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## Gayatri Mahima

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## Aur Mahatamaya

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## Foreword & Acknowledgement

This book has been written as a basic guide to understanding the Gayatri Mantra, the correct method to meditate upon or worship the Gayatri Mantras.

In this short book, we have described the meaning and significance of various Gayatri Mantras that we have recorded (total 13 Gayatri Mantras) as the music albums namely:

- A. Saptagraha Gayatri™, which is collection of seven Gayatri Mantras recited, namely: Surya, Chandra, Mangal, Budha, Guru, Shukra and Shani Gayatri, along with few other Gayatri Mantras

- B. Tri-Deva Gayatri™, which is collection of three Gayatri Mantras recited namely: Brahma, Vishnu and Shiva (Mahesh) and Shri Ganesh Gayatri, along with few other Gayatri Mantras
- C. Raga Gayatri™, which is collection of Vedic and Tri-Pada Gayatri recited based on various classical ragas suited for three times namely: morning, afternoon and evening

The purpose of describing the meaning and significance of the Mantras recorded is that people not only enjoy the melody of the Mantras recited but also understand the meaning and power behind the Mantras.

We hope and believe that this would help.

We are grateful to our Guruji Nritya Shri Gopaldas ji Maharaj of Ayodhya from whose inspiration we could write this book.

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**NB: Hindi edition of the book is in press**

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## Chapter One:

# Understanding the Goddess Gayatri and Gayatri Mantra



## Who is goddess Gayatri?

**Gayatri is Annapurna, the Divine Mother, the Divine Force that animates all Life.**

## What are the five faces of goddess Gayatri?

The five Faces of Gayatri are:

1. **"Aum"**, Param Brahma/ the Pranava is the 1st Face. The Pranava Principle represents the eight different forms of wealth (Ashta Aiswarya).
2. **"Bhur Bhuva Svaha"** is the 2nd Face.
3. **"Tat Savitur Varenyam"** is the 3rd Face.
4. **"Bhargo Devasya Dheemahi"** is the 4th Face.
5. **"Dhi Yo YoNah Prachodayat"** is the 5th Face.

All these five aspects of the Gayatri Mantra are within each one of us in the form of five elements, namely: Water, Air, Earth, Fire, Sky (ether).

### **What are the ten arms of Gayatri meant for?**

Goddess Gayatri's right five arms are meant for...five spiritual benefits:

- a. Knowledge of Self
- b. Vision of Self
- c. Experience of Self
- d. Gain of Self
- e. Exaltation of Self



Goddess Gayatri's left five arms are meant for...five material benefits:

- a. Health
- b. Money
- c. Education
- d. Skill
- e. Help from Others

## The balanced qualities of the Gayatri Mantra

The Gayatri is a perfectly balanced mantra, yin and yang. The body or text of the Gayatri Mantra is feminine, and her message or invocation is masculine. Gayatri is the mother of the Vedas and this means the mother of all knowledge.

She appeals to the masculine Savitur, which is said to be the radiance of perception and intelligence. This radiance, which is everywhere and in every experience, is likened to the radiance of our solar sun.

In other words, all of the knowledge of the intricate ways of existence is contained within the syllables of the mantra, so too is the means and vehicle with which to go beyond worldly knowledge.

## **What is the Gayatri Mantra?**

The Gayatri Mantra is the Universal Prayer enshrined in the Vedas, the most ancient Scriptures of Man. The Gayatri Mantra is a Prayer that can well be spoken with yearning by men and women of all creeds and climes in all centuries. Repetition of this Mantra will develop the Intelligence.

## **Who discovered the Gayatri Mantra?**

The Gayatri Mantra was discovered by Sage Viswamitra. It was the same Sage Viswamitra who initiated Sri Rama into the mysteries of Sun worship, through the Mantra Aaditiya Hridayam.

## **To whom is the Gayatri Mantra addressed?**

The Gayatri Mantra is addressed to the energy of the Sun, Surya.

## **Where is the Gayatri Mantra enshrined?**

The Gayatri Mantra is enshrined in the Vedas, the most ancient Scriptures of Man. (Rig Veda III 62. 10)

## How many parts does the Gayatri Mantra have?

The Gayatri Mantra has three parts.

The Mantra has all the three elements that figure in the adoration of God –

- a. Praise
- b. Meditation
- c. Prayer

The first nine words represent the attributes of the Divine –the Praise

**"Aum Bhur Bhuva Svaha Tat Savitur Varenyam  
Bhargo Devasya"**

**"Dheemahi"** pertains to Meditation.

**"Dhi Yo Yonah Prachodayat"** is the Prayer to God to confer on us all powers and talents.

### **What does the Gayatri Mantra foster?**

Chanting the Gayatri Mantra fosters and sharpens the **knowledge-yielding** faculty in man.

### **What are the other benefits to one who chants the Gayatri Mantra?**

To one who chants the Gayatri Mantra regularly and with faith –

The Gayatri Mantra is the reliever of diseases - **Sarva roga nivaarini Gayatri**,

The Gayatri Mantra wards off all misery - **Sarva duhkha parivaarini Gayatri**,

The Gayatri Mantra is the fulfiller of all desires -  
**Sarva vaancha phalasri Gayatri.**

### **What does the Gayatri Mantra imply?**

The Gayatri Mantra implies the 4 Maha Vakyas or the 4 core declarations enshrined in the 4 Vedas.

### **What are the four Maha Vakyas?**

The four Maha Vakyas are:

#### **1. Prajanam Brahma**

Consciousness is Brahman (Aitareya Upanishad of the Rg Veda)

#### **2. Aham Brahma Asmi**

I Am Brahman (Brihadaranyaka Upanishad of the Yajur Veda)

### **3. Tat Tvam Asi**

That Thou Art (Chandogya Upanishad of the Sama Veda)

### **4. Ayam Atma Brahma**

This Self is Brahman (Mandukya Upanishad of the Atharva Veda)



## Worshipping the Mantra: The Time, Place and Method

**When and where should the Gayatri Mantra be worshiped?**

*The Gayatri Mantra should be worshiped at dawn, noon and dusk.* These times are also known as Sandhya Kaalam, that is to say, the meeting point between night and day, morning and evening, day and night. These times are beneficial for spiritual practices.

However, we do not have to be bound by these three periods of time to chant the Gayatri Mantra. The Gayatri Mantra can be worshiped anytime anywhere we wish to receive the divine help.

## **How the Mantra should be worshiped?**

It can be worshiped by chanting it or by listening/hearing to the chanted/recited Mantra with a peaceful mind.

## **What have the Westerners discovered about the Gayatri Mantra?**

The Westerners have discovered that when the Gayatri Mantra is worshiped with the correct accent as laid down in the Vedas, the atmosphere around is visibly illumined by the vibrations produced by the Gayatri Mantra.

## What spiritual benefits will we derive by chanting the Gayatri Mantra?

The effulgence of Brahma - Brahmaprakasha, will descend on us, illumine our intellect and light our spiritual path when we chant the Gayatri Mantra correctly or when we listen to the Gayatri Mantra sung/ recited correctly.

While chanting or listening to the Gayatri Mantra, we may be well advised to follow the Instruction that Lord Krishna gave to Arjuna in the Bhagavad Gita V - 27 "Shutting out all sense perceptions, and fixing the gaze between the eye-brows or simply closing our eyes and be relaxed...

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## Chapter Two:

### Different Versions of Gayatri Mantra



There are more than fifty types of Gayatri Mantras described in Vedas and various holy books of Hindu Religion.

We have touched 13 most revered Gayatri Mantras in our music albums (to be launched in January-2012), namely: **“Saptagriha Gayatri, Tri-deva Gayatri and Raga Gayatri”**.

As the name suggests, Saptagriha Gayatri™ covers... Sun (Surya), Moon (Chandra), Mars (Mangal/Kuja), Mercury (Budha), Jupiter (Guru), Venus (Shukra), Saturn (Shani) i.e. Gayatri Mantras on each of these seven planets/grihas.

Tri-Deva Gayatri™ covers...Brihma, Vishnu and Shiva (Mahesh) Gayatri Mantras, and...

Raga Gayatri™ touches “Vedic” and “Tri-Pada Gayatri” in Indian classical raga formats based on ragas of three Sandhya-Kalams namely

- A. Morning Ragas: Todi and Ahir Bhairav,
- B. Afternoon Ragas: Shuddha Sarang and Madhumaat Sarang,
- C. Evening Ragas: Bhairavi and Marwa

We chose these three times ragas as these three times also known as “Sandhya-Kalam” are the best times for chanting or listening the Gayatri Mantras

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## Chapter Three:

### Meanings and significance of Various Gayatri Mantras



## 1. Brahma Gayatri

**Recitation:** Aum chatur-mukhaya vidmahe  
hans-rudraya dhimahi tanno Brahma  
prachodayat

**Meaning:** We devote our thought to Lord Brahma who has four faces (has knowledge of all the four directions). We meditate upon god Brahma, May the god Brahma (god who created the entire universe) show us the right path.

**Importance:** To increase one's creativity the worship (in form of chanting/listening) with the Mantra is very beneficial

**Preferred Time:** Morning



## 2. Vishnu Gayatri

**Recitation:** Aum Narayanaya vidmahe  
Vasudevaya dhimahi tanno Vishnu prachodayat

**Meaning:** We devote our thought to Lord Narayana. We meditate upon god Vasudeva, May the god Vishnu (god who sustains the entire universe) show us the right path.

**Importance:** To persevere and remain steady on the path of our goal and to invoke loyalty among the fellow-men, we need to recite/hear the Vishnu Gayatri mantra.

**Preferred Time:** Afternoon

### 3. Shiva Gayatri

**Recitation:**   Aum   tatpurushaya   vidmahe  
Mahadevaya    dhimahi    tanno    Rudrah  
prachodayat

**Meaning:** We devote our thought to that supreme person. We meditate upon supreme god, May the god who removes pain and suffering show us the right path.

**Importance:** To invoke auspiciousness, to have pure thoughts and high spiritual feelings, this mantra is used.

**Preferred Time:** Evening

#### 4. Ganesha Gayatri

**Recitation:** Aum ekdantaya vidmahe  
vakratundaya dhimahi tanno dantih  
prachodayat

**Meaning:** We devote our thought to that one tusked lord (one tusked here intends to generate single minded-ness in pursuit of our goals). We meditate upon god has curved trunk, May the god danti (Ganesha) show us the right path.

**Importance:** To remove obstacles from our path, this mantra is used.

**Preferred Time:** Morning/beginning of any task

## 5. Surya Gayatri (Sun)

**Recitation:** Aum Aadityay vidmahe bhaskaray  
dhimahi tanno suryah prachodayat

**Meaning:** We unify ourselves with Lord Aaditya (Sun). We meditate upon god Bhaskara, May the god Surya (god who gives light to the entire universe) show us the right path.

**Importance:** Worship with this mantra is very beneficial for curing various diseases.

**Preferred Day:** Sunday (however can be worshiped seven days a week)

## 6. Chandra Gayatri (Moon)

**Recitation:** Aum Kshirputraya vidmahe amrit-  
tatvaya dhimahi tanno chandrah prachodayat

**Meaning:** We become one with who is son of milk (Ksheer), we meditate upon what is essence of Amrit (nectar), may that god Chandra show us the right path.

**Importance:** For the removal of suffering and to get peace from dejection and worries, this mantra has been used for the worship of this Divine Shakti.

**Preferred Day:** Monday (however can be worshiped seven days a week)

## 7. Mangal Gayatri (Mars)

**Recitation:** Aum angarkaya vidmahe  
bhoomipalaye dhimahi tanno kujah prachodayat

**Meaning:** We unify ourselves with god mars who is made up of fire, we meditate upon who is the protector of this earth, may that god Mars illuminate our path.

**Importance:** The worship with this Mantra can be beneficial for those suffering from 'Mangalick Dosha' or who are having bad effects of Mars or those who needs protection from their enemies in their lives.

**Preferred Day:** Tuesday (however can be worshiped seven days a week)

## 8. Budha Gayatri (Mercury)

**Recitation:** Aum gajadhwajaaya vidmahae  
sukha hastaaya dheemahi tanno budha  
prachodayaat

**Meaning:** We unify ourselves with god Budha who has elephant in his flag, Let me meditate on him, who has power to grant pleasure, give me higher intellect, let that lord Budha illuminate my mind.

**Importance:** To gain clarity and impact in speech and to sharpen one's intellect we can listen to this Mantra

**Preferred Day:** Wednesday (however can be worshiped seven days a week)

## 9. Guru Gayatri (Jupiter)

**Recitation:** Aum vrishabhadhwajaaya vidmahae  
kruni hastaaya dheemahi tanno guru  
prachodayaat

**Meaning:** We unify ourselves with god Guru who has bulls in his flag, Let me meditate on him who has power to get things done, give me higher intellect, let that lord Guru illuminate my mind.

**Importance:** Worship with this mantra is very beneficial for gaining wisdom and getting the fruit of your work.

**Preferred Day:** Thursday (however can be worshiped seven days a week)



## 10. Shukra Gayatri (Venus)

**Recitation:** Aum aswadhwaajaaya vidmahae  
dhanur hastaaya dheemahi tanno shukra  
prachodayaat

**Meaning:** We unify ourselves with god Shukra who has horses in his flag, Let me meditate on who has a bow in his hand, give me higher intellect, let that lord Shukra illuminate my mind.

**Importance:** Those who wants to improve their marital or love life should use this mantra for chanting or hearing to. In addition, it's very useful to increase general happiness too.

**Preferred Day:** Friday (however can be worshiped seven days a week)

## 11. Shani Gayatri (Saturn)

**Recitation:** Aum Shanaishcharaaya vidhmahe,  
Surya Putraaya Dheemahi, Tanno Mandah  
Prachodayaat

**Meaning:** We unify ourselves with god Shani who moves very slowly (with intent and purpose), Let me meditate on who is son of Lord Sun, let that lord Mandah (Shani) illuminate my path.

**Importance:** Worship with this mantra is very beneficial for people passing through Saade-saati (7.5 years period) of Saturn

**Preferred Day:** Saturday (however can be worshiped seven days a week)

## 12. Vedic Gayatri

Aum bhur Bhuvah Suvah, Tat savitur  
varenyam bhargo devasya dhimahi dhiyo  
yonah prachodayat

## 13. Tri-Pada Gayatri

Aum bhur Bhuvah Suvah... Aum Tat savitur  
varenyam bhargo devasya dhimahi... Aum  
dhiyo yonah prachodayat

**Meaning:** We meditate on the most Supreme Spirit (Sun) who directs and inspires our intellect. Gayatri has three phases and so it is called tripada.

It is also called tripada because it is Vedmata (originator of Vedas), Devmata (mother of gods/devas) and Vishwamata (mother of the universe/world).

**Word by word meaning of Vedic/Tri-Pada  
Gayatri :-**

<b>Aum</b>	The primeval sound (Param Brihma)
<b>Bhur</b>	The physical world, this earth
<b>Bhuva</b>	The mental world
<b>Svaha</b>	The spiritual world
<b>Tat</b>	Tat (the Paramatma)

<b>Savitur</b>	The Sun, Creator
<b>Varenyam</b>	The most adorable, highest
<b>Bhargo</b>	Luster, Effulgence, tejas
<b>Devasya</b>	Supreme Lord
<b>Dhimahi</b>	We meditate upon
<b>Dhiyo</b>	Intellect, understanding
<b>Yo</b>	Who
<b>Naha</b>	Our
<b>Prachodhayat</b>	Enlightens, guides

The 24 syllables in the mantra are intended to give the following qualities in physical plane.

1. 'tat' - tapini - fruitfulness
- 2 'sa' - saphalata - valor
- 3 'vi' - visshwa - perseverance
- 4 'tur' - tushti - welfare
- 5 'va' - varada - yoga
- 6 're' - revati - love
- 7 'ni' - sukshma - wealth
- 8 'yam' - jnana - lustre
- 9 'bhar' - bharga - protection
- 10 'go' - gomati - wisdom
- 11 'de' - devika - subjugation
- 12 'va' - varahi - allegiance
- 13 'sya' - simhani - determination
- 14 'dhi' - dhyana - life
- 15 'ma' - maryada – time

- 16 'hi' - sphutaa - penance
- 17 'dhi' - medha - forecast
- 18 'yo' - yogamaya - alertness
- 19 'yo' - yogini - production
- 20 'nah' - dhanin - protection
- 21 'pra' - prabhava - idealism
- 22 'cho' - ushma - adventure
- 23 'da' - drishya - discrimination
- 24 'at' - niranjana - service.

## **Invocation & Closure of Gayatri Mantra:**

**Long Invocation** points to the seven worlds or lokas; The seven lokas, may be briefly described as:  
Aum bhuhu - Earth, the physical world  
Aum bhuvaha - Astral/desire/breath, the world of becoming

Aum suvaha - Mental, the world of thinking  
Aum mahaha - Causal, silent mind, the world of emotion

Aum janaha - World of creative generation

Aum tapaha - World of intuition

Aum satyam - World of Absolute Truth

**Short Closing:** bhur bhuvah suvah Aum

This simple closing phrase is magnificent, and is a powerful meditation all by itself, a joyous and



humbling panoramic sweep from the initial earthy, lower chakra "bh" sound gradually becoming ever finer, transcending all the worlds, and culminating in the nameless, formless essence.

**Long Closing:** Aum aapo jyotih rasomritam  
brahma bhuur bhuvas suvah Aum  
This beautiful closing pays tribute to the myriad forms of the One. A simple translation is: Aum, the Water, the Light, the very Essence in which we exist, the Absolute, the physical world, the astral realm, the mental realm, all are Aum.

## Vedic/Tri-pada Gayatri Mantra's Importance, according to our saints and rishis

Several concepts are prevalent in the Hindu religion and there are controversies and conflicting opinions also in respect of some of them. But all the sects, saints and rishis have accepted the pre-eminence of Gayatri Mantra with one voice.

- **Atharva Ved** incorporates a prayer (19-1-71) in praise of Gayatri stating that it grants longevity, energy, power, fame, wealth and divine brilliance (*Brahma-tej*).
- According to **Maharshi Vishwamitra**, there is no other mantra like Gayatri mantra in all the four Vedas. All the Vedas, Yagya, Charity,

Tap (devout austerity) are not equivalent even to a small portion of potency of Gayatri Mantra.

- According to **Parashar Rishi**, “of all suktas and Ved Mantras, Gayatri Mantra is the superiormost. Between the Vedas and Gayatri, the latter has an upper hand. One who performs Gayatri *jap* with devotion becomes pure and gets liberated. A person without Gayatri worship cannot be considered a *Brahman*, although, he might have read Vedas, Shastras, Purans and history”.
- **Shankha Rishi** is of the view that “Gayatri alone extends a helping hand and saves a person from falling in the ocean of hell.

There is nothing superior to it on this earth as well as in the heavens. Undoubtedly, a person who masters Gayatri attains heaven (*swarga*)”.

- **Attri Muni** says “Gayatri completely purifies the soul. By the glorious power of Gayatri deep-rooted defects and vices are cleansed out. Nothing else remains to be attained in this world by one who fully understands the substance of Gayatri.”
- **Vashishtha** says “ persons who are dull, wayward and fickle-minded become highly intelligent and steadfast and rise to great heights in worldly and spiritual pursuits by *Gayatri Sadhana*. Those who worship Gayatri steadfastly and piously attain self-realisation”.

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