



ॐ नमस्ते गणपतये
Om Namaste Ganapataye

A detailed translation of the Ganesha Atharva Sheersha

by Chris Marlow

Edition Three

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Researches in Sahaja Yoga – No. 1



'Researches in Sahaja Yoga'

'Researches in Sahaja Yoga' (RiSY) is a series of books on topics connected with Sahaja Yoga, researched through Shri Mataji's talks and other scriptures, and through meditation.

Books published or planned in the series so far include:

1. **Om Namaste Ganapataye** - *a detailed translation of the Ganesha Atharva Sheersha.*
2. **Shrī Lalitā Sahasranāma** - *the Thousand Names of the Supreme Goddess.*
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"The collective should research the scriptures and books written by enlightened souls and should produce books supporting Vishwa Nirmala Dharma."

H.S.H. Shri Mataji Nirmala Devi, 'Sahaja Yoga'

"The Goddess Saraswati carries books of knowledge to suggest that the scholar must create books out of the eternal truths discovered during his pursuit of knowledge."

'Swadhishtan Chakra', BoAS

All comments, criticisms and suggestions will be gratefully received by the author at chris108m@yahoo.co.uk



Dedicated to Her Supreme Holiness
Shri Mataji Nirmala Devi

This work is surrendered at Your Divine Lotus Feet
in the hope that, through connection to You,
this imperfect instrument of the human brain
may be capable of transmitting some pure knowledge.

Abbreviations - most are standard but some have specific meanings...

abl. - ablative case -'by, with or from....'.

acc. - accusative case - the object of the sentence.

adj. - adjective - describes a noun.

adv. - adverb - describes an action.

as above - means that the word has already appeared in the same verse.

as below - means that the word will appear later in the same verse.

BoAS - Book of Adi Shakti. Shri Mataji's book about chakras, etc.

cf. - 'compare with..., shows similarity to..., from the same root as....'

comp. - comparative -'more'

dat. - dative case -'to....'

Eng. - 'similar to the English word...'

fem. - feminine

fut. - future tense

gen. - genitive case -'of..., belonging to....'.

impv. - imperative tense - giving an order

in comp.* 'a modified form of this word used in composition'

inst. - instrumental case -'by...' or 'with...'

Lat. - 'derived from the Latin word'

lit. - 'literally translated this means'

loc. - locative case -'in..., at...'.
LSN - Lalitā Sahasranāma -'Thousand Names of Shri Lalita' (see p.228
for more info)

mas. - masculine

neut. - neuter

nom. - nominative case - the subject of the sentence

p. - person or page. - **1p.**= 1st person - **p.1**= page 1

pl. - plural

pp. - present participle -'doing'

pres. - present tense of the verb

pron. - pronoun -'he, she, it, etc.'

psp. - past participle -'done'

sing. - singular. Words are singular unless stated otherwise.

* Case endings are in brackets after the root word, eg. **rūpa(m)** is the accusative of **rūpa**. If modified by **Sandhi** -'word joining', the original word has the abbreviation '**in comp.**' eg. **sthito-** [**sthitah** in comp.]

"H.S.H. Shri Mataji's Quotations are all given in Maiandra font with double quotation marks and referenced in the text."



ॐ त्वमेव साक्षात् श्री गणेशा साक्षात्
Om Twameva sākṣhāt Šhrī Gaṇeśha sākṣhāt

श्री आदि शक्ति माताजी
Šhrī Ādi Šhakti Mātājī

श्री निर्मला देव्यै नमो नमः
Šhrī Nirmalā Devyai namo namah

Om, You are verily Shri Ganesha incarnated before us,
Holy Primordial Energy, Sacred Mother,
Immaculate Goddess, Shri Mataji Nirmala Devi,
Unending salutations to You.



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Shrī Ganesha using His broken tusk to write down the **Mahā-bhārata** from Sage **Vyāsa**'s dictation.

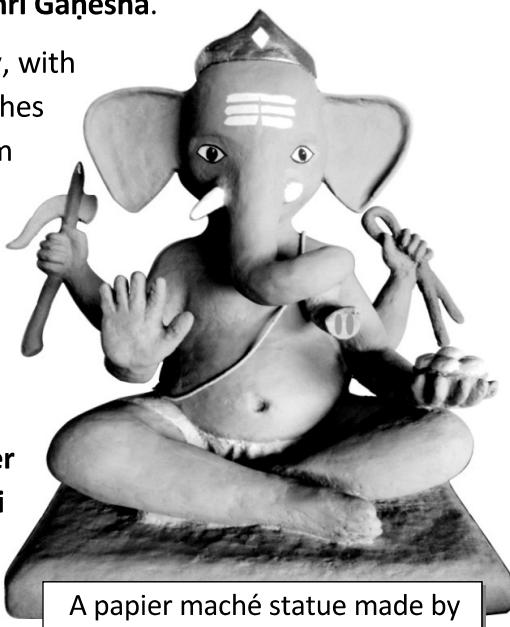
The Ganesha Atharva Sheersha

This ancient prayer to the elephant-headed Hindu Deity **Śrī Gaṇeśha**, or **Gaṇapati** as He is also popularly known, is widely used in worship all over India and is considered to be the most important text concerning **Śrī Gaṇeśha**.

It is a poem of great subtlety, with references to all the branches of Indian philosophy from the **Vedas** to the modern day. (See '*Indian Philosophy*' p.187) Many deeper meanings lie hidden in the text with correspondences to the subtle system as explained to us by Her Supreme Holiness Shri Mataji Nirmala Devi.

The **Gaṇeśha A.S.** contains a variety of wisdom about **Śrī Gaṇeśha**. Each of the ten verses is composed in a different style and metre, and elucidates a different aspect of His knowledge.

After the introductory '**Om Namaste Gaṇapataye**' the first six verses do not mention **Śrī Gaṇeśha** by name or any of His special attributes. They are an exposition and praise of the Divine Nature that might fittingly be applied to all Incarnations. Verse seven describes the **mantra 'Om Gam'** but has concealed meanings about the Creation and the method of attaining Self-



A papier maché statue made by ISPS students with the author

realisation. Verse eight is another powerful **mantra**, the ‘**Gaṇeśa Gāyatrī**'; while verses nine and ten give names and attributes of **Śrī Gaṇeśha** to be used in worship.

There are a further six verses after the part normally recited, known as the **Phala-śruti** –‘listening to the fruits’ which describes the powers of the invocation and gives instructions on times and methods of recitation. (*see p.166 for the text and a short translation*). Repeating the prayer a thousand times is said to grant any desire that the devotee has in mind.

The **Gaṇeśha A.S.** is also called the **Gaṇapati Upaniṣhad** and is to be found in later editions of the **Atharva Veda**¹. It is classified as a ‘minor’ **Upaniṣhad** implying that it was written after the time of **Śrī Ādi Śhañkarāchārya** (*dated variously from the time of Christ up to 800 CE*) who wrote commentaries on the eleven then-existing ‘principal’ **Upaniṣhads**. By 1650, the **Gaṇeśha Atharva Śhīrṣha** was established as the pre-eminent praise of **Śrī Gaṇeśha**, especially in **Mahārāshṭra**.

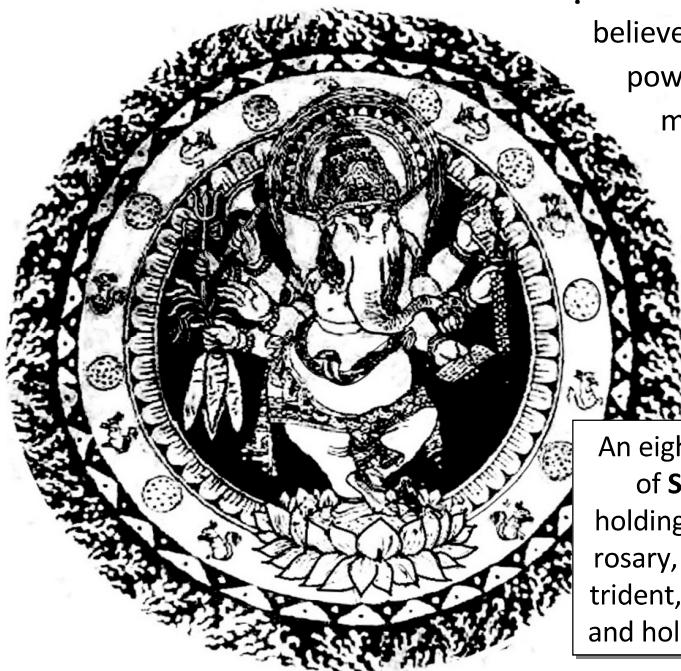
¹ If the **Vedas** were always compilations of the finest compositions over thousands of years, it is not unreasonable to keep including subtle and auspicious writings such as this prayer.



It is one of the **108 Upaniṣhads** listed in the **Muktika Upaniṣhad** (c. 1650 CE), classified as a **Shaivite** –‘worshippers of Lord Śiva’ **Upaniṣhad**. **Śrī Upaniṣhad Brahmayogi** (1800 CE) wrote a commentary on it.

The **Gaṇeśha A.S.** is the most commonly recited praise of **Śrī Gaṇeśha** all over India. I have heard it recited publicly from **Kanyakumārī** (*southernmost tip of India*) up to the **Himālayas**. The text is written up at the **Aṣṭa Vināyakas** – eight Gaṇeśha temples within 100 kms around **Pune**. Like the **Rām-raksha** and many other great prayers, the **Gaṇeśha Atharva Śīrṣha** was revealed in a divinely inspired dream, although the identity of the author is unclear.

The **Gaṇeśha A.S.** is widely believed to have great power, and many miracles and much spiritual progress are attributed to its use.



An eight-handed form of **Śrī Ganesha** holding book, laddhus, rosary, conch, hatchet, trident, giving blessings and holding vegetables.