

Recommendations for holding Pudja, Aviseka and Aarati

(ver. 20.02.2013)

Before you start all the rituals, you must take bath or shower. Minimum you must wash your legs, face, hands and mouth. It is better to hold all the rituals on the empty stomach in order to get more concentration on ritual. It would be better to take out all leather items and wear beautiful clothes like for a holiday.

Pudjari (a person who is carrying out a ritual) must be in a clean fresh cloth.

Women have to cover their head, their cloth should cover shoulders and should not contain deep cutouts and be very tight. In the menstruation period it is prohibited for women to take part in the ceremony.

According to the tradition men and women should be located on the different sides (men on the left, women on the right).

For the ceremony you will need:

- A bell
- A glass from copper or silver (achma patri) with a spoon
- A vessel for water to drain off after lustration (achmani)
- A stand for murti (or a tray), to where water will flow down after the lustration
- A towel of a fabric for drying out the murti
- A dipak – lamp (5 elements) on the stand
- Candles, cottons and ghi-oil for the lamp, matches or a lighter
- Aromasticks (agarbati) – 3 pieces
- Flowers, malas (garlands) from petals for murti
- A tray for Prasad
- Prasad

Pudja

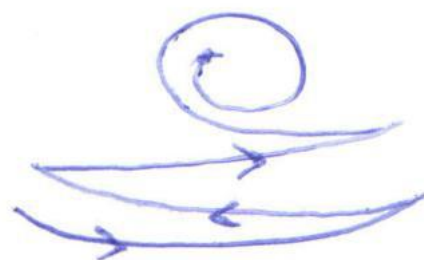
Ring the bell, read full aarati pranam: “Om gururu Brahma, gururu Vishnu, gururu Devo Maheshvara....”.

Take water in the spoon from the glass (achma patri). Do with a spoon 3 circle movements clockwise (hereinafter - “Circle”) with “Om Devrahaya Digambaraya Manchasinaya Namoh Namaha” around murti’s face or a photo. Flow out water to the separate glass (specially for used water flowing out). Repeat 3 times.

Take water again. With “Om Devrahaya...” do a movement as it is shown on the picture around anahata chakra. Flow out water. Repeat 3 times.

According to the pattern above:

- Around manipura chakra
- Around the legs

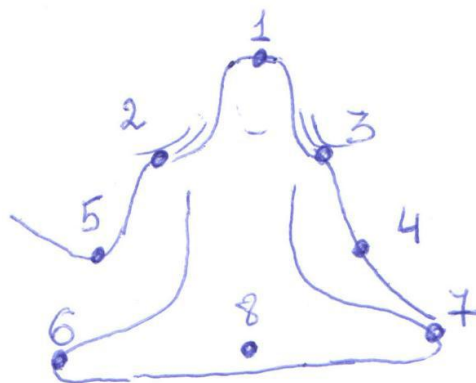


Make 3 Circles with “Om Devrahaya ...” around all murti or picture – 3 times.

Aviseka (Iustration of the murti)

Read full Aarati Pranam (or only first 4 lines): “Om Gururu Brahma Gururu Vishnu Gururu Devo Maheshvaraha ...”.

1. With “Om Devrahaya... “ pour a spoon of water on the murti’s head – 3 times
2. With “Om Devrahaya... “ pour a spoon of water on the murti’s right shoulder – 3 times
3. With “Om Devrahaya... “ pour a spoon of water on the murti’s left shoulder – 3 times
4. With “Om Devrahaya... “ pour a spoon of water on the murti’s left elbow fold – 3 times
5. With “Om Devrahaya... “ pour a spoon of water on the murti’s right elbow fold – 3 times
6. With “Om Devrahaya... “ pour a spoon of water on the murti’s right knee – 3 times
7. With “Om Devrahaya... “ pour a spoon of water on the murti’s left knee – 3 times



8. With “Om Devrahaya... “ pour a spoon of water on muladhara chakra – 3 times

Along with reading of first four lines of Aarati Pranam and «Om Devrahaya...» pour the rest of the water on the murti.

Wipe murti with a special piece of fabric or the towel.

Offering of the food /water

Ring the bell.

Take a water in the spoon from the glass (achma patri). Do 3 Circles with a spoon with «Om Devrahaya...» around murti's face/photo - 3 times (this is a purification before food).

With «Om Devrahaya» offer water and food.

The next step is a prayer "O my Baba! Please take this food and give me your blessing". Close murti with a curtain.

Read 1 mala of Om Devrahaya mantra.

Open murti. Clap 2 times or ring the bell. Now you can take food.

Take water in the spoon. Three Circles with a spoon with Om Devrahaya around murti's face/ photo – 3 times (this is a purification after food).

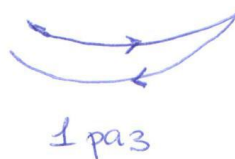
Read full Aarati Pranam: "Om Gururu Brahma Gururu Vishnu...".

Aarati (ashram's option)

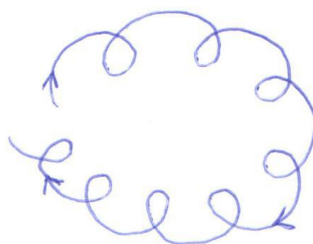
Read full Aarati Pranam or first four lines only of "Om Gururu Brahma...".

Take the bell in the left hand and 3 agarbaties in the right.

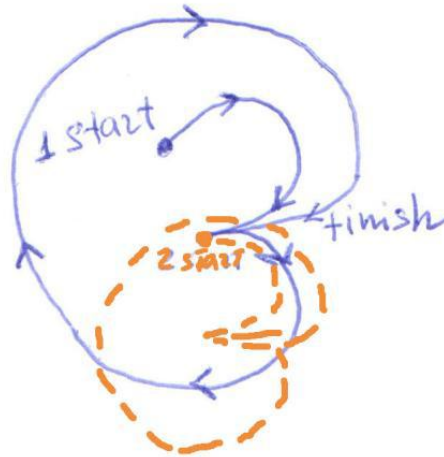
1. With «Om Devrahaya ...» do 7 Circle movements around murti/picture.
2. With «Om Devrahaya...» do 7 "boat" movements on the level of anahata. One 'boat' movement – to the right and to the left side movement.



3. With Om Devrahaya do 7 spiral movements around murti/photo.

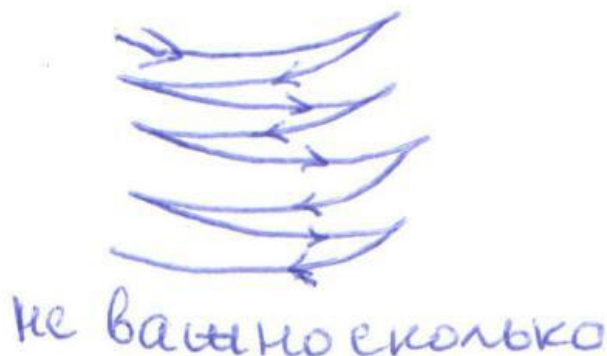


4. With Om Devrahaya... make 7 times Om-sign in front of murti/photo.



Put out agarbati – better to place them on the altar. Take a spoon.

With Om Devrahaya take a water into the spoon and from up to down (as it is displayed on the picture below) make 'boat' movements in front of murti/photo (it doesn't matter how much 'boats' you will do). You can repeat it 3,5 or 7 times – according to your wish.



Take a lightened 5 elements symbol – dipak lamp – you have to prepare cottons saturated with ghi-oil before the ceremony.

With Om Devrahaya:

- 7 times make a Circle around murti or photo
- 7 times – 'boat' movement on the anahata level.
- 7 times – spiral movements around murti/photo
- 7 times – Om-sign in front of murti

With Om Devrahaya take water into the spoon and in 'boat' movements go from up to down along all the murti. Repeat 3, 5 or 7 times - according to your wish.

Next you can make a lustration with lamp fume. First – for murti, next – for the group and for yourself. It is better to ask somebody to do it instead of you.

Take a flower and with “Om Devarahaya...” 7 times make Om-sign with it in front of murti.

With Om Devrahaya... take water into the spoon and go from up to down with a ‘boat’ movements. Repeat 3, 5 or 7 times – as you like.

And after chant the Next:

- 1) Guru Aarati: “Om Jaya Guru Dev Ji Hari...»
- 2) Full «Om Devrahaya Digambaraya...»
- 3) Sita Ram Sita Ram Sita Ram Jay Sita Ram – Radhe Shyam Radhe Shyam Radhe Shyam Jay Radhe Shyam (you can do parikarma around yourself) – Radhe Shyam Radhe Shyam – Sita Ram Sita Ram...

Om Sat Guru Dev Bhagavan Ki Jay!

Devraha Baba Sarkar Ki Jay!

Jay Jay Shree Radhe!

Hare Hare Mahadev!

- 4) Aarati Pranam: «Om Gururu Brahma Gururu Vishnu ...»

- 5) At the end – «Om Devrahaya Digambaraya Manchasinaya Namoh Namaha»

Pranam (a bow).

Chant: «Shree Guru Murti Moka Chandra Ma
Sevaka Nayana Chakore
Ashta Pahara Miratra Ho
Shree Guru Charana Kiyore»

Stand up from pranam.

Chant «Om Sat Guru Dev Bhagavan Ki Jay!
Devraha Baba Sarkar Ki Jay!
Jay Jay Shree Radhe! Shyam».

You can put a tilak for yourself.