

Sri-Om
Dwadash Varsh Gyan Yag
2006-2018

First Year 2008-09

GYATRI MANTRA

Dr. S. K. Kapoor

CONTENTS

- 1. Contents**
- 2. Foreward**
- 3. Preface**

Section-1 Lessons 1 to 60

- 1 Gyatri mantra
- 2 Gyatri Mantra recitation
- 3 Primordial Sounds
- 4 Prime primordial sound
- 5 Om (ॐ) as first syllable of Gaytri virtues
- 6 Transition from Nad format to Jyoti format
- 7 Lord Brahma
- 8 4 space
- 9 Hyper cube 4
- 10 (2, 3, 4, 5)
- 11 (1, 2, 3, 4, 5)
- 12 Sole syllable Braham
- 13 Bindu Sarovar
- 14 Ardh Matra
- 15 Tripundum
- 16 Swastik Pada
- 17 उद्गीथ
- 18 उ
- 19 उद्
- 20 गी
- 21 ष
- 22 ॐ भूः

- 23 ॐ
- 24 ॐ to भू
- 25 भू to भू
- 26 भू to भूः
- 27 Lord Shiv
- 28 5 space
- 29 Hyper cube 5
- 30 Transcendental carriers
- 31 Inner folds of transcendental worlds
- 32 Transcendental worlds within creator space (4 space)
- 33 तस्य वाचका प्रणवः Thy synonym is parnava
- 34 ॐ भूः scaling of sky within space
- 35 प्रणवः भवः attainment formats
- 36 भूः भवः वषट्कार
- 37 Lord Vishnu
- 38 6 space
- 39 Hyper cube 6
- 40 वषट्कार
- 41 Self referral state
- 42 ॐ भूः भवः स्वः / Rig Ved, Yajur Ved and Sam Ved
- 43 ॐ भूः भवः yajur Ved
- 44 ॐ भूः भवः Sam Ved
- 45 ॐ भूः Akshras
- 46 ॐ Varnas (letters)
- 47 Self referral State (1, 2, 3,4, 5, 6)
- 48 Self renewing values of Golok

- 49 अ Self referral state within creator space (4 space)
 50 ॐ तस्य वाचका ओम्
 51 म् ल भूः भवः scaling of Golok within sky
 52 ओम् स्वः
 53 भूः भवः स्वः Sapt Bhumi
 54 Unity state
 55 7 space
 56 hyper cube 7
 57 Pole star
 58 Dharuv mantra
 59 ॐ भूः भवः स्वः Rig Ved
 60 ॐ भूः भवः स्वः Sam Ved

Section-2 Lessons 61 to 120

- 65 Gyatri mantra text
 66 First syllable chase
 67 Letter 'त्'
 68 Letter 'अ'
 69 Formulation 'त्त'
 70 Organization format of first syllable
 71 Second syllable (स)
 72 Third syllable (वि)
 73 Fourth syllable (तु)
 74 Fifth, sixth and seventh syllable
 75 Fifth syllable (व)
 76 Sixth syllable (रे)
 77 Seventh syllable (ण्यं)
 78 Blissful exercise
 79 Second Pada of Gyatri mantra text
 (भर्गो देवस्य धीमही ।)

- 80 Eighth syllable (अः)
- 81 Ninth syllable (गो)
- 82 Complete second pada
- 83 Final pada of the Gyatri mantra text
- 84 Unity state attainment
- 85 Triloki to Trimurti
- 86 Trimurti to Brahman privilege
- 87 Braham Vidya
- 88 (6, 7, 8, 9, 10)
- 89 (7, 8, 9, 10)
- 90 Jyoti flow path
- 91 Creative dimensional order
- 92 Anahat Nad to Braham Jyoti
- 93 Bindu Sarovar fulfilled with Triloki structures
- 94 Bindu Sarovar fulfilled with creative structures
- 95 Bindu Sarovar fulfilled with transcendental structures
- 96 Bindu Sarovar fulfilled with self referral structures
- 97 Eleventh Rudra Avtar (incarnation)
- 98 Asht Prakrati and Nav Braham
- 99 Unity state boundary of Asht Prakrati
- 100 (9, 8, 7, 6) orientation for (6, 7, 8, 9)
- 101 Riding transcendental carriers

Phase-2

Sequential steps of Gyatri mantra sadhana path

- 102 Gyatri mantra path of transcendental carriers
- 103 Step -1 Approach '2 as 1'
- 104 DAY'S SADHANA

- 105 Second day sadhana attainment features
 106 Shift from 'त' to 'स'
 107 Transition and transformation for spatial order
 into solid order
 108 'तत सत इति निदेशा' Tat Sat Iti Nirdesha
 109 Solid order source origin
 110 Jump from linear order to solid order
 111 Reflection pairs
 112 Transition from syllable 'स' to syllable 'वि'
 113 Structural processing ahead
 114 'सवितुं'
 115 'वरेण्यं'
 116 'व'
 117 'व + अ '
 118 'रे'
 119 'ण्यं'
 120 To chase first pada in one go
 121 Transition from first pada to the second pada
 122 (1, 2, 3, 4, 5)
 123 Manifestations surface on solid base
 124 Transition from hyper cube 4 to hyper cube 5
 within creator space (4 space)
 125 Second pada of Gyatri mantra text
 126 Transcendental domains
 127 Third pada of the Gyatri mantra text
 128 One as Three
 129 Braham Lok
 130 Braham Vidya
 131 '4 to 9'

- 132 Brahma as Ten Brahmas
- 133 Shift from '4 to 9' to '5 to 9'
- 134 '9=4+5'
- 135 '6 to 9'
- 136 Sequential steps '4 to 9', '5 to 9', '6 to 9'
- 137 '3 to 9'
- 138 '2 to 9'
- 139 '1 to 9'
- 140 Triloki Chase within creator space (4 space)
- 141 Creator space (4 space) within creator space (4 space)
- 142 Revisit the first pada of Gyatri mantra text
- 143 Transition from creator space (4 space) to transcendental worlds
- 144 Transcendental format of second pada text
- 145 Sapt Bhumi, Asht Sidhi and Nav Nidhi
- 146 Third pada of Gyatri mantra
- 147 Existence along Pursha format
- 148 Coordination through Shad Chakras of human frame
- 149 Take off at / from Braham Randra
- 150 Let us go to the shelter of Goddess Gyatri
- 151 Self referral order / source
- 152 Chiseling of third eye
- 153 Space fulfilled with Air
- 154 Solid Space fulfilled with water
- 155 Water Space fulfilled with fire and fire space fulfilled with Air

- 156 Kaal (काल) Dharam (धर्म) and Vidhata (विधाता)
- 157 One shall again and again go to the shelter of
Goddess Gayatri
- 158 Four fold Blissful exercises for the sadkhas
- 159 Beginning afresh starting with sole syllable Om ‘
ॐ’
- 160 Remaining 81 steps
- 161 Bindu Sarovar to Ardh Matra
- 162 Ardh Matra To Tripundum
- 163 Tripundum to Swastik pada
- 164 First letter (भ्र) of first Vahoviriti (भूः)
- 165 Second letter (ऊ) of first Vahoviriti (भूः)
- 166 Third letter (ः) of first Vahoviriti (भूः)
- 167 First letter (भ्र) of Second Vahoviriti (भवः)
- 168 Second letter (अ) of Second Vahoviriti (भवः)
- 169 Third letter (व्र) of Second Vahoviriti (भवः)
- 170 Fourth letter (अ) of Second Vahoviriti (भवः)
- 171 Fifth letter (ः) of Second Vahoviriti (भवः)
- 172 First letter (स्र) of Third Vahoviriti (स्वः)
- 173 Second letter (व्र) of Third Vahoviriti (स्वः)
- 174 Third letter (अ) of Third Vahoviriti (स्वः)
- 175 Fourth letter (ः) of Third Vahoviriti (स्वः)
- 176 First progression Step ‘त्’
First Pada first formulation first progression step
- 177 Second progression step ‘अ’
First Pada first formulation second progression
step
- 178 Third progression step ‘त्’

- First Pada first formulation third progression step
- 179 Fourth progression step 'स्'
- First Pada Second formulation First progression step
- 180 Fifth progression step 'अ'
- First Pada Second formulation Second progression step
- 181 Sixth progression step 'व्'
- First Pada Second formulation Third progression step
- 182 Seventh progression step 'इ'
- First Pada Second formulation fourth progression step
- 183 Eighth progression step 'त्'
- First Pada Second formulation Fifth progression step
- 184 Ninth progression step 'उ'
- First Pada Second formulation Sixth progression step
- 185 Tenth progression step 'ः'
- First Pada Second formulation Seventh progression step
- 186 Eleventh progression step 'व्'
- First Pada Third formulation First progression Step
- 187 Twelfth progression step 'अ'
- First Pada Third formulation Second progression Step

- 188 Thirtieth progression step 'ॠ'
First Pada Third formulation Third progression
Step
- 189 Fourteenth progression step 'ॡ'
First Pada Third formulation Fourth progression
Step
- 190 Fifteenth progression step 'ॢ'
First Pada Third formulation Fifth progression
Step
- 191 Sixteenth progression step 'ॣ'
First Pada Third formulation Sixth progression
Step
- 192 Seventeenth progression step '।'
First Pada Third formulation Seventh progression
Step
- 193 Eighteenth progression step '॥'
First Pada Third formulation Eighth progression
Step
- 194 Nineteenth progression step '०'
Second Pada First Formulation First progression
step
- 195 Twentieth progression step 'ॠ'
Second Pada First Formulation Second
progression step
- 196 Twenty first progression step 'ॡ'
Second Pada First Formulation Third progression
step
- 197 Twenty second progression step 'ॢ'

- Second Pada First Formulation Fourth
progression step
- 198 Twenty third progression step 'ओ'
Second Pada First Formulation Fifth progression
step
- 199 Twenty fourth progression step 'दू'
Second Pada Second formulation first progression
step
- 200 Twenty fifth progression step 'ए'
Second Pada Second formulation second
progression step
- 201 Twenty sixth progression step 'वू'
Second Pada Second formulation third
progression step
- 202 Twenty seventh progression step 'अ'
Second Pada Second formulation fourth
progression step
- 203 Twenty eighth progression step 'सू'
Second Pada Second formulation fifth
progression step
- 204 Twenty ninth progression step 'यू'
Second Pada Second formulation sixth
progression step
- 205 Thirtieth progression step 'अ'
Second Pada Second formulation seventh
progression step
- 206 Thirty first progression step 'धू'

- Second Pada Third formulation first progression step
- 207 Thirty second progression step 'ई'
Second Pada Third formulation second progression step
- 208 Thirty third progression step 'म्'
Second Pada Third formulation third progression step
- 209 Thirty four progression step 'अ'
Second Pada Third formulation fourth progression step
- 210 Thirty five progression step 'ह्'
Second Pada Third formulation fifth progression step
- 211 Thirty six progression step 'इ'
Second Pada Third formulation sixth progression step
- 212 Thirty seventh progression step 'ध्'
Third Pada First formulation first progression step
- 213 Thirty eighth progression step 'इ'
Third Pada First formulation second progression step
- 214 Thirty ninth progression step 'य्'
Third Pada First formulation third progression step
- 215 Fortieth progression step 'ओ'
Third Pada First formulation fourth progression step

- 216 Forty first progression step 'य्'
Third Pada Second formulation first progression
step
- 217 Forty second progression step 'ओ'
Third Pada Second formulation second
progression step
- 218 Forty third progression step 'म्'
Third Pada Third formulation first progression
step
- 219 Forty four progression step 'अ'
Third Pada Third formulation second progression
step
- 220 Forty five progression step 'ः'
Third Pada Third formulation third progression
step
- 221 Forty six progression step 'प्'
Third Pada Fourth formulation first progression
step
- 222 Forty seven progression step 'ऌ'
Third Pada Fourth formulation second
progression step
- 223 Forty eighth progression step 'अ'
Third Pada Fourth formulation third progression
step
- 224 Forty ninth progression step 'च्'
Third Pada Fourth formulation fourth progression
step
- 225 Fiftieth progression step 'ओ'

- Third Pada Fourth formulation fifth progression step
- 226 Fifty one progression step 'दू'
- Third Pada Fourth formulation sixth progression step
- 227 Fifty second progression step 'अ'
- Third Pada Fourth formulation seventh progression step
- 228 Fifty third progression step 'यू'
- Third Pada Fourth formulation eighth progression step
- 229 Fifty four progression step 'आ'
- Third Pada Fourth formulation ninth progression step
- 230 Fifty five progression step 'तू'
- Third Pada Fourth formulation tenth progression step
- 231 First Brahma
- 232 Second Brahma
- 233 Third Brahma
- 234 Fourth Brahma
- 235 Fifth Brahma
- 236 Sixth Brahma
- 237 Seventh Brahma
- 238 Eighth Brahma
- 239 Ninth Brahma
- 240 Tenth Brahma

