

## Twitter Thread by Vedic Gyaan



**Vedic Gyaan**

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**Gayatri Mantra, also known as the Savitri Mantra, is a deeply worshiped mantra from the Rig Veda (Mandala 3.62.10), one of the highest spiritual texts of the Sanatan Dharma, dedicated to Savitr. Savitr in Vedas is an Aditya, offspring of the mother goddess Aditi.**



# Powerful benefits of Chanting Gayatri Mantra

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OM  
(Sacred Syllable)

भूर्भुवः स्वः

BHUR BHUVAH SUVAHA  
the material world the physical world the celestial world

तत् सवितुर् वरेण्यं

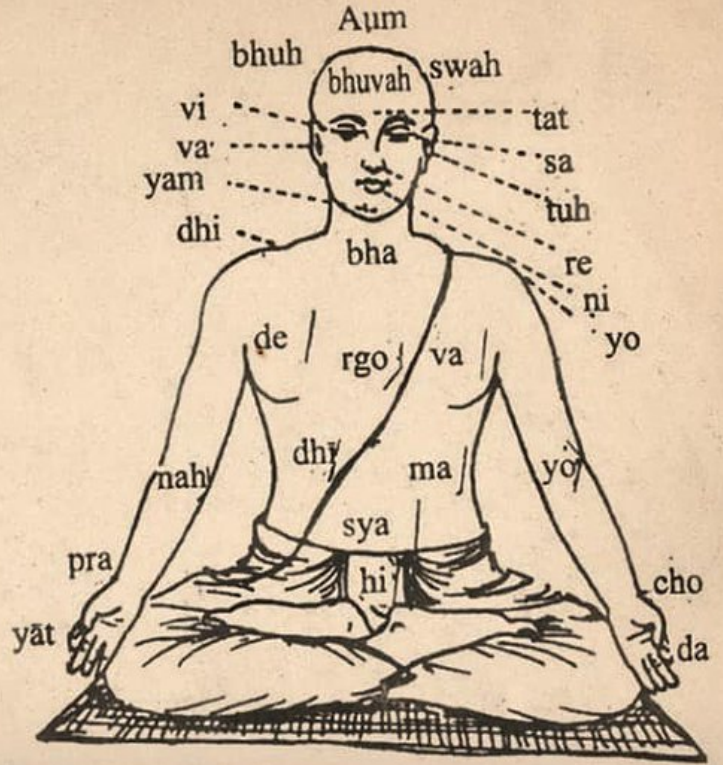
TAT SAVITUR VARENIYAM  
the Supreme Being the source to be worshipped

भर्गो देवस्य धीमहि

BHARGO DEVASYA DHEEMAHI  
the Divine Light its sacred truth we deeply meditate

धियो यो नः प्रचोदयात् ॥

DHIYO YO NAH PRACHODAYATH  
the Intellect which to us may Light be endowed



Gayatri mantra is originally found in the Vedas, the highest spiritual texts of the Hindus. Made up of around 24 syllables, they create both physiological and psychological effect on the body of a human. There are several health benefits of Gayatri mantra. The mantra begins with Om. When you recite the Gayatri mantra, its recitation triggers off a vibration that starts from your lips and then travels along your tongue, palate, back of skull and throat. Due to this your body releases relaxing hormones and helps to calm your mind. With regular recitation, you become more focused. It is so because the syllables of the mantra improve your concentration and bring peace to your mind. Regular recitation ensures that you are protected from common diseases and infliction of infections. When a person puts pressure on tongue, lips, palate, vocal cord and other body parts connected to the brain during the recitation it creates resonance in and around the brain.

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The sun before sunrise is mentioned as "Savitr" in Rig Veda, and "Surya" after sunrise. Gayatri, the name of the Goddess of the Vedic Mantra in which the verse, made up of 24 syllables, is contrived. They produce intense Physical and Psychological effects on the human body.

The Mantra precedes with #om . When we chant the Mantra, its recitation activates the vibrations that start from your lips and moves along with the tongue, palate, back of the skull, and throat makes our body release relaxing hormones and helps

to calm our mind.

Regular Recitation of the Mantra makes you more focused by improving your concentration and peace to the mind. An International Journal of Yoga recently revealed that people who regularly chanted the #gayatrimantra had better memory and concentration.

Read full blog on: <https://t.co/EOvRwA7Sib>