

# *Ganesha*

*The Archetype of Removal of Obstacles and  
Auspicious New Beginnings*

*Excerpts from recently published book*

*AWAKEN THE SLUMBERING GODDESS  
The Latent Code of the Hindu Goddess Archetypes*

*By Ashok Bedi, M.D.  
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*In order to illustrate how Ganesha altered my life, I must first relate the story of Ganesha. Parvati, a very powerful and beautiful woman, was married to Shiva. Shiva led a much fractured life. He would alternate between spending a thousand ascetic years alone in the mountains meditating and coming home to a domestic life with his wife. He would then return to the mountains, and the cycle would repeat ad infinitum. In a way I was caught up in the Shiva archetype, caught in my medical and psychiatric world, with precious little time for my family.*

*When Shiva would be lost in his introverted enterprise, Parvati would get rather bored after several thousand years of her husband's neglect. One day, as she was taking a bath in the holy Ganges, her frustration led to a fruitful idea. The Ganges is the river which flows from the hair of Shiva as he is sitting and meditating. So in a sense Shiva is the father and Parvati is her adoptive mother of the river Ganges. Parvati was taking a bath in the river Ganges - her daughter, and suddenly she decided she must have a companion. So she took some of her skin rubbings and threw it in the Ganges. Out came a very handsome young man called Ganesha in his*

*mammoth cosmic form, but to pacify those around him he assumed a human form.*

*Ganesha and his mother lived in a cave and had a very peaceful and playful time together. Parvati wasn't lonely anymore as she had Ganesha as a companion and son. One day she was taking a bath in her cave and instructed her son to guard the cave so no one should enter while she was undressed. Unfortunately that very day, of all the hundreds of years that Shiva was away, he showed up at the cave looking for his wife. Ganesha was guarding the cave and he refused entry to Shiva. Shiva was very angry and took his sword and cut Ganesha's head off, oblivious that this was his son. Parvati came out and saw what happened and she was extremely despondent and grief stricken to see her son murdered. Like Demeter, the Greek mother goddess whose daughter Persephone was kidnapped by Hades, she went into extended mourning and the entire universe came to a standstill. The gods pleaded with Shiva to reverse his sentence and to restore Ganesha's life. As they persisted, Shiva made a compromise. Ganesha could not have his old head back, but the next creature that walked past would be sacrificed and its*

*head would replace Ganesha's head. Accordingly, the next creature that passed was an elephant, so Shiva kept his word, took the elephant's head and put it on the head of his son. That is how Ganesha manifests in the form that we now know him, the god with the head of an elephant. Thus Ganesha was reborn, an auspicious god of new beginnings. Later, Shiva adopted his son and they lived happily ever after as a family: the father Shiva, mother Parvati, son Ganesha, and daughter Ganges. The four of them became a happy unit once again, and peace was restored.*

*To explore the archetype of Ganesha and how it can inform your life and journey, consult *Awaken the Slumbering Goddess – The Latent Code of the Hindu Goddess Archetypes*, by Ashok Bedi, M.D., Booksurge publishers 2007 at*

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*Trained in India, Great Britain and the US, he is interested in the emerging frontiers of Spirituality and Healing and the synapses of the Mind, Body, Soul and Spirit. He is author of the book, Path to the Soul, Weiser Books, 2000, Awaken the Slumbering Goddess: The Latent Code of the Hindu Goddess Archetypes, Booksurge Publishers, 2007 and the coauthor of Retire Your Family Karma, Nicholas-Hays, Inc. 2003, These and his other upcoming presentations can be previewed at his website [www.pathtothesoul.com](http://www.pathtothesoul.com)*

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