

|| Gāyatrī-mantraḥ upāsana ||

om bhūḥ | om bhuvāḥ | ogṁsuvāḥ | om mahāḥ | om janāḥ | om tapāḥ |
ogṁsatyam ||

om bhūḥ | tatsāviturvareṇīyam |

om bhuvāḥ | bhargodevasya dhīmahi |

ogṁsuvāḥ | dhiyo yo nāḥ pracodayāt |

om bhūḥ | tatsāviturvareṇīyam bhargodevasya dhīmahi |

om bhuvāḥ | dhiyo yo nāḥ pracodayāt |

ogṁsuvāḥ | tatsāviturvareṇīyam bhargodevasya dhīmahi | dhiyo yo nāḥ
pracodayāt |

om bhūrbhuvassuvāḥ | tatsāviturvareṇīyam bhargodevasya dhīmahi | dhiyo
yo nāḥ pracodayāt | omāpo jyotī raso'mṛtaṁ brahma bhūrbhuvassuvarom ||