



GANESHA

Om Gam Ganapataye Namaha

Remover of Obstacles
Invokes New Beginnings
Wisdom

Protection along your Journey
Grounding

Call on his wisdom & support
by reciting his mantra everyday
for 40 days & watch the magic unfold





WHY GANESHA?

Ganesha was the first ever deity that I connected to, he opened my world to the fact that we are divinely supported and guided, we just need to ask.

He is the Presiding Deity of the Muladhara Chakra.

Lord Ganesha is the Master of Wisdom and Knowledge.

He is the remover of obstacles, and guardian of beauty, prosperity, grace and compassion.

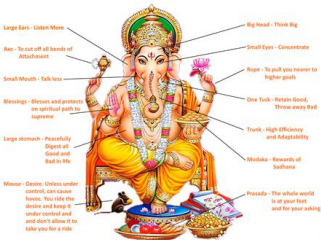
Lord Ganesha is the first deity to be revered in Hindu rites.

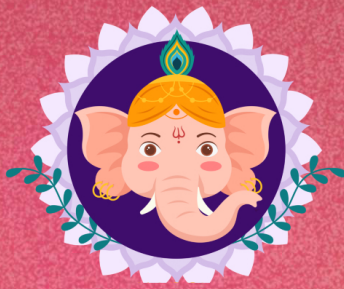
He is a guardian of doors of houses and temples.

He is the God that removes the internal and external obstacles to our success, and he is the one that grants the opening of your spiritual gifts.

He is also the protector of all beings.

GANESHA SYMBOLISM





HISTORY

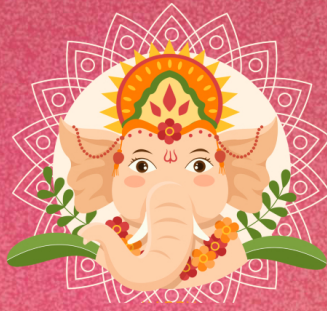
Ganesha is typically the first deity contacted in prayers in Hinduism. Those who seek wisdom and prosperity often call for him.

The Hindu tradition contains many different versions of Ganesha's origins. Some stories say that Ganesha was born with an elephant head. Most say that he was born with a human head that was later replaced with the elephant head.

In one version of the story, Ganesha's mother, the goddess Parvati, created Ganesha from the dirt off her body while she was bathing. She then had Ganesha guard the entrance to her bathroom. When her husband, Shiva, came home, he was angry that a stranger blocked his access and cut off Ganesha's head in a fit of rage. Parvati was struck with grief, and to console her, Shiva restored Ganesha to life, giving him an elephant head.

He plays a dual role of a supreme being powerful enough to remove obstacles and ensure success or create obstructions for those whose ambition has become destructive.

Whatever his origin may be, Ganesha can generally be translated to mean 'Lord of the People'



GANESHA

Self-Care Rituals

Chant his mantra 108 times for 40 days and watch the changes unfold

Listen to his playlist on Spotify

Sing his mantra in the shower, car, anywhere that feels good.

Call on Lord Ganesha during meditation to bring strength and protection.

Listen to our guided meditation

Journal Prompts:

What new beginnings am I calling into my life?

What are my perceived obstacles?

Can I debunk (re-write to remove) these obstacles?

If all fear, limiting beliefs & obstacles were removed, how do I feel when these new beginnings are my reality?