



www.vedikaglobal.org

June 1, 2021

6 Week Gayatri Sadhana for Global Healing

*May each of you chant for healing in
India and the World, and may your
prayers come back and replenish the
source of Veda. – Acharya Shunya*

Welcome

Aparna, Ishani, Gayathri, Vimala, Janya, and So'ham
will be our facilitators for these next 6 weeks.



Weekly Flow

1 Welcome to Gayatri Sadhana

2 Gayatri Mantra & Our Lineage

3 Setting Our Intentions

4 Let's Chant Together

5 Next Steps for Global Healing

Our Vedika Global Lineage



- **Shantiprakashacharya** – The Great Teacher of Acharya Shunya – A great Vedic Seer & Hindu Householder Sage
- **Ayodhyanathacharya** – The Immediate Teacher of Acharya Shunya – A great Yogi, Ayurvedic Healer, Renowned Sage
- **Shunyacharya** – The first Female Head of her Ancient Lineage, Renowned Vedic Master, Teacher and Author

Gayatri Mantra

Gayatri is considered to be the *Maha-Mantra* - the greatest mantra of the entire Vedas.

- This prayer is thought to express, in the shortest possible compass, the entire teaching of the Vedas.
- Hence if in the entire body of Vedic knowledge, if any one part is said to contain the spiritual essence of divine truth more than any other, it is this mantra.

Gayatri Mantra

Gayatri is called Devmata, our Divine Mother, because

- It helps in manifestation of divine virtues (*guna*), actions (*karma*), and nature (*swabhava*).
- It gives inspiration for the establishment of Universal Family "*Vasudhaiva Kutumbakam*".
- It enjoins us to regard every human being as One's own Self.
- It advocates lofty thinking, ideal character, and personable behavior.

Gayatri Mantra

Our Vedic Lineage is particularly aligned with the Gayatri Mantra.

- Gayatri Mantra was the first lesson to be taught in the ancient Vedic schools (called Gurukula and Paathshalas)
- Students were taught that the purpose of education is to attain spiritual wisdom along with knowledge that promotes a materially abundant and healthy life.
- Gayatri directs cultivation of human ethics, dignity, and observance of self-imposed (healthy) rules and regulations.

Gayatri Mantra

The Gayatri Mantra is based on truth. For truth is based on strength. Strength is breath, and is based on breath. So, Gayatri protects (*tra*) the wealth (*gaya*) (the breath!) of those who speak it with earnestness and devotion. When one recites Gayatri on behalf of someone, it protects that person's breath too. - *Brahadaranyaka Upanishad 5.14.4*

Gayatri Mantra

I Meditate upon THAT Supreme Truth (the Sun)

which animates the three spheres of existence:

physical, astral, causal

May the Sun Enlighten my Heart too with

THAT Ultimate Truth

OM Peace Peace Peace

Gayatri Mantra

ॐ

bhūr bhuvah svah
tát savitur vareniyaṃ bhargo devasya
dhīmahi dhiyo yo nah prachodayāt

ॐ shāntiḥ shāntiḥ shāntiḥ

Our Intention - Global Healing



Today and for the next 6 Weeks, let us individually and collectively work together to invoke a great global healing - of body, mind, relationships, systems, nations, environment, planet.

May our prayers be heard to relieve the suffering of the world.

Today's Chanting

Om x 3

Gayatri x 9

Om x 1

Shanti x 3

Silence

Gayatri Mantra

ॐ

bhūr bhuvah svah
tát savitur vareniyaṃ bhargo devasya
dhīmahi dhiyo yo nah prachodayāt

ॐ shāntiḥ shāntiḥ shāntiḥ

Next Steps

Join Us Weekly

May 8th – 8am PST – Aparna

May 15th – 5pm PST – Ishani

May 22nd – 5pm PST – Gayathri

May 29th – 8am PST – Vimala

June 5th – 8 am PST – Janya

June 12th – 8am PST – So'ham

<https://www.vedikaglobal.org/gayatri-sadhana>

Donate Generously

Vedika Global Cares: COVID Relief

Philanthropy or providing seva to the suffering has been a way of life, and core value of Vedika Global since its inception, because it is a core value of our 2000 year old Vedic lineage. In 2021, a bulk of our seva initiatives will be directed to supporting India and the world through COVID19 relief.

<https://www.vedikaglobal.org/covid-relief>