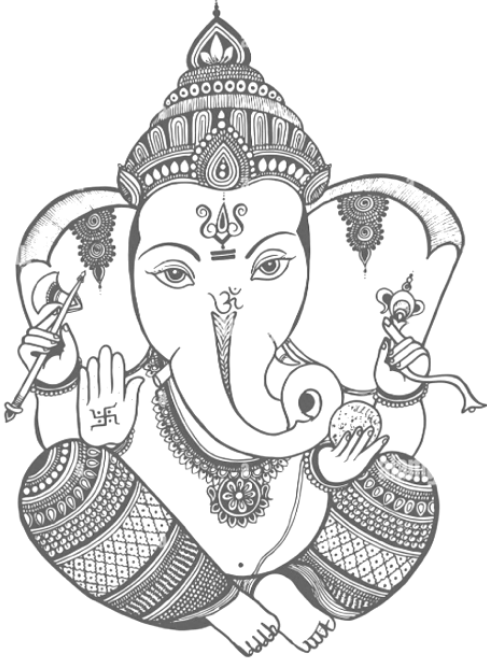


# Ganesha



Ganesha, with his large elephant head, human body and big belly is one of the most recognized Hindu Deities. His job is to clear obstacles, grant new perspectives and new beginnings, and guide us to recognize our own strengths and wisdom.

He is the courageous son of **Parvati** (the goddess of power, creativity and manifestation, fertility, love, beauty, devotion, marriage, and motherhood; also known as the mother of the universe, who represents the divine feminine/Shakti) and **Shiva** (the Supreme Lord and symbol of consciousness who destroys the old and impure to make way for new creation, beneficial change and transformation; the lord of yogis, meditation and dance; who represents the divine masculine).

Ganesha is the guardian of the Root Chakra (Muladhara), which represents our foundation and connection to the Earth, as well as stability, feeling grounded and safe.

In honoring Ganesha, we honor the part of ourselves that's capable of overcoming any obstacle with strength and courage, seeking wisdom and embracing new beginnings, which helps us to achieve profound spiritual growth. Connecting with Ganesha allows us to tune into our full abilities and live a life that is true to our highest potential.

*In the presence of Ganesha, we find the courage to face our fears and the clarity to see our path forward. His guidance is not just a blessing but a call to action, to live fully and mindfully in every moment.*

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"Om Gam Ganapataye Namaha" is considered one of the most powerful Ganesh mantras. This mantra is believed to invoke the energy of Lord Ganesha, offering us divine knowledge and spiritual wisdom, assisting us in removing the obstacles to our true purpose in life.