

# 3 Sacred Mantras

Wednesday, 30 October 2024

## Gayatri Mantra

So, what does the word "mantra" mean? "Protection of the mind." That's one interpretation. Any other meanings? "Elevation." Yes, that's another aspect. Now, do you remember the three words used for the mind? **Chitta**, **Manas**, and **Sattva**.

Is there a connection between "mantra" and any of these? Yes, **manas**. The word mantra originally comes from the root **mana**. And what is **manas**? It refers to the mind, specifically the speculative, imaginative aspect. The mind has various powers, including the power to imagine, think, analyze, gossip, and build things up. This capacity, these mental actions, are collectively known as **manana**.

So, the word **mantra** is explained in Sanskrit as **Mananad Trayate Iti Mantra**. In this phrase, **Mananad** refers to the actions of the mind, and **trayate** (from the root **tra**) means to protect. Therefore, mantra is about protection through the mind—specifically, how the functions of the mind can be channeled to create a positive, protective world around us. This is the essence of a mantra: using our mental faculties intentionally to create a protective, positive field around us.

### The Gayatri Mantra: The Head of All Mantras

The mantra **shiras**, or the "head of all mantras," is the **Gayatri Mantra**:

*Aum Tat Savitur Varenyam  
Bhargo Devasya Dheemahi  
Dheeyo Yo Nah Prachodayat*

Let's go over the meaning of the Gayatri Mantra step-by-step:

**Aum (ॐ)**: The primordial sound, representing the cycle of creation, sustenance, and dissolution. Each part of Aum has significance:

- **A** signifies **creation** (Brahma),
- **U** represents **sustenance** (Vishnu),
- **M** denotes **dissolution** (Shiva).

Together, Aum symbolizes the entire universe, reminding us of this cosmic process and our connection to it.

**Tat Savitur Varenyam**: This line translates to "That great Creator."

- **Tat** means "that,"
- **Savitur** refers to "Creator,"
- **Varenyam** means "worthy or great."

It connects us to the source of all creation, allowing us to transcend from the manifest world to the unmanifest.

**Bhargo Devasya Dheemahi:** This line means "We meditate on the rays of the god."

- **Bhargo** means "rays,"
- **Devasya** refers to "of the god,"
- **Dheemahi** means "we meditate."

By meditating on these rays, we connect ourselves to the divine energy emanating from the Creator.

**Dheeyo Yo Nah Prachodayat:** This final line is a prayer for the stimulation of intelligence.

- **Dheeyo** means "intelligence,"
- **Yo** means "which,"
- **Nah** means "in us,"
- **Prachodayat** means "stimulate."

Here, we ask the Creator to stimulate our intelligence—not just our thinking, but our discernment and decision-making, aligning our actions with higher consciousness.

### **The Elements of Mantra Meditation: Rishi, Chandas, and Devata**

Each mantra has three key aspects: the **rishi** (seer), **chandas** (meter), and **devata** (deity).

- **Rishi:** (Crown) The seer or sage who perceived the mantra. Mantras are not "created"; they are *heard* or *received* in deep stages of meditation and spiritual evolution. In the case of the Gayatri Mantra, the rishi is **Vishwamitra**, whose name means "friend of the universe." In this heightened spiritual state, where the universe itself was a friend to him, he perceived the Gayatri Mantra.
- **Chandas:** (Mouth) The melody or meter of the mantra. The Gayatri Mantra is in the Gayatri chandas, and the energy of this meter is placed in the mouth when chanting. Melody has an innate power to shift our mood, and each mantra's meter or melody aligns with a certain quality or energy.
- **Devata:** (Heart) The deity of the mantra. Every mantra connects us with a god or goddess. In Gayatri, the devata is **Savitur**, the Creator. When we meditate on a mantra, we place this deity within our heart, aligning our soul with the divine presence it represents.

The power of **visualization** in mantra meditation is essential. When chanting the Gayatri Mantra, visualize the Creator's rays descending on you, filling you with divine intelligence and clarity.

### **Repetition of Mantras**

Many mantras are chanted 108 times, but the number of repetitions isn't as important as the quality of intention. Through repetition, we seek alignment with the consciousness of the seer (like Vishwamitra) and the deity (Savitur). Each repetition helps the mantra's energy manifest within us, guiding us toward transformation and divine presence.

### **The Purpose and Protective Power of the Gayatri Mantra**

The Gayatri Mantra's purpose is to connect us with universal intelligence, aligning our minds with the cosmic order. When chanted with genuine intention, the mantra doesn't just protect the individual but resonates through all creation, supporting the balance and order of life. This protective power lies in the realization that we are part of a larger, interconnected whole.

Each morning, especially at sunrise, chanting the Gayatri Mantra can remind us of our unity with all existence. As we align ourselves with the Creator's intelligence, we tap into the energy that binds everything—from electrons to planets. This brings clarity, stability, and resilience, helping us transcend individual challenges and connect with a higher purpose.

### **Daily Practice and Universal Impact**

By meditating on the Gayatri Mantra, we are nurturing our intelligence and contributing to the well-being of the entire cosmos. As we resonate with this universal intelligence, we help maintain the balance of all existence. Through this alignment, may we be uplifted and protected, unified with all life, and resonate with the wisdom sustaining all of creation.

**Hari Om. Namaste.**

