Gayatri Mudra Sequence

Om
bhur
body
mind
earth
sky
swaha
spirit
heaven
tat
that
savitur
God of the sun
varenyam
we venerate
bhargo
light
devasya
devine
we meditate on
dimahi

dhoyo
energy
yo nah
intellect
prachodayat
to inspire us

Om, body mind and spirit (that are expressions of)
That Sun God (consciousness)
That we venerate
May that divine light which we meditate upon
Inspire our vision and energy.