enabled the sages to receive revelation of all other mantras, for this mantra calms mental noise, washes off karmic impurities, purifies the ego, sharpens the intellect, and illuminates the inner being with the light which flows directly from the Source. This mantra connects us to the teacher within and helps us receive inner guidance and inner inspiration. One may not notice an instantaneous transformation, but the effect of this mantra is immense and everlasting. The process of purification through this practice begins in the deep unconscious and gradually pervades all aspects of our personality. We become new and fully transformed, from inside out.

ॐ भूर्भुवः स्वः
तत् सवितुर्वरेण्यम्
भर्गो देवस्य धीमहि
धियो यो नः प्रचोदयात्

Om bhūrbhuvah svah
tat savitur vareṇyam
bhargo devasya dhīmahi
dhiyo yo nah pracodayāt

Translation: I meditate on the radiant and most venerable light of the Divine, from which issues forth the triple world (the bhuh, bhuvah, and svaha). May the Divine light illuminate and guide my intelligence.