

**Worship with Gayatri Mantra- Why?**

***Gayatri Mantra:*** *Aum Bhur Bhuvah Swah, Tat Sa Vitur Vareniyam, Bhargo Devasya Dhimahi, Dhi Yo Yo Nah Prachodayat |*

**Meaning: May the Almighty illuminate our intellect and inspire us towards the righteous path**

 **Mantra**

**Who is God?:** Collection of best qualities., e.g. Mercy, Love, Compassion, truthfulness, honesty, generosity etc. e.g. Ram, Krishna, Buddha, Gandhi, Swami Vivekananda, Param Pujya Gurudev etc.

**Who is Demon?** : One who does not have any divine quality. One who is collection of bad qualities, like selfishness, ego, anger, meanness, cruel etc. e.g. Rawan, Kans, Hiranayakashyapoo, Bali etc.

**Do you want to become like God or Demon?** : Answer: God. Then you should have divine qualities like God.

**How to get Divine Qualities:** By Chanting Gayatri Mantra. It gives 24 Divine virtues to the Chanter. Gayatri Mantra comprises of 24 letters, which are related to 24 such glands (a body cell or group of cells of Energies in the Body - visible or invisible) located in the body. When one chants Gayatri Mantra, it stimulates, activates and awakens the powers and energies stored in these glands. The below picture shows the relation of the sounds of the Gayatri Mantra to the specific centers of the body.

**No. Letter Gland Involved Divine Quality (Energy) Representative GOD**

**1 Tat Tapini Success *Ganesh*2 Sa Saphalta Bravery *Nrusinha*3 Vi Vishwa Maintenance *Vishnu*4 Tuh Tushti Well-being *Shiva*5 Va Varda Yoga *Krishna*6 Re Revati Love *Radha*7 Ni Sookshma Money *Laxmi*8 Yam Gyana Brilliance *Agni*9 Bha Bharga Defense *Indra*10 Rgo Gomati Intellect *Saraswati*11 De Devika Suppression *Durga*
12 Va Varahi Devotion *Hanuman*
13 Sya Sinhani Power of Retention *Earth*14 Dhi Dhyan Life-Breath (Pran) *Sun*15 Ma Maryada Self-restraint (Sanyam) *Ram*
16 Hi Sfuta Penance (Tap) *Sita*17 Dhi Medha Farsightedness *Moon*
18 Yo Yogmaya Awakening *Yam*19 Yo Yogini Production *Brahma*
20 Naha Dharini Sweetness *Varun*21 Pra Prabhava Ideal *Narayan*22 Cho Ooshma Courage *Haygriv*23 Da Drashya Wisdom *Swan*
24 Yat Niranjan Service *Tulsi***

Gayatri mantra activates the above mentioned twenty-four divine qualities in the devotee. With their growth, varied accomplishments and prosperity start manifesting in the life of the devotee. Gayatri Sadhana is the well-organized scientific process of spiritual growth and it has a solid scientific basis.

 (More on Science behind Gayatri Mantra and its power will be taught in next class)

**Homework:** Each student will be assigned one divine quality and they have to make a poster of that quality (e.g. Success) showing relation of Representative God (Ganesh) with the quality and how that quality helps devotee in his life.)

