

Gāyatrī Mantra

The mantra of liberation

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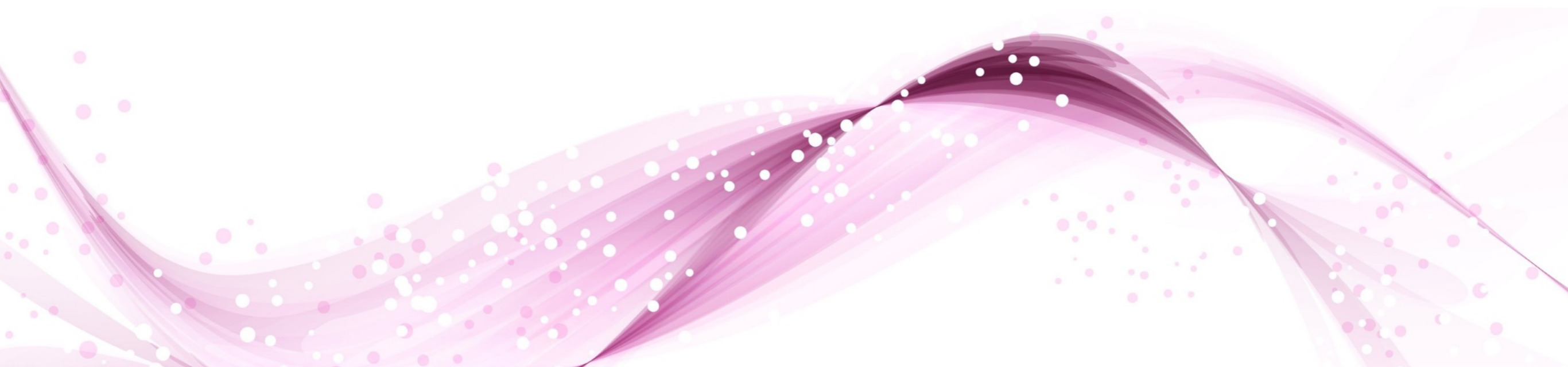
भूर् भुवः स्वः

तत् सवितुर् वरेण्यं

भर्गो देवस्य धीमहि

धियो यो नः प्रचोदयात्

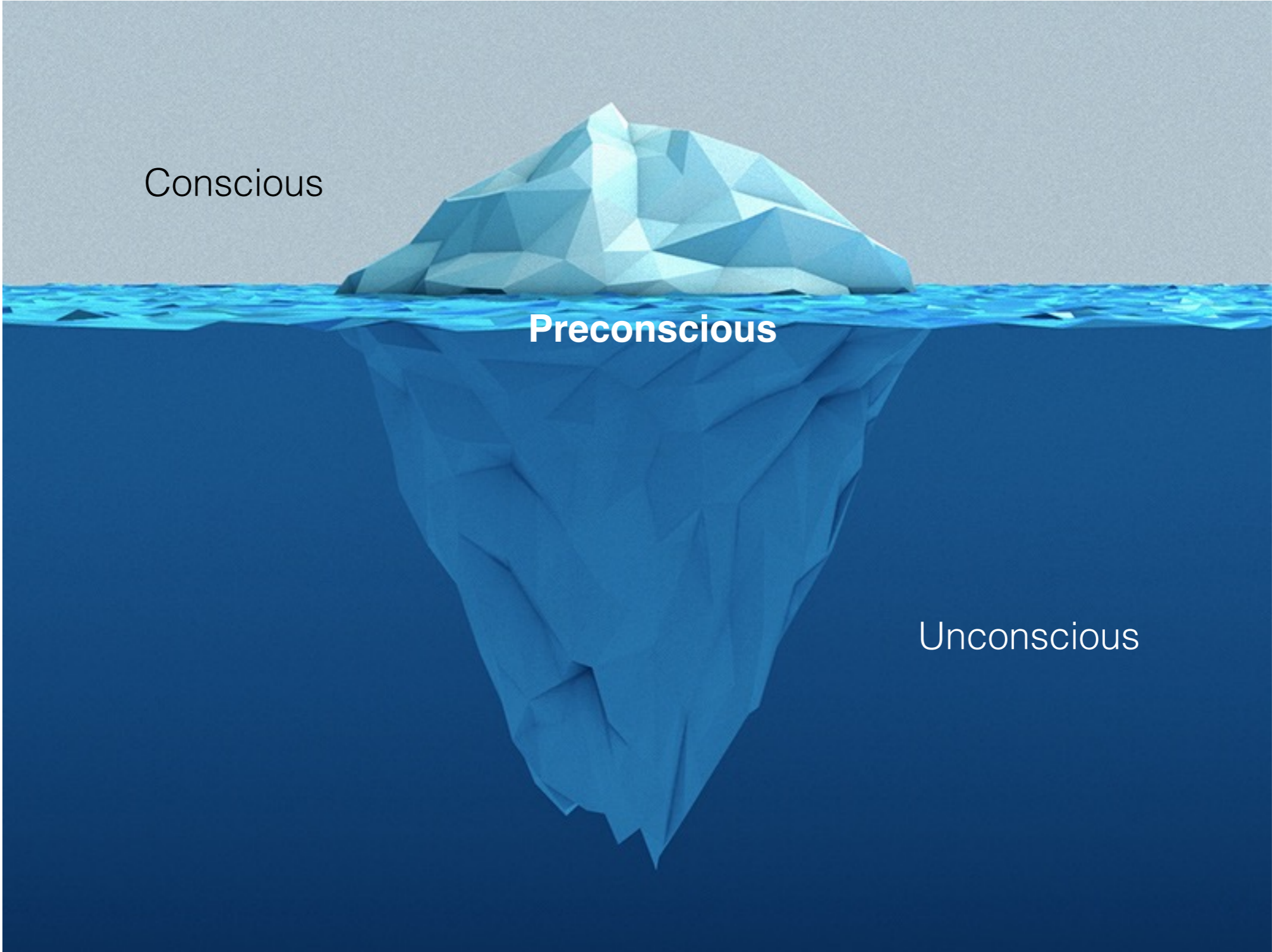
“Karmic Pushback”











Conscious

Preconscious

Unconscious




What to do?



The reward



Key Takeaways

- **Personal experience is the only way to really KNOW the power of Gāyatrī.**
 - **Extended, deep practices almost guarantee that some sort of upheaval will present itself.**
 - **Love what arises.**
 - **The ultimate goal is inner peace that radiates out and helps raise the vibration of the whole planet.**
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1% theory;
99% practice.

~ *K. Pattabhi Jois*