



HIS HOLINESS SHREE

Chamunda Swami



SHREE GANESHA

Sadhana for Prosperity



The Ganesh Festival starts on August 22, 2020 marking the birthday of Lord Ganesha. Every year, The Lord descends on Earth to meet us mortals for 10 days. It is said that when worshipped during this time, he blesses us with everything our heart desires. In this document, we learn a little about Lord Ganesha and then understand a Sadhana we can perform during these ten days to attain prosperity for life.

WHO IS LORD GANESHA?



Lord Ganesha is the son of Lord Shiva and Goddess Parvati. These are the two supreme Gods in Hinduism – Shiva, the masculine being the Divine Father, and Parvati, the feminine being the Mother Goddess. He is known as Vighna Harta or Sankat Harta where Vighna and Sankat mean obstacles and difficulties and Harta means the one who takes away. Lord Ganesha takes away people's troubles and he also raises obstacles in the path of people who need to be stopped.

for instance, if a person is a devotee of Lord Ganesha, then every time he or she would knowingly or unknowingly attempt to do a bad Karma, Lord Ganesha would create an obstacle in their path, thus preventing the bad Karma. He is worshipped by people of all ages and genders. Lord Ganesha is considered the granter of wisdom, wealth, good health and prosperity.

HOW WAS HE BORN?



There are several stories on how Lord Ganesha was born. This one is the most common in most parts of the world.

Maa Parvati was about to go for a bath once and Lord Shiva was in deep meditation. Knowing full well her husband's wrath if disturbed in meditation, she decided to make a statue out of her body's dirt and infuse life in it. She called him her son and asked him to guard the gate as she bathes. The boy started guarding the gate. Once Lord Shiva returned from his meditation, he saw this small boy guarding the gate but still proceeded inside to meet his wife. The small boy had never seen Lord Shiva and hence didn't recognize him. As a result, he stopped him from entering the cave Maa Parvati had gone in.

There was a small battle between the two and Lord Shiva cut the boy's head off. Soon after Maa Parvati came out and was furious looking at her son's body which lay there headless.

She got extremely angry and asked Lord Shiva to resurrect her son.

Now getting the head back wasn't possible because no one knew where it was. So Lord Shiva attached an Elephant Head to the child's body and then infused life in him.

Thus, Lord Ganesha was born. He is also known as Gajanan because 'Gaj' means Elephant and 'Anan' means face in Sanskrit.

THIS STORY IS IMPORTANT FROM THE TANTRA PERSPECTIVE.

The form of Lord Ganesha that Maa Parvati created from her body dirt is also known as 'Ucchishta Ganesha'- The Tantric form of Ganesha. Here, 'Ucchishta' means food kept in one's mouth. This takes us back to the non-duality aspect of Tantra. Normally, when worshipping any Hindu Gods, devotees are advised to be clean in body and mind. But to worship 'Ucchishta Ganesha' they are advised to keep some sort of food in their mouth. It can be a betel leaf or seed. Thus killing the taboos and shattering duality. The Tantric ritual and Sadhana for 'Ucchishtha Ganesha' can unfortunately not be mentioned here, but you can contact your Guru to learn it or write to us for further details on it.

Lord Ganesha has eight Avatars or incarnations namely – Vakratunda, Ekadanta, Mahodara, Gajanaana, Lambodara, Vikafa, Vighnaraja, and Dhiimravarna. Each of these incarnations is aimed at destroying specific evils namely – Matsara (selfishness, envy, jealousy, hostility), Mada (Intoxication), Lobha (Greed), Krodha (Anger), Kama (Lust), Manmata (Seduction) and Ahankara (Pride, self-obsession)

We have compiled a blog post where the detailed way of welcoming Lord Ganesha's Idol in your home and the worship rituals along with the Visarjan (ritual of immersing the idol in water) on the last day is mentioned.

Please visit our website www.chamundaswamiji.com to read it

THE SADHANA

We are performing the Sadhana of the first incarnation of Lord Ganesha – **Vakratunda** Meaning the one with a 'curved trunk'. Once you have welcomed the Lord home and done the welcoming rituals, you can begin the Sadhana.



KEY POINTS

- Make sure you feel connected to the Lord and have love for Him in your heart instead of mere greed for prosperity. Setting the right intention is very important because selfishness is not entertained by the Lord as we read above.
- When asking for prosperity, understand that you need to maintain the balance and also give back to the family (extended and near), friends, the society and the world at large.
- Sadhana is not magic and you need to have patience and determination to work hard for attaining prosperity. Sadhana simply aids the process.

THINGS YOU WILL NEED TO PERFORM THE SADHANA

- It's preferable to have a beaded necklace of either Coral or Rudraksha for chanting.
- Faith is one of the most important factors here. If you don't have faith, all your efforts are in vain.
 - Make sure your home and your chanting room are completely neat and clean.
 - Make sure you are showered and preferably wearing yellow clothes.

MANTRA

OM VAKRATUNDAAY HUM

OM- The universal Sound

VAKRATUNDAAY — God with the Curved Trunk

HUM (PRONOUNCED HOOM) — Hoom is one of the Seed Mantras of Fire. It is used to call or invoke the fire within and to make it flame up more brilliantly. It governs the earth and the material sphere in general.

This Mantra helps us invoke the fire within us to work hard and go after our dreams with all we have. The Mantra also aids with all material and earthly needs and not only fulfills them but also provides them in abundance so we can give back.

COUNT

This Mantra, when chanted for Six Hundred Thousand times is believed to give the best results. You can divide the count by ten and chant Sixty thousand times every day for ten days.

HOW TO DO THE SADHANA

After your daily Aarti* and offering the Lord Bhog*, you can have your lunch or breakfast and then sit for Sadhana. Just make sure you don't consume non-vegetarian or heavy food before the Sadhana because that might make you sleepy. Keep a mat beneath you and sit. Light a Ghee* Diya (lamp) on your left and take the Mala* in your right hand and start chanting. After you have completed your daily count, thank the Lord for everything and bow down to His idol. You can now get up and fold the mat you were sitting on and replace the mat and the Mala*.

We have also compiled a PDF on Sadhana for beginners and you can refer to it ([link to Sadhana PDF](#)) while doing this Sadhana.

WHAT TO EXPECT

- Increase in energy for work
- Increase in volume of work you receive from different avenues
- Improvement in the health of the entire family
- Increase in overall wealth and prosperity
- A decrease in feelings of selfishness, greed, envy, and jealousy.

GLOSSARY

AARTI – Singing the Lord's praises

BHOG – Food offered to the Lord

GHEE – Clarified Butter

MALA – Beaded Necklace that contains 108 beads and is used to chant the Mantras. For every count, you roll one bead till you come full circle, thus having chanted the Mantra 108 times. This also helps keep count when chanting in large numbers such as in this case.

We hope this information helps you perform Lord Ganesha's Sadhana and receive his blessings. For any queries or doubts,
write to us at

info@chamundaswamiji.com
