

Ganapati (Ganesha) Mantra-s

Bija (Seed) Mantra:

Gam, Gan, Gang or Gum

Extended Bija Mantra:

OM Gam Ganapataye Namaha

Ganapati Gayatri:

Eka-Dantaaya Vidmahe |

Vakra-Tunnddaaya Dhiimahi |

Tan-No Dantih Pracodayaat || 10 ||

Translation –

(Let our mind go) to the Ekadanta (the One with a Single Tusk) to know (His Conscious Form deeply);

(And then) Meditate on that Vakratunda (the One with a Curved Trunk) (to get absorbed in His Conscious Form),

May that Danti (One with a Tusk) awaken (our Consciousness),

Ganapati Mantra

ganapati prarthana (taittirīya saṁhitā ll. 3. 14)

o(3)m gaṇānān tvā gaṇapatigṃ havāmahe
kaṇiṇ kavīnām upamaśravastamam |
jyeṣṭharājam brahmaṇām brahmaṇaspata
ānaśśṛvann ūtibhis sīdasādanam || śrī mahā
gaṇapataye namaḥ ||

Translation:

Salutations to Ganapati, chief of hosts of the attendants of Shiva

Wisest of all, abundantly glorious, the only true reflection of the Supreme

May your blessings be upon this [ritual, practice, undertaking]

Be happy with us, give us your protection and grace and be in our hearts

May our efforts be pleasing to you and be blessed

I bow to the great Lord Ganapati

yoga beyond the mat...