ESSENTIAL SHLOKAS

Gayatri Mantra

ॐ भूर्भुवः स्वः
तत्सवितुर्वरेण्यं
भर्गो देवस्य धीमहि
धियो यो नः प्रचोदयात् ॥

oṃ bhūr bhuvaḥ svaḥ
tat savitur vareṇyaṃ
bhargo devasya dhīmahi
dhiyo yo naḥ pracodayāt

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oṃ
the sacred first sound

bhūḥ
the earth

bhuvaḥ
the sky, the space in between

svaḥ
the heavens

tat
that

savituḥ
of Savitṛ, the Sun who sets all life in motion

vareṇyam
most excellent, worthy to be chosen

bhargaḥ
radiance, the light that purifies

devasya
of the divine one

dhīmahi
we meditate on

dhiyaḥ
minds, understanding

yaḥ
who

naḥ
our

pracodayāt
may (he) inspire, awaken

Om. Earth, sky and heavens. We meditate on that most excellent radiance of the divine Sun. May it awaken our minds.

Say it at sunrise and sunset, slowly, 3, 11 or 108 times.

Meaning, story and family video: lotusastro.com/shlokas

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