



Ganesha
He sees, He listens,
He cares.

Practices

Version 1.0

Naganath
(editor, author)



With very special thanks to ShantiMayi, my beloved Guru.

WHY GANAPATI HAS AN ELEPHANT FACE

LORD SHIVA AND PARVATI LIVED ON THE MOUNTAIN KAILASA. MANY A TIMES SHIVA USED TO GO TO THE FOREST AND STAYED THERE DOING PENANCE FOR MONTHS. MEANWHILE PARVATI HAD TO STAY ALONE AT HOME. ONE DAY, AS USUAL LORD SHIVA WENT TO THE FOREST, LEAVING PARVATI ALONE AT HOME. PARVATI THEN WANTED TO TAKE A BATH. HOWEVER THERE WAS NO ONE ELSE TO LOOK AFTER THE HOUSE. SO, PARVATI WAS WORRIED. BUT SUDDENLY SHE HAD AN IDEA. PARVATI REMOVED THE SANDAL PASTE FROM HER BODY AND CREATED A BOY FROM THE PASTE. PARVATI THEN MADE THE BOY STAND AT THE DOOR AND INSTRUCTED HIM NOT TO LET ANYONE ENTER THE HOUSE TILL SHE FINISHES HER BATH. THE BOY STOOD AT THE DOOR AND STOPPED EVERYONE WHO VISITED THE HOUSE. SHORTLY, LORD SHIVA RETURNED HOME AND TO HIS SURPRISE, SAW THE BOY WHO STOPPED HIM FROM ENTERING THE HOUSE.

"YOU CAN NOT ENTER THE HOUSE, MOTHER IS TAKING A BATH", SAID THE BOY TO LORD SHIVA. SHIVA GOT ANNOYED AND ASKED THE BOY TO MOVE ASIDE. BUT THE BOY DID NOT MOVE, BUT STOPPED LORD SHIVA FROM ENTERING THE HOUSE. LORD SHIVA LOST HIS TEMPER AND HE CHOPPED OFF THE HEAD OF THE BOY WITH HIS TRISHULA. LATER, PARVATI FINISHED HER BATH AND CAME OUT TO SEE THE BOY BUT TO HER SURPRISE, SHE SAW THE HEADLESS BODY OF THE BOY. PARVATI STARTED WEeping. OH MY LORD! WHAT YOU HAVE DONE YOU HAVE KILLED MY SON!!! LORD SHIVA FELT VERY SORRY FOR HIS SHORT TEMPERED ACT. LORD SHIVA WISHED TO BRING BACK THE BOY TO HIS LIFE AND HE STARTED SEARCHING FOR THE CHOPPED HEAD OF THE BOY. BUT SURPRISINGLY THE HEAD HAD DISAPPEARED AND THE SEARCH WAS IN VAIN. THEN HE CALLED HIS SERVANTS, CALLED "GANAS" AND INSTRUCTED THEM, GO TO THE FOREST AND GET THE HEAD OF THE FIRST LIVING BEING YOU COME ACROSS. THE GANAS IMMEDIATELY RUSHED TO THE JUNGLE AND CAME ACROSS AN ALONE ELEPHANT. THEY IMMEDIATELY CUT OFF HIS HEAD AND BROUGHT IT TO LORD SHIVA. LORD SHIVA PUT THE HEAD ON THE BODY OF THE BOY AND BROUGHT HIM TO LIFE. PARVATI WAS OVERJOYED TO GET BACK HER SON THE GANAS HAD HELPED TO BRING BACK THE LIFE OF THE BOY, THEREFORE, HE WAS NAMED "GANESHA"

(from www.shreedarshan.com)



Ganesha Mahamantra :

Om gam ganapataye namaha

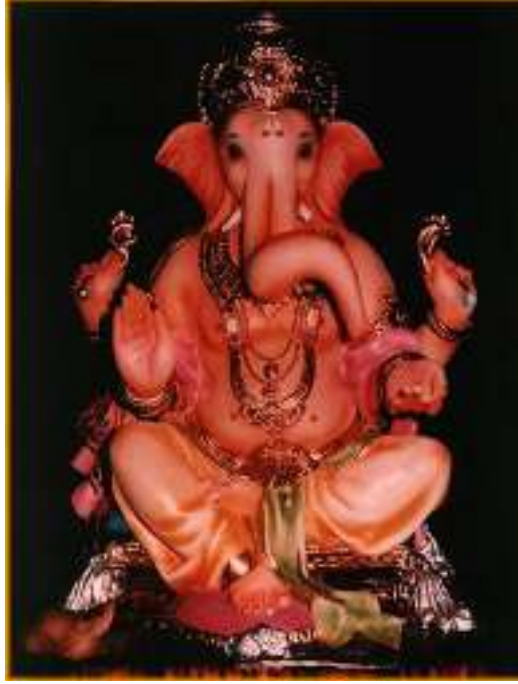
(I bow to Lord Ganesha)



Ganesha opening mantra:

**Om Parvati Pataye
Hara Hara Mahadev
Gajanam Buta Ganadi Sevatam
Kapitha Jamba Phalacham
Bhakshanam
Umasutam Shoka Vinasha Karakam
Namami Vighneshwara Pada Pankajam**

***O Elephant-faced God, Ganesha,
You are served by the attendants of Shiva and you eat forest
apples and blackberries, You are Uma's son, the destroyer of
sorrows. I bow to the lotus feet of the remover of obstacles.***



Ganesha Gayatri:

**Om tatpurusaya vidmahe
Vakratundaya dhimahi
Tanno dantih prachodayat om**

*May we know the single tusked one
May we meditate on the one with the curved trunk
May that tusked one inspire us that knowledge and meditation
of ours.*

Ganesha mantra:

**Ganesha Sharanam
Sharanam Ganesha**

(song of Vrindavan)

***O, Ganesha, elephant headed one, remove the obstacles in my
live, that are in the way of happiness.***

Deepest Longing mantra:

**Jay Ho Ganapathi Devo
Jay Hoo Jay Hoo
Gannapathi Jay Parvatti
Jay Ho Jay Ho
Gaaana Ganaaa, Ganesha, Ganesha
GaaaaGana Ganesha
Sharanam Sharanam Ganesha**

***Victory to the Divine Ganapati; Ganesha
I seek my refuge in Ganesha.***

(Song of Vrindavan)

Most popular names of Ganesha:

Ganesa

Lord of the multitudes

Ganapati

Lord of the multitudes

Vinayaki

Remover of obstacles

Vakratunda

He with the twisted trunk

Ekadanta

Single tusked one

Gajanana

Elephant headed one

Lambodara

Potbellied one

Heramba

Protector of the meek

Vighneshvara

Lord of obstacles

Krsnanpingaksa

One with the dark brown eyes

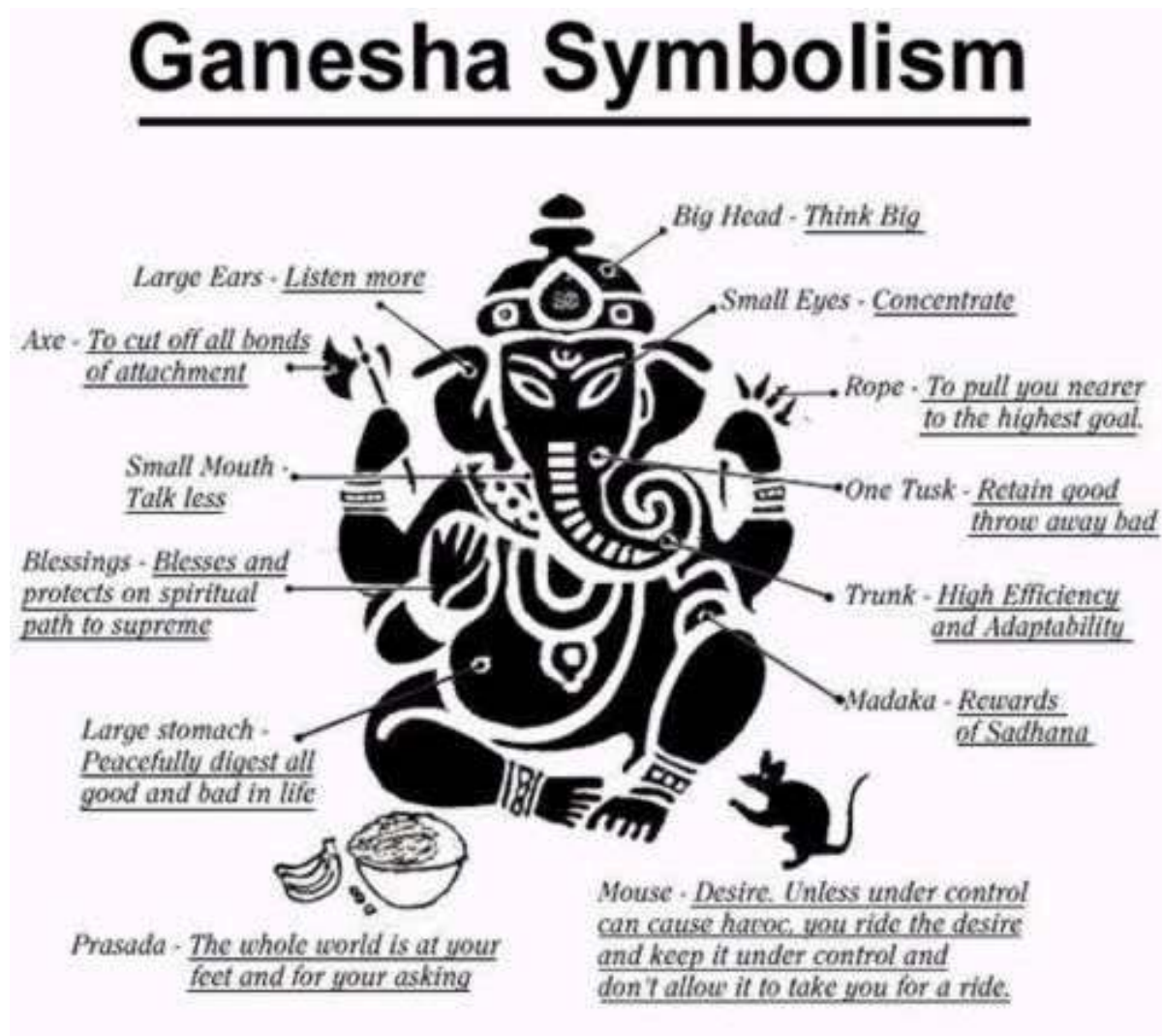
Dhumravarna

Smoke coloured or gray one

Vikata

Odd appearance

Ganesha Symbolism Contemplate each Ganesha Symbol



From www.shreedarshan.com

Ganesha symbols

**Both symbols can be used to clear the energy of yourself
and of your environment**

**Visualise one of the symbols hanging in the middle of the room.
Slowly rotating around its center. See it becoming bigger and
emanating bright golden light until it encompasses the whole
room. See the lines of the symbol catching misplaced energies
and transforming them into bright golden light. See the symbol
getting smaller again and dissolve. You can repeat this proce-
dure a number of times.**

Sanskrit om



Swastika



***8 incarnations of Ganesha and the demons he conquered,
Meditate on Ganesha conquering these demons inside your-
self.***

Vakratunda
Envy, jealousy

Ekadanta
Arrogance, conceit

Mahadora
Delusion, confusion

Gajanana
Greed

Lambadora
Anger

Vikata
Lust

Vighnaraya
Possessiveness

Dhumravarna
Attachment, pride

***Ganesha statue maintenance:
Clean regularly
Burn a candle and incense stick***

A simple Ganesh puja

***Needed: a puja tray with a red flower, sweets, incense,
lamp, rice.***

***Take care of a clean place and clean clothes.
Take care of focus, resolve, being connected and a
clear intention. Surrender all thoughts, tendencies
and
feelings to Ganesha.***

***Sing opening mantra and 108x the Ganesha
mahamantra, in the meanwhile
-visualising the cleaning of yourself and the statue
-offering the red flower, the sweets, the incense, lamp
and rice.***

Thank Ganesh for his blessings.

Ganesha visualisation

Warning: be precise in what you ask, it might come true!

Sit in your chair, with your spine right, being active but relaxed. Close your eyes. Watch your breath. Focus on your desire. See it in your inner eye as being realized.

Imagine Ganesha standing behind you. He puts the opening of his trunk above your head. Ganesha lets the light of manifestation come out of his trunk into your head and your whole body, until it is saturated with the light of manifestation. Be with it a while. Then you ask Ganesha to blow away the blockages in your head, that stand in the way of realization of your desire. Ask Ganesha to fill your head and body again with the light of manifestation. Next Ganesha will trumpet wildly to mobilize your helpful friends, who can help you realize your desire.

Special Ganesha puja days

-every Friday

-every fourth day after full and new moons

***-Ganesha's birthday:
fourth day of the bright half moon
in the period of August , September***

(Literature)

Satsangs, newsletters ShantiMayi
([www. ShantiMayi.com](http://www.ShantiMayi.com))

Intensives, literature Siddha Yoga Meditation
(www.siddhayoga.org)

Ganapati, Song of the SELF, John A. Grimes (ISBN 0-7914-2440-x)

Loving Ganesha, S.S. Subramuniaswami
(ISBN 0-945497-77-x)

Ganesha, Removing the obstacles-James H. Bae
(ISBN 1-886069-66-x)

Music:

Great Mantras-Vrindavan
(www.vrindavan-music.com)

Ganesh Mantra– Inner Voice
(www.oreade.com)

Suggestions for improvement:

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