**Gayatri Gyan Kendra of Long Island** **Culture Class Group 1-2 – January 9, 2011**

PANCHAKSHAR GAYATRI MANTRA

**OM BHOOR BHUVAH SWAH**

**First name of God Earth Hell Heaven**

**Physical Body Mental Body Causal Body (Heart)**

**Body Mind Soul**

***Meaning:***

1. God is living on Earth, Hell and Heaven – God is everywhere inside and outside of us.
2. First, inspiration for any action starts from Causal Body (Soul). It orders mind to think and act. The mind then orders body to act or put in action.
3. Good inspiration in your heart will instruct mind to think good. The good thinking results into good action.
4. Bad inspiration in your heart will instruct mind to think Bad. The bad thinking results into bad action.

***Moral:***

Always have good feelings in your Heart for the others. This will give good and positive thoughts always. Good thoughts always results into Good Actions. You become good person.

Soul lives in the body which is called **Aatma**. Soul is the part (atom) of the GOD. God is called **Paramata** whose presence is found everywhere. Therefore, Body is the temple of God.

Always keep your body, mind and soul clean, pure and with positive thoughts and feelings.

***Questions:***

Do you want to become good person or Bad? Why?

Give 5 examples of Good actions.

Give 5 examples of Bad Actions.