

॥ अथ गणपत्यथर्वशीर्षोपनिषत् ॥

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ॐ भद्रं कर्णेभिः शृणुयाम देवाः । भद्रं पश्येमाक्षभिर्यजत्राः ।
स्थिरैरङ्गैस्तुष्टुवांसस्तनूभिः । व्यशेम देवहितं यदायुः ।
स्वस्ति न इन्द्रो वृद्धश्रवाः । स्वस्ति नः पूषा विश्ववेदाः ।
स्वस्ति नस्तार्क्ष्यो अरिष्टनेमिः । स्वस्ति नो बृहस्पतिर्दधातु ॥

ॐ शान्तिः शान्तिः शान्तिः ॥

om bhadram karNebhih sruNuyama devaha |
bhadram pasyemaksabhiryajatraha |
sthirairangaistustuvam sastanubhih |vyasema
devahitam yadayuh | svasti na indro vrddhasravaha
| svasti nah pusa visvavedaha | svasti nastarksyo
aristanemih | svasti no brhaspatirdadhatu ||
om shantih shantih shantih ||

Aum! Let us listen with our ears to that which is auspicious, adorable one. Let us perceive with our eyes what is holy and auspicious. With strong, stable body and limbs, may we seek the divine grace and accept the noble order of all our life.

ॐ नमस्ते गणपतये । त्वमेव प्रत्यक्षं तत्त्वमसि । त्वमेव केवलं
कर्ताऽसि । त्वमेव केवलं धर्ताऽसि । त्वमेव केवलं हर्ताऽसि ।
त्वमेव सर्वं खल्विदं ब्रह्मासि । त्वं साक्षादात्माऽसि नित्यम् ॥१॥
om namaste gaNapataye | tvameva pratyaksam
tatvamasi | tvameva kevalam kartaasi | tvameva
kevalam dhartaasi | tvameva kevalam hartaasi |
tvameva sarvam khalvidam brahmaasi | tvam
saksadatmaasi nityam ||1||

Ganesha, Salutations to YOU, YOU are actually A Brahma Tattvam. Only because YOU bless an action, it happens. Only YOU are the ONE who holds us from falling, Only YOU remove obstacles and ignorance. YOU are the Brahman, the ultimate divine power. YOU are the soul that is part of everything.

ऋतं वच्मि । सत्यं वच्मि ॥२॥

rutam vachmi | satyam vachmi ||2||

The great sage Ganaka is speaking the divine truth.

अव त्वं माम् । अव वक्तारम् । अव श्रोतारम् । अव दातारम् । अव
धातारम् । अवानूचानमव शिष्यम् । अव पश्चात्तात् । अव
पुरस्तात् । अवोत्तरात्तात् । अव दक्षिणात्तात् । अव चोर्ध्वात्तात् ।
अवाधरात्तात् । सर्वतो मां पाहि पाहि समन्तात् ॥३॥
ava tvam maam | ava vaktaaram | ava shrotaaram
|ava dataaram |ava dhaataaram |
avaanuchaanmava shishyam |ava paschaattaat |
ava purasttaat |avotarattaat |ava daksiNattaat |
ava chordhvattaat |avaadharaattaat |sarovoto
mam pahi pahi samantaat ||3||

I surrender to you, Lord Ganesha. You are the speaker. You are the listener. You are the giver. You are the sustainer. I am your disciple. Protect me from the front and back. Protect me from the north and the south, from above and below. Protect me from all directions.

त्वं वाङ्मयस्त्वं चिन्मयः । त्वमानन्दमयस्त्वं ब्रह्ममयः ।
त्वं सच्चिदानन्दद्वितीयोऽसि । त्वं प्रत्यक्षं ब्रह्मासि ।

त्वं ज्ञानमयो विज्ञानमयोऽसि ॥४॥

tvam vangmayastvam chinmayah |
tvamaanandamayastvam brahmamayah | tvam
sachchidaanandaadvitioshi |tvam praryaksham
brahmaasi | tvam jnanamayo vijnanamayosi ||4||

You are the real speech and you are the real awakening. You are the real spirit of joy. You are the real universal divine knowledge. You are the incomparable everlasting real supreme joy. You are the perceptible/actual divine substance) or as cause of the universe or an enigma. You are the actual knowledge and actual science and intelligence. (the meaning of science is spiritual experience)

सर्वं जगदिदं त्वत्तो जायते । सर्वं जगदिदं त्वत्तस्तिष्ठति । सर्वं
जगदिदं त्वयि लयमेष्यति । सर्वं जगदिदं त्वयि प्रत्येति । त्वं
भूमिरापोऽनलोऽनिलो नभः । त्वं चत्वारि वाक्पदानि ॥५॥
sarvam jagadidam tvatto jaayate | sarvam
jagadidam tvattastishthati |sarvam jagadidam tvayi
layameshyati | sarvam jagadidam tvayi pratyeti |
tvam bhumiraapo nalo nilo nabah |tvam chatvaari
vaakpadaani ||5||

The whole world is produced from you. The whole world exists because of you. The whole world merged into you. The whole world again one can experience in only you. You are the Earth, water, air, fire and sky (the panchamahabhutas-the five elements). You are the four states of speeches. Sounded soul which is the origin of the Lord Ganesha is the self existent everlasting unexpressed total universal divine knowledge. The three states creation, maintenance (taking care) and destruction are originated from Lord Ganesha (Matter is originated from sound. The protons, neutrons and electrons are made up of atom. Atom is made from matter.) Proton, the creator (God Brahma), neutron the care-taker (God Vishnu) and electron the destructor (God Shiva). The five elements are originated from Lord Ganesha. From Ether the air is originated, from air the fire is originated, from fire the water is originated, from water the earth is originated. A human being is also originated from these five elements by processing cosmic energy. Lord Ganesha is the self existent original sounded soul. The knowledge of sound is visible or invisible. We can hear it but cannot see or feel it. Lord Ganesha (sound) is soul and the universe is the body. The source of words is from Lord Ganesha -the original sound. The four states of speeches are para, pashyanti, madhyama and vaikhari. The place of para is deep down inside the region of naval. The place of pashyanti is in the heart. The 'Madhyama' is the throat and 'Vaikhari' is the movement of tongue and lips. It means the presence of Lord Ganesha (sound) is present in all the objects in the world.

त्वं गुणत्रयातीतः । त्वं देहत्रयातीतः । त्वं कालत्रयातीतः । त्वं
मूलाधारस्थितोऽसि नित्यम् । त्वं शक्तित्रयात्मकः । त्वां योगिनो
ध्यायन्ति नित्यम् । त्वं ब्रह्मा त्वं विष्णुस्त्वं रुद्रस्त्वमिन्द्रस्त्वमग्निस्त्वं
वायुस्त्वं सूर्यस्त्वं चन्द्रमास्त्वं ब्रह्म भूर्भुवः स्वरोम् ॥६॥
tvam gunNatrayaatitah | tvam dehatrayaatitah |
tvam kalatrayaatitah |tvam mulaadhaarasthitosi
nityam |tvam saktitrayaatmakah |tvaam yogino
dhyayanti nityam |tvam brahma tvam
vishNustvamrudrastvamindrastvamagnistvam
vayustvam suryastvam chandramaastvam brahma
bhurbhuvah svarom ||6||

॥ अथ गणपत्यथर्वशीर्षोपनिषत् ॥

You are beyond the three human qualities (Raj, Satva, and Tam). You are beyond the three human states (waking, dreaming and deep sleep). You are beyond the three states of bodies (gross, stable and causal). You constantly exist in the place 'Muladhara' in human body. You are the three powers/ Shakti (required for creation, preservation and destruction). The sages always meditate on Lord Ganesha. You are Brahma, you are Vishnu, you are Rudra, you are Indra, you are Agni/ God of Fire, you are Vayu/God of Air, you are Surya/Sun, you are Chandra/Moon, you are the Brahma (an organism from all living being) and the Earth, the Sky, the Heaven and the OM. Human being has three types of qualities- Satva, Raj, and Tam. Satva means Satvik means pure, holy or God fearing. A person, who is satvik, has always pure, noble clear thoughts. He is always well behaved well mannered thinking for others. Any type of bad elements could not disturb him. 'Rajogna' means passionate. A person always thinks about what profit he will get if will do anything. He always accepts positive results as per his thinking. If he doesn't achieve it he gets disturb. Could not keep control on his thoughts and mind. 'Tamas' means hot headed irascible. A person is very hot tempered, selfish, his thoughts and his world are around eating, drinking, sleeping. They hurt to others; never take care for anybody's feelings and duties towards anybody. Lord Ganesha is beyond these three gunas.

Lord Ganesha always exists in place of 'Muladhara'. According to the yoga there are seven 'Chakras'(states) in human body. These 'Chakras' are situated in various parts of the body. Through meditation a person can awake the power of thinking of body, correct decision power, through the power of kundalini which is in the 'Muladhara'. Lord Ganesha the supreme power is situated in 'Muladhara'.

गणादिं पूर्वमुच्चार्य वर्णादिं स्तदनन्तरम् । अनुस्वारः परतरः ।
अर्धेन्दुलसितम् । तारेण ऋद्धम् । एतत्तव मनुस्वरूपम् । गकारः
पूर्वरूपम् । अकारो मध्यमरूपम् । अनुस्वारश्चान्तरूपम् । बिन्दुरु
त्तररूपम् । नादः सन्धानम् । संहिता सन्धिः । सैषा गणेशविद्या ।
गणक ऋषिः । निचृद्गायत्रीछन्दः । गणपतिर्देवता ।

ॐ गं गणपतये नमः ॥७॥

gaNaadim purvamuchchaarya
varnadimstadanataram | anusvarah paratarah |
ardhendulsitam | taren riddham | etattva
manusvarupam | gakaarah poorvaroopam | akaaro
madhyam roopam | anuswaar shchanyaa roopam |
binduruttar roopam | naadah sandhaanam |
samhitaa sandhih | saishaa gaNeshvidyaa | ganaka
rishih | nichrudgaayatri chhandah | shri
gaNapatirdevataa |
om gam gaNapataye namah ||7||

Having recited the letter 'Ga' the first letter of 'Ganadhim' in the beginning, followed by the first alphabet 'A' and thereafter a dot means a crescent and with the sacred 'Om' up to these. This is the way of complete the pronunciation. 'Gakara' is the first part 'Akara' is the middle part and a dot 'anuswar' is the last part and 'bindu' is the latter form (pronunciation) .This is the 'Ganesh Vidya'(knowledge about Lord Ganesha) of Gananka Rishi (a sage) Niert Gayatri is its meter. 'Ganapati' is the God and symbolic form in words is 'OM Gam Ganapataye Namaha'. The word Gam having the following three parts, 1) ga 2) a 3) a dot above the letter to denote the nasal sound.

एकदन्ताय विद्महे वक्रतुण्डाय धीमहि ।

तन्नो दन्तिः प्रचोदयात् ॥८॥

ekadantaay vidmahe vakratundaay dheemahi |
tanno dantih prachodayat ||8||

(This Is The 'Ganesh Gayatri' Which Is Introduced After Knowledge Of Ganesha. By Chanting This 'Ganesh Gayatri' God Ganapati Will Take Care Of The Devotees Life, Wealth And Property). We Know Ekadanta. We Meditate vakratunda. May he inspire us for Meditation.

एकदन्तं चतुर्हस्तं पाशमंकुशधारिणम् । रदं च वरदं हस्तैर्बिभ्राणम्
मूषकध्वजम् । रक्तं लम्बोदरं शूर्पकर्णकं रक्तवाससम् ।
रक्तगन्धानुलिप्तांगम् रक्तपुष्पैः सुपूजितम् ।
भक्तानुकम्पिनं देवं जगत्कारणमच्युतम् ।

आविर्भूतं च सृष्ट्यादौ प्रकृतेः पुरुषात्परम् । एवं ध्यायति यो नित्यं
स योगी योगिनां वरः ॥९॥

ekadantam chaturhastam
paashamankushdhaarinaam | radam cha varadam
hastairbibhraaNam mushakadvajam | raktam
lambodaram shurpakarnakam raktavaasasam |
rakta gandhaanuliptaangam raktapushpaih
supoojitam | bhaktaanukampinam devam
jagatkaranaachyutam | aavirbhutam cha
srushtyadau prakruteh purushaatparam | evam
dhyayati yo nityam sa yogi yoginaam varah ||9||

First Nam mantra, then one letter mantra, then Gayatri mantra. After finishing these three mantras a description of Ganesh idol for meditation is said as follows, Who has one tusk (on right side), who has four hands, in upper right hand who is holding noose, in left upper hand goad. In lower left hand, who is holding elephant's tooth(ekadanta), right lower hand is giving blessings, granting boon, having the mouse as him emblem, red in color, who is having big stomach, whose ears are like a small sift pan, who is wearing red colored cloths, who's body is smeared with red sandalwood paste, who is worshipped with red flowers, who is always does favor and keeps kindness towards his devotees, who created this world, who is everlasting and who is the cause of the universe, who is beyond the primordial energy and individual soul. Whoever meditates on him, always be a yogi and is the best amongst the yogis.

नमो व्रातपतये । नमो गणपतये । नमः प्रमथपतये ।

नमस्ते अस्तु लम्बोदराय एकदन्ताय विघ्ननाशिने शिवसुताय
श्रीवरदमूर्तये नमो नमः ॥१०॥

namo vraatpataye | namo gaNapataye | namo
pramathpataye | namastestu lambodaraya
ekadantaya vighnavinaashine shivasutaaya
shrivaradmurtaye namo namah ||10||

Salutation to the Lord of gods. Salutation to Ganapati (the supreme authority of total divine knowledge). Salutation to leader or chief of the soldiers and sages. Salutation to the big bellied (Lambodar), who is having one tusk, Salutation to Ekadanta. Again and again Salutation to God Shiva's son who destroys all obstacles and Varadmurti. A lord who always give blessings to his devotees.