

Gayatri Mantra

Gayatri Mantra (GUY-ah-tree) is one of the most known and beneficial of the ancient Sanskrit mantras. Gayatri is a mantra of physical, emotional, and mental healing, purifying the subtle karmas, protection from the onslaught of obstacles, and of spiritual awakening or Self-realisation.

Om Bhur Bhuvah Swaha
Om Bhur Bhu-vah swa-hah
Tat Savitur Varenyam
Tat Sav-i-too Varh-ren-yee-yam
Bhargo Devasya Dhimahi
Bhar-go Day-vas-yah Dhee-mah-hi
Dhiyo yo nah Prachodayat
Dhee-yo yo-nah Prah-cho-dhay -yat

On the absolute reality and its planes,
On that finest spiritual light,
We meditate, as remover of obstacles
That it may inspire and enlighten us.

Benefits of Gayatri Mantra:

It is believed to help:

- Relieve all obstacles in life
- Protect us from danger
- Improve memory and intellectual power
- Increase concentration
- Increase overall health