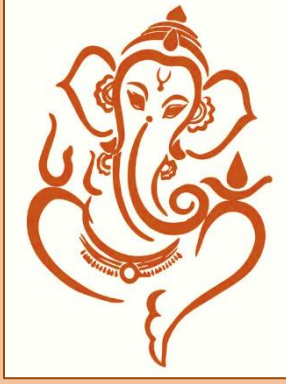


Shri Ganesha Atharvashirsham



Om namaste ganapataye |
Tvameva pratyaksham tattvamasī |
Tvameva kevalam kartā'sī |
Tvameva kevalam dhartā'sī |
Tvameva kevalam hartā'sī |
Tvameva sarvam khalvidam brahmāsi |
Tvam sākshādātmā'sī nityam ||1||

Ritam vacmi | satyam vacmi ||2||

Ava tvam mām |
Ava vaktāram |
Ava shrotāram |
Ava dātāram |
Ava dhātāram |
Avānūcānamava shishyam |
Ava pashcāttāt |

Ava purastāt |
Avottarāttāt |
Ava dakshināttāt |
Ava cordhvāttāt |
Avadharāttāt |
Sarvato mām pāhi pāhi samantāt ||3||

Tvam vānmayastvam cinmayah |
Tvamānandamayastvam brahmamayah |
Tvam saccidānandā'dvitīyo'si |
Tvam pratyaksham brahmāsi |
Tvam jñānamayo vijñānamayo'si ||4||

Sarvam jagadidam tvatto jāyate |
Sarvam jagadidam tvattastishthati |
Sarvam jagadidam tvayi layameshyati |
Sarvam jagadidam tvayi pratyeti |
Tvam bhūmirāpo'nalo'nilo nabhah |
Tvam catvāri vākpadāni ||5||

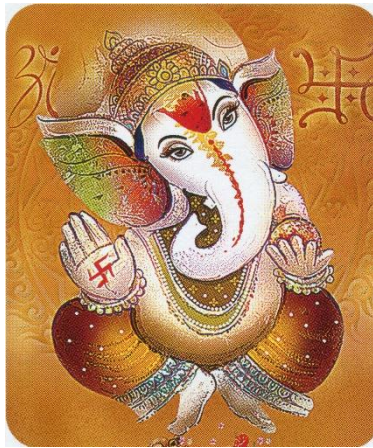
Tvam gunatrayātītah |
Tvam avasthātrayātītah |
Tvam dehatrayātītah |
Tvam kālatrayātītah |
Tvam mūlādhārasthito'si nityam |
Tvam shaktitrayātmakah |
Tvām yogino dhyāyanti nityam |
Tvam brahmā tvam vishnustvam
Rudrastvam indrastvam agnistvam
Vāyustvam sūryastvam chandramāstvam
Brahma bhūrbhuvah svarom ||6||

Ganādim pūrvamuccārya varnādīm stadanantaram |
Anushvārah paratarah |
Ardhendulasitam |
Tārena riddham |
Etattava manusvarūpam |
Gakārah pūrvarūpam |
Akāro madhyamarūpam |
Anusvārashcāntyarūpam |
Binduruttararūpam |
Nādah sandhānam |
Sagmhitā sandhih |
Saishā ganeshavidyā |
Ganaka rishih |
Nicridgāyatrī chandah |
Ganapatirdevatā |
Om gam ganapataye namah ||7||

Ekadantāya vidmahe vakratundāya dhīmahi |
Tanno dantih pracodayāt ||8||

Ekadantam caturhastam pāshamankushadhārinam |
Radam ca varadam hastairbibhrānam mūshakadhvajam |
Raktam lambodaram shūrpakarnakam raktavāśasam |
Raktagandhānuliptāngam raktapushpaih supūjitam |
Bhaktānukampinam devam jagatkāranamachyutam |
Āvirbhūtam ca shrishtyādauprakriteh purushātparam |
Evam dhyāyati yo nityam sa yogī yoginām varah ||9||

Namo vrātapataye |
Namo ganapataye |
Namah pramathapataye |
Namaste'stu lambodarāya ekadantāya
Vighnanāshine shivasutāya varadamūrtaye namah ||10||



Scuola di Yoga Satyananda Ashram Italia