

॥ gāyatri dhāraṇā ॥

(Contemplation on the Illumination of the Sun Goddess)

The following are four recommendations Swamiji makes for meditation at the sandhyaa times. People may do which ever one is most suitable for their individual nature. It is good to note that the intellectual mind will usually be drawn toward the practices which are worst for the spiritual unfoldment of the soul (because it is the nature of the ego to keep itself bound to karma). If there is uncertainty about which meditation is best, people are encouraged to seek Swamiji's guidance.

1) Meditation on gāyatrī devī

Meditate on the Goddess Gaaytri with five heads, sitting in a pond on a red lotus flower. She wears a red sari and is beautiful. Her heads are pearl, coral, gold, blue, and white in color. Gaayatrii has three eyes and wears the cresant moon upon Her head. She has ten arms. She makes the mudra dispelling fear (abhaya mudra), and the mudra granting gifts (varada mudra), She holds a mace, an axe, bowl of nectar, a staff, a chakra, a conch, a lotus and a .

As you gaze upon Gaayatrii's image, editate on the Goddess as the inner illumination at the location of the heart (the anaahata chakra). Know that Her grace is the source of all knowledge and Illumination and feel Her power within you.

2) Meditation on the Light of Gaayatrii

Meditate on the Goddess Gayatri in Her body of light. The true form of the Devas is light. Meditate on Her brilliance radiating from the heart like a ten millions Suns. This light has no distinct color, because it is the Light of lights, and the source of all the colors. Know that Her grace is the source of all Illumination and feel Her power within you.

3) Meditation on Light in the Body

a) Meditate first on a bright light yellow light radiating like the rising Sun from the Muulaadhaara chakra at the base of the spine. Know this light is grounding and protective. It is the embodiment of wisdom, and the stimulation of spiritual realization. Feel it consume, warm and calm your body.

b) Meditate next on a bright light blue light at the heart (anahata chakra). It is cooling and calming. It is the darshan (vision) of the Lord. Feel this light pervading the entire universe from within your heart chakra. Know that it is the support of all the world.

c) Meditate on a black void at the location of the third eye (ajna chakra). This void is still and calm. It has no breadth or width. It arises from the collapse of all that exists. Know this is the death of the limited perception of the ahamkara (ego). Be aware of the death of the individual self.

d) Now bring the focus back to the gayatri mantra sadhana (practice), and the rising Sun filling the dawn with light and life. Meditate on the blessings of the Goddess as a pure bright white light. Notice it emitting from the rising Sun and being amplified and directed toward the peace of all the world by your mantra sadhana. Feel thankful as the blessings of Goddess Gayatri fills your aura and purifies your consciousness, healing the body and mind of all things around you. Know that this blessing is beyond the yellow light, the light blue light, and the void. Bask in the radiance of Gayatri's light.

e) Watch as this Light of of the riding Sun descends upon the earth. Feel its warmth heating the ground and drying the soil. Know that this light is the source of all Light and fire in the Solar system. Notice it bathing the rocks and soil. Watch this Light as it nourishes the plants, who sustain all other life on earth. Feel the shakti of Gaayatri Devi as it nourishes those who nourish life. Feel the warm light of the Sun being transformed by the plants (who are very willing to serve and sacrifice themselves for the benefit of other creatures). Through them this Light is transformed to the nourishing and healing amrita called Soma. This Soma is embodied by the Moon and fed by Gaayatri. This cool nourishing Soma nourishes and supports giving life, peace, prosperity, calm, and peace to all beings.

Know that Gaayatri's grace is the source of all this Illumination and feel Her power within you.

4) Meditation on the Sun

Meditate on the actual rising Sun. It is taught by the shaastras that gazing at the Sun is safe for the eyes for about five minutes after the Sun appears on the horizon. If you live at a location where the horizon is visible, you may choose to gaze at the actual sun, in the morning when the Sun rises.

This practice is inadvisable at noon time, due to the intensity of the Sun's light after it has risen completely over the horizon. Once the Sun has begun to disappear beyond the horizon line in the evening this same meditation can be practiced as it is in the morning. Great care must be taken to limit this Sun gazing to a short and specific time. People should do this very carefully with respect for the Sun's great radiance. It is not wise to gaze at the Sun at other times, because the intensity of the light at other times will tend to hurt the eyes (and eventually cause blindness). It is best to err to the side of caution. There are certain yogis who stare at the Sun for hours, but this practice can only be learned by direct transmission from a qualified teacher. If there is no teacher available, it is better instead to meditate on the subtle light of the Goddess. Swamiji has encountered people who claim that they stared at the Sun without damage to their eyes. He does not believe this is accurate. The people who claimed this all wore eye glasses and all were experiencing other symptoms of eye damage. It is important to have respect for the great power of the Lord.