

# Gayatri Mantra

- music and movements by Bernie Heideman

capo 3

... each line that says “repeat” is a call (by the leader) and then a response (by the dancers)

**C**  
om bhoo<sup>hoo</sup> repeat

**Em**  
om bhuvaha repeat

**F**  
om suvaha repeat

**G**  
om mahaha repeat

**F**  
om janaha repeat

**Em**  
om tapaha repeat

**F**  
om satyam repeat

**G**  
oooooooooooooooooooo (all singing together)

**C**                      **G**  
om tat savitur varenyam repeat

**C**   **G**   **F**   **Am**  
bhargo devasya dheemahi repeat

**C**   **Em**   **F**   **G**  
dhiyo yo nah prachodayaat repeat

Note: There are some slight variations in pronunciation between what is shown here and the version that Bernie sings. The differences are slight, but noticeable. The “hoo” on the end of “bhoo<sup>hoo</sup>” is said softly. Similarly, the “ha” on the end of the “mahaha” is also said softly. In both of these cases, the untrained ear may not even hear the difference.

## Movements:

**1)** circle holding hands, stepping the right, bowing and swinging arms back:(not an exaggerated swing-just comfortable)look up as come up if that is comfortable(on the bow look down and on the up look up)

om bhoo hoo            repeat  
om bhuvaha            repeat  
om suvaha             repeat  
om mahaha             repeat  
om janaha             repeat  
om tapaha             repeat  
om satyam             repeat

oooooooooooooooooooo

**2)** still holding hands, taking 4 steps in (first step before the OM) raising arms up(only raise to waist high at most) and 4 steps out lowering arms during the call, then repeating that during the response:

om tat savitur varenyam            repeat

**3)** back to the original movement (holding hands, sidestepping to the right, bowing and swinging arms back):

bhargo devasya dheemahi            repeat

**4)** continue side stepping to the beat, drop hands, and use hands to scoop up blessing on pour it on yourself at your own speed:

dhiyo yo nah prachodayaat            repeat