The three primary **Vyahritis**—Bhūr, Bhuvah, and Svar—are sacred liturgical utterances in Vedic philosophy that collectively represent the entirety of manifestation. Together with *Om*, they form the prefix to the Gayatri Mantra.

While *Bhuvah* represents the mid-realm, the other two foundational Vyahritis complete the cosmic triad:

1. Bhūr (भूः) – The Physical Realm

- **Literal Meaning: Earth, ground, or the physical plane of existence.**
- **Cosmological Context:** It represents the gross physical universe (*Bhu-loka*) that is tangible, measurable, and perceived through our physical senses.
- **Spiritual Symbolism:** In Vedanta, *Bhūr* signifies the waking state of consciousness (*Jagrat*) and the physical body (*Sthula Sharira*). It is associated with the element of Earth and represents the divine attribute of existence or food (*Annam*) that sustains physical life. It also symbolizes God as the basis of all life.

2. Svar or Svah (स्वः) – The Heavenly Realm

- **Literal Meaning: Heaven, the sun, or the bright, luminous celestial plane.**
- **Cosmological Context:** It refers to the highest of the three lower worlds (*Svar-loka*), a realm of pure light, unalloyed bliss, and the dwelling place of celestial beings (*Devas*).
- **Spiritual Symbolism:** *Svar* represents the causal plane, the state of deep sleep or pure bliss (*Sushupti*), and the spiritual intellect (*Buddhi*). It signifies the divine attribute of bliss (*Ananda*) and represents God as the all-pervading soul that stabilizes the universe and bestows absolute happiness.

The Cosmic Integration

When chanted together as **Om Bhūr Bhuvah Svah**, they guide a practitioner's consciousness through a complete spiritual evolution, beautifully summarized by their corresponding attributes:

Vyahriti	Cosmic Realm (Loka)	State of Consciousness	Divine Attribute
Bhūr	Earth / Gross Material	Waking State (*Jagrat*)	*Sat* (Existence / Truth)
Bhuvah	Atmosphere / Subtle Mind	Dreaming State (*Svapna*)	*Chit* (Consciousness / Life Force)
Svar	Heaven / Luminous Intellect	Deep Sleep State (*Sushupti*)	*Ananda* (Pure Bliss)

The Higher Vyahritis

While these three are the most famous, the Taittiriya Upanishad notes that there are actually **seven total Vyahritis** that correspond to the seven higher planes of Hindu cosmology:

1. **Bhūr** (Earth)
2. **Bhuvah** (Atmosphere)
3. **Svar** (Heaven)
4. **Mahas** (The realm of cosmic magnificence)
5. **Janas** (The realm of divine creativity)
6. **Tapas** (The realm of spiritual penance and illumination)
7. **Satyam** (The ultimate realm of absolute truth)