

OM Gām Gānapataye Namaha

OM Sri Gāneshaya Namaha

**OM Shrīm Hrīm Klīm Glāum Gām
Gānapataye Svāha**



Ganesha represents stability, wisdom, the earth element and the root chakra, Mooladhara. His energy creates a solid foundation for auspicious beginnings, so it is common to chant for Ganesh at the beginning of practice, and before starting a new endeavour.

He is also the giver and remover of obstacles, which can either help to clear the path for success, or block the path if we are going astray.

While chanting these mantras, focus on creating a stable yet comfortable sitting posture and attitude.

Gam, Glaum – these are seed (bija) mantras carrying the power of Ganesh energy

Namaha – an expression of devotion, respect, gratitude and humility

Ganapati – another name for Ganesha - lord (pati) of the Ganas. The Ganas are servants of Shiva, who can help or hinder our efforts.

