

The Theme behind this Hindola represents our western daily routines and how we can take a few minutes out of the day to perform Bhakti onto Lord SwaminarayanBapa Swamibapa. The way we can perform Bhakti is through the nine-folds of Bhakti (Devotion).

**There nine-fold bhakti comprises of:**

- Sharavan-bhakti – listening to the discourse of the Lord;
- Kirtan-bhakti – singing the praises of the Lord;
- Smaran-bhakti – reminiscing about the Lord;
- Padsevan-bhakti – physically serving the Lord;
- Archan-bhakti – performing devotional ceremonies;
- Vandan bhakti – bowing and prostrating before the Lord;
- Dasya-bhakti – always remaining the Lord's devout servant;
- Sakhya-bhakti – having a rapport with the Lord so that there remains a total faith in His commands and His wishes are implicitly obeyed;
- Samarapan- Bhakti – offering all, weather, body and soul to the Lord.

These nine-fold of Bhakti are so important in creating an immense love for the Supreme Lord SwaminarayanBapa Swamibapa that is combined with a genuine understanding and knowledge of His greatness.

The two type of bhaktis that further ties into the theme of this Hindola are Archan-bhakti through preforming Aarti, and Smaran-bhakti through preforming Mansi Pooja.

**PERFORMING AARTI**

Preforming Aarti is selfless devotional ceremony that involves the waving of lighted wicks, a ghee lamp or camphor in a clockwise motion in front of Bhagwan while singing and clapping the glory of Him. This symbolizes the removal of darkness by true spiritual significance and enlightenment. Within a circle motion there must always be a center point. When we perform Aarti this way, it represents that Bhagwan is at the center of our life. Also, as camphor burns it leaves nothing but a soothing fragrance symbolizing total burning of our ego. It is a selfless form of devotion, declaring the love we have for Bhagwan and it is one of a few ceremonial activities which is all about gratitude and gratefulness. We can never be grateful enough and performing Aarti helps us see the positive side of life. At the end of the Aarti, we place our palms over the Aarti flame, then gently touch our eyes and the top of our heads. In that action, we pull the divine energy and His Tej from the wicks into ourselves, making ourselves positive and removing the negativity, bringing the Murti into ourselves. This also symbolizes that the very same light that illuminated Bhagwan also lights up our Gnan and our Dharma.

Only in Maninagar & Kadi, Aarti is performed 5 times a day. In All other Mandir's, Aarti is performed twice a day; the first Aarti at Mangla and the second in the evening at Sandhya which gives an auspicious start and end to our days.



## **THE FIVE DAILY AARTI**

1. **Mangla (Auspicious) Aarti – 05:30am**

The 1st Aarti to be sung during the day. It is sung when we awaken Lord SwaminarayanBapa Swamibapa, where the Lord offers the first Darshan of the day, signifying the auspicious beginning of the day for us.

2. **The Shangar (Adornments) Aarti – 07:30am**

The 2nd Aarti that is sung during the day to Lord SwaminarayanBapa Swamibapa. Here the Lord is dressed and adorned in beautiful vaga (clothing).

3. **The Rajbhog (Royal Offering) Aarti – 09:45am**

The 3rd Aarti that is sung during the day to Lord SwaminarayanBapa Swamibapa. This occurs after the Lord has been offered thaal (food).

4. **The Sandhya (Evening) Aarti – 19:00pm**

The 4th Aarti that is sung during the day to Lord SwaminarayanBapa Swamibapa. This Aarti is the start of the evening Niyams which is sung before Ram Krishna Govind.

5. **The Shayan (Sleeping) Aarti – 21:00pm**

The 5th and final Aarti to be sung to Lord SwaminarayanBapa Swamibapa during the day. This is when Lord is about to go to sleep for the night, which gives an auspicious end to our day.



## **PERFORMING MANSI POOJA**

Mansi Pooja or mental worship is a kind of worship in which the devotee serves Lord Swaminarayan as if He is standing before us. This method of worship increases our love for Lord SwaminarayanBapa Swamibapa.

In order to perform adoration to the Lord, you gather all the items required and bathe Him, clothe Him, offer jewelry, make food and offer it, put Him to sleep and serve Him in this manner. In the same manner, the adoration is performed to the Lord who presides within your heart. You imagine all the items and perform the adoration through meditation. This is referred to as Mansi Pooja. The Mansi Pooja requires love and dedication. It demonstrates your continuous commitment to the Lord. The Mansi Pooja should be altered according to the season and weather.

## **THE FIVE DAILY MANSI POOJA**

### 1. Praatkaar Mansi Pooja (during morning Pooja) – 05:03 (sunrise)

This is performed when you wake up in the morning before the sun rises. Here you wake up the Lord, brush His teeth, Bathe Him, adorn him with beautiful robes and perform the Mangala Aarti to Him. To conclude you humbly request Him to preside on Shree Swaminarayan Gadi.

### 2. Rajbhoj Mansi Pooja – 9:00am

This is performed between 9 - 10:00am. It is time for the Lord to dine so you humbly pray to the Lord to take his seat to dine. Offer him lavish foods and drink and finish by offering some water to clean His hands and to rinse His Mouth. You conclude by again kingly requesting Him to take His seat upon Shree Swaminarayan Gadi

### 3. Utthapan Mansi Pooja – 16:00pm

It is now time for the Lord to wake up from his afternoon sleep. So you kindly pray to the Lord to wake up by gently massaging His lotus feet and offer him fine beautiful robes and jewelry to wear before praying to Him to preside upon Shree Swaminarayan Gadi.

### 4. Saysandhya Mansi Pooja – 19:15pm

The correct time to perform this is just after Sandhya Aarti. It is now time for the Lord to have His dinner so please kindly request Him to take His seat. Offer food and drink appropriate for that time of day and accept the divine consecrated food that he gives to you. Lovingly request Him to preside upon Shree Swaminarayan Gadi.

### 5. Podhaniya ni Mansi Pooja – 8:15pm

It is now time for the final Mansi Pooja of the day after shayan Aarti where we put the Lord to sleep. Kindly remove the clothing and jewelry that the Lord is adorning and put on soft silky clothes in preparation to go to sleep. Lay the Lord down to rest and gently massage His feet while singing ' Podhe Prabhu Sakal Muni Ke Shyam'. Slowly watch as the Lord falls asleep and this concludes the Podhiya Ni Mansi Pooja

These five Mansi Pooja's have been described by Lord Shree Swaminarayan in GLS Chapter 23 of the Vachanamrut. As directed, the manner of how to perform them should vary depending on the season.

