

VAYU GAYATRI MANTRA

"OM SARVAPRANAYA VIDHMAHE

YASHTIHASTAYA DHIMAHI

THANNO VAYUH PRACHODAYAT."

MEANING

"OM, LET ME MEDITATE ON THE LIFE-GIVING AIR

ONE WHO HOLDS THE SCEPTER, GIVE ME HIGHER INTELLECT,

AND LET THE GOD OF WINDS ILLUMINATE MY MIND."

BENEFITS

THE MANTRA GENERATES A CLEAN ENVIRONMENT AND PREVENTS AIR POLLUTION.

CHANTING THIS MANTRA 108 TIMES/DAILY WILL AWAKEN YOUR SPIRITUAL AWARENESS,

CURE RESPIRATORY DISEASES AND INCREASE THE POTENTIAL OF THE MIND

AND ITS POWER, RESULTING IN GAINED INTELLECT AND EXPANSIVE THOUGHT.