**Sathya Sai Baba Center of Atlanta**

**Swami’s teaching on Gayatri Mantra**

It is said, Gayatri is the mother of the Vedas. There is no need to chant any other mantra if you chant the Gayatri Mantra. Gayatri has three names: Gayatri, Savitri, and Saraswathi, which are latent in everybody. Gayatri, being the presiding deity of our senses, helps us to master the senses. Savitri, being the presiding deity of the life principle, protects our life. Saraswati bestows on us the changeless and eternal wisdom. Gayatri has five faces. What are they? Aum is the first face; Bhur Bhuvah Suvaha is the second; Tat Savitur Varenyam is the third; Bhargo Devasya Dheemahi is the fourth; Dhiyo Yo Nah Prachodayat is the fifth. (Discourses 10 Feb 2000; 9 Oct 2002)

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Om Bhur Bhuvah Suvaha

Tat Savitur Varenyam

Bhargo Devasya Dheemahi

Dhiyo Yo Nah Prachodayat

We meditate on That Glory of Divine Light, Whose Effulgence illuminates the entire creation, embodied in the three states – Earth, Ether and Heaven. That Supreme Light, may It remove our ignorance and enlighten our intellect.

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Bhur, Bhuvah, and Suvah in the Gayatri Mantra refer to body (materialization), life force (vibration) and soul (radiation). Bhur means the earth, which is nothing but the combination of materials. This denotes the human body, which is also a combination of materials. Bhuvaha refers to the life force, which makes the body move. Suvaha refer to the Constant Integrated Awareness (prajnana sakthi), which sustains the life force. This prajnana sakthi is also termed as radiation. All three, viz. materialization, vibration, and radiation, are present in man. I tell you often that you are not one, but three – the one you think you are (physical level), the one others think you are (mental level), and the one you really are (Divine level). (Discourse 9 Oct 2002)

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The Gayatri Mantra is highly sacred. Gayatri Mantra contains the essence of all the mantras of all Gods and Goddesses. Just as a single thread runs through all the flowers in a garland, the same Divine power exists in all the forms of God. Understand this unity in diversity. One who has understood this unity will never be put to suffering. Develop faith in God. (Discourse 9 Oct 2002)

The Gayatri has three parts: Praise, Meditation, and Prayer. First, the Divine is praised; then it is meditated upon in reverence; and lastly, an appeal is made to the Divine to dispel the darkness of ignorance and to awaken and strengthen the intellect. "Dheemahi" is related to the meditative aspect. "Dhiyo Yo Nah Prachodayat" relates to the aspect of prayer.

Chanting the Gayatri Mantra purifies the mind and confers devotion, detachment, and wisdom. Intellect will blossom and shine forth in all its splendour only after initiation into the Gayatri Mantra. Chanting of the Gayatri Mantra will sanctify man's life. If you chant the Gayatri Mantra wholeheartedly, you will never face difficulties or misery in life. Chant the Divine name incessantly. If you have divine feelings in your heart, God will protect you, wherever you are. You should have unwavering faith in Him and chant His name with love.

Life is a long journey and your desires are the luggage. "Less luggage more comfort make travel a pleasure." The journey of life will become enjoyable only when you reduce the luggage of desires. The Gayatri Mantra teaches that you should offer everything to God. Perform all your actions to please God. Only then you will be free from all difficulties and misery.

(Discourse 9 Oct 2002)