

## Gayatri Mantra

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

om bhūrbhuvah svah ।  
tatsaviturvareṇyam ।  
bhargodevasya dhimahi ।  
dhiyo yo nah pracodayāt ॥

*We meditate on the Supreme Sun whose light pervades this world(Bhuh), the heavens(Bhuvah) and the next world(suvah). May thy light guide our intellect in the right direction.*

The Gayatri mantra is one of the oldest of the divine hymns. Gayatri mantra is the essence of all seventy million supreme mantras. Just as all the rivers merge in the oceans, all mantras unite in the Gayatri mantra. The arrangement of the twenty-four seed syllables in the Gayatri mantra is the most wondrous and mysterious. The chanting of this mantra develops nada, a regular subtle vibration in the nerves of the subtle body. The repetition of this mantra with right understanding of its sacred meaning has the power to dispel all the negative tendencies in the human mind and thereby unfold the Supreme Self within. The Gayatri mantra is chanted early in the morning after bath.

## Maha Mrityunjaya Mantra

ॐ त्र्यम्बकं यजामहे सुगन्धिं पुष्टिवर्धनम् ।  
उर्वारुकमिव बन्धनात् मृत्योर्मुक्षीय मामृतात् ॥

om tryambakam yajamahe sugandhim puṣṭivardhanam ।  
urvārukamiva bandhanāt mṛtyormukṣīya mā'mṛtāt ॥

We offer our worship to the fragrant three-eyed Lord Shiva who confers ever-increasing prosperity. Please liberate us from the hands of death as effortlessly as an Urvaruka fruit (watermelon) is separated from the vine; please do not let us turn away from liberation.