

Gayatri Mudra Sequence



Om



bhur
body
earth



bhuvah
mind
sky



swaha
spirit
heaven



tat
that



savitur
God of the sun



varenyam
we venerate



bhargo
light



devasya
devine



dimahi
we meditate on



dhyo
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.