

# OM SAI RAM

## Welcome to this Question and Answer Session

### Q. 326, “ON GAYATRI MANTRA, LOVE AND BLISS”

June 29, 2024

*This text excerpt is taken from Prof. Anil Kumar’s book “Satyopanishad, Vol. 2,” pages 212-217.*

**Swami!** *The Gayatri mantra is being chanted over many ages here in this holy land. But, we hear that women are prohibited from chanting Gayatri and so are non Brahmins. Should we chant that mantra at specific times and not at any time of our choice and convenience? What is the importance and significance of Gayatri mantra? We shall indeed be very fortunate to hear from Your divine lips about this subject.*

**Bhagawan:** Everyone must chant the Gayatri. It transcends the barriers of caste, community, sex, nationality, time and space. It is the one *mantra* that all should repeatedly chant. There are three main things in the Gayatri *mantra*. First of all, you should know that *Bhur Bhuvah Suvah* in the Gayatri are not separate worlds. You think “*Bhur Bhuvah Suvah*” are three different worlds. It is a mistake to think so. They are within you. ‘Gayamulu’ means senses. Since Gayatri deals with sense control, it is called so. The body has senses of perception and action. This first aspect of Gayatri is called materialisation of Gayatri.

The body can function if only there is life in it. The pulsatory activity is due to life. Therefore, the life principle vibrates in the body, which makes it functional or operational. This second aspect of Gayatri, which is the life force, is called vibration or Savitri.

The third aspect of Gayatri is the primal sound *Omkar*, which springs upwards from the navel. Om is a combination of three sounds ‘A’, ‘U’ and ‘M’. ‘A’ is uttered as it starts from the navel. ‘U’ starts from the throat. ‘M’ comes out of the lips. ‘*Soham*’ is chanted in our breathing process though we are unaware of it. This is called ‘*Japa Gayatri*’.

As we breathe in, we make the sound ‘so’ and as we breathe out the sound ‘ham’ is made. The ‘*soham*’ mantra is repeated everyday 21,600 times in our respiratory process. In the mantra, ‘*soham*’, the second sound in ‘so’, i.e., ‘o’ and the second sound in ‘ham’, ‘m’ together constitute ‘om’. This ‘*soham*’ is repeatedly chanted in all the three states; walking, dreaming and deep sleep. The entire alphabet is formed out of the mother of letters, the primal sound, ‘OM’.

To illustrate this, I give you a small example. In the English alphabet, we have 26 letters from A to Z. All words and sentences are spoken and written using these letters only, aren't they?

You notice that the harmonium has reeds. As you press the bellows the air gets in and as you press the reeds you get musical notes like *sa re ga ma pa dha ni*. By means of these seven sounds only, different tunes or *ragas* are composed. Are they not? You know the violin. It has strings on which you can play any tune. So also, '*omkar*' is the primal, primordial sound out of which the rest of the sounds originated.

When you close both your ears tight, you will listen to the *Pranava*, the '*Omkar*' within you. You go very close to an electric pole and listen with your ear touching it. You will hear that primal sound *omkar*. This is the sound (internal) in silence (external). This is the divine sound, heard in the depth of silence. (*nis sabdamuloni sabdabrahmam*, in Telugu.) **You can hear the footsteps of God only in silence. This third aspect of Gayatri that** pertains to this *omkar*, the primordial sound, the speech faculty and the chief source is known as radiation or Saraswati.

Therefore, at the body level, it is Gayatri or materialisation. As the life principle, it is Savitri or vibration and finally as the chief source of sound, it is Saraswati or radiation. These are the three aspects of Gayatri mantra. In other words, the *atmic* power or divine source is radiation (Saraswati), which enters the body as vibration or life principle (Savitri), so that this body made of material becomes functional, which is called materialisation (Gayatri)

***Swami! How should we adore you? How should we serve you? We are not able to decide. Kindly show us the way.***

**Bhagawan:** God does not need your service. He does not require your worship. God desires from you only one thing and that is love. This love is not your property either. It is not your ancestral property. This love is not gifted to you by anyone. It is not a commodity to be manufactured by any company. It is not to be acquired from a guru. You are born with love. It is the gift of God. Therefore, it must be given to Him. It is His and so you should return it to Him by loving Him incessantly.

Take a small example. On occasions like a wedding ceremony, many people are invited. So, in order to prepare food on a large scale, you need very big utensils. You hire them for a day or two and return them after use. But they should be returned safe, cleaned and in perfect condition without any damage. Is it not so? Similarly, the human heart is a vessel filled with love, gifted by God, and has to be returned intact to Him. This is the true form of worship.

How to love God? The best way to love God is to love all and serve all. When everything is His and He is the giver of all that you need, what is it that He wants from you other than love? A pure heart is the temple of God. Then, where is it? I always tell the students that there should be perfect harmony between thought, word and deed.

Today, we find selfishness at all levels. In whatever is said and done, there is an underlying selfishness. But true worship is a selfless act of service with love. Do your duty sincerely. Service to man is service to God. You don't need to worship God with flowers that fade and decay. Pluck the flowers of virtue, character and love from the garden of your heart and worship God with such flowers of value.

**Swami! Kindly let us know how we can achieve anandaprapti, gaining permanent happiness and removal of suffering, dukhanivrtti.**

**Bhagawan:** These two levels of consciousness are not separate from each other, as you have stated. When suffering is removed, you derive happiness. Absence of happiness is the cause of misery. Both are interrelated. Absence of light is darkness. Where there is light there is no darkness. Absence of one of the two is the presence of the other. So, if you explore the methods of removing suffering, happiness naturally and automatically dawns.

If you investigate the reason for misery, you will know that ignorance is the cause of all misery. What is responsible for ignorance? It is the ego. What is ego? It is attachment. What is attachment? It is the body consciousness. So, misery occurs due to attachment to the body. But, one can be happy physically as well as spiritually if one's senses are under one's control. In fact, sadness is not natural to man. Therefore, methods have to be found to remove sadness, which is artificial. Misery can be removed only by prayer and by following the spiritual path. If idle horses are overfed, they will be still lazier. Similarly, if you act according to the whims and fancies of your senses, your senses will get strengthened day by day, and ultimately you will cease to be a human being.

Man faces three types of miseries – *adhyatmika*, *adhibhautika* and *adhidaivika*. *Adhyatmika* miseries are physical and mental. Physical suffering makes you mentally sick. Your mental irregularities add to your physical sickness. Therefore, physical and mental sufferings are branded as *adhyatmika*. The second one is the suffering called *adhibhautika*, which is caused due to a snakebite or a scorpion bite or injuries inflicted by animals and other creatures. The third type of misery, called *adhidaivika* befalls due to cyclones, floods, earthquakes, fire accidents and various other natural calamities.

Primarily, you should know that the mind is the cause of both pleasure and pain. If your mind is positive, it doesn't matter if you are either at your home or in a forest. You should fill your mind with love. With constant thought of God, developing more and more faith in Him and following the spiritual path, you can undoubtedly remove your suffering. Of course, control of senses is absolutely necessary.

If you understand your true self, *atma*, you will have *ananda*, bliss. Bliss is the state, which is above pain and pleasure. Bliss is non-dual. This is also called *prajna*. (supreme knowledge) Since *prajna* is vast, the scripture says, *Prajnanam Brahma* (Consciousness is Brahma). *Prajna* is divine. *Prajna* is uniformly present in the body, the mind and the intellect. *Prajna* is also known as *antarvani*, the inner voice. By

exercising control over external and internal senses, you can listen to your *antarvani*. If you follow and act according to your inner voice, you will be blissful.

There will be more Divine revelations from Swami in the next session.

Thank you for your time!

**OM SAI RAM!**