1. **Preserve and Promote our Language;**
   - By conversing in Kashmiri with our children and encouraging them to learn, speak and interact in Kashmiri.
   - By interacting and speaking with our fellow community brethren in Kashmiri.

2. **Protect our Identity;**
   - By imbibing a sense of pride in our unique social, cultural and spiritual traditions.
   - By maintaining our age-old social marital order.

3. **Uphold our Traditions;**
   - By following the indigenous scientific Lunar calendar in observing special occasions etc.

4. **Strengthen our Brotherhood;**
   - By expanding our social circle and
   - By caring for each other, Mutual care is the only ray of hope for our Survival in Exile.

5. **Strengthen socio-cultual Institutions;**
   - Physically, intellectually and financially, as these are the pillars of our identity.
What is Gayatri (गैयत्री)?

“Gayantam trayete iti GAYATRI
Upon recitation, which saves from dangers is GAYATRI.

Who can recite the Gayatri Mantra?

All boys, girls, aged or young with clear heart, mind & purified body can recite the Mantra.

What is the Daily procedure of invoking Gayatri?

The person with the sacred thread needs to wash the thread at the sun rise and recite the Mantra while washing it.

In case a student wants to start the Jaap of Maha Gayatri, he/she shall recite it ten times the way as is shown in the figure.

But in case of rosary (जपमाला) he/she has to complete one mala by way of keeping the mala at top portion of the middle finger.

How many sound formations are in Gayatri?

Gayatri Mantra consisting of twenty-four letters. Every letter of this Mantra is instinct with a superbly refined subtle conscious energy field.

**Kul Parampara (कुल परम्परा) Means the family traditions/orders assigned to different sages.**

Gayatri : The Goddess of wisdom

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**Price:-** Propagation & Promotion of Kashmiri Pandit (Indian) culture.

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**Rishis like Vishamitra, Vashist, Gargey, Sandipini and others of similar levels had even taught Lord Rama & Krishna.**

Gayatri : The Goddess of wisdom

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**Price:-** Propagation & Promotion of Kashmiri Pandit (Indian) culture.

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As a great Banyan tree lies hidden in the interior of each of its seeds, which when sprouts and develops into a tree, gets embellished with innumerable twigs, branches, leaves, flowers and fruits. As is the growth of a tiny seed in a tree several thousand million times bigger than its origin, so have the twenty four letters of Gayatri bloomed and manifested into knowledge.

**The seven worlds above & below the earth are known as 14 Bhuvans (पुष्व) & Mekhla thread separates them.

Why is Goddess Gayatri Five Headed?

There are five junction points of day and night which are formed by Bhargo (Sun). Three junction points during the day time and two during the night. That explains why Gayatri Mata is five headed. The formation of this Goddess is as depicted in Dhyan itself.

Through which medium does this power of intelligence/wisdom reach us?

The answer lies in the Gayatri Mantra itself. It reaches us through the rays of sun, so behold them at junction points known as panch (पंच) or trisandhya (त्रि-संध्या)

What is Mekhla?

A thread worn/tied around the waist by girls & boys. Worn by boys on the Mekhla day & girls on Devgoan as a pledge to fulfill the obligations towards Pitur, Dev & Rishi and also to invoke energies for attaining the wisdom.

In order to be able to attain the highest wisdom, we observe some do's and don'ts, also called yam and niyam. We have to observe the discipline (नियम) of complete celibacy Brahamcharya (ब्रह्मचर्य). So we wear a thread around waist level known as Mekhla (मेखला).

The Mekhla separates our body into two halves. One above the waist & other below the waist. This is to keep the place of Brahma i.e. the reproductive system separate during the days of spiritual development. This thread is known as 'Aietpan' in the Kashmiri Language.
The vital energy of child (Both Boys or Girls) is directed towards the brain so that the brain develops to the fullest.

**What is Yonie?**

योनिवर्गः कलशाशीरस

Yonie means Nature (प्रकृति). It is in this nature that the formations take place. Our Brain & Body forms a condusive ground for the growth of wisdom.

That is why we say “Yonie” (प्रकृति) and the thread is symbol thereof.

Girls are already an embodiment of nature/ (प्रकृति). It is the males who have to develop to the levels of nature where the growth of wisdom take place.

_Why is the Mekhla day so important?_

Our ancestors, the great Rishis, during their life time had discovered the cause & effect of almost every atom & cell of this universe. They knew the boundaries of this universe & the secrets beyond this universe. So they had the double responsibility of initiating the child in the usual Sanskars & secondly to pass down these secrets to them. For that they had chosen the yagneopavit as an occasion to initiate them into KUL PADITI (कुलपदिति) and different schools.

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**What is importance of Upnayan?**

The child starts experiencing secrets of highest order by performing the Diksha (दीक्षा), Biksha (बिक्षा), and Shiksha (शिक्षा).

On this day a child is initiated both by his own father and Guru (this is very special about the Kashmir order of Upnayan Sanskar).

मातुरुप्रेयो अधि जननम् द्वितीयम् मौजिज्जि क्षणा

When a child is born, it is said that he has attained first birth and the second birth is attained when Guru initiates him through Gayatri Mantra.

**The second birth is known as Dijatva (द्विपत्ति).**

This initiation into new life is also known as Upanayan or New Vision (उपनयन).

New Vision to see and perceive things in the most scientific and original form.

World is of two kinds one is the inanimate (जड़) & other the animate (चेतन).

**Jad (Non-living) creation:** comprising of matter. Brahma created five elements (Panchbhoot) viz. earth, water, air, fire and ether. The atoms of the entire material world manifest as solid, liquid or gas.

This vast expanse of nature in the form of rivers, mountains, earth etc. is the play of atoms of these five elements. Physical bodies of all living beings are also constituted by these five elements.

There is activity in both these creations.

**Chaitanya (living) creation:** it is seen in various activities in the form of ego, determination and inspiration.

**In Jad (Non-living) creation,** the form, colour, shape etc. of different objects are formed and dissolved on the basis of the vibrating energy
Gayatri : The Goddess of wisdom

Why 24 Sanaskars?

The day of invoking GAYATRI (Yagneopavit) is also the day of initiation into different schools. The Mekhla, the Yagneopavit, the adoption of fire (vital energies), the start of student life, The Brahmacharya, the initiation in Guru & Kul (Family) order & some purification rituals which are followed after attaining the 2nd Birth (द्विजत्व ) etc. are performed on the day of “यज्ञोपवित्र” So, we have few Sanaskars more than the others and it is mandatory for all to follow these 24 sanaskars (संस्कार)

** Sanaskar is the /ritual of converting anything raw into refined form.

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**Why we tonsure the head? केश क्यों काटते हैं ?

It has to be noted that after the age of 15, the development of brain recedes drastically. So, we tonsure the child in order to let the thousand petal shaped brain develop and secrete out the vital fluids through the tonsured head.

(Do you know why a small baby of up to one and a half years doesn’t get hurt when he/she slips down from some height on the floor? It is because at that age the portion at the top of the head (केश) remains very delicate and the brain receives the vibration of super conscious energies continuously. We very much remain

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** The brain is able to use electro-magnetic field very well.
concerned till that portion of skull hardens. It is known as Kraend Kharen (क्रंडे खारेन). If the portion does not harden, then the child will not be able to perform worldly obligations. It is place of Pituitary gland which secretes the vital liquids.

Can females/girls invoke Gayatri?

In the ancient days Gargi, Maitreyi, Madalsa, Anusuiya, Arundhati, Devyani, Ahliya, Kunti, Satrupa, Vrinda, Mandodari, Tara, Dropadi, Damyanti, Gautami, Apala, Sulaha, Shavati, Ushaji, Savitri, Lopamudra, Pratisheyyi, Vaishalni, Bendula, Suneeti, Bhadra, Vidula, Gandhari, Anjani, Seeta, Devhooti, Parvati, Aditi, Shachi, Satyavati, Sukanya, Shaivy etc. were highly learned and spiritually illuminated women who were worshippers of Gayatri. They had attained yoga Siddhis by Gayatri Sadhana. Hence Gayatri Sadhana can be and must be performed by all.

Although the sacred thread is worn by male members for performing the daily obligations towards Devas, Rishies & Pitras and Girls are initiated in the उपन्यान संस्कार only at the time of Devgoan (देवगोण) before the marriage. It is because of the fact that females will not be able to carry on the obligations on account of their entering into some other family order (कुल पदवी) at the time of marriage and nobody knows as what order her ‘would be in-laws’ must be following and ultimately she has to be the torch bearer of cultural traditions of her new family order. So, the three folded thread of the Groom is doubled and knotted by way of a knot known as Brabam Gandh. When ever the male member of the family performs the ceremonies, he represents his better half too even after her final departure.

But in case there is no male member present or the female (Girl) intends to perform these duties, then she can perform these obligations, and do not need ‘Younie’ for this. The adoption of sacred thread may bind her into parental order.

Why is the Sacred thread 96 units long?

The three worlds and 96 groups are woven with one knot known as Bramha Gand (ब्रह्म गंध) for performing the daily obligations towards Devas, Rishies & Pitras and Girls are initiated in the उपन्यान संस्कार only at the time of Devgoan (देवगोण) before the marriage. It is because of the fact that females will not be able to carry on the obligations on account of their entering into some other family order (कुल पदवी) at the time of marriage and nobody knows as what order her ‘would be in-laws’ must be following and ultimately she has to be the torch bearer of cultural traditions of her new family order. So, the three folded thread of the Groom is doubled and knotted by way of a knot known as Brabam Gandh. When ever the male member of the family performs the ceremonies, he represents his better half too even after her final departure.

But in case there is no male member present or the female (Girl) intends to perform these duties, then she can perform these obligations, and do not need ‘Younie’ for this. The adoption of sacred thread may bind her into parental order.

They just need to keep their plaits of hair either left or right side in the same way as the males keep the sacred Thread.

The Gayatri Mantra & Mekhla is adopted by females too. They are fully entitled to seek and invoke Gayatri.
**Kashmir System of Gayatri Pranayam**

2. Recite the Mantra Once while inhaling (पूरक)
3. Recite the Mantra Twice while retaining the breath (पुष्पक)
4. Recite the Mantra Thrice while exhaling the breath (रूपक)

This may prove very difficult for the beginners. So, they can use the Mantra while inhalation. But ultimately all must follow & practice this type of Pranayam.

**Essential Rules to be observed by the followers of Gayatri.**

Any person engaged in Gayatri Sadhana is required to observe the following rules:

1. The body should be cleaned by taking bath before sitting.
2. In Sadhana, use loose daily washed dress and a calm place shall be chosen.
3. The Sadhak should sit in cross legged, comfortable position so that there may not be difficulty in sitting in that posture for a long time, and the mind is not distracted by a sense of physical discomfort.
4. The backbone should be kept erect so that the spinal column remains straight and there is no obstruction in the flow of Pran in Sushumna.

5. One should not sit for Sadhana on bare ground because the energy which is generated flows out into the earth. A mat prepared of 'Kusha' is best for this purpose. In its absence one can sit on a cotton mat.

6. Rosary of Tulsi or Sandalwood beads, of rudraksh, red-sandal wood and conch-shells are used.

7. Jap should be started two hours before sunrise. In the evening it should be finished an hour after Sunset, serious followers do it around midnight.

8. The Sadhak should sit facing the East (towards the Sun) in the morning and West in the evening.

9. If one feels tiered in sitting in one posture there is no harm in changing the posture.

10. On being required to get up in between for call of nature or for any urgent work, Sadhana can be resumed after washing hands, face etc. with pure water.

11. If on any day there is a break in Sadhana for some unavoidable reasons additional Jap should be performed the next day by way of compensation. Performance of Jap rosary, should be stopped during the period of impurity, in the event of any death or birth in the family. Only mental jap can be done during this period and can be resumed after the expiring the period of impurity.

**Gayatri : The Goddess of wisdom**

Price: Propagation & Promotion of Kashmiri Pandit (Indian) culture.
Some Do’s and Don’ts.

11 कोई भी मिश्र पत्र को हाथ से न छुए।
12 बालक मिश्र पत्र छात्र बालकों के लिए “भो मिश्र देहि”
(अभी तक) साहित्य के लिए भो मिश्र पत्र करके स्वतंत्र, तथा
स्वतंत्र द्वारा मिश्र पत्र के साथ ‘भविष्य मिश्र देहि’
(अभी तक) करने।
13 जोंखंड संकार पर 24 पहाड़ करना एक अनिवार्य नियम
है।
14 बालक के जन्म के बाद यह दस के बाद है।
15 कथित परिस्थिति में पानी से वन रंग पत्र कर लेने
है।
16 बालक का यज्ञ कल्याण संकार 7 से 12 वर्ष की आयु में
सबसे उत्तम है भोक से विशेष विकास का विकास
कर हो जाता है।
17 संकार में बालकों के रूप में काना, गोमृत्व, पज्जिक, बाद, हाथी
अथवा मूर्ग चम्प का पहनना, हाथ में लकड़ी
की छड़ी का होना उत्तम पवित्र है।
18 इस अवसर पर मिश्रित से बने टोक में शीर्ष व कल्ला का
अक्षय का सम्बन्ध होने पर प्रसाद के रूप में प्रयोग
करें।
19 अभी का अथवा है उस मार्ग पर चला हूँ जहाँ कोई भी
दूसरा नहीं है।
20 व्यक्ति वाला आदर्श न करे। अगले दिन कोल्हापूर होम
अवसर को अखंडता के सम्मान होने पर “नान्दावाद सुंदर”
वर्षों पाद।
21 इस दस में मास खाकर न आए।
22 आज कल हमारे समाज में यज्ञपीत के अवसर पर कई
कुरम चुरी करना हो गया है कई प्रकार के सामाज
लगते है जिसे बहुत सारे दान व्यक्ति हो जाता है कुपी
करके सामाज का बंध कर तथा उस ध्वनि से समाज के
बीमार व गरीब वर्ग की सहायता करें।
Gayatri: The Goddess of wisdom

Goddess of Morning Junction
GAYATRI
One shall recite the Mantra 108 times.

Goddess of Noon Junction
SAVITRI
One shall recite the Mantra 52 times.

Goddess of Evening Junction
SARASVATI
One shall recite the Mantra 64 times.

On this day let all the parents & teachers (Gurus) initiate the child by reciting the Mantra in his/her ear

SATISAR FOUNDATION
GLOBAL WORKSHOP
ON
MATA GAYATRI
(6TH FEB. SUNDAY - 2011 at 9.00 a.m.)

Parents are also requested to prepare their children for an upcoming examination, relating to the subject covered in this book.

If you are interested in further information or to participate, please contact:

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Price:- Propagation & Promotion of Kashmiri Pandit (Indian) culture.

Gayatri: The Goddess of wisdom
**Gayatri : The Goddess of wisdom**

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**Gayatri : The Goddess of wisdom**

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**6th & 7th Feb. 2011**

Is the day of culmination of Session & starting of new session. (रवी त्रूतीय) and विनय पर्व को सृज चढ़ती<br>Both are the days of Goddess Sharda and were observed and practised in the Sharda University thousands of years back in Kashmir.) and we follow that tradition.

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**Shāapvibōvān:**

ओम—यह भ्रमण तजसीत यहरूः, ब्रह्मविदों विदुर्वत्ता पर्यन्ति धीरा: सुंगमसा वाचामाण मतः।

ा गायत्रि! तं ब्रह्मशापात विभुक्ता भव।।

ओम अर्क अर्क ज्योतिर्वि: अह ब्रह्म ज्योति: अह शिव।

शिव ज्योति: अह विषु: शिव ज्योति: शिव: परस्।।

गायत्रि! तं विविध शापात विभूक्ता भव।।

ा अहो देव महादेवि! दिव्यो! सन्ध्यो! सरस्वति!।।

अजरे! अपरे! चैव ब्रह्मयोति नमोस्तु।।

ा गायत्रि! तं विविधात्माशापति विभूक्ता भव।।

गायत्री का ध्यान करते हुये पढ़े:—

मुक्ता विदुम्व हेम नील धात, छाये: धुः: त्रीक्षामः

युक्ताम इति निबद्ध रत्न भुण्ड, तत्त्वात्व वृणिकामः

गायत्री वर्दनमा अंगुलं कः शूल कपालं गुण

शंख चक्रां अथारं विदु युग्म लसैं: वहनीं भजे

आग्नेयं वर्ते देवविषयेवादिनि।

गायत्री छन्दासां मात: ब्रह्म यों सा नमोस्तु।।

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**Ab Gāyati Māntra Ka Jap Karne:**

■ ■ भू मुक्त स्व: ततसवितु: वरण्य भगा देवस्य

धीमहिं बिवधो न: प्रवृद्धायात् ■ ■

10 या 108 बार पढ़े

अब प्रार्थन के रूप में किसानित तलाये तथा सभी जड़-चैतन

् जगत को भोग लगाने के हेतु पढ़े।

विनयकाय वल्लभ सहिताय श्री महागणेशाय वामुदेवारिदे०

देवस्य: विषु: वंचावतन देवतामय्य: भवा गायत्रे सावित्री सरस्वती

माध मासाय, गुरु गुरस:— रवि वातारया तृतीयाः दियो

भवा गायत्री, सावित्री, सरस्वती संतोषायं ओ नमो वैस्वधम्मो

नैवेद्यामि नमः।

सभी जनों में प्रार्थन बोले तथा स्वयं भी ग्रहण करें

अब अन्त में भाव जोड़ कर वृन्दो।

आहारान्तै नैव जानिमि, नैव जानिमि विवर्धनम

पूजा भाग न जानिमि क्षणमो वर्ताते।।

उभयमां जानिम्मा पांचिम्मा, उरसा,

वदसा, मन्त्रा नमकार करोमि नमः।।

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Why do we recite the शापविपाक (Birds) of Gayatri?

In past Brahma Ji, Sage Vashist & Sage Vishwamitra did lot of penance for invoking the Mother Gayatri (The supreme Power of Wisdom) but she did not gave them her Darshan (संस्करण). This infuriated the Brahma Ji, Vishist and Vishwamitra to the extent that they cursed her. The present Mantra is a remedial measure for freeing the Gayatri from these Shaaps (Curse). It shall be recited before starting the Jaap.


This discrptive chakra in Sharda codes illustrates the Kashmiri Yog System with the cause & effects on our body. We are in process of decoding the same and need your help in this regard. This was blessed by a Param Yogi Lt. Sh. Amar Nath Handoo S/o Lt. Sh. Damodhar Handoo of Kani Kadal, Chota Bazar, Srinagar

This is being printed as a mark of reverence.


Late Pt. Keshav Nath Bhatt Jyotshi (1873-1949 A.D.)

This special issue on Gayatri is dedicated to one of great scholar & Karam Kand Yogi of Kashmir Late Pt. Keshav Nath Bhatt Jyotshi. He was instrumental in recreating extinct Karma Kand Samhitas, Shivaite order of Karmkand and translated Panchastawi, Mahimnapar etc. to make it a house hold scripture. Most of his books were printed and donated free of cost for the betterment of people. Satisar remembers and pays respects to this great Saint and scholar of Kashmiri Hindus.
**Satisar Speaks...............**

That illuminating energy through which this world transforms into Non living (जम) and living (वेतन) state before its great desolve. That energy which consists of seven worlds & seven coloured rays as great cosmic fire takes the shapes of different forms.

The present book is an effort for the propagation & thus preservation of the “Science of Gayatri” which is the bed rock of our Religion and Cultural ethos.

The urge and Solution method has been adopted in delivering the message and the secrets.

It is our duty to learn these secrets and try to pass down the same among our children for their better future.

V. Wangnoo
9419192733

*Darkness has no independent existence of its own. It is nothing but absence of Light. In the same way, unhappiness is nothing but absence of knowledge. Otherwise, in this orderly creation of God, there is no shadow or sorrow or suffering. God is Sat, Chit, annad, embodiment of supreme truth, Pure, Awareness and Divine Bliss.*

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**Satisar Speaks**

इस समय कश्मीरी पंडित भारत की मूल सम्पत्ति को बचाने का अन्तिम प्रयास कर रहे हैं यह तभी सम्भव होगा जब सामाजिक स्तर पर हम एक रहेंगे।

हमारे एक गोत्र के नाम है परम्परा हम सभी एक ही जाति के है और वह है “पंडित” – पंडित का अर्थ है ‘गुणी’ हिन्दू। जब हम सभी पंडित हैं तब बच्चों के विवाह के समय हम क्यों अपने ही पंडित समाज में नाम के आधार पर, क्षेत्र के आधार पर अथवा कार्य के आधार पर बंत जाते हैं। हमें विवाह के अवसर पर अपने ही समाज में क्यों कमियां नजर आती हैं।

आईये इस मेदुर्पूर्ण दृष्टिकोण को हटायें और विवाह के लिए ‘पंडित’ समाज के सभी वर्गों को अपने जैसा ही उतम समझें।

**Satisar Foundation** has started a central Library a book bank for the community. Some of the features of this library are
- Books on oriental courses.
- Books on History, Geography, Shaiva, Shakta & allied subjects.
- Model papers & Guides for all competitive examinations.
- Book bank will provide all the assistance in shape of books to needy children.

*Donate your books against proper receipt.*

**Heritage window**

Community is informed that Satisar Foundation has started its “Heritage Window”

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