


# GAYATRI MANTRA

*sadhana*



MANISH VYAS



ॐ भूर्भुवः स्वः  
तत्सवितुर्वरेण्यं  
भर्गो देवस्य धीमहि  
धियो यो नः प्रचोदयात्

Om bhūrbhuvah svah  
tatsaviturvareṇyam  
bhargo devasya dhīmahi  
dhiyo yo naḥ pracodayāt

May we abide in the Supreme Energy that is eternal,  
transcendental, radiant, perfect, divine.  
May such Divine Grace always guide us  
on the path of righteousness.





Composer : Manish Vyas  
Pakhavaj : Padmakar Gujar  
Bansuri : Bapu Padmanabha  
Santoor + Percussion : Manish Vyas  
Vocals : Manish Vyas + Bapu Padmanabha  
Keyboards + arrangement : Manish Vyas

Recorded at : Samasati Studio, Switzerland;  
Melody Makers, India; Aravind, India.  
Mixed + mastered by Manish Vyas  
Producer, Creative Director, Publisher : Manish Vyas  
Special thanks to beloved Saa



Manish Vyas included these three versions of Gayatri in this album GAYATRI SADHANA for any mantra practitioner or MANTRIN who would like to go deeper in this practice.

GAYATRI MANTRA is a piece of about eight minutes, conceived for the meditation practice listening to mantra, in which the listener can sing along or simply listen attentively to dive into the energy of this powerful mantra. It is also a suitable piece for asana practice and specifically great for Surya Namaskar sequence.

GAYATRI MANTRA FOR PRANAYAM is a seven min. piece, also found in the album PRANA, as it was initially conceived for the practice of NADI SHODHANA pranayam or alternate nostril breathing. Although it is a perfect piece to be used for this purpose, its captivating and delightful Raga-based melody also makes it a perfect choice for listening or singing-along meditation. It will make the time pass by pleasantly and at the same time providing the energy and power required in this mantra.

GAYATRI MANTRA 108 TIMES is conceived for a longer mantra sadhana (practice) being 108 a very common number of repetitions for mantra due to its scientific effectiveness. It is recommended to start a new mantra practice chanting 108 times with a mala, every day at the same time and place - preferably at dawn or dusk timeframe, and doing the sadhana for 40 consecutive days. with no expectations, no demands and no complaints - as advised by the wise ones.



**Gayatri Mantra** is an ancient sacred text from the Rigveda and one of the most known mantras around the globe, as well as so powerful if rightly practiced. Manish Vyas presents this collection with 3 different versions: for listening, dhyana and yogic practices; to accompany pranayam practice or just enjoy the music; and finally for 108-times repetition used in mantra chanting or japa. Welcome to the magic of Gayatri Sadhana! [manishvyas.com/gayatri](http://manishvyas.com/gayatri)




1. Gayatri Mantra ... 7.45

2. Gayatri Mantra for Pranayam ... 7.27

3. Gayatri Mantra Chanting 108 times ... 26.08

Sages and enlightened beings have been the perceivers of these sounds. The sounds already existed in the sound-current and were recognized by them. Gayatri Mantra was discovered by Rishi Vishwamitra. Ultimately, the whole sadhana of Gayatri is to purify oneself. Though in this path there should never be any goal or expectation, through performing the mantra properly, an earnest meditator will notice the effects of the practice humbly and silently.





If you liked this album, you will also enjoy  
the other titles available in the collection  
of music conceived by Manish Vyas along  
30 years: [manishvyas.com/music](http://manishvyas.com/music)

MANTRA SADHANA is MANTRA YOGA and as such  
it needs faith on the mantra, the deity, the guru.

One can use the power of sound to heal oneself and others,  
but just using sound in meditation does not mean that one is  
practicing Mantra Yoga. In Mantra science, which is always  
in Sanskrit, Sound is related to a Form, or an energy.

Do you believe that God can have a form?

If you don't believe that God can have a form,

Mantra Yoga is not for you.

Mantra is not entertainment activity, therefore an aspirant  
on the path of Mantra requires total faith,  
understanding and utter respect to this ancient tradition,  
otherwise it will be lost time, then it is better to pursue another path.