

# JAPA MALA GAYATRI MANTRA

Japa means to rotate and refers to the use of a mala when chanting mantra daily. The repetitive aspect of chanting helps to focus the mind and remove the constant chatter. As you move along the mala the mind and the body slowly starts calm down one bead at a time. A full mala consists of 108 beads, a wrist mala 27, with each having an extra bead, the Meru/ Guru bead. The beads are multiples of the magic number 9- the number of planets in Vedic Astrology, number of months the baby is in the womb, and other astronomical dimensions . The mala isn't just used for mantra- you can use it to track pranayama too.

Gayatri Mantra is the supreme mantra and is considered to be the sound incarnation of Brahma. Brahma was it's initiator and it has been passed down to his disciples (qualified brahmanas) since. The mantra was meant only for the spiritually advanced, as those who attain perfection in it will reach transcendance and God realisation. In the Ghita Lord Krishna says; if I were a mantra, I would be the Gayatri Mantra.

The Gayatri is considered flawless and whole. It encourages the perfection of manifestation in the most perfect way- just as the Earth naturally flowers and fruits as will your life with this mantra.

“The mantra works like that, it is seeded by your chanting, it expresses and propagates. Gayatri's meaning is like the good season that prospers the Earth. Fruit comes forth again and again. Like a surrendered seed is carried by the wind, we too surrender our intention into the universal intention and the Gayatri flowers in places and at times that we may be or may not be aware of. Gayatri is like the power in the sun.”

***Om bhurburhvah swahah,  
Tat saviturvarenyam,  
Bhargo devasya dhimahi,  
Dhiyo yo nah pracodayat***

## Instructions

- Begin seated in sidhasana or seated on the knees.
- Using the right hand, hold the mala and link the ring (or middle finger) with the thumb
- Starting at the first bead use the middle or forefinger to track the beads
- Chant the mantra 108 times

## Drishti

Eyes closed focusing on the vibration of the mantra within you, resonating through your body.

