

G A N E S H O T S A V S P E C I A L *Chaitanya Digital Newsletter Vol 01*
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Right from the mythological times, Lord Ganesha has been worshipped as a God and is quite popular among Hindu devotees. He is possibly the God loved by the most right from young children to mature adults. Lord Ganesha is mysterious in nature, and many efforts are being made to discover the truth hidden behind this great God. Here is one more dimension which I am sure young students will ponder over.

Lord Ganesha though is a God of Intellect; his worship is considered vital before starting any human activities. Here we have to understand the term intellect which has two dimensions. One is the intellect, which is used in manifesting the infinite, invisible, and subtle into something which is finite, visible, and gross in

nature. Human activities are visible, tangible, and behavioral in nature. Ganesha is that God that translates the ideas, thoughts and emotions into actions. The first three are invisible and intangible while the last one is tangible. All human activities are nothing but the culmination of ideas to action through thoughts & emotions. Ganesha helps in translating ideas into actions without any loss of value. That is the importance of Ganesha and hence he is called as a Vighnaharta in Indian languages which means “the one who removes the loss”. Ganesha is a frequency in human existence which ensures that. Goddess Saraswati on the hand is also considered to be a Goddess of Intellect. Here the dimension of intellect is different. Goddess Saraswati translates ideas back towards the experience of that infinite, unlimited, vast human nature of the soul. The same energy generated through ideas are given different directions to achieve different objectives. No wonder Ganesha is known to create mundane wealth and by and large gives one a comfortable life while Saraswati is worshipped by scholars who are oriented towards liberation. Ganesha is about the expression of knowledge to wealth while Saraswati is about the impressions of the understanding of the soul about its nature.

I hope now you have understood what Ganesha is and why is he worshipped by all those who want to succeed in human activities. Ganesha as a vital frequency has many other dimensions too. This frequency is known for Viveka of discretion about what is appropriate and what is not. It filters the unwanted and contaminated things from those valuable to maintain life pure. When you study, you start with getting inputs in the form of reading, listening etc creating ideas about the subject at hand. This goes through the mind and heart to create the right kind of storage, understanding, and assimilation so that you can retrieve those inputs and then express them in words either by writing or orally. That is what is called an examination in common parlance. The whole process of studying goes through the frequency called Ganesha. If this frequency is maintained clean through worshipping, you can express everything that came to you as inputs without any loss and you become a good performer. That is your excellence in academics. But if this frequency is contaminated, you land up as a failure as there is a tremendous loss while translating the inputs. Got it? What is applicable to students here is also applicable to any professional like an Architect or a creative artist or even a medical Doctor. If the ideas do not get translated in the purest form, they lose their essence and what you get is not what you wanted. Ideas manifest in distorted forms. Do you know now why Ganesh is worshipped and prayed for before every human activity or creation?

More to come in our future communications.

Happy Ganesh Chaturthi to all our readers



Dear students of DSPPL, and my young friends,

India is a land of festivities and if you travel across the length and breadth of India, you will find some or other festivals every week. Ganesh Chaturthi is one such hugely celebrated festival. The favourite lord of kids also manages to rule the hearts of all ages.

Ganesha has been ascribed many other titles and epithets, including Ganapati (Ganpati), Vighneshvara, and Pillaiyar. The Hindu title of respect Shri is often added before his name.

Vinayaka or Binayaka is a common name for Ganesha that appears in the Purāṇas and Buddhist Tantras. This name is reflected in the naming of the eight famous Ganesha temples in Maharashtra known as the Ashtavinayak. The names Vighnesha (vighneśa) and Vighneshvara (vighneśvara) (Lord of Obstacles) refer to his primary function in Hinduism as the master and remover of obstacles (vighna).

A prominent name for Ganesha in the Tamil language is Pillai or Pillaiyar. The difference between these terms is that Pillai means a "child" while Pillaiyar means a "noble child".

In the Burmese language, Ganesha is known as Maha Peinne, derived from Pali Mahā Wināyaka. The widespread name of Ganesha in Thailand is Phra Phikanet. The earliest images and mention of Ganesha names as a major deity in present-day Indonesia, Thailand, Cambodia, and Vietnam date from the 7th and 8th centuries, and these mirror Indian examples of the 5th century or earlier. In Sri Lankan Sinhala Buddhist areas, he is known as Gana deviyo, and revered along with Buddha, Vishnu, Skanda, and others.

The name **Ganesha** is a Sanskrit compound, joining the words Gana, meaning a 'group, multitude, or categorical system', and Isha, meaning 'lord or master'.

Now let us look at the incarnations of Lord Ganesha and what they signify at the spiritual level.

Shri Ganesha incarnated in 8 different Avatars at different times to destroy demons, each of which represents a different state of emotion.

Vakratunda Avatar was taken to kill Matsara, the demon of jealousy.

Vakratunda rides a lion & has a curved trunk.

Shri Ganesha incarnated as **Ekadanta Avatar** to kill Mada, the demon of vanity.

He has one tusk and rides a rat.

Lambodara Avatar of Shri Ganesha was to kill Krodha, the demon of rage.

Lambodara has a pendulous belly. His mount is a rat/ mouse.

Dhumravarna Avatar of Shri Ganesha corresponds to Lord Shiva so is smoke-grey in color. He incarnated to kill Ahamkara, the demon of arrogance. His mount is a horse.

Shri Ganesha incarnated as **Mahodara Avatar** to kill Moha, the demon of attachment. He has a big belly & His mount is a mouse.

Vighnaraja Avatar, the King of obstacles came to kill Mama, the demon of self-indulgence. His mount is the celestial serpent Sesh Naag.

Elephant head **Gajanana Avatar** who rides a mouse, incarnated to Kill Lobha, the demon of greed.

Vikata Avatar of Shri Ganesha is an unusual form, a peacock is his mount. He incarnated to overpower the Kama, the lord of lust.



Omkar is the sound of mother earth and Ganesha, a deity of Omkar form, is the one whose vibration transforms unmanifest to manifest, connecting the spirit or nirguna (without any qualities) with matter or sagun (with good qualities). That is why we worship Ganesha before the start of any work. The deity that transforms our efforts into 100% success without any vighna i.e. hindrance or obstacles, is Ganesha. Lord of Gunas (qualities), Ganesha is the son of Purusha (Shiv Shankar) and Prakriti (Mata Parvati). In our SOFT Program at Devrukh ashram, we teach Atharvashirsha and urge everyone to recite it every day.

Worshiping Lord Ganesha is important for everyone, but for the students, its importance is manifold. The word Atharvashirsha is a combination of "Atharva" which means steady and "Shirasha" meaning Intellect (head). So to achieve steady intellect Atharvashirsha is immensely useful. Therefore, the student should recite Atharvashirsha every day. In it, there is description of Ganesha as, "मूलाधारोस्थितोसी नित्यं" | Meaning the place of Ganesha is in the Muladhara chakra, which is a symbol of stability, and as we learned in the Reiki seminar that the Muladhara chakra is connected with the Sahasrara chakra, so Ganesha connects the ego or Ahambhav (Muladhara chakra) to the soul or Atma Bhav (Sahasrara chakra).

Students usually have 2 complaints about their studies. One is that they can't remember properly what they have studied. It is forgotten and the other is that sometimes a specific lesson or exercise is not understood properly by them.

Parents, come to Guruji Ajit Sir, worried about this problem and their child's education. Ajit Sir tells them that children should meditate and also recite Atharvashirsha. To this, people get confused, they think that "here we are talking about studies and Guruji is talking about meditation and Atharvashirsha, what is their relationship with each other?" So once again let's try to understand what Guruji said. Once we understand the process of study, then this mystery will unfold easily.

The Process of Learning -

It has 6 stages or steps -

1. Reading or Listening – This is an external process.
2. Storing– This is an internal process.
3. Understanding – This also is an internal process.
4. Assimilation – Internal process.
5. Retrieving – Internal process and the last step is,
6. Expression or Writing – This now is an external process.

So if we understand this then we will know that for learning, 4 out of 6 processes are internal, which is done with the Chitta (combination of Intellect, Mind and Heart). The purer this mind, the more the learning will be expressed during the examination. And Shri Ganesha has an important role to play in expressing this unexpressed, that's why he is the God of wisdom.

If we recite Atharvashirsha regularly, then the steady intellect opens up the possibility of purification of the mind. Remembering Atharvashirsha & reciting without looking in the book, even better! Because when we recite without looking in the book, then the churning of the conscious and subconscious mind takes place, which is useful to keep the memory sharp and strong. By doing this, we can achieve the accomplishment of Swami Vivekananda. Swamiji, if he used to read anything once, he would remember it 100%, not only that, but if he was asked to repeat it, or if asked to write, then he could do it 100% without any mistake. This is the result of a pure mind. We all must try to achieve this. So, let's take this resolution from this Ganesh Chaturthi - we will recite Atharvashirsha every day, which will make our studies easier and will also solve the worries of our parents



The moment we think of Lord Ganesha, a smile appears on our face. May it be a

small child or an elderly person. He is the God who is liked by everyone. His looks are weird as compared to other Gods. He has the face of an elephant with a big trunk and ears and the body of a human. But still, he is worshipped by everyone. He is “Pratham Pujya”, the one who is worshipped first among all the Gods. Why is it so? It is because of his unique qualities.

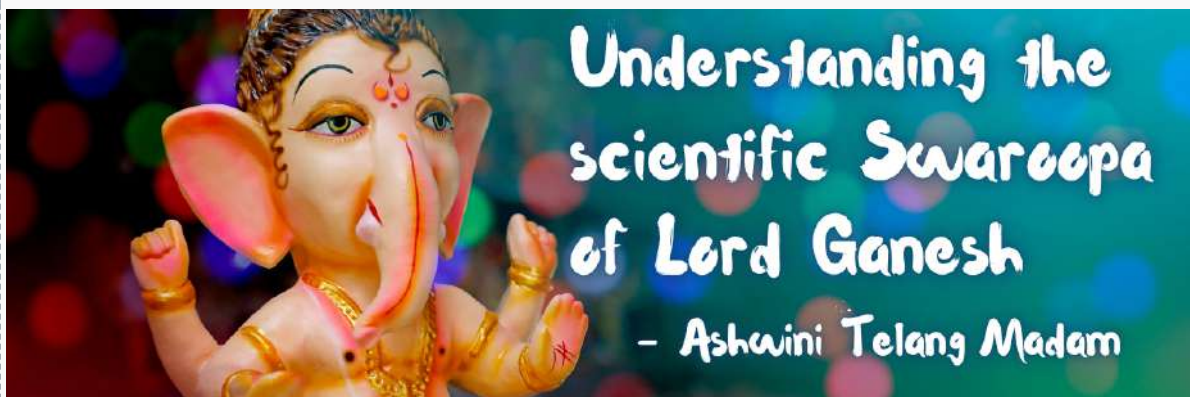
The first and foremost quality of Lord Ganesha is being humble and modest. And that makes him likable by everyone. He was very much strong-minded before his head was cut by Lord Shiva. But it is a very symbolic thing. It means his ego was crushed and thereafter he became very humble. And when he became humble, he became “Pratham Pujya”. So let’s surrender our ego on the Lotus feet of Guru/ God and become humble like him

Another quality of Lord Ganesha is - he is God of knowledge. That is why his stomach is big. He translates intellectual energy into spiritual and material wealth. This depicts how we should lead our life. At the same time his big ears signify that we should become a good listener. He has a big trunk which he uses to shed away all the negatives in the atmosphere and bring a lot of positivity. So let us all think positively all the time. Lord Ganesh is worshipped first before we do any good work, it is because he is “Vighnaharta” – the one who removes all the obstacles. Similarly, we should always strive to solve situations which we frame as problems in life.

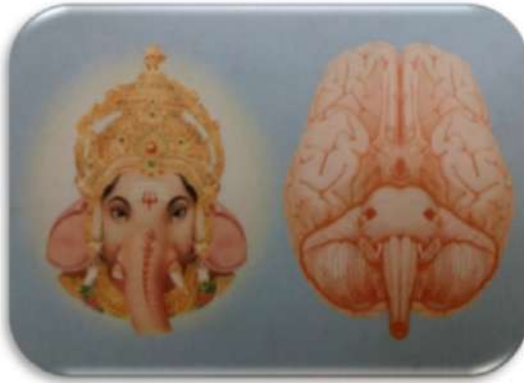
The moment we think of Lord Ganesha, we are reminded of Modak and Laddoos which depicts celebrations. It means Lord Ganesha enjoys life. We should do the same. Let every moment of our life be full of celebration and enjoyment.

Lord Ganesha has four hands, that means he is telling us to work more. He is an ideal son and good husband. He is a wonderful brother and happy father too. He is the one who has no enemies. The one who brings lots of happiness and positivity wherever he goes and enjoys life. In his company, everyone enjoys life. He is naughty but at the same time wise – Mahagyani. He is humble but at the same time Vighnaharta – means the one who removes obstacles and kills demons. Our life will be full of celebrations if we also become like him.

But how to become like him? Chant his name, and chant Ganapati Atharvashirsha every day. How will this chanting help? It will make us resonate with the frequency of Lord Ganesha. It stabilizes the mind and intellect. It allows the vibrations to settle down and keeps our emotions calm. And once we do it we will develop all the qualities of Lord Ganesha.



Recently, while reading the book “Human Physiology” written by Professor Tony Nader, MD Ph.D.; I interestingly found Lord Ganesh’s scientific Swaroopa.



Ventral view of the brain: Correspondence between Ganesh and the pons, medulla, and cerebellum

It is said that “Lord Ganesh sits at the entrance of Shiva’s cave, and nothing can go in or out without passing him.” Taking this into consideration if we look within Human Physiology there is a set of structures that form the gateway to the brain. The set includes the pons, the medulla, and the cerebellum. Just as nothing goes in and out of Shiva’s cave without passing Ganesh, no information goes to the brain or comes out of it without passing through or communicating with this set of structures.

The ears of Ganesh

Lord Ganesh, is also known as charukarna meaning a good listener (Charu means beautiful or good and Karna means ears) In Human Physiology, the ears of Ganesh resembles the cerebellum. Those who have learned the functioning of the cerebellum might agree that it governs balance, eye movements, and body equilibrium during standing or moving it controls the ongoing execution of limb movements and balances action with intention along with governing and initiating movements.

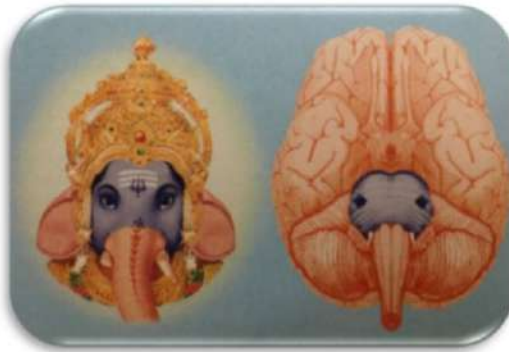


Ventral View: The ears of Ganesh corresponds to the cerebellum

Many of us might have heard about the story that Rishi Vyas dictated the great epic of “Mahabharata”

to Ganesh asking him to compare sound and meaning which is similar to the ability of the cerebellum to compare intention and action. If we look closely at the physiological interpretation the find that Rishi Vyas represents the speech centers of the brain while Ganesh is the structure that makes speech “visible”. In other words, he gives a form to the sound. This is the writing aspect, which involves the use of motor nerves and aspects of control and coordination of action that also goes through the structure in our Physiology representing Ganesh.

The face of Ganesh



Ventral View: The Face of Ganesh resembles to the pons

The pons that symbolizes the face of Ganesh constitutes all major part of the brainstem. They control awareness and behavioral performance along with the inputs and outputs of the brain. The cranial nerves coming from the pons are responsible for the skin, muscles, and joints. Functions like vision, hearing, olfaction, and taste are mediated through the pons and so are the controls of visceral functioning, breathing, heart rate, blood pressure coughing, and swallowing.

The trunk of Ganesh

The medulla depicts the trunk of Ganesh which serves as the pathway for the functions taking place in the pons. It serves as the primary area for breathing, heart rate, and blood pressure.

The eyes of Ganesh

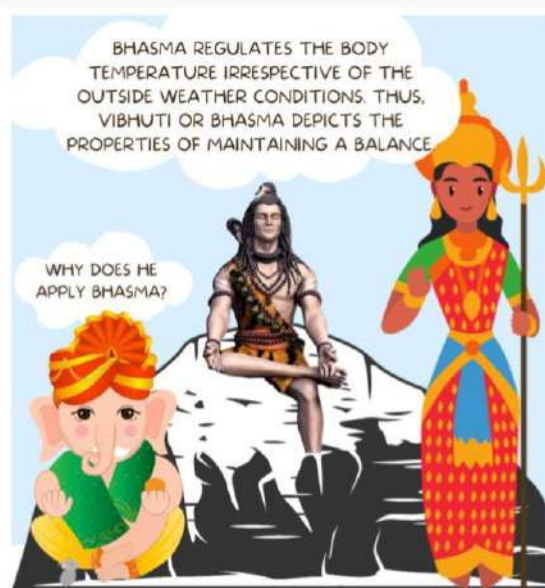
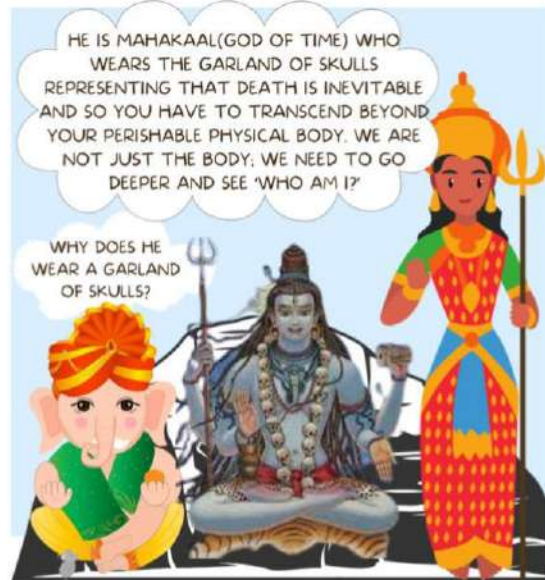
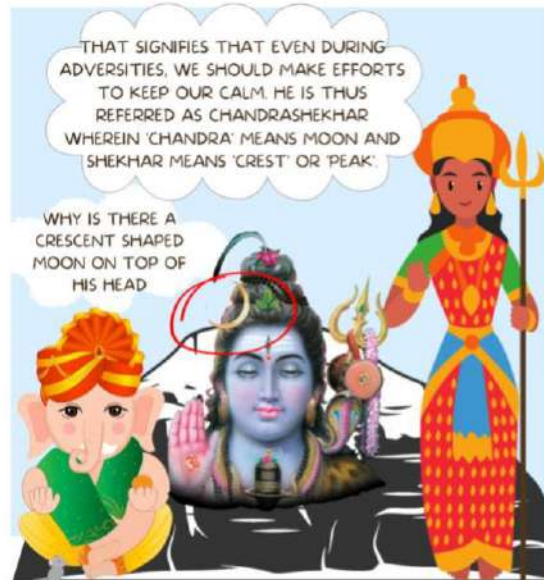
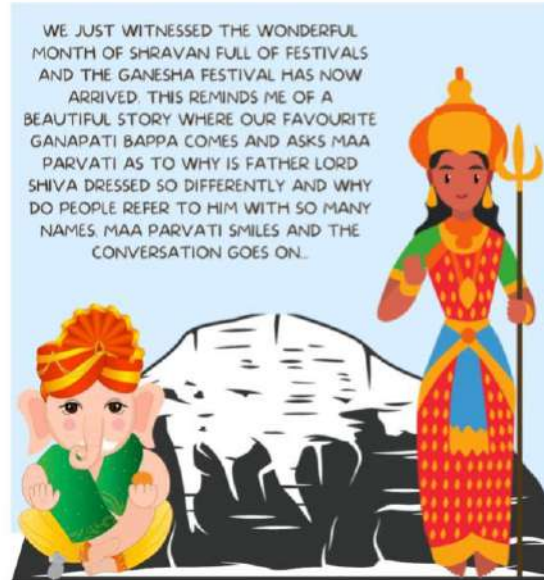
The roots of the trigeminal nerves denote the eyes of Ganesh. They bring in sensory information about the body like the eyes. They are responsible for the sensations from the skin, muscles, and joints in the face, mouth, and teeth.

The tusk of Ganesh

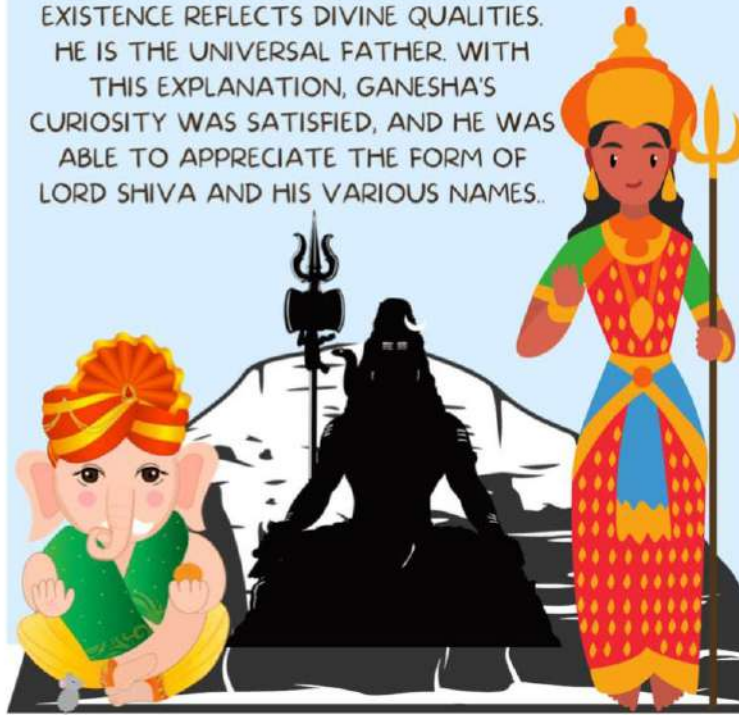
A group of nerves at the base of the pons indicates the tusk of Lord Ganesh. These are responsible for balance, eye movements, postural reflexes, and the orientation of the head in space.

No wonder, we have seen that the recitation of Shree Ganapati Atharvasheersha not only stabilizes involuntary movements and channelizes the intellect but also supports in the healing of various issues like blood pressure, diabetes, and so on.

Parvati & Ganesha



YOU SEE, HE IS THE EPITOME OF COMPASSION, ACCEPTANCE AND HIS EXISTENCE REFLECTS DIVINE QUALITIES. HE IS THE UNIVERSAL FATHER. WITH THIS EXPLANATION, GANESHA'S CURIOSITY WAS SATISFIED, AND HE WAS ABLE TO APPRECIATE THE FORM OF LORD SHIVA AND HIS VARIOUS NAMES..



QUIZ TIME



1. A plant's leaf which is offered to Lord Ganesha only during Ganesh Chaturthi.

- A. Aloe Vera
- B. Tulsi
- C. Coriander
- D. Mint

2. Why is Ganesh Chaturthi Celebrated?

- A. It marks the birth of Lord Ganesha
- B. Lord Ganesha was worshipped by the people on this day
- C. It marks the onset of festivals
- D. None of the above





3. In which Hindu month is Ganesh Chaturthi celebrated?



- A. Shraavan
- B. Ashwin
- C. Bhadrapada
- D. None of the above

4. The primary sweet dish during the festival is :-

- A. Gulab Jamun
- B. Ras gulla
- C. Malpua
- D. Modak



5. Who among the following revived the festival Ganesh Chaturthi during the freedom movement?



- A. Mahatma Gandhi
- B. Sarojini Naidu
- C. Lala Lajpat Rai
- D. Bal Gangadhar Tilak

6. What is Ganesha the God of?

- A. The God of wisdom
- B. The God of beginnings
- C. The God of prosperity
- D. All of the above



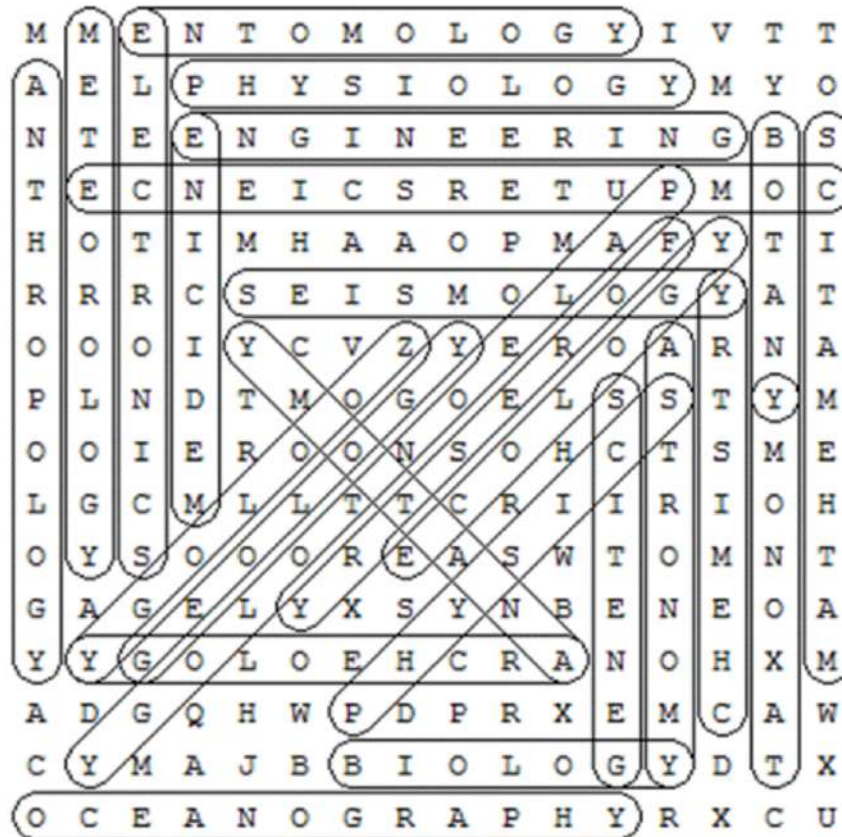
Send your Quiz Answers!



Correct answers & winner names in next newsletter!

PREVIOUS EDITION'S PUZZLE ANSWERS

The Sciences



Winner

ANNOUNCEMENT

**Arjun Deshpande, 10 yrs
Pune Centre**



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» NEXT Full Moon Online Series

● Importance of Sports in Corporate Life & Career Development

● 10th September 2022 ; 7.15 PM - 8.15 PM
(Zoom Meeting Link will be shared shortly)

● **Speaker: Kashinath Khadkikar**

● Ranji Cricketer, he will speak about how important role sports plays in developing skills for career development.

◀ RECAP Synopsis of previous event New Moon Online Series

Event Date - 26 August 2022

Topic - Teaching vs Creating Learning Opportunities

Guest Speaker - Mrs. Aditi Natu (Prachi Tai)



The Speaker for this New Moon Program Aug 2022 was Mrs. Aditi Natu (also known as "Prachi Tai"), who is an educational expert and having more than 30 years' experience in teaching & training the educators of children in early childhood.

Key Take Away:

In an elaborative & interactive session, Prachi Tai explained the paramount role of teachers/ Schools & Parents in creating situation based self-learning opportunities.

Excerpts of the session for our viewers are as follows:

1. Prachi Tai explained that instead of Teaching (at homes & at schools), we shall primarily focus on creating situations & atmosphere wherein the child learns himself/ herself. Many times, we are under false impression of teaching & imparting knowledge as a Source. We are simply medium & atmosphere in which child learns himself/ herself.
2. Learning is more of an internal process for any child. This process shall be nurtured by parents & schools

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◀ **RECAP** Synopsis of previous event New Moon Online Series

3. Prachi Tai emphasized on this self-learning mechanism for children between the age group 2.5 yrs upto 8 years (loosely we may say from pre primary upto 2nd Std) & how critical it is since human brain is very receptive & analytical during this age. This fact is recognized & adopted in framing New Education Policy 2020 which is due for implementation in next academic year.

4. She added that Creativity shall be nurtured in every child. Creativity is nothing but problem evaluation & problem-solving capacity in every human being & it should be the foundation of education & learning.

5. Every child shall walk through the process of self-learning which can be split as” - a.problem confrontation -> b.working out multiple options as likely solutions -> c.their evaluation -> d.Actual application -> e.Finally solving the problem situation.

6. In this entire discussion of Child learning & development, she emphasized that parents must have patience in attending the inquisitive mind of their kids. Listen more to them. Many times - this is misinterpreted as excessive appreciation to the child which is never the intention/ purpose.

7. Parents / schools shall provide thought provoking alternatives in the given situation & let the child walk through the process of evaluation & solution finding. The situations can be academic, real life, social etc.

8. Parents need to ponder upon & tide over their challenges of lack of time for their child.

9.Excessive external activism for children like Morning school, afternoon day care when parents are busy in their offices & later evening sports time - this kills his / her creativity in the burden of activities.

10. Parent & child joint time spending helps achieving many objectives of learning & development. This can be done in project-based learning at schools while situation based learning at homes.



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11. She explained a small project implemented in their Preprimary level schools at Vikramgadh –wherein kids were taken on the main roads & were asked to differentiate between types of transport vehicles, then they were asked about vehicle occupancy & look for cars / bikes with single traveler. The kids on “multiple triggers” identified problem of plenty vehicles—& its impact on petrol consumption, traffic congestion & also suggested Carpooling method in a raw format to solve this problem.

IN another project, students were asked to prepare the constitution for the school activities in order to understand constitution of the India & how the country works in defined systems & procedures at different levels. In a similar activity learning exercise – she had used of different packing materials/wrappers to understand their scales & co-relation in different sizes thereof.

12. She insisted that main challenge for the parents/ teachers/ elderly is to drop their ego of knowing everything & acknowledge the advancement of new generation. We must remember that end product namely passing the exam is not important but learning & developing analytical mind is necessary for a good human being.

13. During this process- kids may tend to be lazy & may lose the thrust- in such cases small push is needed from the parents/ teachers.

While concluding her session, Prachi Tai mentioned that fears of extra time spending is superficial if we do WISE time management. Activity/ small Project based learning accelerates process from observation-based learning to experience based learning. As a Teacher / School & Parents – we need to be more open for creating such opportunities for children.

Guruji Ajit Telang in his remarks; drew attention to the Quote of Swami Vivekanand which says - “If wealth is lost, nothing is lost. If health is lost, something is lost. But if character is lost everything is lost...” & insisted the character building & development of good human being shall be center point for our efforts as teachers & as parents at home.

He precisely pointed that in current times- in a rat race to make students SMART & MARKS ORIENTED, component of character building & developing WISDOM is overlooked. We need to re-focus on these aspects simultaneously. As they say, Good Citizen Make Good Society & Good Society Makes Strong Nation.



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