



Lara Bernardi

Gayatri Mantra

**Aum Buh Bhuvah Svaha
Tat Savitur Varenyam
Bhargo Devasya Dhimahi
Dhiyo Yo Nah Prachodayat**

Meaning:

Om. We meditate on the splendor of the all-penetrating light, the foundations of the three worlds: earth, air and celestial regions. Let our thoughts and intentions illuminate and let us know the highest truth.

The Gayatri is mantra for cleansing, protection and alignment. You can find the Gayatri mantra on YouTube. May you like the special version from Deva Premal or a more traditional one.