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AARTI AND ITS SPIRITUAL, SCIENTIFIC SIGNIFICANCE

Aarti is a means for a man to realize the God. Its a medium of calling out to God. The hymns in an Aarti that are chanted in praise of the Deities are an eternal and divine prayer which wins us the grace of God.



Aarti is a Hindu pooja ritual which means an auspicious light that is offered to the deities in order to get blessed with the divine consciousness and grace of the Gods.

How it's done?

A lighted lamp is held in the right hand and we wave the flame in a clockwise circling...



...direction to illuminate the entire form of God. During the Aarti, loud chants of the hymns are sung in the praise of the God. At the completion, we press our hands onto the flame and gently touch our eyes and head.



Aarti plate is usually of silver, bronze or copper. A lamp made of kneaded flour, mud or metal is filled with oil or ghee. Cotton wicks must be placed in the lamp and lighted. The plate must also contain flowers, incense and akshat (rice).



The Deities are pleased with praises and worship of the person who offers Aarti & in turn bestow him with their Divine Grace. Most of the Aartis are composed by our great ancient sages & evolved devotees, so these Aartis contain the divine energy & blessings of the spiritually evolved.

Spiritual & Scientific Significance

Aarti is very significant in developing a spiritual & loving bond with the God. Subtle form of words in the chants are so powerful that when sound waves generated by singing them touch the idol or image of deity, the waves are reflected back..



...to the worshippers and are transformed into the divine positive energy that affects the worshippers' body with positivity and radiance. Consequently, worshippers who sing the Aarti feel enlightened and blessed. The spiritual emotion of the worshippers is awakened due to...



...the activation of central channel(sushumna nadi)by the words in the Aarti. During Aarti,a worshipper derives more benefit from the energy&the divine consciousness(Chaitanya)of the Deity.Thats why our presence in the temples during Aarti is more beneficial than any other time.



Aarti should be performed two times a day, at sunrise and sunset. At sunset, the proportion of the fire element in Sun's rays starts reducing and the rajas-tamas particles in environment and their frequencies increases. As a result negative energies in environment increase.

Therefore, it becomes essential to evoke the deities through the frequency of sound waves emitted through Aarti and bring these frequencies into the cosmos. As a result the proportion of the frequencies of the sound waves enriched with Chaitanya and positive energy increases...



..creating a protective armor around devotees' body. This protective armor is called 'Tarangkavach'. At sunrise, rajas-tamas predominant atmosphere present throughout night is destroyed & absolute fire element frequencies of Sun & Deities arrive in cosmos & Aarti is done to welcome them.



Divine Consciousness

When doing Aarti with five wicks in a lamp, the lamp should be waved in full circle in front of the deity. It results in speedy circular motion of light & sattva frequencies emitted by the flame of lamp which make the Tarangkavach (ripple armor) around the body & soul of worshipper.

The more the spiritual emotion of the devotee offering the Aarti, the longer the armor <https://t.co/IMqHqID5yt> his sattva component is enhanced, he absorbs more Divine frequencies from the Brahman (Universe). The more spiritual emotion one has while singing the Aarti...

...the more enriched Aarti will become with the spiritual emotion and sattva frequencies. Such an Aarti will please the Deity faster and they will bestow the devotee with their Divine Grace for a greater period.

Thus, the more Aarti is done in a correct manner with greater devotion and spiritual emotion, the more the soul is blessed with the Divine consciousness.

Why Camphor?

Aarti is also often performed with Camphor, this has a special significance. Camphor represents our inherent...



...tendencies called 'Vasanas'. Camphor burns completely without leaving a trace which symbolises the burning of all these Vasanas and purifying the soul of the worshippers. It also emits a pleasant perfume even while it burns completely which signifies that humans should also...

...willingly work for the welfare of society and sacrifice themselves to spread the perfume of love among all in the progress of their spiritual path.

At the end of Aarti, we place our hands over the flame & touch our eyes and head which means, 'May the light which illuminates...

...my Prabhu enlighten my vision, may my vision be divine & thoughts beautiful'.

So,next time when u do Aarti,do it in a proper way and with greater and deeper spiritual emotion & feel blessed with the positivity and divine consciousness that surrounds u.

■■Jayatu Sanatan■■

