

## GANESHA ATHARVA SHEERSHA

(English Translation)

Amen. Salutations to Ganapati. You are verily the primordial principle. Only You are the doer. Only You are the supporter of the earth. Only You are the remover of obstacles. You are verily the Brahman. You are verily the eternal Self.

From the front, from the back, from the north, from the south, from above and from below, protect me from all sides.

You are in the literature. You are consciousness. You are bliss. You are one with Brahman. You are absolute truth, consciousness and bliss (Sat-Chit-Ananda). You are all knowledge.

You are the recognition. All the world has originated from You, is sustained by You, and ends in You. You manifest as the world. You are the earth, water, air and sky. You are the four parts of speech (para, pashyati, madhhyama, vaikhari).

You are beyond the three Gunas (sattva, raja, tama). You are beyond the three times (present, past, future). You are always present in us at Mooladhara. You are within the three powers (Mahalakshmi, Mahasarasvati, Mahakali). Yogis always meditate upon You. You are Brahma, Vishnu, Rudra (Shiva), Indra, Agni, Vayu, the Sun, the Moon and the three Lokas (terrestrial, celestial and atmospheric).

You are the sound *Gana*, followed first by Varna (syllable), then by the nasal sound. Your form supports the half moon and star. Ga ( ग Gakar) is the first form, Aa ( अ Akar) is the middle form and the nasal sound is the last form. The Bindu is on top. The sound thus made may be meditated on for the knowledge of all Vedas. It is Ganesha Vidya. We want to have the knowledge of the God with one tusk. We meditate upon the God with the curled-up trunk. May He stimulate our intellect.

He has one tusk, four arms and holds a noose and goad. With one hand He blesses. He has a mouse as his vehicle. He is red in complexion, has a big belly, and ears like winnowing fans. He wears red clothes and smears red-colored fragrant paste on His body.

He is worshipped with red flowers. He is the God who has compassion for His devotees and is said to be the cause of the world.

He manifests before the creation, from supreme Prakriti and Purusha. He, the greatest of all yogis, is eternally worshipped by yogis.

Obeisance to the lord of assemblance (Vratapati). Obeisance to the lord of ganas (Ganapati). Obeisance to the master of desire. Obeisance to the big-bellied God, the remover of obstacles, the Son of Shiva.

The primordial power of God's love is before us. Obeisance to the immaculate Goddess.

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## GANESHA ATHARVA SHEERSHA

(Sanskrit)

Om Namaste Ganapataye Tvameva Pratyaksham Tattvam Asi. Tvameva Kevalam Kartasi. Tvameva Kevalam Dhartasi. Tvameva Kevalam Hartasi. Tvameva Sarvam Khalvidam Brahmasi. Tvam Sakshat Atmasi Nityam.

Ritam Vachmi. Satyam Vachmi. Ava Tvam Mam. Ava Vaktaram. Ava Shrotaram. Ava Dataram. Ava Dhataram. Ava Noo Chanam. Ava Shishyam. Ava Pash Chat Tat. Ava Puras Tat. Avot Tarat Tat. Ava Dakshinat Tat. Ava Chor Dhvat Tat. Ava Dharat Tat. Sarvato Mam Pahi Pahi Saman Tat.

Tvam Vang Mayas Tvam Chin Mayah. Tvam Ananda Mayas Tvam Brahma Mayah. Tvam Sat Chit Ananda Dvitiyosi. Tvam Pratyaksham Brahmasi. Tvam Gyana Mayo Vigyana Mayosi. Sarvam Jagadidam Tvatto Jayate. Sarvam Jagadidam Tvat Tas Tish Thati. Sarvam Jagadidam Tvayi Laya Me Shyati. Sarvam Jagadidam Tvayi Pratyeti. Tvam Bhoomi Rapo Nalo Nilo Nabhah. Tvam Chatvari Vak Padani.

Tvam Guna Traya Teetah. Tvam Deha Traya Teetah. Tvam Kala Traya Teetah. Tvam Moola Dhara Sthitosi Nityam. Tvam Shakti Trayat Makah. Tvam Yogino Dhyayanti Nityam. Tvam Brahmas Tvam Vishnus Tvam Rudras Tvam Indras Tvam Agnis Tvam Vayus Tvam Sooryas Tvam Chandramas Tvam Brahma Bhoor Bhuvah Svarom.

Ganadim Poorvam Much Charya Varna Dim Tada Nan Taram. Anus Varah Para Tarah. Ardhendulastitam Tare Na Ruddham. Etat Tava Manusva Roopam. Gakarah Poorva Roopam. Akaro Madhyama Roopam. Anusvarash Chantya Roopam. Bindu Ru Tara Roopam. Nada Sandha Nam. Sanhita Sandhih. Saisha Ganesha Vidya. Ganaka Rishihi. Nich Rid Gayatri Chandah. Ganapatir Devata. Om Gam Ganapataye Namah.

Eka Dantaya Vidmahe. Vakra Tundaya Dheemahi. Tanno Dantih Prachodayat. Ekadantam Chatur Hastam Pasham Ankush Dharinam. Radam Cha Varadam Hastair Bi Bhuranam Mooshak Dhvajam. Raktam Lambodaram Shoorpa Karnakam Rakta Vasasam. Rakta Gandhanu Liptangam Rakta Pushpaihi Supoojitam. Bhaktanu Kampitam Devam Jagat Karanama Chyutam. Aavir Bhootam Cha Shristyadau Prakritehe Purushat Param. Evam Dhya Yati Yo Nityam Sa Yogi Yoginam Varah.

Namo Vratapataye Namoh Ganapataye Namaha Pramatha Pataye Namaste Astu Lambodaraya Ekadantaya Vighna Nashine Shiva Sutaye Shree Varada Moortaye Namah.

Sakshat Shri Adi Shakti Mataji Shri Nirmala Devi Namoh Namah.

## THE THREE GREAT MANTRAS OF SAHASRARA

(Sanskrit)

Om Tvameva Sakshat  
Shri Mahalakshmi, Mahasarasvati, Mahakali  
Trigunatmika  
Kundalini Sakshat  
Shri Adi Shakti  
Mataji  
Shri Nirmala Devi  
Namo Namaha

Om Tvameva Sakshat  
Shri Kalki Sakshat  
Shri Adi Shakti  
Mataji  
Shri Nirmala Devi  
Namo Namaha

Om Tvameva Sakshat  
Shri Kalki Sakshat  
Shri Sahasrara Svamini  
Moksha Pradayini  
Mataji  
Shri Nirmala Devi  
Namo Namaha

(English Translation)

Verily You are  
The power of our ascent, the power of  
Creation, the power of pure desire  
The three powers of God  
The kundalini  
The primordial divine creative energy  
The Holy Mother  
The immaculate Goddess  
Obeisance to You

Verily You are  
The last judgment  
The primordial divine  
creative energy  
The Holy Mother  
The immaculate Goddess  
Obeisance to You

Verily You are  
The destroyer of darkness  
The Goddess of Sahasrara  
The giver of complete  
liberation  
The Holy Mother  
The immaculate Goddess  
Obeisance to You

*Sanskrit pronunciation: "a" is like the short "u" in "butter" ("san" sounds like "sun"). "i" sounds like "ee."  
In some words, like Mataji ("Maa-taa-jee"), "a" is long. "v" is pronounced midway between English "v" and  
"w." "e" is pronounced like é in French ("se" sounds like "say"). "th" sounds like "t."*

## Sahaja Yoga Puja Introductory Booklet

### THE AARTI

(Hindi)

#### CHORUS

Sabako Dua Dena, Ma, Sabako Dua Dena

Jay Nirmala Mataji

Jay Nirmala Mataji

Dil Me Sada Rehna, Ma, Sabako Dua Dena

Jaga Me Sankata Karan

Kitane Liye Avatar, Ma, Kitane Liye Avatar

Vishva Me Teri Mahima, Vishva Me Teri Mahima

Tu Ganga Yamuna, Ma, Sabako Dua Dena

Jo Bhi Sharana Me Aya

Sukha Hi Mila Usako, Ma, Sukha Hi Mila Usako

Baithake Dila Me, O Ma, Baithake Dila Me, O Ma

Lautake Na Jana, Ma, Sabako Dua Dena

Manava Me Avatara Ke

Kara Diya Ujyara, Ma, Kara Diya Ujyara

Kali Yuga Me Maya Hai, Kali Yuga Me Maya Hai

Phira Bhi Pehchana, Ma, Sabako Dua Dena

Santa Jano Ki Dharati

Hai Bharata Mata, Ma, Hai Bharata Mata

Isa Dharati Para Aake, Isa Dharati Para Aake

Dukha Se Dura Karana, Ma, Sabako Dua Dena

Jaba Dil Me Aye Tab

Madhu Sangit Suna Lo, Ma, Madhu Sangit Suna Lo

Hoya Sake Jo Seva, Hoya Sake Jo Seva,

Ham Se Kara Lena, Ma, Sabako Dua Dena

#### CHORUS

Give blessings to all, Mother  
Give blessings to all  
Victory to the immaculate Holy  
Mother  
Always dwell in our hearts  
Give blessings to all

Whenever the world was in danger  
You have incarnated on this earth  
in different forms, Mother  
Your grace is everywhere in the  
universe  
You are the Ganga and Yamuna  
rivers, Mother  
Give blessings to all

Whoever surrenders to You  
Gets complete satisfaction, Mother  
Once You have entered our hearts  
Do not go away, Mother  
Give blessings to all

By incarnating in human form  
You have enlightened our lives,  
Mother  
In spite of the illusions in this time  
of greatest darkness  
We have been able to recognize You  
Give blessings to all

The land of all the Saints  
Is Mother India  
As You have incarnated in this land  
Please take away our sorrows  
Give blessings to all

Whenever we so desire  
We can listen to sweet music  
within, Mother  
Whatever service You wish us to do  
Kindly ask us to do it  
Give blessings to all