

GURU MANTRA

गुरुः ब्रह्मा : गुरुर विष्णु : गुरुर देवो महेश्वरः :

गुरु साक्षात परब्रह्म : तस्मै श्री गुरुवे नमः :

*Guru Brahma, Gurur Vishnu,
Gurur devo Maheshwarah,
Guru saakshaat, param Brahma,
tasmai shri guravay namah*

Our creation is that guru (*Brahma*-the force of creation); the duration of our lives is that guru (*Vishnu*-the force of preservation); our trials, tribulations, illnesses, calamities and the death of the body is that guru (*devo Maheshwara*-the force of destruction or transformation). There is a guru nearby (*Guru Sakshat*) and a guru that is beyond the beyond (*param Brahma*). I make my offering (*tasmai*) to the beautiful (*shri*) remover of my darkness, my ignorance; (*Guru*) it is to you I bow and lay down my life (*namah*).

Guru is the remover of darkness: Gu means darkness, and Ru means remover. Darkness refers to what obscures the light of awareness. Guru is the enlightenment principal that aids one in the realization of the true Self, the whole Self, the holy Self. The guru removes *avidya*, or ignorance, which is a case of mistaken identity. It is when you think you are your personality, mistaking your body/mind container for who you are and ignore who you really are. It is when you feel separate from the whole.

By reciting this mantra with a sincere heart, you will see that the power that enlightens is all around you at all times. The mantra asks for the ability to see the guru in all names and forms, and even to acknowledge, love and serve the guru who you cannot see, who is beyond all visible forms. The guru is your own self, the inner guiding light.