

About Gayatri Mantra: https://en.wikipedia.org/wiki/Gayatri_Mantra

|| Gāyatrī-mantraḥ ||

**om bhūr bhuvaḥ suvaḥ |
tat savitur vareṇyam
bhargo devasya dhīmahi |
dhiyo yo naḥ pracodayāt ||**

PDF of the chant with notations as chanted in the lineage of T. Krishnamacharya & T.K.V. Desikachar (my lineage) Source tsyp.yoga (The Society of Yoga Practitioners):
https://www.tsyp.yoga/wp-content/uploads/2020/06/Gayatri-mantra%E1%B8%A5-16_12_2020.pdf

The mantra itself is:

**|| Gāyatrī-mantraḥ ||
om tatsaviturvareṇyam
bhargo devasya dhīmahi |
dhiyo yo naḥ pracodayāt ||**

In Devangari ("Devangari" is the alphabet in which Sanskrit is written, the original text from the Vedas)

Devi Gayatri or Savitri Gayatri

ॐ भूर्भुवः स्वः
तत्सवितुर्वरेण्यं
भर्गो देवस्य धीमहि
धियो यो नः प्रचोदयात् ॥

Transliteration:

Om Bhuur-Bhuvah Svah
Tat-Savitur-Varenyam
Bhargo Devasya Dhiimahi
Dhiyo Yo Nah Pracodayaat ||

Meaning:

- 1: **Om**, Pervading the **Bhu Loka** (Earth, Consciousness of the Physical Plane), **Bhuvar Loka** (Antariksha, The Intermediate Space, Consciousness of Prana) and **Swar Loka** (Sky, Heaven, Consciousness of the Divine Mind),
- 2: **That Savitur** (Savitri, Divine Essence of the Sun) which is the **most Adorable**,
- 3: **I Meditate** on that **Divine Effulgence**,
- 4: May **that Awaken our Spiritual Intelligence** (Spiritual Consciousness).

Source: Go to https://greenmesg.org/stotras/gayatri/gayatri_mantra.php

Want to know more? If you go to the link above and click on each Sanskrit word (the original written in *Devangari*, not the transliteration), you can read the meaning of each word. This website is a great resource that a student, who is from India, shared with me.

Other interpretations:

(Addressing to the Sun) You, who are the source of all power, whose rays illuminate the world, illuminate also my heart, so that it, too, can do your work

In all planes of existence, Oh, incredible, adorable Light, I meditate on You, please help me, push me in the right direction. (Inspire us, awaken us)

How would it look like in your own words?

"Be honest, make it personal, make it relevant" - Gary Kraftsow

Version of the Gayatri for “Dive Into Meditation” Module

We will do it with *nyasa* (*special placement of hands in the body and gestures*), referring to the areas of different chakras.

We will chant only what is written in bold bellow:

|| Gāyatrī-mantraḥ upāsana ||

om bhūḥ | om bhuvah | ogmsuvah | om mahah | om janaḥ | om tapaḥ | ogmsatyam ||

om bhūḥ | tatsaviturvareṇīyam |

om bhuvah | bhargodevasya dhīmahi |

ogmsuvah | dhiyo yo nah pracodayāt |

om bhūḥ | tatsaviturvareṇīyam bhargodevasya dhīmahi |

om bhuvah | dhiyo yo nah pracodayāt |

ogmsuvah | tatsaviturvareṇīyam bhargodevasya dhīmahi | dhiyo yo nah pracodayāt |

om bhūrbhuvassuvah | tatsaviturvareṇīyam bhargodevasya dhīmahi | dhiyo yo nah pracodayāt |

omāpo jyotī raso'mṛtaṁ brahma bhūrbhuvassuvarom ||

Check this version in a downloadable PDF, courtesy of The Society of Yoga Practitioners (tsyp.yoga): <https://www.tsyp.yoga/wp-content/uploads/2020/07/Gayatri-mantra%E1%B8%A5-upasana-29112020.pdf>