



# POWER AND POTENCY OF GAYATRI MANTRA

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## TROUBLED WORLD ORDER

- ॐ The most advanced countries, currently face the highest rate of suicides, single mothers, violence at home and outside, uncared children and senior citizens, and state of very high mental disorders.
- ॐ Yet in terms of education and wealth, one could call these countries as highly educated and wealthy. But the education or wealth does not help in resolving the problems faced by these countries. Education is introduced at very high costs even at tender age, and has become a commercial venture globally, that does not result in any value or morality standards to society, and the country at large.
- ॐ They keep talking about their military might and talk about what lies beyond the earth in moon, mars and such planets. They talk about living in colonies on the moon and mars.
- ॐ They have ambitious plans to conquer the outer space but cannot conquer the hearts of their own people. Show off and the ambition to be known as the super power guides their animal instinct.
- ॐ They have money for the military budget and space travels, but you see young and old alike abandoned on the roads.

- ॐ A serious analysis indicates that man has no time for fellow men, society and the environment that has brought him/her up.
- ॐ Love, caring and sharing is totally absent. Selfishness is visible at the root core.
- ॐ Personal discipline is simply absent. They do not understand and differentiate between rights and responsibilities.

## MAN PUTS HIMSELF BEHIND BAR

- ॐ In addition to these, and because of selfish action, man is bound by the seven types of ropes as described in the scripture.
- ॐ Seven types of Ropes : body, desire, anger, ego, karma(fate), ajnana (ignorance), and aviveka or avidya (lack of discrimination).
- ॐ These ropes in turn leave behind what is called Dosham or sins of a spiritual kind. These sins are Five in number as described by the scriptures. To get rid of these sins, man is encouraged to do the Five Yagnas or Five type of offering in gratitude.
- ॐ The third aspect is Man does not know how to utilise TIME and sanctify his sojourn on the earth. Nature through the five divine elements teach how time should be used. But man does not have time to observe neither nature nor the environment.
- ॐ He does not realise that the whole cosmos functions on the principles of three colors known as Three Gunas (colors). He does not observe the world changing three times a day, right in front of him, and does not bother to inquire. He does not notice that changes take place once in eight hours around him.
- ॐ While he has time to study others, other objects in creation and the limitless boundary of space itself, he does not have time to study himself/herself.
- ॐ He does not understand that Nature expressing itself all around him, is an excellent teacher, and he looks for teachers outside. He fails to observe how each component of nature is serving mankind, with only the best of man's need, and absorb all his waste, without any complaint. In spiritual parlance, these components of nature are called the Pancha Bhootas, namely "Space, Air, Fire, Water and the Earth".
- ॐ Under such circumstances though man is born as the highest aspect of evolution, fails to rise to a higher conscious level, and continues to be governed by Shudratwam, or ignorances of many kind

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The sharp decline of virtues like love, compassion, and forbearance is directly responsible for the widespread pollution that one sees today. Physical, mental and spiritual pollution is responsible for the state of unrest in society and decay in values.

## WHAT IS SHUDRATWAM AND WHO IS A SHUDRA ?

- ॐ Functioning without self-governance, or self-discipline, or without any regimen could be called as a state of Shudratwam. He is a Shudra, who has no regimen to guide his life.
- ॐ He eats when he wants, sleeps when he wants, dresses the way he wants and works when he wants. He is unable to see how he is related to the people around him, to the society and to the rest of creation and cosmos at large.
- ॐ Because he does not physically see anyone above him in evolution, he assumes he is superior to everything in creation and thus destroys forests, massacres animals and other living beings with no concern how he is going to be affected. Using science which is but a temporary and incomplete phenomenon, he assumes defects are natural and god made. He learns about Newton's law but does not understand that every action of his returns back to him, in good measure.
- ॐ He neither understands what is education, nor he understands science and its limitations. He is unable to differentiate between the contributing and destructive aspects of Science and technology.
- ॐ He does not care to study whether the instruments gifted to him namely the Human Body, is tailor made for his whims and fancies or whether he has to adjust to the limitations of the Human body.
- ॐ Thus a careful analysis indicates that Man as the highest aspect of creation, **lives in ignorance** and poorer than animals and other species, who seem to function to a certain codified way of Life(conduct) wherever they are.
- ॐ Thus the key aspect of Human suffering can be attributed to this one word "**Ignorance**"
- ॐ Ignorance implies lack of intellect or clouded intellect.
- ॐ Because of Ignorance, Mind becomes sick and in the process Dharma or Morality suffers, Human Values suffer, Family, society, community and the Nation as a whole suffers.
- ॐ How to get rid of this ignorance and make the Intellect shine ?
- ॐ Solution lies in the power and potency of Gayatri Mantra.

## GETTING RID OF IGNORANCE THROUGH GAYATRI MANTRA

- ॐ This is where our ancient saints and Rishis have left behind treatise in the form of scriptures known as Vedas, for the welfare of mankind.
- ॐ A careful study across religions show various religious scriptures as the practice of Good thoughts, good words and good deeds.
- ॐ They are available to us, as the Tao, the analects of Confucius, the Zorashtrian principle of Humata, Hukhta and Huvarshta, the Ten commandments of Judaism and Christianity, and the Five Pillars of Islam.
- ॐ The five vows of Jainism, the noble truths and eightfold path of Buddhism, The Rehat Maryada of Sikhs, and the principles enshrined in the Santana Dharma of Hinduism, keep pointing out to Man, his duties and responsibilities to himself, the mankind, society and nature.
- ॐ All religions across, speak about the natural law of Unity in the Cosmos between God, Creation, Society and Individual. But man does not use his vision in the right direction, and as a result suffers due to such ignorance.
- ॐ Alas, when Man loses his moorings and is lost in selfishness, natural calamities of Earthquake, landslides, Tornadoes, Storms, Viruses and Plagues haunt man basically to teach him a lesson that he is expected to live a life of moral conduct and discipline, while enjoying the bounties of Nature. Thus Man alone is responsible for all sorrows and difficulties that he faces in life.
- ॐ Though all religions exhort man to practice a disciplined life and benefit, few individuals guide man in the wrong direction giving twist to their respective religion. They find new meanings to selective words mentioned in the scriptures and twist Truth into falsehood.
- ॐ At the end of the day, the genuine seeker has but one question? How to come out of the suffering and lead a life of joy, Happiness, peace and Bliss?
- ॐ Well this is where, Gayatri Mantra is the beacon to mankind, a boat that has come to save the drowning mankind from all sorts of pitfall, sorrow and diseases.
- ॐ Gayatri Mantra is Universal in nature and mankind can benefit across continents

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## WHAT IS MANTRA, DOES IT HAVE POWER ?

- ॐ Barring a few genuine seekers of Truth, the western society consider body and matter as the end all, have neither faith nor time to dwell into the finer aspects of creation. They decry the word Mantra.
- ॐ Mantra is spoken word with Love and feeling of goodness. It has tremendous power. Western Religions speak that God has spoken, the “Word”. If only man investigates, the pregnant nature of the statement and the mystic arrangement of syllables, he will unearth many a mystery himself.
- ॐ Just 26 alphabets in English language, has been responsible for millions of books to be written, many scriptural texts to be written etc., A person responds to a name, he identifies an object with a spoken name. The tone, pitch, feeling etc., with which man speaks is often responsible for many a quarrel, and even leading to murders. Lovers speak very softly. Two angry persons even though they are standing next to each other, shout at the top of their voice. After all it is just word that has been spoken, so why get upset so much over spoken words? It is proved that even plants react to spoken word and so too the animal kingdom.
- ॐ In reality it implies that spoken words have tremendous power. Mantras are nothing but speaking to the super conscious power, whom we all adore as God, and appealing and praying for help.
- ॐ Mantra means “words that save those who meditate on them”, as defined by Bhagawan Sri Sathya Saibaba)”. So,

whatever is uttered with such intention becomes holy, charged with love for fellow-men, for the world, for the elements, and for the entire creation.

- ॐ Mantras are various syllables in Sanskrit, or Granth as it is originally known, which is arranged in a certain sequence, and to a certain meter, to produce the best and most auspicious vibrations which is beneficial to mankind. Seers and saints across all religions, heard them in the depth of their silenced mind and propagated it for the benefit and welfare of mankind.
- ॐ Mantras are recited with certain intonations, pitch, rhythms etc., and have their own scientific and spiritual value. Spiritual science is not like laboratory science to be tested. Spiritual science advocates practice and learning through experience. The proof is the experience.
- ॐ Thus Mantras are divine by origin, have auspiciousness on one side and tremendous vibrating power on the other. The cosmos is regulated and sustained by the Mantras or spoken word of God, as explained in the scriptures known as Vedas.
- ॐ A careful observation of mantras will indicate that generally it is one sided where the devotee or the spiritual aspirant prays to God, in the form bringing out the best aspect of a god or goddess.
- ॐ But the **Gayatri Mantra is known as a Three in One formulae**, wherein one adores the God, Meditate on the God and then makes a prayer of what he or she wants.

## ESSENCE AND MEANING OF GAYATRI MANTRA

**The Gayatri Mantra is the elaboration of the Pranava Sabda or OM (AUM).** There is no single meaning to this divine Mantra, since it addresses all the three stages of Past, Present and future. But in broad terms, we could accept the following:

*We meditate on that Iswara's Glory, who has created the Universe, who is fit to be worshipped, who is the embodiment of the Knowledge and Light, WHOSE EFFULGENCE IS LIKE 1000s of SUN, who is the remover of all sins and ignorance. May He **enlighten our intellect.**” This is the essence of Gayatri Mantra.*

- ॐ This mantra demonstrates the unity that underlies manifoldness in creation. It is through the recognition of this unity that we can understand the multiplicity.
- ॐ Diverse are the pots, pans and moulds made out of mud. But Clay is one and the same thing. Gold is one, though gold ornaments can be multifarious.
- ॐ Whatever the color of the cow, the milk is always white. The Atma (Divine Self or the spirit) is one, though the embodied forms in which it resides may be many.

- ॐ The Gayatri mantra helps uproot ignorance by invoking the splendour of the Sun to illumine the buddhi (intellect), the faculty of thought.

ॐ This prayer fosters and sharpens the knowledge-yielding faculty. Repetition of this Mantra will develop the Intelligence. Memory Power will improve by leaps and bounds

- ॐ Like sunrise after the night, the Gayatri mantra dispels the darkness of ignorance. **Scientists have investigated the vibrations produced by this mantra and have found that when it is recited with the correct accent as laid down in the vedas, the atmosphere around becomes visibly illumined.**
- ॐ The effulgence of divine, will descend on the chanter and illumine his/her intellect and light the path when this mantra is chanted.

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## WHO CAN CHANT THE MANTRA ?

“The gayatri is a prayer to the supreme intelligence that is immanent in the universe to kindle the intelligence of the supplicant. It is a prayer that can well be spoken with yearning by men and women of all creeds and climes in all centuries”(Bhagawan Sri Sathya Saibaba).

Thus it is clear, that entire mankind have authority to chant the Mantra, irrespective of caste, creed, color, gender or nationality.

## WHEN TO CHANT GAYATRI MANTRA?

- ॐ Time has three qualities: Satwa (equanimity), Rajas (passion) and Tamas (inertia). These three qualities are present everywhere in the cosmos and in everyone. These qualities also controls the outlook of a person. The predominant quality of the three will determine the nature of the person.
- ॐ The day is divided into three parts. The four hours between 4 and 8 a.m. in the morning and between 4 p.m. and 8 p.m. in the evening has the Satwic quality.
- ॐ The eight hours of the day (from 8 a.m. to 4 p.m.) are employed by all beings, including animals and birds, in the discharge of their day to day duties and are regarded as Rajasic.
- ॐ The eight hours between 8 p.m. and 4 a.m. which are mainly used for sleep, are Tamasic.
- ॐ When the four satwic hours of the morning are used for engaging oneself in good actions like worship, virtuous deeds, and keeping good company, one is sure to raise himself from the human to the divine level. It is during the Satwic period that the chanting of Gayatri mantra is highly beneficial.

- ॐ Thus The Gayatri mantra is usually recited three times a day – at sunrise, at noon, and at sunset. These are called “sandhya kalam” – the time when night meets day, when morning meets evening, and when the day meets night.

- ॐ Bhagawan Sathya Saibaba recommends the chanting of the Mantra as follows:

“recite it when you take your bath. When you bathe, the body is being cleansed; let your mind and intellect also be cleansed. Also, make it a point to repeat it on waking up, before every meal, and when you go to bed. Repeat 'shanti' thrice at the end, for that repetition will give shanti or peace to the three entities in you – body, mind and soul”.

- ॐ Depending upon the stage of spiritual progress, it is recommended that one chant the Mantra continuously at all times, even while walking, travelling in bus, train, car, and aeroplane. The Mantra will protect the chanter, when done with a pure mind.

## BENEFITS OF GAYATRI MANTRA

- ॐ Gayatri is the bestower of all that is beneficial, and can be summarised as follows:
- ॐ “Sarva roga nivarini Gayatri”. Gayatri is the reliever of all diseases.
- ॐ “Sarva dukha parivarini Gayatri”. Gayatri wards off all misery.
- ॐ “Sarva vanchha phalashri Gayatri”. Gayatri is the fulfiller of all desires.

- ॐ Numerous people over ages have greatly benefitted by the chanting of the Gayatri Mantra. It is not possible to write here all those wonderful achievements.
- ॐ You can learn a lot from the personal experiences of so many individuals, who have benefitted by chanting this Mantra, by searching the Youtube, as also learn to correctly chant the Gayatri Mantra.

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Peace makes you virtuous and this truly is the royal road to the bliss. Though in possession of virtues, as you don't realise it, you lack peace. O man, bliss is acquired only by virtues, virtues are conferred by unity and unity is acquired by discipline, which in turn is acquired by righteousness.

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## WHY GAYATRI MANTRA ?

- ॐ The sage Vishwamitra devised the best drug for the spiritual aspirant, as it awakens and sharpens the intellect and confers wisdom, discrimination, and non-attachment – the three distinguishing marks of humans – elevating humans far above other animals.
- ॐ Further, the attitude of surrender will grow as one recites regularly the Gayatri mantra. This is the reason why boys are initiated into the mantra at an early age. The attitude of surrender is an important aspect for the spiritual aspirant. One can learn about this from the Krishna – Arjuna dialogue in Bhagawad Geeta.
- ॐ The religion of Islam has SURRENDER as it's basic theme.
- ॐ The nine stages of devotion culminates in absolute Surrender. Thus Gayatri Mantra is the best drug to benefit all round.
- ॐ It is also a proven fact that children, who have been indolent or dull before getting the initiation, have been able to develop their intelligence and be more diligent in their studies after they have received the Gayatri mantra.

## MAN IS THE EMBODIMENT OF SUPREME CONSCIOUSNESS PRINCIPLE

- ॐ The mantra “Om bhoor bhuvah suvah” represents the three basic principles of the godliness in every one. Man is not merely the body but a combination of body, mind and spirit.
- ॐ In the Gayatri mantra, bhu refers to matter – that is the body. Such matter is useless unless it is animated by the Life Principle.
- ॐ Bhuvah refers to the prana shakti or life principle, which animates the body. This is also known as vibration energy.
- ॐ Suvah refers to prajna shakti – awareness or conscience principle.
- ॐ Hence man is made up of the body, prana and prajna. Prajna shakti is the radiation energy that promotes wisdom.
- ॐ Vibration is the expression of the prana. In every action, there is a vibration that is in between the consciousness and the physical body.
- ॐ These three constituent forces — material energy, vibration and radiation energy together is responsible for the functioning of the human being.
- ॐ “Bhoor bhuvah-suvah” also indicates that it relates to the three aspects of time – the past, the present and the future. Man is therefore an embodiment of the three phases of time and the three powers of creation, preservation and dissolution.
- ॐ He is thus the embodiment of the prajna or the principle of the supreme consciousness.

## THREE ASPECTS OF ENERGY – SARVA DEVATA SWAROOPINI

### Gayatri, Savitri and Saraswati

- ॐ When one's intelligence and intuition are developed and mastery over senses is achieved by the recitation of the mantra, the activating deity is Gayatri. Because it protects the one who recites it, it is called Gayatri.
- ॐ When Gayatri acts as protector of the life-forces, she is known as Savitri. Savitri is known in the mythological story as the devoted wife who brought back to life her husband, Satyavan.
- ॐ Savitri is the presiding deity of the five pranas. Even though we all understand our breath as one, in effect there are five parts to it as described in the scriptures. When one carefully observe our breath and its functions, we will see that one variety of air moves upwards, one downwards, one sideways etc., Thus Savitri represents the vibration or life principle and She protects those who lead a life of Truth.
- ॐ When Gayatri acts as the protector of speech, she is known as Saraswati, who is the presiding deity of speech.
- ॐ Hence, Gayatri is described as “sarvadevata-swaroopini” – the embodiment of all goddesses.

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The virtues, which we have to inculcate, are good thought, good conduct, devotion, discipline and a sense of duty. It is virtues that give meaning to a long life. virtues of a man should be cultivated from his childhood. But man today is restricting this growth of virtues by indulging in bad deeds.



## UPANAYANAM OR THREAD CEREMONY

- ॐ We learnt about Shudratwam earlier, and if this is not checked in time, man would stand to lose his entire life without any purpose and achievements. There is no difference between one child and another at the time of birth. All are born out of the mother's womb only. This is the first stage of life (shoodra), a life that has no regimen and spent in play, eating and sleeping.
- ॐ Just like we build a small fence around a sapling till it grows erect and tall, so too, Scriptures recommend that we need to protect the young child and shape him/her with adequate spiritual content, early in life, so that he/she grows fearless, noble and with a fine character, full of joy, peace and bliss.
- ॐ Upa means taking near. ie **Taking the child near the God**. Upanayanam or thread ceremony is an indicator of the young child being introduced and taken nearer to God through the thread ceremony. It is a Samskara or sacrament that makes a boy fit for pursuing the higher wisdom.
- ॐ Because this ceremony roots out Shudratwam, the young child is born again and is now known as Dwija or second born. Of the four births that man has to go through as per scripture, this is the most important, since this is the foundation on which everything else will rest, as years roll.
- ॐ Youth today must pledge themselves to speak the truth, develop love and have unshakable faith in God. They will then be able to establish peace in the world. This is the significance of yagnopaveetham (the sacred thread ceremony), as expounded by Bhagawan Sri Sathya Saibaba.
- ॐ Why a thread is worn ? what is its significance ? We all see garlands that are made with beautiful flowers. Seldom we notice or remember the thread that holds the flowers together. God is that thread who holds the creation(different type of flowers) together. Different flowers are indicative of the different species and other animate as well as inanimate beings in the creation. Without this thread, the Unity underlying the vast diversity, will get missed out.
- ॐ The thread is a reminder to the young child early in life that he is constantly being protected by God, and all that he is required to do, is to follow some injunctions mentioned in the scriptures. The knot combining the three threads, assures the aspirant, that GOD as Brahma, Vishnu and Maheshwara is protecting him/her. Here G-Generator, O-Organiser and D-Dissolver or destroyer, is indicated in the three aspects of God being the creator, sustainer and destroyer of the creation.
- ॐ Thread is called "**Thread of Surrender**" (saranadaivu). When one surrenders to God he/she can claim half of God's power/right. Since the boy learns that God is protecting him, all that he needs to do is to surrender to the higher Self, and reap the benefits.
- ॐ Three strands each of the thread, with a **knot(brahma granthi)**. represent Brahma, vishnu, Maheshwara, Past, present and future, Waking, dreaming, and deep sleep stages, as well as the Three qualities of Satwa, Rajo and Tamo gunas.
- ॐ Upanayanam or thread ceremony culminates in the child being born a second time and is now fit to take up higher studies that will reveal the true nature of himself.
- ॐ Thus when he now starts chanting the Veda Mantras after initiation with the thread, he will begin to walk his third birth known as "VIPRA". Study of Veda is the highest type of learning.
- ॐ The third birth in turn will elevate his thoughts and deeds so as to see the vastness of diversity simplified in the Unity and he will see the whole cosmos as one containing the many.
- ॐ When he reaches such a stage, he begins to walk the path of Brahman or God and will become known as a Brahmana. Thus he is now born the last and fourth of his births.
- ॐ To understand the Brahman Principle is the aim and goal of Gayatri Mantra.

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## ROLE OF PARENTS AFTER UPANAYANAM

- ॐ Parents have the responsibility to lead the child on such a path that he becomes the beacon of Light for the family - "**Suputrah Kula Deepaha**".
- ॐ Matru Devo/Pitru Devo/Acharya Devo/Atiti Devo Bhava. Mother, father, Teacher and Guest are verily Gods as per Indian culture and the child must be taught to rever them early in life.
- ॐ Parents must also encourage their children to walk the path of Truth (Sathyam Vada, Dharmam Chara) and to walk the path of righteousness always.
- ॐ Both parents and teachers must lead by example. They must teach the child lessons from **Ramayana**,

**Mahabharata, Bhagawatham and Bhagawad Gita.**  
This is the Biksha(alms) parents must give.

- ॐ They should ensure that the child does not see unwanted things on the TV. Child must be taught the **benefit of SILENCE**.
- ॐ **Purity of vision and thoughts is the starting point, for a child who is born a second time through the thread ceremony.**
- ॐ Pahlada said that a father can be proud of his son not at the time of the son's birth but only when the son attains fame as a good man. It is only then that his birthday can be celebrated.

## GAYATRI MANTRA – A PRACTICAL EXERCISE

- ॐ Do not use Force to recite mantra, but recite with a feeling/emotion of the majesty that the mantra has. Fix a time, and chant the mantra at the same time always, preferably in a clean environment, in a pooja room, in a temple, or in natural environment where one could find some silence.
- ॐ Even if mind drifts and thousands of other thoughts come, do not feel perturbed. Ignore them and keep returning to Gayatri chanting.
- ॐ Imagine a light shining in the center of your chest and focus that light in between the two eyes, while reciting the Gayatri Mantra.
- ॐ **In three weeks, you should experience a sharp and tremendous change in you.**
- ॐ Change in your **LIKES and DISLIKES, can be observed**. One will also find that individual views on various aspects, have undergone **CHANGE** for the better.

- ॐ **Areas of Thinking, intuitiveness, confidence levels, and self-sufficiency**, self confidence etc., will continuously improve.

ॐ Many types of Powers will emerge, which the aspirant will experience.

ॐ Enthusiasm and vigour will increase very fast.

ॐ Frustration, tension, doubts, miseries, difficulties etc., will vanish.

- ॐ The chanter will experience better inter-personal relationships. You will find magnetism in your personality.

ॐ **One will gradually become FEARLESS.**

- ॐ In just about three weeks, you should experience a sharp and tremendous change in you in the following areas:

ॐ You will begin to see things going better in your LIFE.

What is brahmacharya? It means "charya or moving ever in brahman". Cognise that your existence is in brahman, through brahman, for brahman. It is that awareness that makes acts sacred and successful. Feel pure: that makes your act pure. Pure words, pure speech, holy listening, holy reading, seeing holy things "these make the heart pure".

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## CONCLUSION

The Gayatri is considered as vedasara – “the essence of the vedas.” Veda means knowledge, and this prayer fosters and sharpens the knowledge yielding faculty.

- ☪ Eradication of fear, frustration, tension, doubts and miseries.
- ☪ Revival of peak enthusiasm and vigour.
- ☪ Realignment of priorities and goals.
- ☪ Emergence of new improved ideas, plans and visions.
- ☪ Sense of extreme peace and love with self and world.
- ☪ All noble things one can think of and aspire for, would be achieved!
- ☪ Repetition of Mantra will develop the **Intellect. (Shraddha, Rutham, Sathyam, Yoga and Mighty Power are the five parts of sacred intellect.**
- ☪ **Can we chant Gayatri when we are unclean ? Should it be chanted loud or in mind ? One would find answers to such questions from within.**
- ☪ The gayatri mantra is not related to any particular time, place or person.
- ☪ If one is too weak to pursue the study of the Vedas, he must at least recite the Gayatri and adhere to it, till the very end.

- ☪ There is no treasure richer than the Gayatri.
  - ☪ Gayatri is the Monarch of Manthras and thus is known as Veda Mata.
  - ☪ By chanting this, four things increase. Aayu (age), Vidya (knowledge), Yash (fame) and Balam (strength).
- Life is like a notebook . Two pages are already written for all of us. The first page is BIRTH. The last page is DEATH. All middle pages are blank pages for us to write. We need to use Virtues and Values to ENGRAVE OUR CHARACTER, in each of the middle page, with the Help of Gayatri Mantra.
- ☪ Sin committed unknowingly during the day gets destroyed and karma of the day gets burnt, by chanting the Gayatri Mantra.
  - ☪ No need to chant any other mantra, as the Mantra is known as Sarva Mantra Swaroopini.
  - ☪ No need to pray to individual Gods, as prayer to any God will finally reach the Supreme Principle only.
  - ☪ Gayatri is the embodiment of Mother Principle.
  - ☪ All can chant, whenever they want, wherever they want irrespective of caste/creed/color.
  - ☪ If you chant Gayatri wholeheartedly, you will never face any difficulties or hardships in life.

## 5 EXCELLENT ENERGIES IN MAN

- ☪ PRANA (Breathing in of air into the heart)
- ☪ UDANA (upward flow of energy – speech etc.,)
- ☪ SAMANA (intestinal movements occur)-naval
- ☪ VYANA (involuntary actions performed by body like heart etc.,) throughout body present
- ☪ APANA (excretory functions, baby delivery)
- ☪ Four additional energies develop in man when he practises PRANAYAM

- ☪ Intellect will blossom and shine in all its splendour after initiation into Gayathri Mantra. That is why it is essential that Upanayanam is done at the age of eight.
- ☪ One who is initiated into the Gayathri Mantra at an early age will become highly intelligent. Man’s life will be sanctified by chanting this Mantra.

So get started with Gayatri Mantra today and help a friend who is in need. You can cure anything.

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A person is angry because he is weak; he is a bully, because he is a coward; he utters lies, because he is sure he deserves to be punished and he is too weak to welcome it gladly!

Ponder over your sthiti (present condition), gati (direction of movement), shakti (capabilities) and mati (inclinations). Then, enter upon the path of sadhana step by step, so that you approach the goal faster every day, every hour, every minute. Aim to acquire virtues for, virtue is power, goodness is power.

Truth is the mother; wisdom is the father; Righteousness is the brother; compassion the friend; Peace is the wife; forbearance the son; These six are men's true relations.



## FIVE POWERFUL GODS IN GAYATHRI



The Gayathri manthra has five Divinites(Aadithyam, Ambikaam, Vishnum, Gananaatham and Maheswaram). The Effulgence Principle, the primordial energy principle, The Life Principle, the Ganesha and Eashwara Principle are all contained in this divine Mantra.

## NINE STEPS TO PERFECT LIFE WITH GAYATRI

- ॐ **Connect to Creator** through Gayatri as soon as you get up from bed.
- ॐ Show Gratitude to the Five Mothers on a daily basis. The mother earth(first mother), mother of knowledge and Wisdom, ie Veda Mata(second mother), Mother Cow(third mother), Mother land(fourth mother), and the physical mother(fifth mother), are to be considered as Gods and offered our gratefulness on a day to day basis, besides gratitude to plants, animals, all other life forms, and society at large.
- ॐ Love all and Serve all without malice and envy. Love aids VIRTUE, and also safeguards one from EVIL. Love means GIVING and FORGIVING.
- ॐ Observe Self Discipline. (Follow your higher senses always and not lower senses).
- ॐ Help Ever, Hurt Never (Help rendered without expectation is bigger than the whole Creation, and even the Ocean will look small than the Helper).
- ॐ Have Humility and humbleness. Ramakrishna Paramahansa practised it.
- ॐ Practice Self-control (Taller than the mountain is the stature of the man who lives a life with self-control). Self control also implies control over five senses: If one can have control over the tempting pleasures at all times he will be saved from evil over his next seven births. No possession is greater than SELF-CONTROL.
- ॐ Forbearance is recommended as the highest form of all higher knowledge. It stops the chain of evil, as per Bhagawan Sri Sathya Saibaba.
- ॐ Be vigilant and have control over the tongue, failing which, one will meet with misery and great trouble. Remember Saraswathi sits on your tongue. Gayatri as Pancha mukhi or five divinities, is always with you.

**Pease feel free to add your valuable input, if you feel it will help the aspirant who has taken to Gayatri Sadhana. This is a humble offering at the Lotus feet of Bhagavan Sri Sathya Saibaba**

### Questions or Clarifications

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