

# SATISAR FOUNDATION



नौदेहेन सती देवी भूमिभवति पार्थिव । तस्मात्तु भूमौ सारस्तु विमलौदकम् षड्योजनायतं रथं तद्वेगं च विस्तृतम् । सतीदेशमिति ख्यातं देवग्रीडं मनोहरम् ।  
The Goddess SATI, with the body in the form of the boat, becomes the earth and on the earth comes into being a lake of clear water, known as SATIDESA.....A sporting place of Gods.  
कः प्रजापतिरुदितः करयस्त्र प्रजापतिः । तेनेदं निर्मितं देशं कश्मीराख्यं भविष्यति ।  
Prajapati is called Ka, Kashyapa is also a Prajapati, Built by him. This place will be called "Kashmir"



Sanaskar Series-I



The Goddess of Wisdom

गायत्री

यज्ञोपवीत / सपनयन व मेखला

For Private Circulation- Not for Sale

## Social Code

### 1. PRESERVE AND PROMOTE OUR LANGUAGE;

- ♦ By conversing in Kashmiri with our children and encouraging them to learn, speak and interact in Kashmiri.
- ♦ By interacting and speaking with our fellow community brethren in Kashmiri.

### 2. PROTECT OUR IDENTITY;

- ♦ By imbibing a sense of pride in our unique social, cultural and spiritual traditions.
- ♦ By maintaining our age-old social marital order.

### 3. UPHOLD OUR TRADITIONS;

- ♦ By following the indigenous scientific Lunar calendar in observing special occasions etc.

### 4. STRENGTHEN OUR BROTHERHOOD;

- ♦ By expanding our social circle and
- ♦ By caring for each other, Mutual care is the only ray of hope for our Survival in Exile.

### 5. STRENGTHEN SOCIO-CULTURAL INSTITUTIONS;

- ♦ Physically, intellectually and financially, as these are the pillars of our identity.



## SATISAR FOUNDATION

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ॐ श्री गणेशाय नमः

## What is Gayatri (गायत्री) ?

“Gayantam trayete iti GAYATRI

Upon recitation, which saves from dangers is  
**GAYATRI.**

## Who can recite the Gayatri Mantra?

All boys, girls, aged or young with clear heart,  
mind & purified body can recite the Mantra.

## What is the Daily procedure of invoking Gayatri?

The person with the sacred thread needs to  
wash the thread at the sun rise and recite the  
Mantra while washing it.

**\*\* उँ भूः भुवः स्वः तत् सवितुः वरेण्यं भर्गो देवस्य  
धीमहि धियो यो नः प्रचोदयात् उँ (3.....बार)\*\***

After washing, recite the following Mantra  
at the time of wearing.

यज्ञोपवीतं परमं पवित्रं प्रजापतेर्यत सहजं पुरस्तात्  
आयुष्यमग्रं प्रतिमुञ्च शुभ्रं यज्ञोपवीतं बलमस्तु तेजं

After wearing the sacred thread one shall  
recite the following.

यज्ञोपवीतं असि यज्ञस्यत्वा उपवीतेन उपनह्यामि

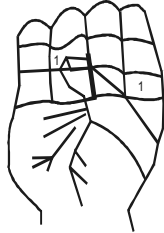
After the purification of body, the student  
(seeker) may sit in a comfortable pose with  
an erected body & mediate upon Shri  
Ganpati, Guru & the Surya Dev. Then the  
student can recite the Shaap Mochan Mantra  
& the Dyan of Mother Gayatri.

**\*\* Kul Parampara (कुल परम्परा) Means the family traditions/orders assigned to different sages.**

**Gayatri : The Goddess of wisdom**

(1) Price:- Propagation & Promotion of Kashmiri Pandit (Indian) culture.

In case a student wants  
to start the Jaap of Maha  
Gayatri, he/she shall recite  
it ten times the way as is  
shown in the figure.

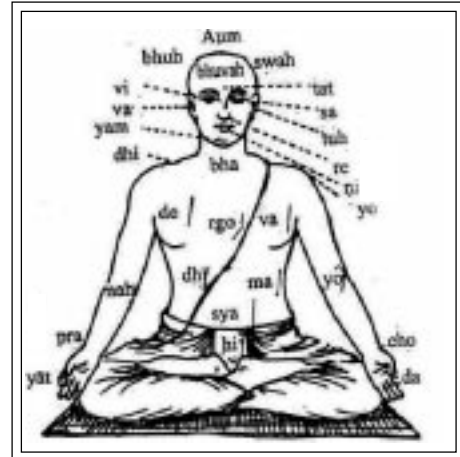


But in case of rosary  
(जपमाला) he/she has to  
complete one mala by way  
of keeping the mala at top  
portion of the middle finger.



## How many sound formations are in Gayatri?

Gayatri Mantra consisting of twenty-four  
letters. Every letter of this Mantra is instinct with a  
superbly refined subtle conscious energy field.



**\*\* Rishis like Vishamitra, Vashist, Gargey, Sandipini and others of similar levels had even taught Lord Rama & Krishna.**

**Gayatri : The Goddess of wisdom**

(2) Price:- Propagation & Promotion of Kashmiri Pandit (Indian) culture.

*As a great Banyan tree lies hidden in the interior of each of its seeds, which when sprouts and develops into a tree, gets embellished with innumerable twigs, branches, leaves, flowers and fruits. As is the growth of a tiny seed in a tree several thousand million times bigger than its origin, so have the twenty four letters of Gayatri bloomed and manifested into knowledge.*

दूसरों के प्रति ऐसा व्यवहार करना चाहिए, जैसा हम अपने लिए पसन्द करते हैं।

\*\* The seven worlds above & below the earth are known as 14 Bhuvans (भुवनः) & Mekhla thread separates them.

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(3) Price:- Propagation & Promotion of Kashmiri Pandit (Indian) culture.

## Why is Goddess Gayatri Five Headed?

There are five junction points of day and night which are formed by Bhargo (Sun). Three junction points during the day time and two during the night. That explains why Gayatri Mata is five headed. The formation of this Goddess is as depicted in Dhyani itself.

मुक्ता विद्रुम हेमनील धवलच्छायेः मुखैः त्रीक्षणैः  
युक्ताम् इन्दु निबद्ध रत्न मुकटां तत्वात् वर्णत्मिकाम् ।  
गायत्रीं वरदाभय अङ्कुश करां शूलं कपालं गुणं  
शङ्खं च क्रमथार बिन्द युगलं हस्तैः वहन्ती भजे ॥

अर्थात् :- मैं उस गायत्री का भजन करता हूँ जो तीन नेत्रों वाली तथा मोतिया, लाल, पीले, नीले और श्वेत कान्ति वाले पांच मुखों से युक्त है। जिसके रत्ननिर्मित मुकुट में चन्द्रमा रत्न जडा हुआ है, जो सभी तत्त्वों रूपी अक्षरों से बनी हुई है और जो हाथों में वरद, अभय, अंकुश, त्रिशूल, कपाल (खोपड़ी), रस्सी-शङ्ख, चक्र और दो कमल धारण किए हुए है।



## Through which medium does this power of intelligence/wisdom reach us?

The answer lies in the Gayatri Mantra itself. It reaches us through the rays of sun, so behold them at junction points known as panch (पंच) or trisandhya (त्रिःसन्ध्या)

\*\*तत् सवितु वरेण्यं भर्गो देवस्य धी महि दियो यो नः प्रचोदयात्\*\*

\*\*The major seven types of rays of sun are :

सुषुम्न ---- Supports Moon's light  
हरिकेश ---- Stars विश्वकर्मा ---- Mercury  
विश्वत्सा ---- Venus : संयद्धसु ---- Mars  
अर्वावसु ---- Jupiter : स्वाराड ---- Saturn

*The morning time rays of sun are considered different from that of noon or sun set. They have separate effects on Human body & Mind.*

## What is Mekhla ?

A thread worn/tied around the waist by girls & boys. Worn by boys on the Mekhla day & girls on Devgoan as a pledge to fulfill the obligations towards Pitur, Dev & Rishi and also to invoke energies for attaining the wisdom.

In order to be able to attain the highest wisdom, we observe some do's and don'ts, also called yam and niyam. We have to observe the discipline (नियम) of complete celibacy Brahamcharya (ब्रह्मर्चाय) . So we wear a thread around waist level known as Mekhla (मेखला).

The Mekhla separates our body into two halves. One above the waist & other below the waist. This is to keep the place of Brahma i.e. the reproductive system separate during the days of spiritual development. This thread is known as 'Aietpan' in the Kashmiri Language.

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The vital energy of child (Both Boys or Girls) is directed towards the brain so that the brain develops to the fullest.



### What is Yonie?

योनिवर्गः कलाशरीरम्

Yonie means Nature (प्रकृति). it is in this nature that the formations take place. Our Brain & Body forms a condusive ground for the growth of wisdom.

That is why we say “Yonie” (प्रकृति) and the thread is symbol thereof.

Girls are already an embodiment of nature/ (प्रकृति). It is the males who have to develop to the levels of nature where the growth of wisdom take place.

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### Why is the Mekhla day so important ?

Our ancestors, the great Rishis, during their life time had discovered the cause & effect of almost every atom & cell of this universe. They knew the boundaries of this universe & the secrets beyond this universe. So they had the double responsibility of initiating the child in the usual Sanskars & secondly to pass down these secrets to them. For that they had chosen the yagneopavit as an occasion to initiate them into KUL PADITI (कुलपद्धति) and different schools.



मनुष्य के तीन सदगुण हैं—आशा, विश्वास, और दान।

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### What is importance of Upanayan?

The child starts experiencing secrets of highest order by performing the Diksha (दीक्षा), Biksha (भिक्षा), and Shiksha (शिक्षा).

On this day a child is initiated both by his own father and Guru (this is very special about the Kashmir order of Upanayan Sanskar).

मातुरग्रे अधि जननम् द्वितीयम् मौज्जि बन्धना

When a child is born, it is said that he has attained first birth and the second birth is attained when Guru initiates him through Gayatri Mantra. **The second birth is known as Dijatva (द्विजत्व).** **This initiation into new life is also known as Upanayan or New Vision (उपनयन).**

**New Vision to see and perceive things in the most scientific and original form.**

World is of two kinds one is the **inanimate**

(जड) & other the **animate** (चेतन).

**Jad (Non-living) creation-** comprising of matter. Brahma created five elements (Panchbhoot) viz. earth, water, air, fire and ether. The atoms of the entire material world manifest as solid, liquid or gas.

This vast expanse of nature in the form of rivers, mountains, earth etc. is the play of atoms of these five elements. Physical bodies of all living beings are also constituted by these five elements.

There is activity in both these creations.

**Chaitanya (living) creation:** it is seen in various activities in the form of ego, determination and inspiration.

**In Jad (Non-living) creation,** the form, colour, shape etc. of different objects are formed and dissolved on the basis of the vibrating energy

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(सन्द शक्ति). The basis of Jad creation is **atom** and of *Chaitanya* creation is **conscious will**.

We have seven types of worlds above earth known as **Bu, Bhuva, Swa, Maha, Jana, Tapa, Satya** & seven sphere of world below earth known as **Mahatal, Rasatal, Talalal, Satal, Nital, Vital, Tal**.

Atmosphere around the Earth is (Bu) भू  
Space below earth (Bhuva) भुवः  
Space above earth (Sawa) स्वः

The energy which governs and sustains the order in these worlds is known as Dhee (धी)

Upon reciting the Gayatri Mantra we invoke the cosmic intelligence to enlighten ourselves in the same way as it has enlightened this universe. So, the Gayatri is the world itself (विश्वमय) and beyond this world (विश्वोतीर्ण).

\*\*The length of area upto Sun & Moon is known as भू लोक . The area below and equal to the measure of distance between Sun & Earth is known as भवः लोक . In space above us distance upto the polar star is known as स्व लोक.

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### Does it qualify us to perform any ritual?

After initiating the process of arousing and beholding the impact of cosmic intelligence we qualify to the level of invoking and make offering to :-

**Pitra: (पितृ):** The departed souls or ancestors. (नमः पितृभ्य तृप्तयां, तृप्तयां, तृप्तयां),

**Rishi: (ऋषि):** The people who discovered the secrets of universe. (ऋषिभ्यः तृप्तयां तृप्तयां),

**Deva : देवः** The super beings नमः देवभ्य तृप्तयां ),

- □ चिन्ता से रूप, बल और ज्ञान का नाश हाता है।
- मनुष्य के रूप में परमात्मा सदा हमारे सम्मुख है, उनकी सेवा करो।

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### Why 24 Sanaskars?

The day of invoking GAYATRI (Yagneopavit) is also the day of initiation into different schools. The Mekhla, the Yagneopavit, the adoption of fire (vital energies), the start of student life, The Brahmacharya, the initiation in Guru & Kul (Family) order & some purification rituals which are followed after attaining the 2nd Birth (द्विजत्व) etc. are performed on the day of “यज्ञोपवीत” **So, we have few Sanaskars more than the others and it is mandatory for all to follow these 24 sanaskars (संस्कार)**

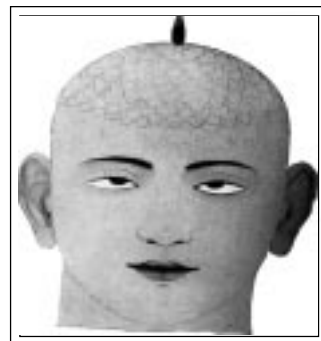
\*\* *Sanaskar is the /ritual of converting anything raw into refined form.*

### Why we tonsure the head? केश क्यों काटते है ?

It has to be noted that after the age of 15, the development of brain recedes drastically.

So, we tonsure the child in order to let the thousand petal shaped brain develop and secrete out the vital fluids through the tonsured head.

(Do you know why a small baby of up to one and a half years doesn't get hurt when he/she slips down from some height on the floor? It is because at that age the portion at the top of the



head (छोंग) remains very delicate and the brain receives the vibration of super conscious energies continuously. We very much remain

\*\* *The brain is able to use electro-magnetic field very well.*

concerned till that portion of skull hardens. It is known as Kraend Kharen (ऋण्ड खारिन). If the portion does not harden, then the child will not be able to perform worldly obligations. It is place of Pituitary gland which secretes the vital liquids.

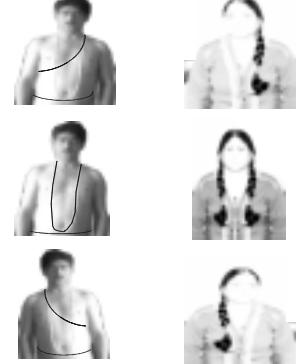
### Can females/girls invoke Gayatri?

In the ancient days Gargi, Maitreyi, Madalsa, Anusuiya, Arundhati, Devyani, Ahliya, Kunti, Satrupa, Vrinda, Mandodari, Tara, Dropadi, Damyanti, Gautami, Apala, Sulaha, Shavati, Ushaji, Savitri, Lopamudra, Pratisheyi, Vaishalni, Bendula, Suneeti, Bhadra, Vidula, Gandhari, Anjani, Seeta, Devhooteri, Parvati, Aditi, Shachi, Satyavati, Sukanya, Shaivya etc. were highly learned and spritually illuminated women who were worshippers of Gayatri. They had attained yoga Siddhis by Gayatri Sadhana. Hence Gayatri **Sadhana can be and must be performed by all.**

Although the sacred thread is worn by male

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members for performing the daily obligations towards Devas, Rishies & Pitras and Girls are initiated in the **उपनयन संस्कार** only at the time of Devgoan (**देवगोण**) before the marriage. It is because of the fact that females will not be able to carry on the obligations on account of their entering into some other family order (**कुल पद्धति**) at the time of marriage and nobody knows as



what order her 'would be in-laws' must be following and ultimately she has to be the torch bearer of

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cultural traditions of her new family order. So, the three folded thread of the Groom is doubled and knotted by way of a knot known as **Brahm Gandh.**

When ever the male member of the family performs the ceremonies, he represents his better half too even after her final departure.

But in case there is no male member present or the female (Girl) intends to perform these duties, then she can perform these **obligations**, and do not need 'Younie' for this. The adoption of sacred thread may bind her into parental order.

**व शिवशक्ति स्वस्मार्य द्विधा केशस्य बन्धनम् विवण बन्धयुतं केश पञ्जार्थं द्वयं**

They just need to keep their plaits of hair either left or right side in the same way as the males keep the sacred Thread.

The Gayatri Mantra & Mekhla is adopted by females too. They are fully entitled to seek and invoke Gayatri.

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### Why is the Sacred thread 96 units long?

तिथि वारं तु नक्षत्रं, तत्त्व वेदा गुण त्रियम।  
काल त्रियस्च, मासस्च त्वं छठ नव समृतं॥

1. तिथि	(Lunar Day)	15
2. वारं	(Days)	7
3. नक्षत्रं	(Constellation)	28
4. तत्त्व	(Elements)	24
5. वेद	(Vedas)	4
6. काल	(Time)	3
7. गुण	(Qualities)	3
8. मास	(Months)	12
Total		96

**These 96 areas are covered by the length of 96 Mawas of Upnayan thread which is known as Yoni (शोनि)**

The three worlds and 96 groups are woven with one knot known as **Bramha Gand** (ब्रह्म गण्ड)

\*\* The three folded sacred Thread is 96 units (1 unit = 1 maw) long.

\*\* One complete round of palm is known as Maw.

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## Kashmir System of Gayatri Pranayam

ॐ भूः ॐ भुवः ॐ स्वः ॐ महः ॐ जन ॐ तपः ॐ  
सत्यं ॐ तत्सवितुः वरेण्यं, भर्गो देवस्य धीमहि, धियो यो नः  
प्रचोदयात् । ॐ आपो ज्योति रसोऽमृतं ब्रह्म भूः भुवः स्वरोम्

- 1) Recite the Mantra Once while inhaling (पूरक)
- 2) Recite the Mantra Twice while retaining the breath (कुम्भक)
- 3) Recite the Mantra Thrice while exhaling the breath (रेचक)

This may prove very difficult for the beginners. So, they can use the Mantra ॐ ॐ ॐ while inhalation. But ultimately all must follow & practice this type of Pranayam.

\*\* नासा अग्र सम्मुखे देशे द्वादशाङ्गुलि सम्मिते  
श्वासः समाप्सते पुंसः एषा स्वाभाविकी गतिः  
नाक के सामने 12-12 अङ्गुल तक हर एक  
मानव की श्वास की गति स्वाभाविक रहती है।  
भोजन के समय 16 अङ्गुल तक  
व्यायाम 20 दौड़ने 24  
सोने 30 वासना 36



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## Essential Rules to be observed by the followers of Gayatri.

Any person engaged in Gayatri Sadhana is required to observe the following rules:-

1. The body should be cleaned by taking bath before sitting.
2. In Sadhana, use loose daily washed dress and a calm place shall be chosen.
3. The Sadhak should sit in cross legged, comfortable position so that there may not be difficulty in sitting in that posture for a long time, and the mind is not distracted by a sense of physical discomfort.
4. The backbone should be kept erect so that the spinal column remains straight and there is no obstruction in the flow of Pran in Sushumna.
5. One should not sit for Sadhana on bare ground because the energy which is generated flows out into the earth. A mat prepared of 'Kusha' is best for this purpose. In its absence one can sit on a cotton mat.
6. Rosary (माला) of Tulsi or Sandalwood beads, of rudraksh, red-sandal wood and conch-shells are used.
7. Jap should be started two hours before sunrise. In the evening it should be finished an hour after Sunset, serious followers do it around midnight.
8. The Sadhak should sit facing the East (towards the Sun) in the morning and West in the evening.
9. If one feels tired in sitting in one posture there is no harm in changing the posture.
10. On being required to get up in between for call of nature or for any urgent work, Sadhana can be resumed after washing hands, face etc. with pure water.
11. If on any day there is a break in Sadhana for some unavoidable reasons additional Jap should be performed the next day by way of compensation. Performance of Jap rosary, should be stopped during the period of impurity, in the event of any death or birth in the family. Only mental jap can be done during this period and can be resumed after the expiring the period of impurity.

एक बार निकले बोल वापस नहीं आ सकते,  
इसलिये सोच कर बोलो।

धीरज के सामने भयंकर संकट बादलों की तरह उड़  
जाता है।

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## Some Do's and Dont's.

कश्मीर पद्धति के अनुसार यज्ञोपवीत संस्कार के यज्ञ में कुछ विचारणीय बातों को ध्यान में रखे और अपनी रीतियों के पीछे छिपे ऐतहासिक व धार्मिक सत्य को जाने:-

इस यज्ञ में कुछ रीतियाँ उतनी ही पुरानी हैं जितनी पुरानी दक्ष प्रजापति (माता सती के पिता) के यज्ञ की कथा है इस कारण इस यज्ञ को सामान्य न ले तथा प्रत्येक रीति का ज्ञान प्राप्त करें।

1. आहि दर्शन के बर्तन के धी में केवल वही लोग दर्शन के अधिकारी हैं जिन्होंने व्रत धारण किया हैं। इसके अतिरिक्त उन व्रतधारियों के पति-पत्नि भी इसके अधिकारी हैं क्योंकि इन्हीं व्यक्तियों ने महागायत्री का आह्वान किया है। इस कारण व्रतधारी महिलाएं सिर पर 'टेकताल' धारण किये रहती हैं जिसपर श्रीचक्र बना होता है।
2. जनता के लिए आहि दर्शन का पात्र अलग रखें।

- 3 व्रतधारियों के लिए खाना पकाने व परोसने की व्यवस्था अलग करें।
4. शुद्ध मिट्टी का प्रयोग करें
- 5 भिक्षा के हेतु बालक को लोई (Bronze) का पात्र दे।
- 6 वोमहुर व घी पात्र सरतल (Copper) का रखें।
- 7 संध्या करने के लिए खडाऊँ अथवा घास से बने जूतो का प्रयोग करें।
- 8 गोबर का प्रयोग करें क्योंकि दक्ष प्रजापति के घ्वंस हुए यज्ञ में ब्रह्मा जी गोबर में छिप गये थे।
- 9 उस घ्वंस हुए यज्ञ में कई ऋषि जल में वास कर गये इसलिए पानी में आवाहन देना उपयुक्त है।
- 10 यज्ञ कुण्ड के ठीक पूर्व दिशा में घास उगाई जाती है यह इसलिए है क्योंकि कई ऋषि दक्ष प्रजापति के यज्ञ के समय दलदल वाले घास में वास कर गये इसलिए उनका भोग वही दिया जाता है।

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**Gayatri : The Goddess of wisdom**

(13) Price:- Propagation & Promotion of Kashmiri Pandit (Indian) culture.

- 11 कोई भी भिक्षा पात्र को हाथ से न छुए।
- 12 बालक भिक्षा पात्र हाथ में लेकर "भो भिक्षां देहि" (अभीद माहरा) कहे ओर भिक्षा प्राप्त करके स्वस्तु, तथा स्त्री द्वारा भिक्षा लेने के समय 'भवति भिक्षां देहि' स्वस्त्यस्तु (अभीद माहरा) कहे।
- 13 जनेऊ संस्कार पर 24 पज्ञाग करना एक अनिर्वाय नियम है।
- 14 वधु के घर के जन इस यज्ञ में भिक्षा न डाले।
- 15 कठिन परिस्थिति में पानी से बड़े पात्र में भी संध्या कर सकते हैं।
- 16 बालको का यज्ञोपवीत संस्कार 7 से 12 वर्ष की आयु में सबसे उत्तम है क्योंकि 15वें वर्ष से मस्तिष्क का विकास कम हो जाता है।
- 17 संस्कार में बालको के केश काटना, गोमूत्र, पञ्चगव्य, बाघ, हाथी अथवा मृग चर्म का पहनना, हाथ में लकड़ी की छड़ी का होना उत्पन्न पवित्र है।
- 18 इस अवसर पर मिट्टी से बने टोक में क्षीर व कलश का अखरोट यज्ञ के सम्पन्न होने पर प्रसाद के रूप में प्रयोग करें।
- 19 अभीद का अर्थ है मैं उस मार्ग पर चला हूँ जहाँ कोई भेद नहीं है।
- 20 व्यर्थ का आडम्बर न करें। अगले दिन कोशल होम अर्थात् "कुशल प्रयोग" के सम्पूर्ण होने पर "धन्यवाद सूत्र" अवश्य पढ़ें।
- 21 इस यज्ञ में मास खाकर न आये।
- 22 आज कल हमारे समाज में यज्ञोपवीत के अवसर पर कई कुरीतियों का चलन हो गया है कई प्रकार के स्टाल लगते हैं जिसे बहुत सारा धन व्यर्थ हो जाता है कृपा करके स्टालों को बंध करे तथा उस धन से समाज के बीमार व गरीब वर्ग की सहायता करें।

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**Gayatri : The Goddess of wisdom**

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**Goddess of Morning Junction  
GAYATRI**

**One shall recite the Mantra  
108 times.**

□ □ प्रातः गायत्री रवि मण्डल मध्यस्था रक्तवर्णा, द्विभुजा, अक्षसूत्र कमण्डलु धरा, हंसासनमारुढा, ब्रह्माणी, ब्रह्मदैवत्या, कुमारी ऋग्वेदोदाहृता ध्येया।

प्रातः काल में गायत्री कुमारी, ऋग्वेद स्वरुपिणी, ब्रह्मारुपा, हंसवाहनी, द्विभुजा, रक्तवर्णा, अक्षसूत्रकमण्डलुहस्ता, सूर्य मण्डल मध्यस्था के रूप में विध्यमान है।



**Goddess of Noon Junction  
SAVITRI**

**One shall recite the Mantra  
52 times.**

□ □ मध्याह्ने सावित्री रविमण्डल मध्यस्था, कृष्णवर्णा, चर्तुःभुजा, त्रिनेत्रा, शङ्ख चक्र, गदा पद्म हस्ता, युवती, गरुडारुढा, वैष्णवी, विष्णुदैवत्या, यजुःवेदोदाहृता ध्येया।

मध्याह्न के समय गायत्री युवती, यजुर्वेद स्वरुपिणी, विष्णुरुपा, गरुडासना, कृष्णवर्णा, त्रिनेत्रा, चर्तुःभुजा, शङ्ख चक्र, गदा पद्मधारिणी तथा सूर्यमण्डल मध्यस्था के रूप में विध्यमान है।



**Goddess of Evening Junction  
SARASVATI**

**One shall recite the Mantra  
64 times.**

□ □ सायाह्ने सरस्वती रविमण्डल मण्डल मध्यस्था शुक्लवर्णा, चर्तुःभुजा, त्रिशूल, डमरु पाश पात्रकरा वृषभासनमारुढा, वृद्धा, रुद्राणी, रुद्रदैवत्या, सामवेदोदाहृता ध्येया।

सायं काल में गायत्री वृद्धा, सामवेद स्वरुपिणी, रुद्ररुपा, वृषभासना, शुक्लवर्णा, चर्तुःभुजा, त्रिशूल, डमरु, पाश और पात्रधारिणी तथा रवि मण्डलमध्यस्था के रूप में ध्यान करें।

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**On this day let all the parents & teachers (Gurus) initiate  
the child by reciting the Mantra in his/her ear**

**SATISAR FOUNDATION  
GLOBAL WORKSHOP  
ON  
MATA GAYATRI**

**(6<sup>TH</sup> FEB. SUNDAY - 2011 at 9.00 a.m.)**

**Parents are also requested to prepare their children for an upcoming examination,  
relating to the subject covered in this book.**

यदि आप यात्रा मे, दफतर में अथवा खडे हो तो धूप दीप व तिलक इत्यादि न करे केवल,  
श्री गणेश के ध्यान से आरम्भ करें। परंतु किसी भी अपवित्र अवस्था मे न रहें

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यदि आप धर, मन्दिर, आश्रम अथवा समूह मे बैठे हो तो पहले:-

- 1) पवित्र होकर धूप-दीप जलावे।
- 2) गायत्री माता के चित्र पर तिलक पुष्प लगाये तथा सब को तिलक करें।
- 3) किशमीश किसी थाली में रखे।

अब पढ़ें:-

- 1) शुक्लाम्बर धरं विष्णुं, शशिवर्णं चतुः भुजम्, प्रसन्न वदनं ध्यायेत् सर्व विघ्नोपशान्तये
- 2) गुरु ब्रह्मा, गुरु विष्णो, गुरु साक्षात् महेश्वरः। गुरु एव जगत् सर्वं, तस्मै श्री गुरुवे नमः॥
- 3) नमो नमो धर्मनिधानाय, नमः सुकृत साक्षिणै, नमः प्रत्यक्षदेवाय भासकराय नमो नमः

- 4) ॐ सहस्र शीर्षाः पुरुषः सहस्राक्षः सहस्र पात्। स भूमिं विश्वतो वृत्वा अतिष्ठित दश अंगुलम्। पुरुषः एवेदं सर्वं, यत् भूतं यत् च भव्यम्, उता अमृत त्वस्य ऐशानो, यद अनेनातिरोहति।।
- 5) ॐ यत् जाग्रतो दूरम् उदेति दैवं, तदु सुप्तस्य तथैवैति। दूरं गमं ज्योतिषां ज्योतिर एकं तन्मे मनः शिव संकल्पं अस्तु।।

*\*\* 6<sup>th</sup> & 7<sup>th</sup> Feb. 2011 Is the day of culmination of Session & starting of new session, (गुरु तृतीया) and त्रिपुरा चतुर्थी or शुक चतुर्थी Both are the days of Goddess Sharda and were observed and practised in the Sharda University thousands of years back in Kashmir.) and we follow that tradition.*

**Gayatri : The Goddess of wisdom**

(17) Price:- Propagation & Promotion of Kashmiri Pandit (Indian) culture.

### शापविमोचन:-

ओम्-यत् ब्रह्मेति उपसीत् यदूर्ध्वं, ब्रह्मविदो विदुःत्वां पश्यन्ति धीराः सुमनसा वाचामग्रतः।

ॐ गायत्रि! त्वं ब्रह्मशापात् विमुक्ता भव।।

ओम् अर्क अयं ज्योतिरः, अहं ब्रह्म ज्योतिः अहं शिवः।

शिव ज्योतिः अहं विष्णुः शिव ज्योतिः शिवः परम्।।

गायत्रि! त्वं वसिष्ठ शापात् विमुक्ता भव।

ॐ अहो देवि महादेवि! दिव्ये! सन्ध्ये! सरस्वति!।

अजरे! अमरे! चैव ब्रह्मयोनि नमोस्तुते।

ॐ गायत्रि! त्वं विश्वामित्रा शापात् विमुक्ता भव।।

### गायत्री का ध्यान करते हुये पढ़ें:-

मुक्ता विद्रुम हेम नील धवल, छायेः मूखैः त्रीक्षणैः

युक्ताम् इन्दु निबद्ध रत्न मुकटां, तत्त्वात्म वर्णत्मिकाम्

गायत्री वरदाभया अंकुश करां शूलं कपालं गुण

शखं चक्रम् अथार बिन्दु युगलं हस्तैः वहन्तीं भजे

आगच्छ वरदे देवि त्रयक्षरे ब्रह्मवादिनि।

गायत्री छन्दासां मातः ब्रह्म योने नमोस्तुते

अब गायत्री मन्त्र का जप करें।

ॐ भूः भुवः स्वः तत्सवितुः वरेण्यं भर्गो देवस्य धीमहि धियो यो नः प्रचोदयात् ॐ

10 या 108 बार पढ़ें

अब प्रसाद के रूप में किशमिश लाईये तथा सभी जड़-चेतन जगत को भोग लगाने के हेतु पढ़ें।

विनायकाय वल्लभा सहिताय श्री महागणेशाय वासुदेवादि देवभ्यः विष्णु पंचायतन देवताभ्यः महा गायत्रे सावित्रे सरस्वती माघ मासस्य, शुक्ल पक्षस्य- रवि वासरायां तृतीयां तिथौ महा गायत्री, सावित्री, स्वरसवती संतोषणार्थं ओं नमो नैवेद्यम् नैवेद्यामि नमः।

सभी जनो में प्रसाद बाँटे तथा स्वयं भी ग्रहण करें **अब अन्त में हाथ जोड़ कर क्षमा माँगे।**

आहवानं नैव जानामि, नैव जानामि विसर्जनम्

पूजा भागं न जानामि क्षम्यतां परमेश्वरिः।।

उभाभ्यां जानुभ्यां पाणिभ्यां, उरसा,

वचसा, मनसा नमस्कारं करोमि नमः।।

**Gayatri : The Goddess of wisdom**

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## Why do we recite the शापविमोचन?

In past Brahma Ji, Sage Vashist & Sage Vishwamitra did lot of penance for invoking the Mother Gayatri (The supreme Power of Wisdom) but she did not gave them her Darshan (दर्शन). This infuriated the Brahma Ji, Vishist and Vishwamitra to the extent that they cursed her. The present Mantra is a remedial measure for freeing the Gayatri from these Shaaps (Curse). It shall be recited before starting the Jaap.



ज्योतिषाचार्य व कर्मकाण्ड शिरोमणि  
श्री काशी नाथ हण्डू

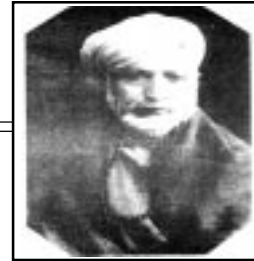
- माता के समान कोई तीर्थ नहीं है—जो पुत्र माता का आदर करता है उस के सारे लोकों का सुधार होता है।
- पिता, माता, ज्येष्ठ भाई, आचार्य तथा सभी वृद्ध मनुष्यों को प्रातःकाल प्रणाम करना चाहिए।
- भूत काल से प्रेरणा लेकर वर्तमान काल में भविष्य का चिन्तन करना चाहिये।

*Gayatri : The Goddess of wisdom*

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This discriptive chakra in Sharda codes illustrates the Kashmiri Yog System with the cause & effects on our body. We are in process of decoding the same and need your help in this regard. This was blessed by a Param Yogi Lt. Sh. Amar Nath Handoo S/o Lt. Sh. Damodhar Handoo of Kani Kadal, Chota Bazar, Srinagar  
This is being printed as a mark of reverance.



Late Pt. Keshav Nath Bhatt  
Jyotshi (1873-1949 A.D.)

This special issue on Gayatri is dedicated to one of great scholar & Karam Kand Yogi of Kashmir Late Pt. Keshav Nath Bhatt Jyotshi. He was instrumental in recreating extinct Karma Kand Samhitas, Shivaite order of Karmkand and translated Panchastawi, Mahimnapar etc. to make it a house hold scripture. Most of his books were printed and donated free of cost for the betterment of people.

Satisar remembers and pays respects to this great Saint and scholar of Kashmiri Hindus.

*Gayatri : The Goddess of wisdom*

(20) Price:- Propagation & Promotion of Kashmiri Pandit (Indian) culture.

## Satisar Speaks.....

भ्राजते दीप्यते यस्माज्जगदन्ते हरत्यपि, कालाग्नि रुपमास्थाय सप्तार्चिः सप्तरश्मिभि । (याक्ष.सं)

That illuminating energy through which this world transforms into Non living (जड) and living (चेतन) state before its great desolve. That energy which consists of seven worlds & seven coloured rays as great cosmic fire takes the shapes of different forms.

The present book is an effort for the propagation & thus preservation of the "Science of Gayatri" which is the bed rock of our Religion and Cultural ethos.

The urge and Solution method has been adopted in delivering the message and the secrets.

It is our duty to learn these secrets and try to pass down the same among our children for their better future.

V. Wangnoo  
9419192733

*Darkness has no independent existence of its own. It is nothing but absence of Light. In the same way, unhappiness is nothing but absence of knowledge. Otherwise, in this orderly creation of God, there is no shadow or sorrow or suffering. God is Sat, Chit, annad, embodiment of supreme truth, Pure, Awareness and Divine Bliss.*

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## कृपया ध्यान दे

इस समय कश्मीरी पंडित भारत की मूल सभ्यता को बचाने का अन्तिम प्रयास कर रहे हैं यह तभी सम्भव होगा जब सामाजिक स्तर पर हम एक रहेंगे ।

हमारे कई गोत्र व नाम है परन्तु हम सभी एक ही जाति के है और वह है 'पंडित'— पंडित का अर्थ है 'गुणी' हिन्दू। जब हम सभी पंडित है तब बच्चों के विवाह के समय हम क्यों अपने ही पंडित समाज मे नाम के आधार पर, क्षेत्र के आधार पर अथवा कार्य के आधार पर बंट जाते है । हमें विवाह के अवसर पर अपने ही समाज मे क्यों कमियां नजर आती है ।

आईये इस भेदपूर्ण दृष्टिकोण को हटायें और विवाह के लिए 'पंडित' समाज के सभी वर्गों को अपने जैसा ही उतम समझें ।

**SATISAR FOUNDATION** has started a central Library a book bank for the community. Some of the features of this library are

- Books on oriental courses.
- Books on History, Geography, Shaiva, Shakta & allied subjects.
- Model papers & Guides for all competitive examinations.
- Book bank will provide all the assistance in shape of books to needy children.

**Donate your books against proper receipt.**

## Heritage window

Community is informed that Satisar Foundation has started its "Heritage Window"

Now, one can get basic essential articles of Puja free of cost from any where in world.

Log on to our web site or contact on our Mob. Numbers & Register your name & the product.

This will be sent to you without any charge with a hope that you will work for the cultural rejuvenation of Kashmiri Pandits.