

**SUGGESTED WAY TO PERFORM ARATHI TO SWAMI**



Bhagawan Baba Says - “*Wherever My Baktha Sings My Name, I am Present There*” - Sanathana Sarathi, June 1984, p. 161.

In one of the interviews to His devotees, Swami told that wherever His Glory is sung, He will install Himself there. He also said that, the moment the first Omkar is chanted during the Bhajans, He comes out of His abode; during the second Omkar, He walks to the Bhajan hall ( along the flowered red carpet pathway ); and during the third Omkar, He Installs Himself on The Throne ( the chair ). Thus He is present in the Throne through out the Bhajans, until the Arathi is shown, concluding with the chanting of “*Samastha Loka Sukhino Bhavanthu*”.

This is the reason why absolute silence and discipline should be maintained throughout the bhajans by all the devotees including the office-bearers. Arathi should be taken with great reverence and devotion with the awareness that Swami is physically present and so great care should be observed in following the procedure meticulously.

1. Arathi song should commence only after lighting the camphor flame.
2. The lit Arathi plate should be held by both the hands.
3. During the rendition of the **first stanza** (*Om Jaya Jagadheesa Harey- to -Parthi Maheshwara, Om Jaya Jagadeesa Harey*), the Arathi should be waved to **the Throne** from a respectable distance **3 times** in circular motion **covering the Feet of the Lord**.
4. Then during the rendition of the **second stanza** (*Sashi Vadhana –to- Aapadh Baandhava, Om Jaya Jagadeesa Harey*), **and the third stanza** (*Maatha Pitha –Nagendra Shayana, Om Jaya Jagadeesa Harey* ) the Arathi should be waved to the **Altar Portrait of Swami, 3 times, covering the Shirdi Sai and Ganesh Idols** located at the bottom of the Altar.
5. Then the Arathi is slowly moved **again to the Throne** during the rendition of the **fourth stanza** (*Omkaara Roopa – upto – the first speed of Narayana Narayana Om*) waving slowly – may be 3 or 4 times).
6. Finally, during the rendition of the **second and third speed of Narayana Narayana Om, to Om Jay Sad Guru Devaa** ) the Arathi should slowly be moved **clock-wise** and **shown to the men devotees and then to the women devotees**, ensuring all the devotees received the Arathi. Arathi should be shown at the eye level of the seated devotees.
7. After showing the Arathi once to all devotees, place the Arathi plate on the floor in front of Altar.
8. Open the lid of the water glass and of any prasadam kept for Swami (near the Throne) and go back to your seat.

The closing-up should be done with great reverence which will leave behind powerful vibrations. All should be aware that Swami will slowly be returning to his Abode and accordingly absolute silence should be maintained while leaving the Bhajan hall.