

गायत्री मन्त्रः
gāyatrī mantrāḥ
Long Invocation

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ओं भूः । ओं भुवः । ओं सुवः । ओं महः ।
ओं जनः । ओं तपः । ओं सत्यम् ।
ओं तत्सवितुर्वरेण्यं भर्गो देवस्य धीमहि ।
धियो यो नः प्रचोदयात् ॥
ओं आपो ज्योती रसो मृतं ब्रह्म भूर् भुवः सुवर् ओं ।

om̐

om̐ bhūḥ | om̐ bhuvah | om̐ suvah | om̐ mahah |
om̐ janah | om̐ tapah | om̐ satyam |
om̐ tatsaviturvareṇyam̐ bhargo devasya dhīmahi |
dhiyo yo nah̐ pracodayāt ||
om̐ āpo jyotī raso mṛtam̐ brahma bhūr bhuvah̐ suvar om̐ |

Om is earth (the physical world), Om is astral (desire/breath, the world of becoming), Om is mental (the world of thinking), Om is causal (silent mind, the world of emotion), Om is the world of creative generation, Om is the world of intuition, Om is the world of Absolute Truth

We meditate upon the Divine Light of that adorable Sun of spiritual Consciousness. May it stimulate our power of spiritual perception.

Om is the Waters, Light, Essence, the Immortal, Reality; the physical, intermediate and heaven worlds is Om