

## FOREWORD

Vedic literature forms the foundation of the glorious spiritual culture of Bharath. The evolution of the Vedic thought starting from adoring the various natural forces as manifestations of the Divine, to the ultimate proclamations of oneness with the Divine, forms the vast body of Vedic literature. Upanishads which contain the highest Vedic philosophy, often referred to as Vedānta, are the crown of Vedic literature.

These Vedic hymns range from prayers to the Divine for worldly riches and spiritual enlightenment, to ecstatic declarations of oneness with the Divine. These hymns which were given to mankind by the great ancient sages of Bharath, are said to be discovered by them in their inner flights of contemplation and meditation. These sages did not lay claim to their composition. These hymns, which were created by the Divine along with this universe, are believed to exist eternally; they are highly potent and pregnant with deep spiritual insights. Chanting or even mere listening to these hymns will yield great material and spiritual benefits and bestow peace and serenity of mind. I am sure this book will be of immense help for seekers on the divine path.

This bouquet of Vedic blossoms is offered at the lotus feet

## १. (i) गणपति प्रार्थना

गणनां॑ त्वा गणपतिं॑ हवामहे कविं कवीनामुपमश्र्वस्तमम् ।  
ज्येष्ठराजं॑ ब्रह्मणां॑ ब्रह्मणस्पत॑ आ नः॑

शुण्वन्भूतिभिस्सीद् सादनम् ॥ १ ॥

*Gaṇānām tvā gaṇapatiṃ havāmahe*

*kaṇin kavīnāmupamaśrvaśtamanam*

*Jyēṣṭharājāṃ brahmaṇāṃ brahmaṇaspata*

*ā naḥ śṛṇvannbhūtibhissīdā sādanam.*

प्रणो॑ दे॒वी सर॑स्वती वा॒जोभि॒र्विजि॑न्नीवती ।

धी॒नाम॑वि॒श्र्वव॑तु ।

ग॒णो॒राय॑ नमः । सर॑स्वत्यै॒ नमः॑ ।

श्री॑ गुरु॒भ्यो नमः॑ । हरिः॑ ओम् ॥ २ ॥

*Praṇo devī sarasvatī vājebhīrvājīnīvatī.*

ॐ

*Dhīnāmavishravatu.*

*Gaṇeśāya namaḥ. Sarasvatyaī namaḥ.*

*Śrī gurubhyo namaḥ. Hariḥ om.*

## 1. (i) Gaṇapati Prārthanā

1. I pray to you; the lord of groups of demi-gods who removes obstacles. You are omniscient with complete knowledge; you know more than anybody else. I have come to you, recognising your greatness. You are the emperor of emperors. You are yourself Brahma. I have propitiated you with my chanting of adoring hymns.

I salute you for the fulfillment of my desires. You are the highest treasure among all treasures. You grant your devotees both treasure of food and the treasure of wisdom.

2. We invoke Saraswati the goddess of speech. May she be pleased with us and inspire our intelligence (to pronounce hymns properly). Prostrations to Gaṇeśa, Saraswati, and Sri Guru.



## १. (iii) गणपति अथर्व शीर्षम्

ॐ भद्रं कर्णेभिः शृणुयाम देवाः । .....१.....

ॐ शान्तिः शान्तिः शान्तिः ॥

*Om Bhadrām karṇebhiḥśṛṇuyāma devāḥ.....*

*Om śāntiḥ śāntiḥ śāntiḥ*

ॐ नमस्ते गणपतये । त्वमेव प्रत्यक्षं तत्त्वमसि । त्वमेव केवलं  
कर्ताऽसि । त्वमेव केवलं धर्ताऽसि । त्वमेव केवलं हर्ताऽसि ।  
त्वमेव सर्वं खल्विदं ब्रह्मासि । त्वं साक्षादात्म्याऽसि नित्यम्

॥ १ ॥

*Om Namaste gaṇapataye. Tvameva pratyakṣam  
tatvamasī. Tvameva kevalaṁ kartā si. Tvameva kevalaṁ  
dhartā si. Tvameva kevalaṁ hartā si. Tvameva sarvaṁ  
khalvīdaṁ brahmāsi. Tvam sākṣādātmaḥ si nityam.*

ऋतं वच्मि । सत्यं वच्मि ॥ २ ॥

*Ṛtam vacmi. Satyam vacmi.*

अव त्वं माम् । अव वक्तारम् । अव श्रोतारम् । अव दातारम् ।  
अव धातारम् । अवानूचानमव शिष्यम् । अव पृश्चान्तात् । अव  
पुरस्तात् । अवोत्तरान्तात् । अव दक्षिणान्तात् । अव चोर्ध्वा-  
न्तात् । अवाधरान्तात् । सर्वतो मां पाहि पाहि समन्तात् ॥ ३ ॥

*Ava tvam mām. Ava vaktāram. Ava śrotāram. Ava  
dātāram. Ava dhātāram. Avānūcānamava śiṣyam. Ava  
paścāntā. Ava purastāt. Avottarāntāt. Ava dakṣiṇāntāt. Ava  
cordhvatāt. Avādharāntāt. Sarvato mām pāhi pāhi  
samanāt.*

## 1. (iii) Gaṇapati atharva śīrṣam

1. In the name of Lord Gaṇeśa, we start our reading of 'Gaṇapati Atharvaśīrṣa'. Atharvan Ṛṣi, who has had the 'darśan'- the direct experience of Lord Gaṇeśa, has conveyed these in poetic form, so that we can benefit from it. It is customary to invoke the name of Lord Gaṇeśa before beginning anything. Atharvan Ṛṣi states:

O! Lord Gaṇeśa I pay my hearty homage to you, the Lord of the Deva- Ganas, You are the first facet of the Brahma-Tatva to arise, You have alone created this entire universe, You alone can maintain this universe, You alone can destroy this universe, You are indeed the all conquering Supreme Lord, Indeed, You are the Ātma.

2. I speak noble words, I speak the truth.

3. Protect me, protect the one who extols You, protect all who hear about Your benevolent nature, protect me, the one who worships You, protect all the disciples who are under tutelage, protect me from the obstacles (which arise during rituals) from the east, (similarly) protect me from the west, north and south, protect me from above and below, protect me from all directions.



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

*Tvaṁ vāimayastvaṁ cinmayah. Tvaṁānandanamayastvaṁ  
brahmanamayah. Tvaṁ sacchidānandā'dvītyo'si. Tvaṁ  
pratyakṣaṁ brahmāsi. Tvaṁ jñānamayo vijñānamayo'si.*

सर्वं जगदिदं त्वतो जायते । सर्वं जगदिदं त्वत्सि तृषति । सर्वं  
जगदिदं त्वयि लयमेष्यति । सर्वं जगदिदं त्वयि प्रत्येति । त्वं  
भूमिरापोऽनलोऽनिलो नभः । त्वं चत्वारि वाक्पादानि ॥ ५ ॥

*Sarvaṁ jagadidaṁ tvatto jāyate. Sarvaṁ jagadidaṁ  
tvattasīṣṭihai. Sarvaṁ jagadidaṁ tvayi layamesyati.  
Sarvaṁ jagadidaṁ tvayi pratyeti. Tvaṁ  
bhūmirāpo'nalo'nilo nabhaḥ. Tvaṁ catvāri vākpadāni.*

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 । गणादिं<sup>1</sup> पूर्वमुच्चार्य वृणादिं<sup>2</sup>  
स्तदनन्तरम् । अनुस्वारः परतरः । अर्धेन्दुलसितम् । तारेण  
ऋद्धम् । एतत्तव मनुस्वरूपम् ॥ ६ ॥

*Tvaṁ guṇatrayātītaḥ. Tvaṁ avasthātṛyātītaḥ. Tvaṁ  
dehatrayātītaḥ. Tvaṁ kālatrayātītaḥ. Tvaṁ mūlādharā-  
sthitō'si nityam. Tvaṁ śaktitṛyātmakah. Tvaṁ yuginō  
dhyāyanī nityam. Tvaṁ brahmā tvam vṛṇaṣṭvāni*

4. You are the master of speech. You are joy and immortal consciousness. You are truth, mind and bliss - one without a second, You are none other than Divinity, You are the knowledge of gross and subtle aspects of truth.

5. The whole universe emerges from You. All the universe are sustained by You. All the universe merges in You. You alone are Earth, Water, Fire, Air and Sky. You are the four types of speech and the root source of sound.

6. You are beyond the three "Gunas". You are beyond the three states of being. You transcend the three bodies. You are beyond the past, present and future. You always reside in the "Mūlādharā" Cakra. You are the triune power. Sages always meditate on You. You are the creator, sustainer, destroyer, the Lord of three worlds, fire, air, sun, moon. You are all inclusive and all pervading.



*rudrasvaminidrastvamagnisivam vāyustvam sūryastvam  
candramāstvam brahma bhūr bhuvah svarom. Gaṇādīm  
pūrvamuccārya varṇādīm stadanantarām. Anusvārah  
paratah. Arhenduhasiam. Tareṇardham. Eatarava  
manusvarūpam.*

गकारः पूर्वरूपम् । अकारो मध्यमरूपम् । अनुस्वार-  
इचान्तरूपम् । बिन्दुरन्तररूपम् । नादः सन्धानम् । समाहिता  
सन्धिः । सैषा गणेशविद्या । गणक ऋषिः । निचुद्राय-  
त्रीच्छुन्दः । गणपतिदेवता । ॐ गं गणपतये नमः ॥ ७ ॥

*Gakārah pūrvarūpam. Akāro madhyamarūpam.  
Anusvāra-ścānyarūpam. Bindurantararūpam. Nādah  
sandhānam. Saṅghitā sandhīh. Saiṣā gaṇeśavidyā.  
Gaṇaka ṛṣiḥ. Nicṛdḡāyātricchandah. Gaṇapatidevatā. Om  
gam gaṇapataye namaḥ.*

एकदन्ताय विद्महे वक्रगुण्डाय धीमहि । तन्नो दन्तिः प्रचोदयात्  
॥ ८ ॥

*Ekadantāya vidmahe vakraguṇḍāya dhīmaḥi. Tanno  
dantiḥ pracodayāt.*

एकदन्तं चतुर्हस्तं पाशमङ्कुशधारिणम् । रदं च वरदं हस्तैर्विभ्राणं  
मूषकध्वजम् ॥ रक्तं लम्बोदरं शूर्पकर्णिकं रक्तवाससम् ।  
रक्तगन्धानुलिप्तानङ्गं रक्तपुष्पैः सुपूजितम् ॥ भक्तानुकम्पिनं देवं  
जगत्कारणमच्युतम् । आविर्भूतं च सुष्टयादौ प्रकृतैः पुरुषा-  
न्तरम् । एवं ध्यायति यो नित्यं स योगी योगिनां वरः ॥ ९ ॥

7. (After describing the characteristics and cosmic attributes of Lord Gaṇeśa, Atharvan Ṛsi gives us the sacred "Gaṇeś Vidyā" i.e. the mantra which reveals the sacred form of Lord Gaṇeśa.) The letter "GA" is to enunciated, followed by "NA". This one word mantra is then potentiated with the "Pranava" i.e. "OM" (The sacred mantra). In order to make it simpler, Atharvan Ṛsi presents the above in an easier fashion. "GA" is the first part, "NA" is the middle and end. The "UM" formed by the bindu is conjoined with the forgoing and all of them form the sacred word. This mantra if pronounced properly, has the power of revealing the Divine Lord Gaṇeśa. The sage who receives the mantra is Gaṇaka and the meter is "Nīchrat Gāyatri", the deity is Gaṇapati. OM "GUNG" Gaṇapati, my salutations to You. (Saying thus, the devotee should bow to the Lord).

8. I meditate on the single tusked Lord, with his curved trunk. May He grant knowledge and inspire me. (This is the Gaṇeś "Gāyatri").

9. (The "Saguṇa" form of Lord Gaṇeśa is presented in the above sloka). I salute the Lord who is single-tusked (right side), having four hands; the upper right carrying binding rope; upper left holding goad; the mouse on His banner is His vehicle; He is blood red in colour; pot-bellied; He has elephant ears and wears red clothes; He is



*Ekadantanān caturhastān pāsāmaṅkuśādhārīnān. Radān ca varadān hastair bhīhrāṇān mūsakadhvajān. Raktān lambodarān śūrpa karṇakān raktavāsasān. Raktāṅgur-dhānūlpitāṅgurān raktapuspaiḥ supūjīnān. Bhaktānukāmpīnān devān jagat kāraṇān acyutān. Āvirbhūtān ca śiṣṭyāḍau prakṛteḥ puruṣāpāraṇ. Evān dhyaēyati yonīyān sa yogī yogīnān varāḥ.*

नमो व्रातपतये । नमो गणपतये । नमः प्रमथपतये । नमस्तेऽस्तु  
लम्बोदरायैकदन्ताय विघ्ननाशिने शिवसुताय वरदमूर्तये नमः ।  
॥ १० ॥

*Namo vrāṭapātaye. Namo gaṇapātaye. Namaḥ pramathapātaye. Namo lambodarāyeka-*  
*dantāy. Namaste'stu lambodarāyaka-*

*viḡhananāśīne śivasūtāya varadamūrtāye namaḥ.*

## २. नारायणोपनिषत्

ॐ सह नौ-ववतु... ॐ शान्तिः शान्तिः शान्तिः ॥

अथ पुरुषो ह वै नारायणोऽकामयत प्रजाः सृजेयेति ।  
नारायणात्प्राणो जायते । मनः सर्वेन्द्रियाणि च । खं  
वायुर्ज्योतिरापः पृथिवी विक्रवस्य धारिणी । नारायणाद् ब्रह्मा  
जायते । नारायणाद्-इन्द्रो जायते । नारायणादिन्द्रो जायते ।  
नारायणात्प्रजापतयः प्रजायन्ते । नारायणाद्इन्द्रादशान्दित्या  
रुद्रा वसवस्सर्वाणि च छन्दागंसि । नारायणादेव समुत्पद्यन्ते ।  
नारायणे प्रवर्तन्ते । नारायणे प्रलीयन्ते ॥ १ ॥

smearred with red sandalwood and decorated with red flowers. He is eternally blessing His devotees, and has been in existence even before the cosmos materialised. He is beyond "Prakṛti" and "Puruṣa" and is the creator of all. One who meditates on Him constantly, is a Supreme Yogi.

10. (Salutations to You) Lord of all deities, Gaṇas and all beings (Salutations to) the pot-bellied one who is single-tusked, who destroys all obstacles, son of Śiva, the Divine Lord who grants boons (we bow to you) taking your name.

## 2. Nārāyaṇa upaniṣad

1. The supreme person Nārāyaṇa willed to create beings. From that Nārāyaṇa emerged, the life principle, mind, all the senses, sky, mind, fire, water and earth; they combined to form the universe. Brahma, Mahā Rudra, Indra and all the prajāpatis emerged from Nārāyaṇa. Even the twelve Ādityas, the eleven Rudras, the eight Lords of directions (Vasus), all the Vedas and all types of wealth were born from Nārāyaṇa. All things and beings emerged from Nārāyaṇa. Everything is sustained by Him and ultimately merges in Him. This is what we learn from the first part of R̥gveda.