

*OM is the basic vibration of the cosmic universe. Hence all mantras begin with "OM"

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*Benefits of Japam:-

1. Physical - to energize the system (to tone up the system)
2. Mental - to remove depression/obstacles/mental blocks
3. Spiritual - Attaining Siddhi,self-development/specific areas of growth(strengthening the inner-personality by projecting positive powers inwards; over-coming/eliminating negative traits).

*Ganesh Mantra Siddhi Jaap

*Invoking Lord Ganesha

*Lord Ganesha is invoked through the mantra Aum.

*The Mandukya Upanishad elucidates the inner meaning of Aum, which embodies the highest wisdom. Aum has three syllables. A represents the waking state. U represents the dreaming state. M represents the state of deep sleep. Aum in its entirety, plus the moment of silence which follows it,represents the shanti, the peace beyond understanding.

*Thus, Aum japa performed as an invocation to Lord Ganesha, the Lord of Wisdom and Knowledge -- while love is welling up from our hearts and tears are for no reason flowing simultaneously -- calls forth the knowledge of the entirety of our existence in these four

*categories of consciousness. These are realms that God Ganesha rules over as Lord of Categories, and this is the knowledge that He can grant devotees who perform Aum japa and meditation on the meaning of Aum.

*Methods to do Aum japa:-

1. For Aum japa to be effective, the mantra must be pronounced correctly. The first syllable is A, pronounced as the English word "awe," but prolonged: "aaa." The second syllable is U, as in "roof," pronounced "oo" but prolonged: "ooo." The third syllable is M, pronounced "mm" with the front teeth gently touching and the sound prolonged: "mmmm." Each repetition is sounded for about seven seconds, with two seconds on A, two seconds on U and three seconds on M, with a silence of about two seconds before the next repetition. The three syllables are run together: AAUUMM (silence), AAUUMM (silence), AAUUMM(silence). On the first syllable, A, we feel the solar plexus and chest vibrating. On the second syllable, U, the throat vibrates. The third syllable, M, vibrates the top of the head. Thus, proper chanting of Aum also is a high form of yoga, moving energy from the lower chakras of the body up to the highest chakra, or energy center -- the sahasrara chakra at the crown of the head.

2. Another traditional way to do this japa is to take a full breath and then chant the AUM three times as you exhale. The first repetition is audible, the second is more quiet and the third is barely audible, as you concentrate within. Then inhale slowly as you visualize the image of our loving Lord Ganesha in your mind. Then repeat the AUM again three times as you exhale. The breathing should not be forced, but natural, slow, gentle and rhythmical. We can use a japa mala with 108 beads and pass over one bead for each repetition, or do the japa for a prearranged period of time.

*Ganesha Siddhi Mantras:

*Those so mystically inclined and knowledgeable of the seven chakras below the muladhara use these powerful incantations under the direction of the guru to close off these regions of the mind one by one and free consciousness from deep depression, confusion, jealousy, rage, lingering anger and fear. Some such mantras are given below for the spiritual benefit of the readers.

1. Aum Shri Ganeshaya Namah-

meaning "Praise to Lord Ganesha." This is the mantra of invocation, adoration and worship. It is repeated at the beginning of pujas and it can be used for japa, to invoke Ganesha's blessings for the auspicious beginning of a task, project, change of life, community undertaking or simply to offer Him our praise. This mantra is usually taught to children for their good education. It

increases their memory power, and they become successful in their examinations. Of course, people of any age may use this mantra when taking courses in a school or university, and for success in attaining their degree.

2. Aum Gam Ganapataye Namah-

This is Lord Ganesha's mula ("root") mantra. It is also known as His bija mantra, for it combines Ganesha's bija ("seed") sound, "gam," with the phrase, "Praise be to Ganapati." This mantra is used for yoga sadhana in which we invoke Ganesha and merge ourself with His supreme knowledge and peace. These two mantras are not harmful if mispronounced, as sometimes happens, though they should be sounded as properly as possible to be most effective. Most importantly, they must be chanted at the same time each day, and this means exactly the same time, for full devonic support. This is a mantra from Ganapati Upanishad. One may always use it before beginning a journey, new career or job, or before entering into any new contract or business so that impediments are removed and your endeavor may be crowned with success.

3. Aum vakratundaya hum-

This is a very powerful mantra, as discussed in the Ganesha Purana. When something is not working properly, individually or universally, nationally or internationally, or when the minds of the people turn crooked, negative, depressed or discouraged, the attention of Ganesha may be drawn by this mantra to straighten their ways. The HUM symbolizes "Delay no more, my Lord, in straightening the paths of the crooked-minded ones." This mantra is used many times in the Ganesha Purana to curb the atrocities of cruel demons. In addition, this mantra could also be used for healing any spinal deficiency, such as curvature of the spine or curved limbs. Dedicate 1,008 repetitions of this holy word to straighten and heal such deficiencies.

4. Aum kshipra prasadya namah-

Kshipra means instantaneous. If some danger or negative energy is coming your way and you don't know how to get rid of that trouble, with true devotion, practice this mantra for quick blessing and purification of one's aura.

5. *Aum shrim hrim klim glaum gam ganapataye

*vara varada sarva janamme vashamanaya svaha.

There are several bija (seed) mantras in this mantra . Among other things, it signals, "Shower Your blessings, O Lord. I offer my ego as an oblation."

6. *Aum sumukhaya namah-

This mantra has a lot of meaning, but to make it simple, it means you will be always very beautiful in soul, in spirit, in face, everything. By meditating on this mantra, very pleasing manners and a beauty comes on you. Along with that comes peace, which constantly dances in your eyes; and the words you speak are all filled with that power of love.

7. *Aum ekadantaya namah-

Ekadanta refers to one tusk in the elephant face, which means God broke the duality and made you to have a one-pointed mind. Whoever has that oneness of mind and single-minded devotion will achieve everything.

8. *Aum kapilaya namah-

Kapila (red) means that you are able to give color therapy. You are able to create colors around yourself and around others, bathe them in that color and heal them. As per the mantra you create, so will you create the colors. Another meaning is "wish cow," the "cow of plenty." It means that whatever you wish, that comes true. There is a wish-cow inside you. Whatever you wish, especially for healing others, comes true immediately.

9. *Aum gajakarnikaya namah-

The ears of Ganesha, the elephant, are constant fanning, which means people may talk a lot, but you are not receiving inside anything other than that which is important. It also means that you can sit anywhere and tune this cosmic television (the body) with seven channels (chakras) and all 72,000 nadis, to any loka and be able to hear ancestors, angels, the voice of God or the voice of prophets. That kind of inner ear you will develop through this mantra.

10. *Aum lambodaraya namah-

This means you feel that you are this universe. It means that all the universes are within you. Like an entire tree is in the seed, the whole universe is in the sound of creation, which is Aum, and that Aum consciousness in you makes you feel that you are the universe. Therefore, if you say, realizing the oneness with the universe, "shanti to the world" every day, then the grace of God will come and there will be world peace, universal peace. It is the universes within Aum and Aum within you.

11. *Aum vikataya namah-

This means realizing this world as a dream or a drama. When you are in that high consciousness, this whole world looks like a dream. All of us have taken a role. We have to play our role in life as wife or husband or children or citizens, all consistent with the role we have taken. When an actor bitten by a sponge cobra that is brought on the stage falls, the entire audience cries; but that boy who has fallen knows it was not a real cobra and he is not dead. Life is a drama --definitely life in this material world, this physical world of ego, is a drama. But inside, like the boy on the stage who is quite happy knowing that he didn't die by the bite of the sponge cobra, like that, the truth never dies in us; it is immortal. So everything else you consider as drama. That consciousness comes to you by knowing this mantra.

12. *Aum vighna nashanaya namah-

This mantra invokes the Lord Ganesha to remove every impediment in your life and in your works. By constant meditation on this mantra, all obstacles and blocked energy in your physical and astral bodies are released.

13. *Aum vinayakaya namah-

Vinayaka is the name of Ganesha in the golden age. So by realizing this mantra, your life will have a golden age. In your office, in your work, you'll be the boss. Vinayaka means something under control. Vinayaka means the Lord of problems.

14. *Aum ganadhyakshaya namah-

This mantra is so important. Suppose you have a group, a country, neighbors, or any kind of group therapy, group healing or a whole country needing healing, then you have to bring that entire group to your mind's arena and say this mantra. A group healing takes place by this mantra.

15. *Aum bhalachandraya namah-

In Sanskrit, bhala means the forehead center. Chandra means the crescent moon. Bhalachandra means that chakra from where the nectar drips. That is the secret of all healing. It is to feel yourself as Siva, identifying yourself with the Truth and feeling constantly that you are carrying the crescent moon, the symbol of growth and nectar and peace.

*Feelings after Mantra Jaap-

1. When the ganas and devas of Lord Ganesha are finally attracted to the home shrine, the room will feel filled with actinodic energy even if it is a closet or a small sacred alcove.
2. The energy will come out of seeming nowhere into the room. This feeling indicates that Ganesha's ganas are present, eager and willing to do whatever they can to maintain shanti, peace, within the home and bind the family together. Nothing bad, hurtful or harmful will ever be performed by them, even if fervently prayed for. Only good and goodness will be their actions. They do not condone revenge. They do not deny anything to anyone who is within dharma's calling. And they do work within the prarabdha karmas of each individual within the family. Theirs is a calculated job in doing what they have to do to maintain family togetherness, even at great distances.

*Results of Ganesh Jaap-

*Ganesha mantras are siddhi mantras. Each mantra contains certain specific powers of Lord Ganesha. When chanted with the proper pranayama (rhythmic breathing) and sincere devotion, they will yield good results.

1. In general, Ganesha mantras will ward off all evil.
2. Bless the devotee with abundance, prudence and success.
3. Evil spirits dare not enter the home or the mind of the devotee where Ganesha mantras are recited.

*Precautions for Ganesh Jaap:-

1. One should bathe or wash the limbs before sitting for repetition of the mantra.
2. One should do three or more pranayama before beginning the mantra.
3. The minimum repetition of the mantra should be one full mala, or 108 times.

4. When this is done at a fixed hour and place regularly for 48 days, it becomes an upasana, which means intense meditation, that will yield siddhis, or spiritual powers.
5. One should use those powers only for healing the sick and other such selfless actions for the benefit of mankind.
6. These powers should not be misused. Misuse of power may bring the curse of the asuras(Demons).

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