Twitter Thread by Ayur Arogyam

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Gayatri Mantra : Maha mantra for healthy and happy life

- Gayatri mantra is sacred of all mantras, it's chanted to seek blessings of "veda mata " Gayatri devi

- Gayatri sadhana can do wonders in terms of health, wealth and mainly to lead peaceful and meaningful life



-Mindset and our mind plays vital role in every aspects of our decision, strong mind is forte of good luck ,health and prosperity

- Gayatri mantra greatly influence improves our concentration

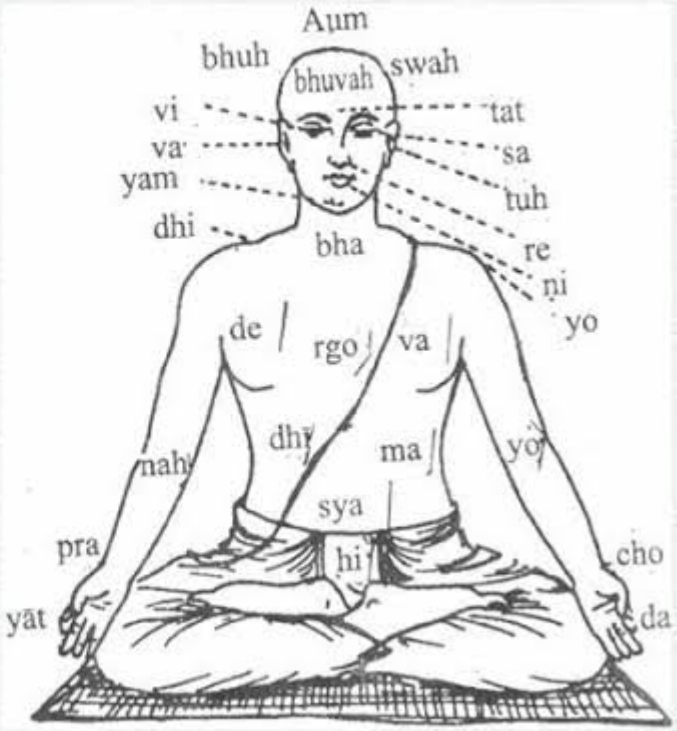
- Sound waves generated during chanting of gayatri mantra affects beneficial way

Gayatri Mantra's vibration and influence on the physical body

Silently thinking or speaking or chanting the Gayatri Mantra influences the physical body, clears the emotional body, leading one to the inner heart.

To chant the Gayatri Mantra purifies the chanter.

To listen to the Gayatri Mantra purifies the listener.



Gayatri mantra helps to achieve subuddhi , supreme consciousness/ wisdom at least a sense of inner divine guidance at each & every aspect of life

Adhi Shankaracharya says gayatri to be destroyer of our sins coz she destructs the mere thoughts of evil

A Divine motherly shield



Yogiraj Yagnyavalkya: *Gayatri* is the mother of Vedas, it destroys sins and there is no other greater purifying mantra than *Gayatri* on this earth as well as in the heavens. Just as there is no better place of pilgrimage than Ganga, there is no mantra superior to Gayatri mantra. The one who masters Gayatri becomes master of all knowledge. A dwij who is not devoted to *Gayatri* is like a shoodra. He who does not know *Gayatri* gets deprived of Brahmantva and becomes sinful.

Jagat Guru Shankaracharya: It is beyond human competence to describe the glory of *Gayatri*. Nothing is more important in the world than to attain spiritual wisdom, which is inspired by *Gayatri Sadhana*. *Gayatri* is the primordial mantra. Its sadhana destroys sins and promotes virtues.





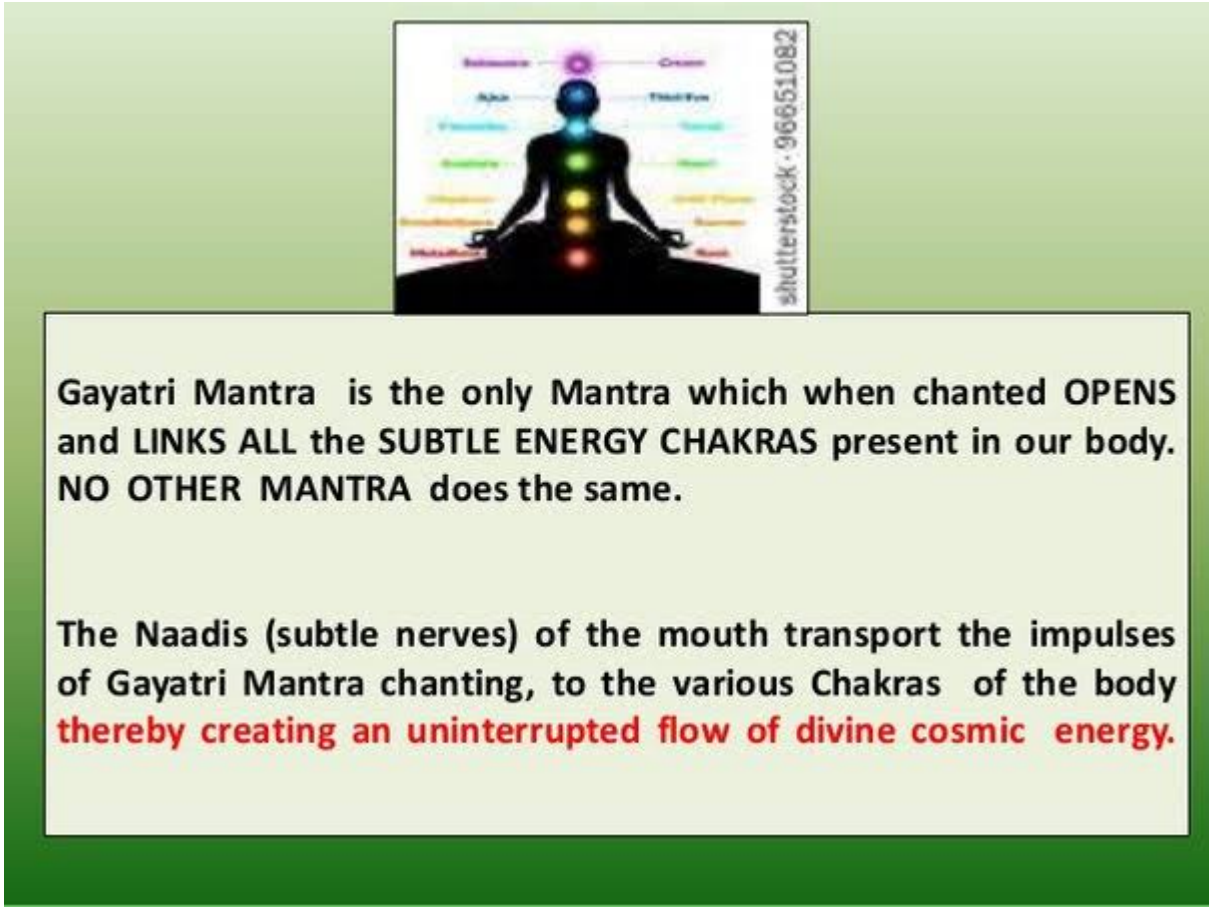
Raman Maharshi: Of all the masteries, the mastery of mantra is extremely powerful. Marvelous results are achieved by the power of Mantras. *Gayatri* is such a mantra, which bestows both material as well as spiritual benefits.

Why it's supreme , why so sacred

- Krishna in gita describes himself as "Gayatri" in mantras "

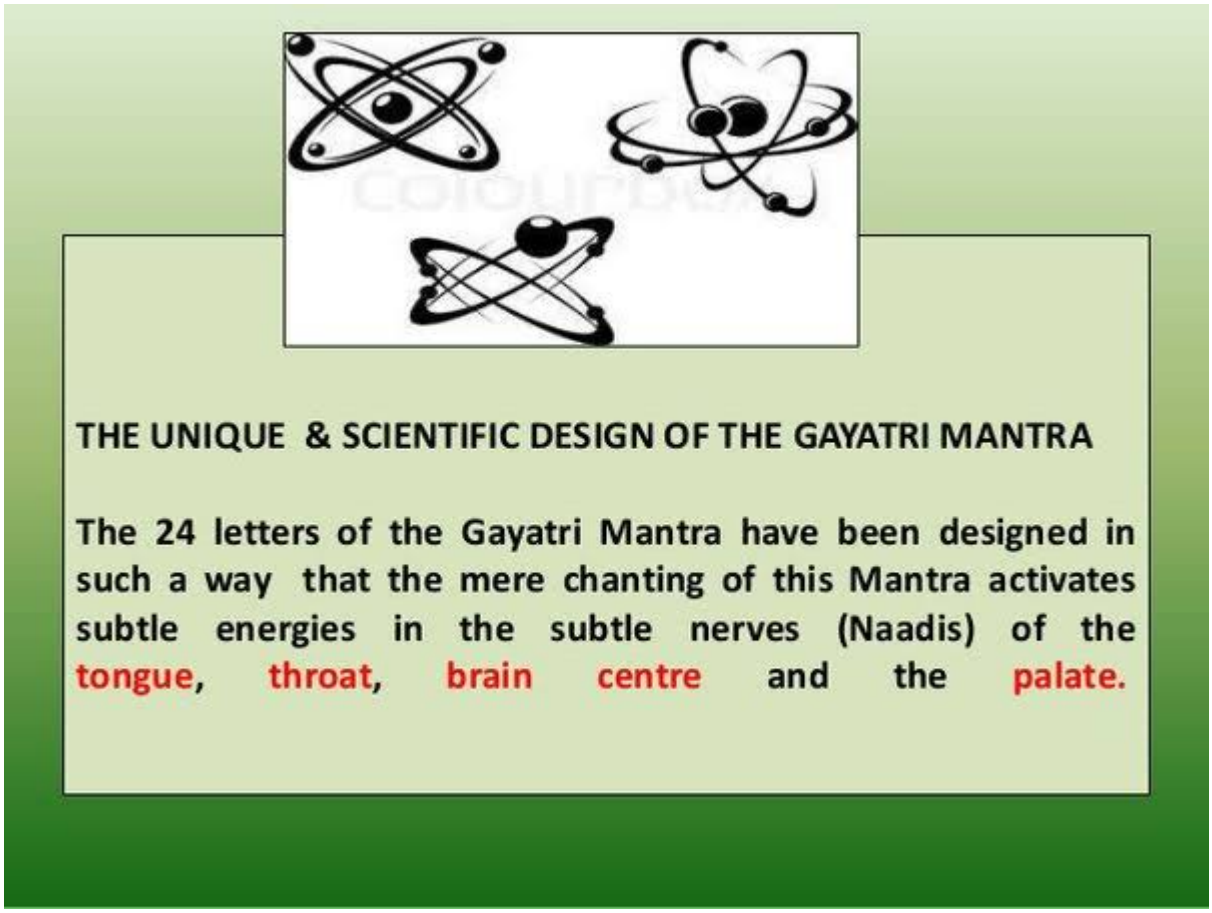
- Gayatri mantra is the only mantra which impact all chakras of our body

- Sound energy invokes the divine energetic reverberation in our nerves in turn our mind



Gayatri activates all our nadis focussing Inner consciousness towards physical, mental and emotional well-being

Gayatri sadhak doesn't care about external events much as their inner state is on absolute bliss , unwavered clarity ,strong body mind and soul

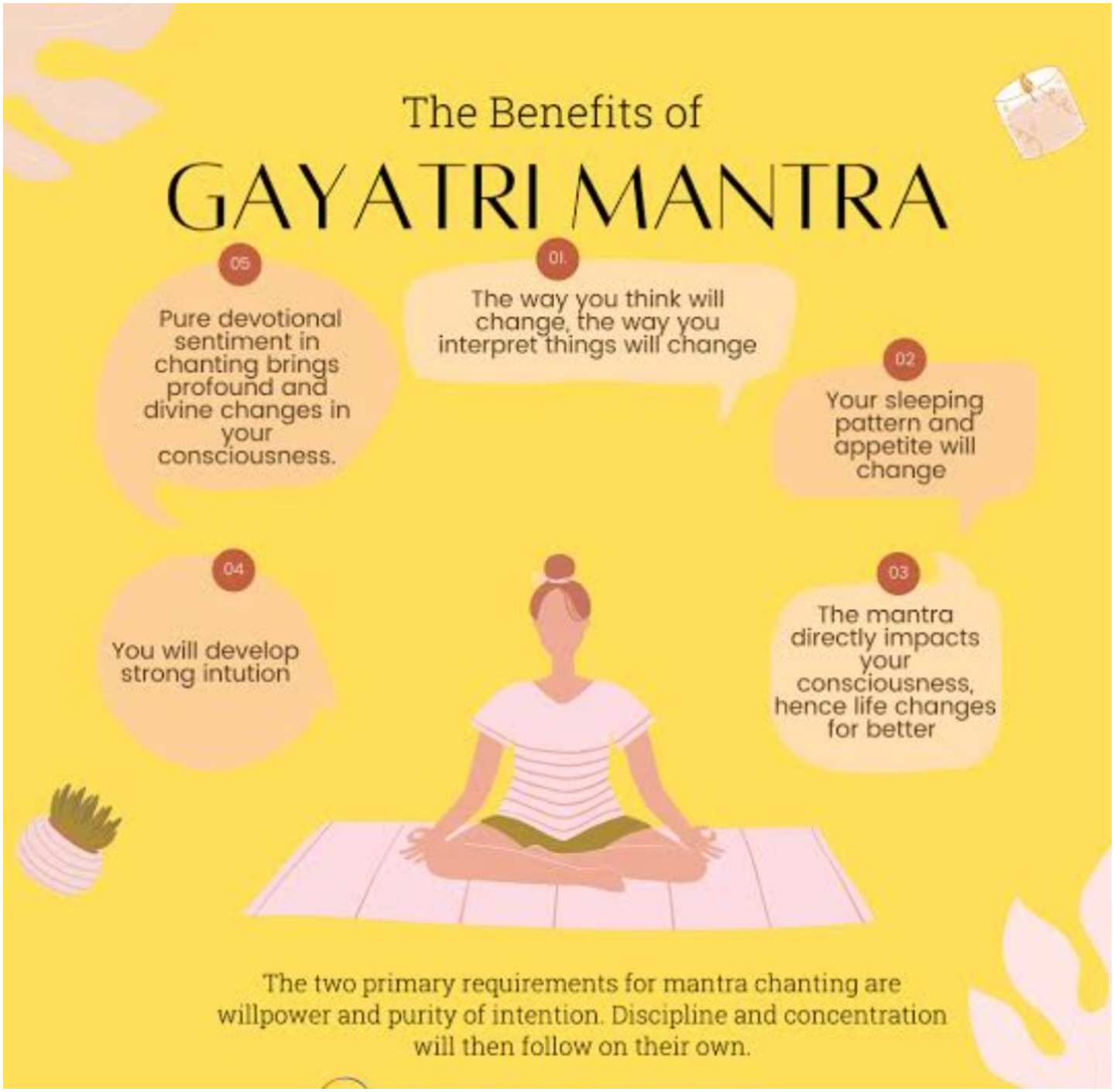


Why revered so sacred

- Its mantra to attain clarity,purity experience ultimate divinity

- Pure intention, commitment and perception plays vital role in success of any event happening in the his globe

- Veda mata bestows her sadhak with pure thoughts of good will, success

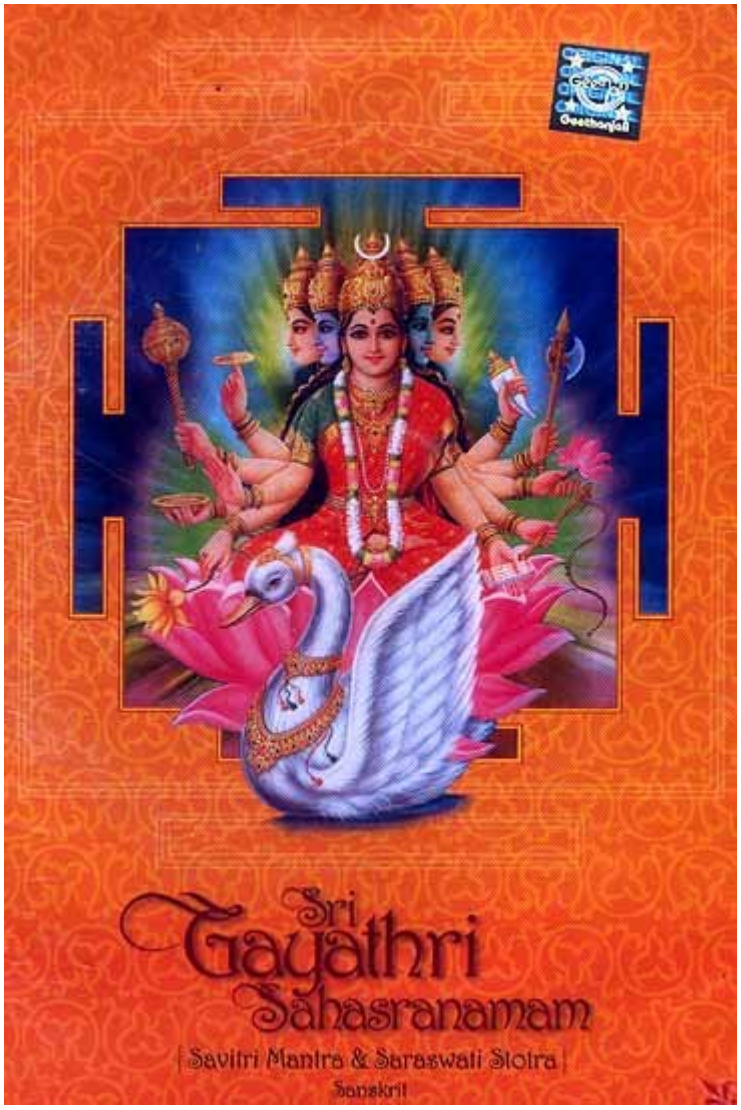


Gayatri Japa is important sadhana in Nithyakarma / Sandhyavandana

Gayatri Dhyana invokes three forms of Gayatri devi

Gayatri , Savithri, Saraswati - Sunrise, mid noon, Sunset

Gayatri is the energy of Sun planet / Surya


Sri
Gayathri
Sahasranamam
Savitri Mantra & Saraswati Stotra
Sanskrit