



The Gayatri Mantra in Four Weeks

The Gayatri Mantra is one of the most loved prayers in the world. It looks long, but learnt one line a week with actions, most children of four and up can say it all within a month.

ॐ भूर्भुवः स्वः
तत्सवितुर्वरेण्यं
भर्गो देवस्य धीमहि
धियो यो नः प्रचोदयात्

Om Bhur Bhuvah Svah, Tat Savitur Varenyam,
Bhargo Devasya Dhimahi, Dhiyo Yo Nah Prachodayat.

For children: "We think of the beautiful, bright light that shines on the earth, the sky and the heavens. May that light make our minds bright and wise."

Week 1: Om Bhur Bhuvah Svah

Say it: Om Bhoor Bhoo-va-ha Sva-ha

Meaning: Bhur is the earth, Bhuvah is the sky around us, Svah is the heavens above.

Action: On *Bhur*, touch the ground. On *Bhuvah*, stretch your arms out wide. On *Svah*, reach up high on tiptoes. It is a whole-body line, so it is the perfect start.

Week 2: Tat Savitur Varenyam

Say it: Tat Sa-vi-toor Va-rayn-yam

Meaning: Savitur is the shining light of the sun, the light that wakes up the whole world. Varenyam means "the very best".

Action: Make a big sun circle with both arms above your head, then open your hands and wiggle your fingers like sunbeams.

Week 3: Bhargo Devasya Dhimahi

Say it: Bhar-go Day-vas-ya Dhee-ma-hee

Meaning: "We think about that bright, holy light."

Action: Cover your eyes with your hands, then open them on *Dhimahi* as if switching on a light. Children love the surprise.

Week 4: Dhiyo Yo Nah Prachodayat

Say it: Dhee-yo Yo Na-ha Pra-cho-da-yaat



Meaning: "May it make our minds bright and wise."

Action: Touch your head, then sparkle your fingers up and away, like clever ideas flying out.

Putting it together

- Each week, chant all the lines learnt so far, with the actions, three times.
- Traditionally it is chanted at sunrise. Facing a sunny window together makes it special.
- In week 5, try it without actions, then with eyes closed. Give a big hug and a gold star!
- Little ones may only join in on the actions at first. That still counts: they are learning.

Pronunciation is written the way it sounds in English. A little wobble is perfectly fine: the love and the habit matter far more than perfect sounds.