Gayathri Mantra

ॐ भूर् भुवः सुवः ।
तत्सवितुर्वरेण्यं
भर्गों देवस्यधीमहि ।
धियो यो नः प्रचोदयात् ॥

"Om bhur bhuvah svah tat savitur varenyam;
Bhargo devasya dheemahi dhiyo yo nah prachodayat. "

SHABDA-ARTHA
Om - Para Brahman; Bhur - Bhuloka (Physical Plane); Bhuvah - Antariksha Svah; Svarga Loka
Tat - Paramatma Savitur; Isvara (Surya); Varenyam; Fit to be worshipped; Bhargo - Remover of
sins and ignorance; Devasya - Glory (Jnana Svaroopa); Dheemahi - We meditate; Dhiyo -
Buddhi (Intellect); Yo - Which; Nah - Our; Prachodayat - Enlighten/Give Direction/Command/
Drive on.

Translation:
O Para Brahman,
Creator of the Earth, the Universe, and the Heavens,
One who is fit to be worshipped,
Remover of sins and ignorance,
We meditate on your glory.
May you direct our intellect.

BHAVA-ARTHA
"Let us meditate on Isvara and His Glory who has created the Universe, who is fit to be
worshipped, who is the remover of all sins and ignorance. May he enlighten our intellect. "

There is special, mysterious spiritual force or wonderful magnetic power at Sandhi or junction of
the time, sunrise and sunset. The mind will be elevated quickly. It will be filled with Sattva.
Concentration will come by itself without any effort at this time. If you find it difficult to get up
at Brahmamuhurta, get up before sunrise. That man who fails to do Gayatri at the Sandhis fails in
the discharge of his daily duties. He becomes a Bhrashta or fallen man. He loses vigour, vitality
and Brahma-tejas.

In the Gayatri Mantra there are 9 names, viz. , 1. Om, 2. Bhur, 3. Bhuvah, 4. Svah, 5. Tat, 6.
Savitur, 7. Varenyam, 8. Bhargo and 9. Devasya. Through these nine names the Lord is praised.
Dheemahi is worship of the Lord. Dhiyo Yo Nah Prachodayat is prayer. Herein there are five
halts or stops viz. , 'Om' is the first stop; 'Bhur Bhuvah Svah' the second; 'Tat Savitur Varenyam'
the third; 'Bhargo Devasya Dheemahi' the fourth; and 'Dhiyo Yo Nah Prachodayat' the fifth.
While chanting or doing Japa of the Mantra, we should stop a little at every stop or halt.