O God, The Giver of Life,  
Remover of pains and sorrows,  
Bestower of happiness, and  
Creator of the Universe;  
Thou art luminous, pure and adorable;  
We meditate on Thee;  
May Thou inspire and guide  
Our intellect in the right direction.  
— Gayatri Mantra of Lord Ganesha


INTRODUCTION

The *Whispers of Lord Ganesha Journal* is designed to help you clear any creative blocks you feel are holding you back from progressing through the next steps in your life. Expressing your thoughts and emotions in these pages will help you process whatever is going on for you when you sit down to write. Your writing will serve as an outlet for your inner-most feelings and will help you discover your true desires and how you would like to achieve them.

Lord Ganesha is the elephant-headed deity of the Hindu pantheon. He is known to assist with the beginning of new projects and to remove obstacles that might show up in your path. Lord Ganesha gives knowledge to the seeker of wisdom, and prosperity to those who long for worldly gains. He supports families who want children and blesses individuals on the spiritual path with salvation.

To make a start in your new journal, you might like to write about where you feel you are at this point in your life. Write about where you live or work, the main relationships that influence your life and what intrigues you. Are you where you want to be? Questioning yourself will help you gain clarity as you embark on this journaling journey.

Consider writing from your stream of consciousness. To do this, set a timer for five or ten minutes, and just begin writing. Write anything and everything that comes to mind. Write nonstop, without correcting your grammar or censoring your thoughts and feelings. Allow yourself to write continuously and freely without judging the content.

Keep a list of things you appreciate. Count the many blessings in your life, whether they be things you value, or people you're grateful for, and write them all down. You can decide if you would like to have your appreciation list in a specific area of your journal or if you would like to have the blessings list sprinkled throughout your journal. Also consider including quotes that you find encouraging and inspirational.

In addition to listing your blessings, think about noting down your successes and the goals you have attained. Big successes might include promotions or a monumental day in your life. As you do this, try to take note of any small realizations you come to during your week. Heightened awareness of your accomplishments will encourage you and may even motivate you for a new triumph.

If you feel you are blocked by an experience you are obsessing over, try writing about it from another person's perspective, perhaps that of the person you are conflicted about. Sometimes, when you put yourself in another's position, you can gain new insights, and clear what had been hindering you.

Use your *Whispers of Lord Ganesha Journal* to let go of fears, blocks, restrictive beliefs and unhealthy habits. Your writing will also help you focus your energy on manifesting new dreams and becoming clearer about your purpose for your life. Meditate and record your emotions. See this as an opportunity to create for your future and shift the energy from your past. Sometimes journaling can help you to gain clarity, to change your mind, or to set a new, more fulfilling direction.

As you continue your journaling practice and nurture your connection with Lord Ganesha, may your love of self deepen and your confidence grow ever greater.

Namaste,

Angela Hartfield
At the start of every endeavor, you will find Lord Ganesha. Ask Lord Ganesha to assist you with new energy for the opportunities ahead.
Never give up. Keep your thoughts and your mind always on the goal.
— Tom Bradley

One of the secrets of success is to refuse to let temporary setbacks defeat you.
— Mary Kay Ash
Lord Ganesha beckons you to retreat into a calm environment to replenish your energy and regain your composure. 

Ganesha gently guides you to surrender this challenge for a while. Take some time for yourself.