



## **GANAPATYATHARVA- SIRSOPANISAT**

Is it not very common in our culture that we pray the invisible force before we start any new work. Lord Ganesha is known to be the remover of all the obstacles in the path. So, people worship Ganesha in the beginning of any work. In Vedas, Ganapati is known as Brahmanaspati. Ganapati is picturized as an elephant faced Devata. Gana is a group; Group of human abilities Buddhi (Intellect), Siddhi (Accomplishment) etc. The force which is capable of channelizing all these abilities is known as Ganapati.



### OBJECTIVES

After reading this lesson, you will be able to:

- chant the mantras of Ganapatyatharvasirsopanisat;
- know the meaning of Ganapatyatharvasirsopanisat.



Note

## 2.1 GANAPATYATHARVASIRSOPANISAT

Ganapatyatharvasirsopanisat sukta is from Atharva Veda.

॥ श्रीगणपत्यथर्वशीर्षोपनिषत् ॥

ॐ भद्रं कर्णेभिः शृणुयाम देवाः । भद्रं पश्येमाक्षभिर्यजत्राः । स्थिरैरङ्गैस्तुष्टुवाꣳ  
संस्तूभिः । व्यशेम देवहितं यदायुः । ॐ स्वस्ति न इन्द्रो वृद्धश्रवाः । स्वस्ति नः  
पूषा विश्ववेदाः । स्वस्ति नस्तार्क्ष्यो अरिष्टनेमिः । स्वस्ति नो बृहस्पतिर्दधातु ॥

ॐ शान्तिः शान्तिः शान्तिः ॥

॥ śrī gaṇapati atharvaśīrṣopaniṣat ॥

om bhādraṃ karṇebhiḥ śṛṇuyāma devāḥ | bhādraṃ  
pāśyemākṣabhīryajātrāḥ | sthīrairāṅgaistuṣṭuvā sāstaṇūbhiḥ |  
vyaśēma devahitaṃ yadāyuh | om svasti na indro  
vṛddhaśrāvāḥ | svasti naḥ pūṣā viśvavedāḥ | svasti nastārksyo  
ariṣṭanemiḥ | svasti no bṛhaspatirdadhātu ॥

om śāntiḥ śāntiḥ śāntiḥ ॥



O God may all of us with our ears listen to what is good, and with our eyes see what is good. With limbs and bodies firm may we extolling you attain the term of life appointed by the Supreme power.

ॐ नमस्ते गुणपतये । त्वमेव प्रत्यक्षं तत्त्वमसि । त्वमेव केवलं कर्ताऽसि । त्वमेव  
केवलं धर्ताऽसि । त्वमेव केवलं हर्ताऽसि । त्वमेव सर्वं खल्विदं ब्रह्मासि । त्वं  
साक्षादात्माऽसि नित्यम् ॥ १॥

om namaste gaṇapātaye | tvam eva praṭyakṣaṁ tat-tvām-asi |  
tvam-eva kevalaṁ kartā'si | tvam-eva kevalaṁ dhartā'si |  
tvam-eva kevalaṁ hartā'si | tvam-eva sarvaṁ khalvidaṁ  
brahmāsi | tvaṁ sākṣādātmā'si nityam || 1 ||

Our salutations to you Ganapati. You are the only visible ultimate Truth. You are the only (sole) Creator of the universe. You are the sole Preserver of the universe. You are the sole Destroyer of the universe. You indeed are the entire Creation. You are quite evidently the Eternal Universal Self.

ऋतं वच्मि । सत्यं वच्मि ॥ २॥

ṛtaṁ vacmi | sātyaṁ vacmi || 2 ||

I speak the Divine Law. I speak the truth



Note

अवं त्वं माम् । अवं वृक्त्तारम् । अवं श्रोत्तारम् । अवं दात्तारम् । अवं धात्तारम् ।  
अवानूचानमंवं शिष्यम् । अवं पश्चात्तात् । अवं पुरस्तात् । अवोत्तरात्तात् । अवं  
दक्षिणात्तात् । अवं चोर्ध्वात्तात् । अवाधुरात्तात् । सर्वतो मां पाहि पाहि समन्तात् ॥ ३ ॥

ava tvam̐ mām̐ | avā vṛktāram̐ | avā śrotāram̐ | avā dātāram̐ | avā  
dhātāram̐ | avānūcānam̐ avā śiṣyam̐ | avā paścāttāt̐ | avā  
purastāt̐ | avottarāttāt̐ | avā dakṣiṇāttāt̐ | avā cordhvāttāt̐ |  
avādharāttāt̐ | sarvato mām̐ pāhi pāhi samantāt̐ || 3 ||

O' Lord Ganesha, protect me from hindrances to attaining you,  
In my capacity as a speaker (of your glory), listener (to your  
pastimes and glories), given or imparted (of the method of your  
worship), the holder or collector (of the articles of worship),  
me who as a disciple (study the Vedantic truths) together with  
my Guru. Protect me from obstacles (to self-realization) from  
all the directions, from above and from below, protect me in  
all ways from all directions.

त्वं वाङ्मयस्त्वं चिन्मयः । त्वमानन्दमयस्त्वं ब्रह्ममयः । त्वं सच्चिदानन्दाद्वितीयोऽसि ।  
त्वं प्रत्यक्षं ब्रह्मासि । त्वं ज्ञानमयो विज्ञानमयोऽसि ॥ ४ ॥

tvam̐ vāṅmayās-tvam̐ cin-mayaḥ | tvam̐ ānanda-māyas tvam̐  
brahma-mayaḥ | tvam̐ sac-cid-ānandā 'dvitīyo'si | tvam̐  
pratyakṣam̐ brahmāsi | tvam̐ jñāna-mayo vijñānamayo'si || 4 ||

O! Ganesha, you art speech, you art the Supreme Lord, you are



pure bliss, Thou art the Ultimate Reality, Thou art the incomparable combination of existence absolute, knowledge and bliss; you art the Supreme Spirit; you art the sheath of pure Intelligence.

सर्वं जगदिदं त्वत्तो जायते । सर्वं जगदिदं त्वत्तस्तिष्ठति । सर्वं जगदिदं त्वयि  
लयमेष्यति । सर्वं जगदिदं त्वयि प्रत्येति । त्वं भूमिरापोऽनलोऽनिलो नुभः । त्वं  
चत्वारि वाक्पदानि ॥ ५ ॥

sarvaṁ jagad-idam tvatto jāyate | sarvaṁ jagad-idam  
tvattastiṣṭhati | sarvaṁ jagadidam tvayi layam-eṣyaṭi | sarvaṁ  
jagadidam tvayi pratyeti | tvaṁ bhūmirāpo'nalo'nilo  
nabhaḥ | tvaṁ catvāri vāk-padāni || 5 ||

The entire universe was manifested from you, the entire universe exists in you. The entire universe will again dissolve into Thee, and return to you. You art the earth, water, fire, wind and ether. You art the four levels of sonic vibration.

त्वं गुणत्रयातीतः । त्वं अवस्थात्रयातीतः । त्वं देहत्रयातीतः । त्वं कालत्रयातीतः । त्वं  
मूलाधारस्थितोऽसि नित्यम् । त्वं शक्तित्रयात्मकः । त्वां योगिनो ध्यायन्ति नित्यम् ।  
त्वं ब्रह्मा त्वं विष्णुस्त्वं रुद्रस्त्वमिन्द्रस्त्वमग्निस्त्वं वायुस्त्वं सूर्यस्त्वं चन्द्रमास्त्वं ब्रह्म  
भूर्भुवः स्वरोम् ॥ ६ ॥



Note

tvam guṇa-trāyātītaḥ | tvam avasthā-trāyātītaḥ | tvam  
dehatrāyātītaḥ | tvam kālatrāyātītaḥ | tvam mūlādhāra-sthitō'si  
nītyam | tvam śaktitrāyātītaḥ | tvam yogino dhyāyānti  
nītyam | tvam brahmā tvam viṣṇustvam rudrastvam indrastvam  
agnistvam vāyustvam sūryas-tvam candramāstvam brahma  
bhūrbhuvāḥ svarom || 6 ||

गुणादिं पूर्वमुच्चार्य वर्णादिस्तदनन्तरम् । अनुस्वारः परतरः । अर्धेन्दुलसितम् ।  
तारेण ऋद्धम् । एतत्तव मनुस्वरूपम् । गकारः पूर्वरूपम् । अकारो मध्यमरूपम् ।  
अनुस्वारश्चान्त्यरूपम् । बिन्दुरुत्तररूपम् । नादः सन्धानम् । संहिता सन्धिः ।  
सैषा गणेशविद्या । गणक ऋषिः । निचृद्गायत्री छन्दः । श्रीमहागणपतिर्देवता ।  
ॐ गं गणपतये नमः ॥ ७ ॥

gaṇādim " pūrvam uccārya varṇādīms-tad anantaram | anusvāraḥ  
pārataraḥ | ardhēndu lasitam | tāreṇa ṛddham | etattava  
manusvarūpam | gakāraḥ pūrvarūpam | akāro madhyāmarūpam |  
anusvāraścāntyarūpam | binduruttārarūpam | nādās sandhānam |  
sagumhitā sandhiḥ | saiṣā gaṇeśavidyā | gaṇāka ṛṣiḥ |  
nicṛdgāyātrīcchandaḥ | gaṇapatirdevatā | om gam gaṇapātaye  
namaḥ || 7 ||

You art transcendant to the three gunas, you art beyond the  
limitations of waking, dream and deep sleep, you art beyond



Note

the limitations of the three bodies. You art unconditioned by the limitations of time. You art present in the muladhara chakra. You art endowed with the three energies of Lordship, sonic vibration and radiation. The sages constantly meditate upon you. You art Brahma (the Creator), you art Vishnu (the Preserver), you art Rudra (the Transformer), you art Indra (Cosmic Mind), you art Agni (the Mystical Fire) and you art the Cosmic life force (Vayu) you art the Sun and the Moon, you art the Supreme Being, you art the three realms; the earth, the astral region and the heavenly region.

एकदन्ताय विद्महे वक्रतुण्डाय धीमहि । तन्नो दन्तिः प्रचोदयात् ॥ ८ ॥

ekadantāyā vīdmahē vakratuṇḍāyā dhīmahi | tan no dantiḥ  
pracodayāt || 8 ||

We all meditate upon Ganesha, may we all realise His true nature, and may He enlighten our intellects.

एकदन्तं चतुर्हस्तं पाशमङ्कुशधारिणम् । रदं च वरदं हस्तैर्बिभ्राणं मूषकध्वंजम् ।  
रक्तं लम्बोदरं शूर्पकर्णकं रक्तवाससम् । रक्तगन्धानुलिप्ताङ्गं रक्तपुष्पैः सुपूजितम् ।  
भक्तानुकम्पिनं देवं जगत्कारणमच्युतम् । आविर्भूतं च सृष्ट्यादौ प्रकृतेः  
पुरुषात्परम् । एवं ध्यायति यो नित्यं स योगी योगिनां वरः ॥ ९ ॥



Note

ekadāntam cāturhastam pāśamāṅkuṣa dhāriṇam | radam ca  
varadam hastairbibhrānam mūṣakadhvajam | raktaṁ  
lambodaram sūrpakarṇakam rakta-vāsasam | rakta  
gandhānūliptāṅgam rakta puṣpaiḥ supūjitam |  
bhaktānukampinam devam jagat-kāraṇam-acyutam | āvir-  
bhūtam caśṛṣṭyādau prakṛteḥ puruṣāt-param | evam dhyāyati  
yo nityam sa yogī yoginām vārah|| 9 ||

The highest of Yogis meditates constantly upon Ganesha, with a single tusk, having four arms, holding a noose, goad, the Benefactor, supporting the universe with his hands, having the mouse as his emblem, red in colour, potbellied, fan-eared, wearing red clothes, anointed with red vermilion paste, worshipped with red flowers, always attentive to the supplications of the devotees, the cause of the universe, the Unsullied One who was manifested before the universe was created and existed prior to the manifestation of spirit and matter.

नमो ब्रातपतये नमो गणपतये नमः प्रमथपतये नमस्तेऽस्तु लम्बोदराय एकदन्ताय  
विघ्नविनाशिने शिवसुताय श्रीवरदमूर्तये नमः ॥ १० ॥

namo vrāta-pataye | namo gaṇapataye | namaḥ pramatha-  
pataye | namaste'stu lambodarāyaikadantāya vighna-nāśine  
śiva-sutāya varadamūrtaye namaḥ|| 10 ||





Our salutations to Ganapati, lord of the attendants of Shiva, comprising of demi-Gods and goblins. Salutations to the Potbellied One, having one tusk, the Destroyer-of-all-hindrances, the son of Lord Siva, the Benefactor Incarnate.

एतदथर्वशीर्षं योऽधीते । स ब्रह्मभूयाय कल्पते । स सर्वविघ्नैर्न बाध्यते । स सर्वतः सुखं मेधते । स पञ्चमहापापात् प्रमुच्यते । सायमंधीयानो दिवसकृतं पापं नाशयति । तरंधीयानो रात्रिकृतं पापं नाशयति । सायं प्रातः प्रयुञ्जानः पापोऽपापो भवति । धर्मार्थकाममोक्षं च विन्दति । इदमथर्वशीर्षमशिष्याय न देयम् । यो यदि मोहाद् दास्यति । स पापीयान् भवति । सहस्रावर्तनाद्यं यं काममधीते । तं तमनेन साधयेत् ॥ ११ ॥

etad-atharvaśīrṣāṁ yo'dhīte sa brahma bhūyāya kalpate | sa sarva vighnāirna bādhyate | sa sarvatra sukhām edhate | sa pañca-mahā-pāpāt pramuçyate | sāyam-ādhīyāno divas-kṛtaṁ pāpā nāśayati | prātar-ādhīyāno rātri-kṛtaṁ pāpā nāśayati | sāyam prātaḥ prayuñjāno pāpo'pāpo bhavati | savatrādhīyāno'pavighno bhavati | dharm-ārtha kāma mokṣāṁ ca vīndati | idam atharva-śīrṣam aśiṣyāya na deyam | yo yadi mōhād dāsyati sa pāpīyān bhavati | sahasrāvartanādyam yaṁ kāmam-adhīte yā tam anēna sādhayet || 11 ||

One who studies this Upanisad attains identity with the Absolute Spirit; his happiness increases in all ways. He is



Note

not hindered by obstacles; he is liberated from the five great sins. When studied in the evening it absolves the sins caused during the day; when studied in the morning, it removes the effects of the sins committed during the night. One who reads it both morning and evening becomes sinless pure spirit. From constant study one becomes freed from all obstacles, and gains the four ends of human endeavour; Dharma, financial security, sensual enjoyment and final Liberation. This Upanishad should not be taught to an undeserving person; one who does so is a sinner and will lose all his power. By a thousand repetitions one attains self-actualization.

अनेन गणपतिमभिषिञ्चति । स वाग्मी भवति । चतुर्थ्यामनश्नन् जपति । स विद्यावान् भवति । इत्यथर्वणवाक्यम् । ब्रह्माद्याचरणं विद्यान्न बिभेति कदाचनेति ॥ १२ ॥

anena gaṇapatim abhiṣiñcati sa vāgmī bhavati | caturthyām-anāśnan japati savidyāvān bhavati | ity-atharvaṇa vākyaṁ | brahmādyāvarāṇaṁ vidyān nabibheti kadācanēti|| 12 ||

One who performs the lustration ceremony to Ganesha while chanting this Sukta will become eloquent of speech, one who chants it on the 4th day of the fort-night while fasting attains wisdom. He who is constantly aware that the universe is enveloped by Brahma, will never experience fear.



यो दूर्वाङ्कुरैर्यजति । स वैश्रवणोपमो भवति । यो लाजैर्यजति । स यशौवान् भवति ।  
स मेधावान् भवति । यो मोदकसहस्रेण यजति । स वाञ्छितफलमवाप्नोति । यः  
साज्य समिद्धिर्यजति । स सर्वं लभते स सर्वं लभते ॥ १३ ॥

yo dūrvāṅkūrair-yajati sa vaiśravaṇopāmo bhavati | yo lājair-  
yajati sa yaśā 'vān bhavati | sa medhā 'vān bhavati | yo modaka  
sahasreṇa yajati sa vāñcita phalaṁ avāpnōti | yaḥ sājya  
samidbhir-yajati sa sarvaṁ labhate sa sārvaṁ labhate || 13 ||

He who worships Ganesha with the blades of durva gras, becomes as prosperous as the god of wealth (Kubera). He who worships and prodence with parched grain becomes successful and filled with wisdom. He who offers a thousand sweatmeats attains his life's goal. He who offers sticks into the sacred fire with this Upanishad attains everything, attains everything.

अष्टौ ब्राह्मणान् सम्यग् ग्राहयित्वा । सूर्यवर्चस्वी भवति । सूर्यग्रहे महानुद्यां  
प्रतिमासन्निधौ वा जप्त्वा । सिद्धमन्त्रो भवति । महाविघ्नात् प्रमुच्यते । महादोषात्  
प्रमुच्यते । महापापात् प्रमुच्यते । महाप्रत्यवायात् प्रमुच्यते । स सर्वविद्भवति स  
सर्वविद्भवति । य एवं वेद । इत्युपनिषत् ॥ १४ ॥



Note

aṣṭau brāhmaṇān samyag grāhayitvā sūrya varcāsvī bhavati |  
sūrya-grahe mähā nadyām pratimā sannidhau vā japtvā siddha  
māntro bhavati | mahā vighnāt pramuçyate | mahā doṣāt  
pramuçyate | mahā pratyavāyāt pramuçyate | sa sarva vid-  
bhavati | sa sarva vid-bhavati | ya évaṁ veda | ityupaniṣat|| 14||

He who imparts this sacred lore to eight brahmins becomes as  
radiant as the sun with Spiritual Radiance One who chants this  
at the time of the solar eclipse, on the banks of a river or in a  
temple before an icon, will achieve his desired goal immediately,  
he is liberated from all sins and nagative powers, he is liberated  
from all defects, he is liberated from all obstacles; he verily  
attains.

ॐ भद्रं कर्णेभिः शृणुयामं देवाः । भद्रं पश्येमाक्षभिर्यजत्राः । स्थिरैरङ्गैस्तुष्टुवाꣳ  
संस्तुभ्यः । व्यशेम देवहितं यदायुः । ॐ स्वस्ति न इन्द्रो वृद्धश्रवाः । स्वस्ति नः  
पूषा विश्ववेदाः । स्वस्ति नस्तार्क्ष्यो अरिष्टनेमिः । स्वस्ति नो बृहस्पतिर्दधातु ॥

ॐ शान्तिः शान्तिः शान्तिः ॥

om bhādraṁ karṇēbhiḥ śṛṇuyāmaṁ devāḥ | bhādraṁ  
pāśyemākṣabhīryajātrāḥ | sthīrairaṅgaistuṣṭuvā sāstaṇūbhiḥ |  
vyaśēma devahitaṁ yadāyuh | om svāsti na indro  
vṛddhaśrāvāḥ | svāsti naḥ pūṣā viśvavedāḥ | svāsti nastārksyo  
ariṣṭanemiḥ | svāsti no bṛhaṣpatirdadhātu ||

om śāntiḥ śāntiḥ śāntiḥ ||



O! God may we with our ears listen to what is good, and with our eyes see what is good. With limbs and bodies firm may we all extolling you attain the term of life appointed by the Supreme Lord.

**INTEXT QUESTIONS 2.1**

A. रिक्तस्थानानि पूरयत

1. त्वमेव ..... तत्त्वमसि
2. सर्वं ..... त्वत्तो जायते ।
3. त्वां ..... ध्यायन्ति नित्यम् ।
4. त्वं भूमिरापोऽनलोऽनिलो ..... ।

B.

1. कः चत्वारि वाक्पदानि ?
2. गणपतिः कस्मात् अतीतः वर्तते?

**WHAT HAVE YOU LEARNT**

- Ganesha's characteristics and his power.
- Reciting Mantras from Atharvashirsham.

Reference:

- Atharva Veda
- Sukta Sangraha; Pandit Sri Rama Ramanuja Acari, 2017



Note



### TERMINAL QUESTIONS

1. Describe Ganapati's nature and power in your own words.



### ANSWERS TO INTEXT QUESTIONS

A.

1. प्रत्यक्षं
2. जगदिदं
3. योगिनो
4. नुभः

B.

1. गणपतिः
2. सः गुणत्रयातीतः, अवस्थात्रयातीतः, देहत्रयातीतः, कालत्रयातीतश्च ।