

Gāyatrī Mantra

The mantra of liberation

ॐ

भूर् भुवः स्वः

तत् सवितुर् वरेण्यं

भर्गो देवस्य धीमहि

धियो यो नः प्रचोदयात्

What is a mantra?

ॐ भूर्भुवः स्वः
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धियो यो नः प्रचोदयात्

Mantra

man = to think

tra = a tool or instrument

mandas = mind

trai = to be set free from;

to protect



Devanagari character
for “Aum”



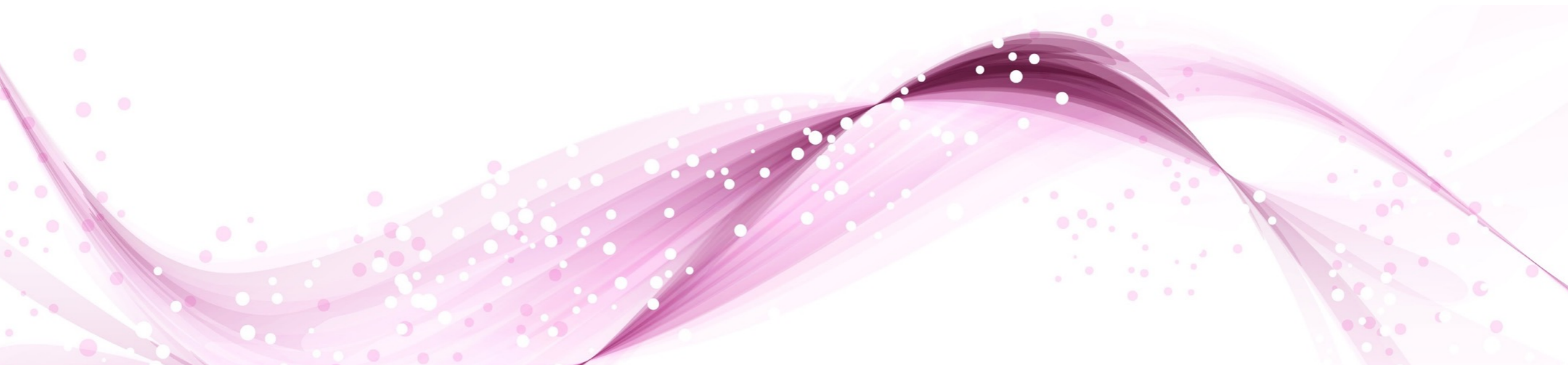
ॐ

भूर भुवः स्वः

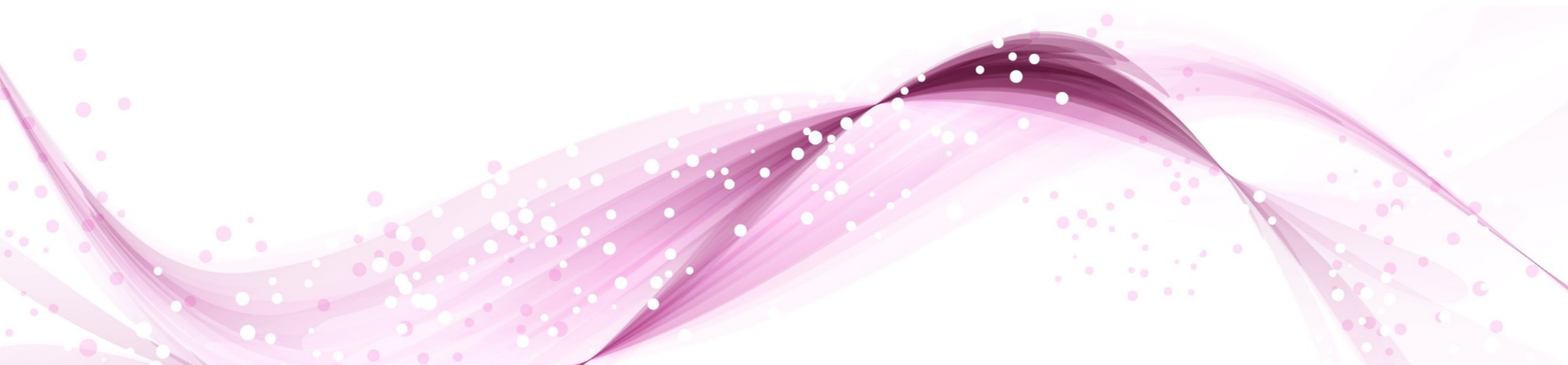
तत् सवितुर् वरेण्यं

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धियो यो नः प्रचोदयात्




*Mantra is for the mind
as asana is for the body.*



Thomas Ashley-Farrand,
author of *Mantra Meditation*

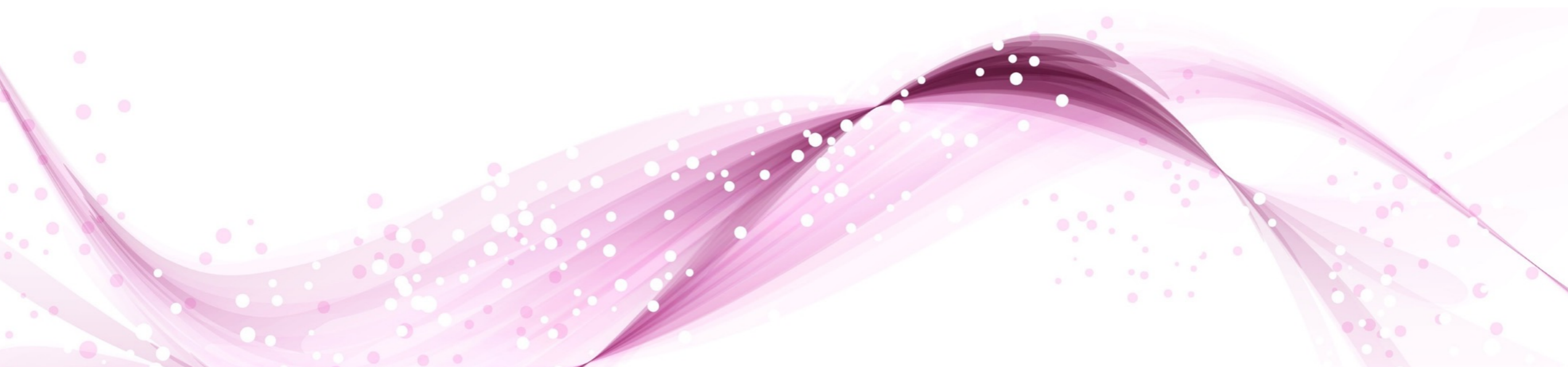
*‘When chanted out loud or silently, mantras
create a single, powerful vibration that
corresponds to both a specific spiritual energy
frequency and also a state of consciousness.’*



“Over time, the mantra process begins to override and absorb all the other smaller vibrations that eventually become subsumed within the mantra.”



*“After a length of time, the great wave of
the mantra overwhelms all other
vibrations.”*



Mantra practice progresses
through 4 levels.

1

2

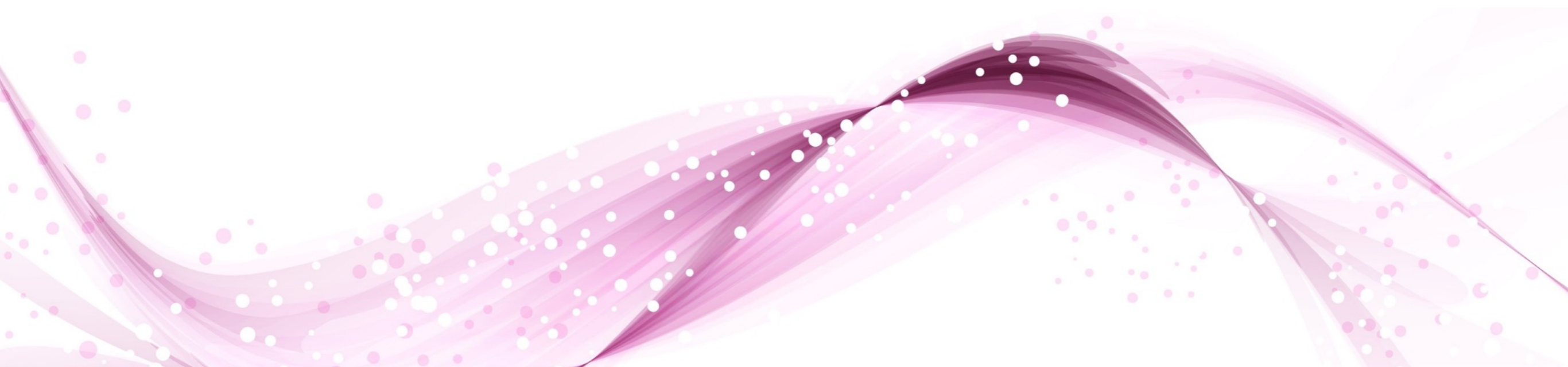
3

4



First level

As an understanding of
word and meaning



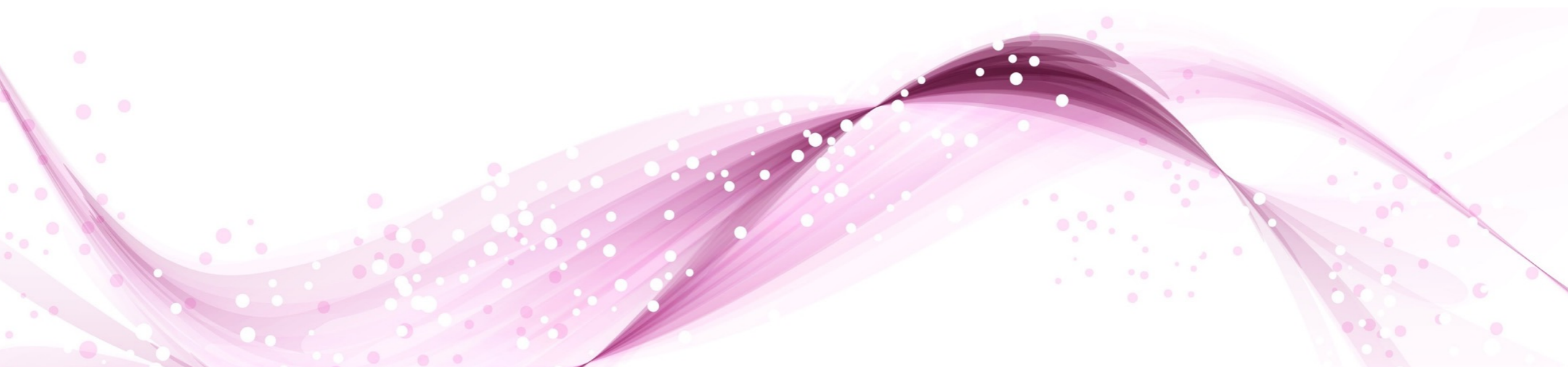
Second level

As a feeling state



Third level

As a constant awareness

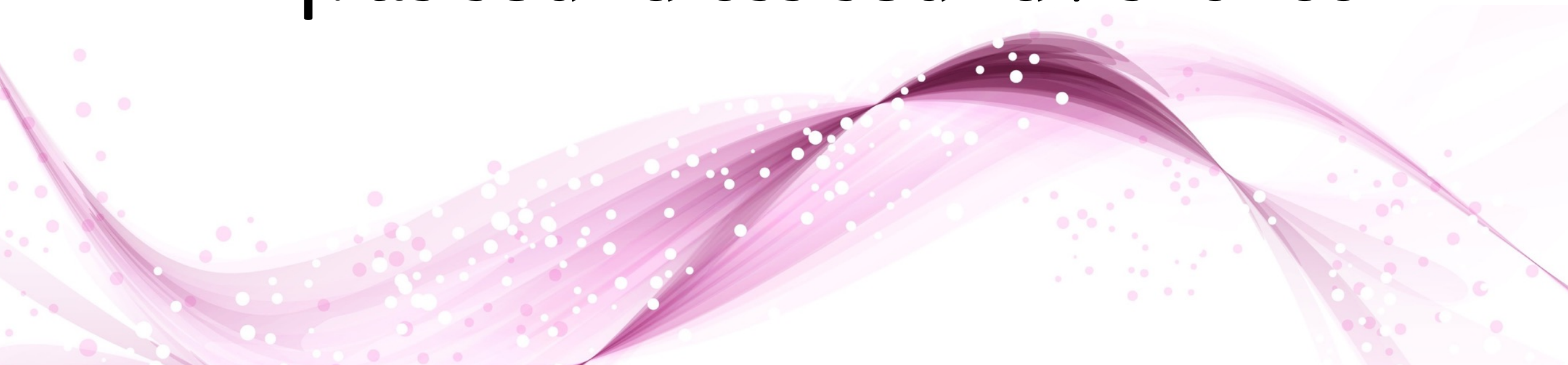


Fourth level

As soundless sound
or silence



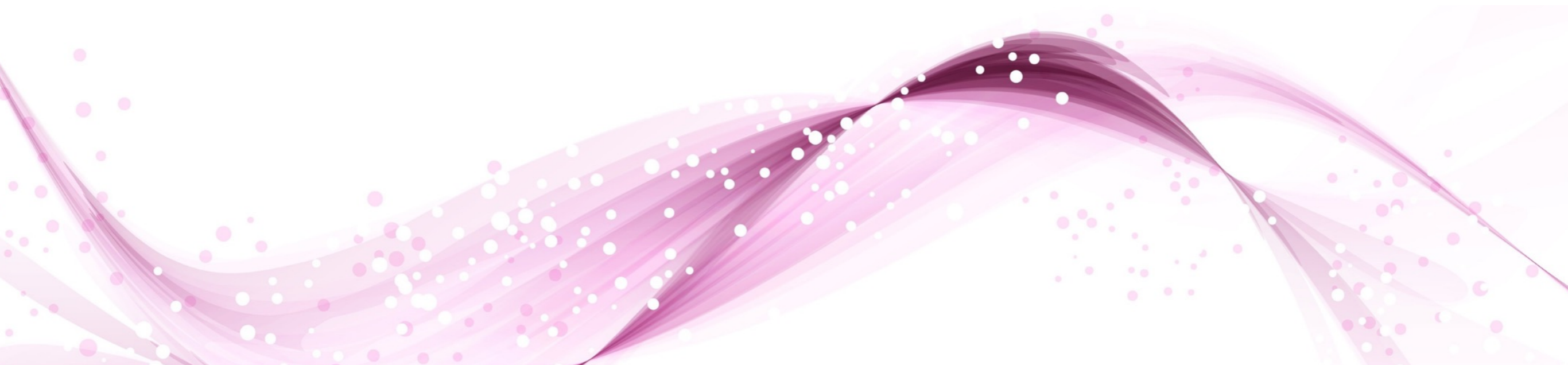
The four levels of mantra

1. as word and meaning
 2. as a feeling
 3. as a constant awareness
 4. as soundless sound / silence
- 

125,000 repetitions



So how long does
this process take?



125,000 repetitions of a mantra is 1250 rounds of a mala (108 beads)

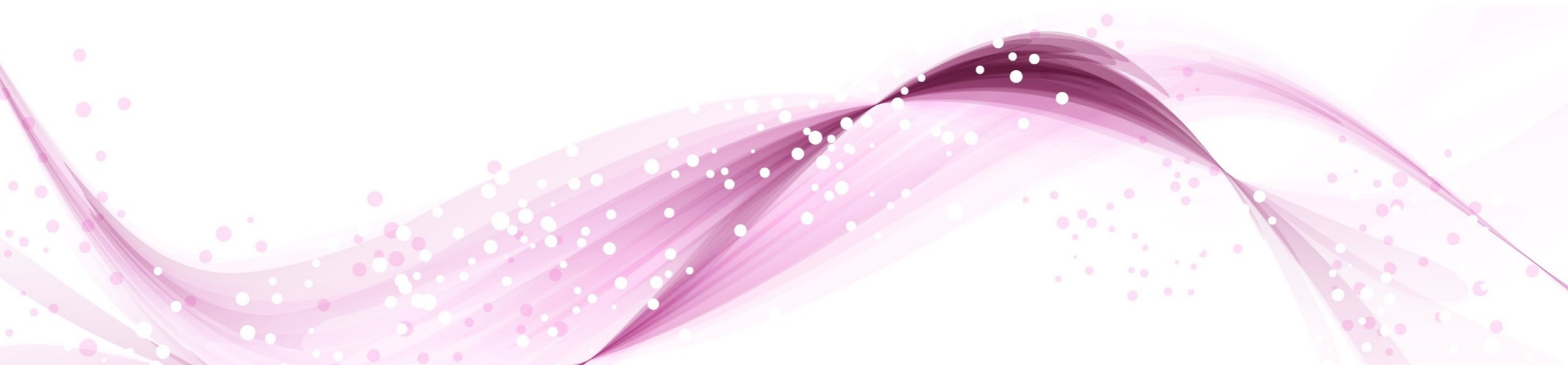
Rounds per day	Time per day	Total days	Appx. months
1	18 min	1250	42
2	36 min	625	21
3	54 min	417	14
4	1 hr, 12 min	313	10 1/2
5	1 hr, 30 min	250	8 1/2
6	1 hr, 48 min	209	7
7	2 hr, 6 min	179	6

Purascharana

100,000 repetitions of
each syllable of the
mantra



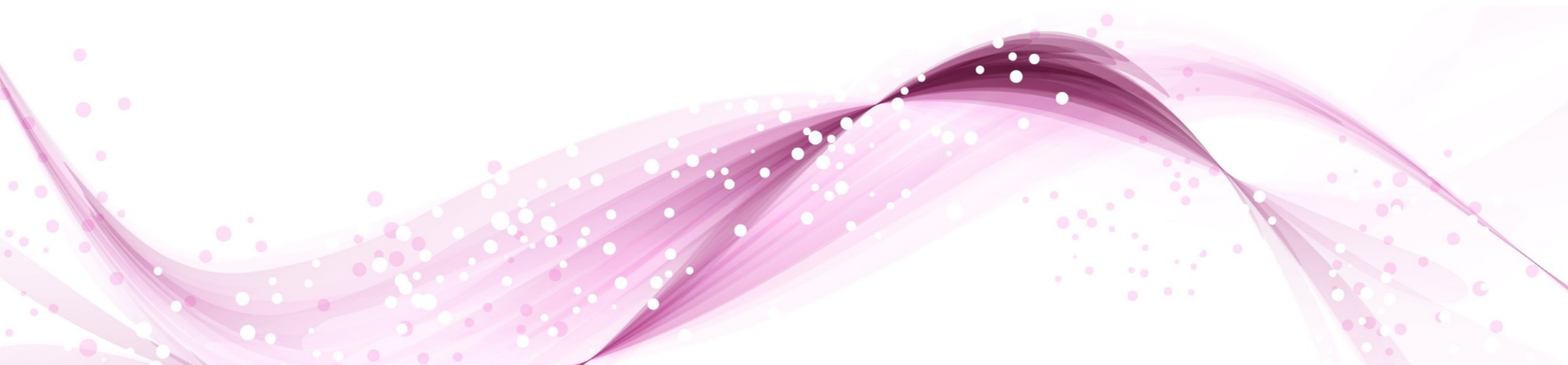
japa



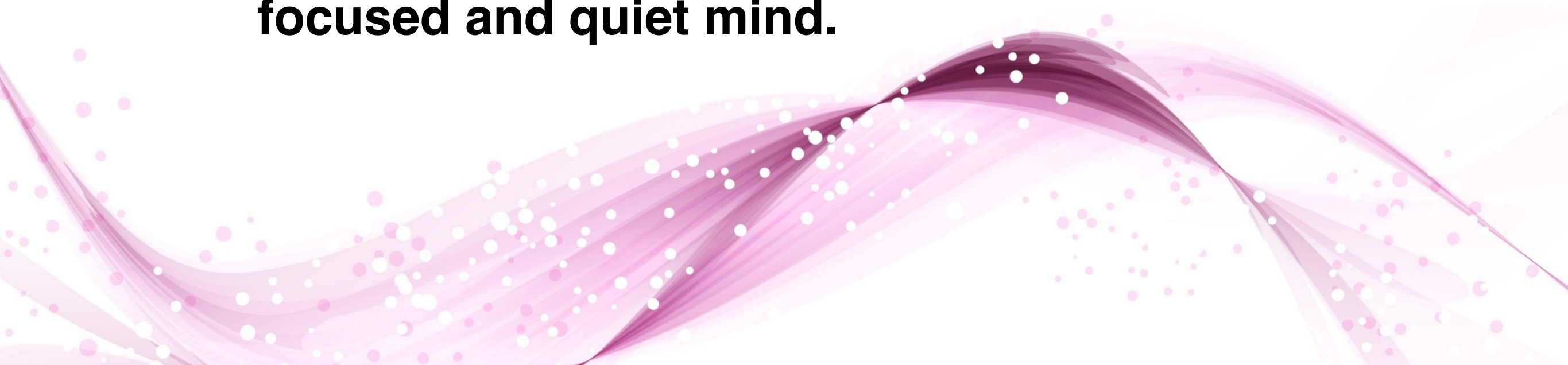
ajapa japa



Constant remembering
without effort



Key Takeaways

- **Mantra is a powerful practice.**
 - **By recitation of a mantra you will begin to emanate the vibration of that mantra through your entire being.**
 - **There are many levels of attainment but even at the lowest level, you receive the benefit of a focused and quiet mind.**
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What is a mantra?

Mantra is two words: “man” and “tra.”

“Man” means mind. “Tra” means the heat of life.

“Ra” means sun.

So, mantra is a powerful combination of words which, if recited, takes the vibratory effect of each of your molecules into the Infinity of the Cosmos.

That is called “mantra.”

~ Yogi Bhajan



Creating a 40-day practice

