

Guru Mantra as wake up call

The Guru Mantra is a powerful mantra for protection, blessing and guidance. So they say. But why? Why have simple words such an effect?

First of all, these words are not simple. They have a long tradition and meaning behind themselves. But we will come to that point later.

Dr. Masaru Emoto found a very practical and measurable way to show the beauty of positive words and thoughts(!). Words like 'thank you' have a very nice vibration that can be seen in form of beautiful water crystal images. Since our body-home is made out of quite a lot of water, we can imagine an impressive effect on it, when we recite holy mantras, right? Interestingly enough, Dr. Masaru Emoto discovered also that beautiful words are more powerful than ugly ones, their crystal structure is more dominant! Jay!

(As a reminder: 'Jay' means in a deeper sense: the victory of light over darkness.)

Accordingly the simple recitation of the Guru-mantra would already have a very positive effect on us and on our environment.

How much more is this prayer, when we also open our hearts here, knowing the deep meaning of those words they have *personally for us*?

Om
Guru Brahma
Guru Vishnu
Guru Devo Maheswara
Guru Sakshat Parabrahmam
Tasmai Sri
Guruve (yna) Namaha

The Guru leads us out of the darkness, out of ignorance into the light. Brahma is the creator, or the generator, Vishnu sustains this world and Devo Maheshwara (Shiva) destroys in his destructive aspect of the divine trinity to give a new possibility for a fresh start. Swami mentioned about the meaning of the mantra that we turn directly to our own personal master, the teacher in front of us (**Guru Sakshat**), in whose presence we live. We know Brahma, Vishnu and Shiva, not really. Therefore, it is our Guru Sakshat, which leads us into the Supreme Self (**Parabrahmam**), which is greater than anything what might be called great: the eternal, indestructible, all inherent divine principle. The Master knows the way out of all mess and all entanglements. He knows us through and through and knows all the abbreviations that are there for our souls. However, it is a cosmic law that we give ourselves to him (**Tasmai**) completely and bow (**Namaha**), trusting completely before he can really help us.

This is always a step, a challenge whose depth we can experience new, every day. If we 'swing' early in the morning with this mantra in the day, we have the best start we can give to us, regardless of right or left leg ...

"Everyday every person has to remember first to do the Guru prayer when you wake up. That is very important. You have to learn that prayer. Do it for two, three minutes." - Sri Kaleshwar

