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Shri Ganesha Seminar 2020

To manifest Shri Ganesha

"To manifest Shri Ganesha, we have to do certain amount of Tapasya – penance. First we have to say, when we sit for meditation, that: "I am going to be worthy of Your appreciation. Make me humble, so that I am appreciated by You, and my only desire is to please You." Then you sit down in complete preparedness, meditating over your Mooladhara, putting your attention to it with absolute purity. Now you have my photograph before you and you tell the photograph, "Mother, You are Shri Ganesha. You give me wisdom and discretion."

HH Shri Mataji Nirmala Devi
Shri Ganesha Puja, Tivoli Italy, 11th September 1983

We have to live within our maryadas

"As you know, Shri Ganesha was created at the gate of hell to protect us from falling into hell."... "So we have to now understand what are our maryadas are, how we have to live within our maryadas, and I'm sure if you really work out your Shri Ganesha. For that the best is to meditate. Put yourself on some nice turf, grass. Sit on that. Put your left hand with the light, and right hand on the Mother Earth, and say Atharva Sheersha."

HH Shri Mataji Nirmala Devi
Shri Ganesha Puja, Canberra Australia, 14th April 1991
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Her Holiness Shri Matangi Nirmala Devi