



## GAṂAṂTRĪ MAṂṂRA

Ūrdhva Dhanurāsana

Yoga Flow by Janine Claudia Nizza



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1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29

## Gayatri Mantra

ॐ भूर्भुवः स्वः  
तत्सवितुर्वरेण्यम्  
भर्गो देवस्य धीमहि।  
धियो यो नः प्रचोदयात्॥

Gayatri Mantra is most popular mantra, with great meaning. Chanting of this mantra emits great vibrations. Consistent practice of this mantra gives good results. In Bhagavad Gita Krishna also mentioned to Arjuna about Gayatri Mantra.

### Shorter Version of Gayatri Mantra

Om Bhur Bhuvah Suvah,  
Tat Savithur Varenyam  
Bhargo Devasya Deemahi  
Dhiya Yo Nah Prochodayat.

Om: primordial sound. Bhur: earth or physical plane. Bhuvah: water or mental/astral plane. Suvah: fire or celestial plane. Tat: that. Savithur: the Sun. Varenyam: adorable. Bhargo: luster. Devasya: lord. Deemahi: meditate upon. Dhiyo: intellect. Yo: this light. Nah: our. Prochodayat: enlighten.

Meaning of Gayatri Mantra: O Lord, we meditate upon you, please enlighten us with your light that is omnipresent in earth plane, astral plane and celestial plane.

### Longer Version of Gayatri Mantra

Om Bhur, Om Bhuvah, Om Suvah, Om Mahah, Om Janah, Om Tapah, Om Satyam, Om Tat Savithur Varenyam Bhargo Devasya Deemahi Dhiyo Yo Nah Prochodayat.

Om: primordial sound. Bhur: earth or physical plane. Bhuvah: water or mental/astral plane. Suvah: fire or celestial plane. Mahah: air or Maharlok. Janah: ether or Janlok. Tapah: intelligence or taplok. Satyam: consciousness. Tat: that. Savithur: the Sun. Varenyam: adorable. Bhargo: luster. Devasya: lord. Deemahi: meditate upon. Dhiyo: intellect. Yo: this light. Nah: our. Prochodayat: enlighten.

Meaning of Gayatri Mantra: O Lord, we meditate upon you, please enlighten us with your light that is omnipresent in seven planes (earth plane, astral plane, celestial plane, Maharlok, Janlok, taplok and consciousness).

# Ganesha Symbolism

