



---

# Ganesh Meditation Guidelines

---

Your Diksha (Guidelines) for this 10 day process

## 10 days of meditation

Meditate with the Ganesh Mantra for 10 consecutive days, from Sept 1 to Sept 10. Don't skip a day! If you are joining later, no problem, just start as soon as you can, but try to do it for a minimum of 10 days in a row. If you are enjoying the process, you can also extend this process after 10 days to 41 days or 108 days.

## 108 x Ganesh Mantra per day

This form of meditation is called japa meditation, which is a mental or silent, inner repetition of a mantra. Every meditation process has a channel of power (shakti) that you connect to by vibrationally merging with its energy through the mantra repetitions. Each process requires a minimum 'dosage' of repetitions, repeated daily over a specific period of time. This is the sacred formula for creating inner transformation, healing and change, and connecting to divine power channels.

For this process, you need to repeat the Ganesh Mantra every day for a minimum of 108 repetitions. It will take you approx 20-30 min.

## Correct Pronunciation

Correct pronunciation is important, as you want to hit the right energetic notes to create the required soul vibration. Listen to the audio files we provide for the mantra and print the pdf document with the Ganesh Mantra. In the beginning say the mantra out loud, so you can hear your pronunciation and it helps to memorize the mantra. As soon as you can comfortably internalize your mantra, start repeating it mentally and notice the change in experience when you go to a more subtle level.

## Meditate any time of day

You can do this process any time of day, yet we recommend doing this process during the early morning hours just before and during sunrise. This is the time when the light of the sun is the most healing. A Ganesh meditation is also a wonderful way to start your day.

## Very Important - Do not touch the ground

When you are meditating, no part of your body or your mala should ever touch the ground directly. You should always have something between you and the ground, i.e. blanket, cushion. You can also sit on a chair, couch or bed. If your feet are touching the ground, place a towel or mat underneath your feet.

The earth has a very strong gravitational force and it can pull the meditation power you are building during the meditation process into the ground. If you don't take recommended precautions, your efforts are wasted and you will not get the intended results you wish from the process.

## Prepare for meditation

It's recommended to be freshly showered before meditating, or at least freshen up by washing your face, hands and face. Wear comfortable clothes, preferably white or light colored clothing. Black is not a suitable color for meditation as it attracts negativity. You can light a candle, incense and play gentle music. Stretch first if it helps you to sit for a longer period of time in meditation. Be comfortable. Don't rush. Make sure you cannot be interrupted. Schedule your meditation in your calendar and set alarms.

Enjoy the quiet communion with the mighty Ganesha!

## Set your Intention

Setting your Intention every day before you start your Ganesh meditation is vital to the success of your process. Whatever your intentions are, whatever you are asking Ganesh's blessings for, let them come from your heart and be spoken open-heartedly.

Be as open as you can allow yourself to be. Your intention is, one part, a sincere plea; and, one part, a show of deep personal commitment. Use your own words, if you like, but here's a sample:

*"Beloved Ganesh, I'm in your hands now. Please grace me with your power and protection! I'm here, with my heart open wide, to accept all that you wish to offer me. Please, please know that I want your divine power to be part of my own, as fully as possible, from today forward."*

## 10th Day - Ganesh Puja

On the final day of this process, on Friday, September 10 from 9:30am to 10:30am IST (India Standard Time) you can meditate with the Ganesh Mantra while watching an authentic Ganesh Puja performed at a temple by priests, broadcast live from Penukonda, India. You will be able to view it in our Ganesh Meditation Course section in Lesson 10 or on our SHIVALOKA TV Youtube channel.



©2021 SHIVALOKA Academy International

All rights reserved by Sri Kaleshwar.No part of this brochure may be reproduced, photocopied, distributed in any printed or electronic form without prior agreement or written permission