



S.K.S. SWAMINARAYAN TEMPLE (LONDON) – BAL YUVAK MANDAL

Westfield Lane, Kenton, Harrow, Middlesex, HA3 9EA Est. 1966 Charity Reg. No. 271034

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AARTI

WHAT IS AARTI?

- This is a ceremony which offers respect and welcomes god.
- Physically aarti is a ritual involving circulation of divas before gods image/idol. There are several underlying sentiments of the aarti:-
- To illuminate the murti so you are able to see the image of god and devotees can have a better darshan of god.
e.g. Many temples in southern India have murti's deep inside the temple where it is often dark. So performing the aarti allows us to have better darshan of god.
- Aarti is made up of 5 elements known as the panch bhutas, which are:
 - Pruthvi
 - Jal
 - Tej
 - Vayu
 - Akash

All of these are used whilst performing aarti:

- **Pruthvi** – represents the smell (gandh) such as ghee or kapur
- **Jal** – represented by a sankh-made of water and when aarti is finished water is poured around the divo of the aarti.
- **Tej** – represented by the divo
- **Vayu** – represented when we offer aarti to god – bhagwan ne aarti arpan kari.
- **Akash** – represents a bell/gantri when doing aarti.

WHEN?

The aarti was written 200 years ago in 1804 (English calendar) & in the Hindu calendar it was in 1860.

WHO?

The aarti was written by Muktanand swami.



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WHERE?

It was first sung and written in a village in India called KALVANI.

WHY?

Before the time of the Uddhav sampradaya there were aarti's being sung at the different temples e.g. at Ram mandir – Ram bhagwan's aarti was being sung, at Krishna mandir – Krishna bhagwan's aarti was being sung etc. So in the same way Muktanand Swami wrote a standardised aarti for the Uddhav sampradaya when he realised that Swaminarayan Bhagwan was the supreme almighty god.

Types of aarti?

- ❖ **Mangla Aarti** – performed before sunrise to wake up Swaminarayan Bhagwan.
- ❖ **Shangar Aarti** – performed in the morning after sunrise for dressing up Swaminarayan Bhagwan.
- ❖ **Rajbhoga Aarti** – performed at noon for offering of food to Swaminarayan Bhagwan.
- ❖ **Sandhya Aarti** – performed in the evening during sunset after all daily activities are complete.
- ❖ **Shayan Aarti** – performed at night before preparing Swaminarayan Bhagwan for bed.

Depending on the type of temple not all of these aarti's are performed such as hari mandirs e.g. our temple. We only do 2 of the 5 aarti's in this temple the shangar aarti and sandhya aarti. All 5 of these aarti's can be done in shikar bhandh mandirs such as Bhuj, Ahmedabad, Vadatal etc.

How is aarti done?

- According to the Vasudev Mahatmya you start from the bottom at the feet and work up towards the head.
- In total there should be 14 circles in a clockwise direction.

- 4 around the feet



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- 2 around the naval (nabhi)
- 1 around the face
- 7 around the whole body

Performing aarti like this means that we get darshan of every part of the body.