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**||AUM SRI SAI NATHAYE NAMHA||**  
**||AUM SRI SADGURUNATH DADAYE NAMHA||**

**IMPORTANCE OF AARTI SADHANA**  
**KAPHA-VATA-PITTA**

**To The Devotees**

What methods or instruments does a devotee use in his efforts to obtain the blessings of God? Generally, Prayers, Havan (Offerings to Fire), Fasting etc. The most divine of these methods is Bhajans (Singing of devotional hymns in praise of God). Param Pujya Pant Maharaj, in his writings in Charitra has said that the Bhajans and food are the instruments for achieving salvation. Eating the right food twice a day keeps us satisfied and contented, but if we keep on randomly eating any food, at odd times, like a horse, we do not feel satisfied or contented. That is why Bhajans are referred to as Bhojan (food).

What is the difference between reciting Aartis (Bhajans or hymns) at home and reciting them twice or thrice a week in the centers? The Aartis are the same but the difference is as under;-

1). Aarti means Aartata (intense devotion/emotional involvement from the core of one's heart) (The basic word Aart is used to denote intense desire, craving, unbridled wish and intense sentiment to acquire blessings emanating from the core of The heart. Just like one of the Hindi Ragas (composition, tune) by Bhim Sen Joshi "Piya Milan Kee Aas is composed as if emanating from the soul, experiencing the blessings of the Guru etc)- When one sings Aarti at home, the Aartis

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do not have the required Aartata to please the Gods, hence it can be said that the Aarti is dry. The Aarti recited by the Sevaks in the center has the required Aartata because it is done without any material desires or motives which are generally present during the Aarti recited at home. At home you want the fulfillment of your material desires at the earliest and these desires are included in the Aarti.

2). in this respect the other important consideration is that in the center the Aarti is sung by a group of bhakts (Samuhik Aarti). At home there are maximum two or three people singing the Aarti and each of them carries with him his own material wants and desires for fulfillment, this results in the Aartis being beneficial only for 5 minutes out of a total of one hour of Aartis. It means that due to the unwanted aura of your desires, you received the beneficial response to your Aartis for only 5 minutes; the remainder 55 minutes was wasted.

When you sing Aartis as a group in the center you sit in one line, one besides the other or one behind the other. At this point of time each of the devotees participating in the Aartis carries the negativities in various measures. The appointed Sevak sitting on the Aasan connects the devotees to the Guru at the beginning of the Aartis by invoking the Guru by chanting "Guru Brahma Guru Vishnu Guru Devo Maheshwara..." At this moment all the negativities that the devotees bring in their aura are removed, thereafter the devotees are brought within the fold of the Guru and get benefitted by the Aartis.

When you recite Aartis at home there might be one person in the midst of the two or three reciting Aartis, who carries 100% percent negative karmas. If that person sits close to you, then the aura of your karmas endeavors to bring the aura of that person's karmas to the same level as his, but because of the intensity of the negative interactions between the karmas and the intense negativity of the karmas, these karmas cannot be removed. On the other hand when participating in a Samuhik Aarti in the center, 75 percent of your defects may be removed due to the improved state of the other devotees. Therefore participation in Samuhik Aartis is very important.

The power of Samuhik Aartis is evident from an incident at the beginning of the World War in 1940. Amongst the western countries, England had made no preparations for the war. In that situation, England had no option except offering prayers. The entire population of England gathered in various Churches and prayed for world peace, morning, evening and night. Due to these prayers, did the World War end? Hitler, who desired to conquer the entire Europe including England, became a non entity and peace was once again restored in the world. It implies that the powerful Hitler who possessed the capability to launch a nuclear attack was also defeated and his nuclear capability was neutralized by the group prayers.

Today you also have to make similar preparation, because the aura of the karmas around you has reached an enormous proportion, so that, you now have an enemy comparable to Hitler. Hence if the Aartis or prayers through your medium are pure and virtuous, then the aura prevailing in your life due to the actions influenced by cause or subject of your Karmas, will also be purified and become virtuous. The effect of the negative karmas can thus be neutralized or in other words the negative karma can also attain a favorable disposition.

The above capability is only included in Samuhik Aarti. Samuhik Aarti is a very simple instrument to progress in your life and to make your negativities favorable. In order to enable the devotees' participation in Samuhik Aartis and to derive benefit from this simple Sadhana, we have opened centers at a number of places. The devotees are not burdened with the rentals paid for these centers, yet the devotees make all sorts of lame excuses that the centers are very far from their homes and they cannot reach the centers by bus or train, hence they recite the Aartis at home.

The other major reason for participating in Samuhik Aartis is as follows. According to Ayurveda the human body consists of three major Bio-elements that is Kapha, Vata and Pitta (The central concept of Ayurveda medicine is the theory that health exists when there is a balance between three fundamental bodily bio-elements or doshas called **Kapha, Vata and Pitta**. **Kapha** is the watery element, it is characterized by heaviness, cold, tenderness, softness, slowness, lubrication, and the carrier of nutrients. It is a nourishing element of the body. **Vāta** or **Vata** (airy element). It is characterized by properties of dry, cold, light and movement. All movement in the body is due to property of Vata. Pain is the characteristic feature of deranged Vata. **Pitta** is the fiery element or bile that secreted between the stomach and bowels and flowing through the liver and permeating spleen, heart, eyes, and skin.) Accordingly a person could have any one element out of the above three as the predominant element. The predominant element defines the characteristic of the person. A Kapha person will have Kapha as the predominant element. The Vata and Pitta element will be in lesser proportion. Because of the predominance of one of the elements there will be some deficiencies in the health of a person. What does Samuhik Aarti achieve? Samuhik Aartis remove the deficiencies due to Kapha, Vata and Pitta. The explanation for this is as under:-

Shastreeya Sangeet (Indian Classical music) is based on Ragas and Raginis and all the Ragas have elements of Kapha, Vata and Pitta. For example Malkaans Raga is a Kapha predominant raga. When this raga is sung before an audience the Kapha predominant people like this raga and hence they praise the singer and the other people in the audience (who are not Kapha predominant) show a disinterest in the raga and may also doze off. This is true for all the ragas and raginis. Thus none of the ragas are equally liked by all the listeners- is it not so? It means people only like those ragas whose predominance of Kapha, Vata and Pitta

is same as theirs. I learnt this aspect about music in Nagpur. When I went to Nagpur center, I met the professor who taught music to BA and MA students of Nagpur University. I was invited by him to his residence after the Aarti. At his residence we discussed Indian classical music. He said 'The Aartis sung at your center are very appropriate from the devotee's point of view and have been composed with great thought. Who has composed these Aartis? And from whom did you (Dada ji) learn music? I answered "I had no knowledge about music and neither have I learnt music. I enjoyed listening to music right from my childhood and the rest is Param Pujya Sai Baba's blessings."

The Aartis we sing at our centers were composed by me whenever I travelled from Dwarkamai Poona to Balekundri in a car. I had the book of Hymns Sri Dattpremlahiri written by Param Pujya Pant Maharaj. While skimming through the pages of the book, I composed the tune of the hymns that caught my attention. On reaching Balekundri I used to recite the hymns to Sri Pant Maharaj and obtaine his approval. I never composed the tunes of the Aartis in my room with a Harmonium by my side.

On hearing me, the professor enquired "Have you ever asked your devotees about this aspect of music?" I asked "Which aspect?" The professor said 'We sing Aartis for an hour at the center, for example starting from 'Datta Daya Kari' and ending with the Aarti in Bhairavi Raag 'Pahi re data padlo tujha charni'. All the devotees do not get immersed in each one of these 10 to 12 Aartis composed with the seven musical notes. Every Bhakt may get emotionally immersed in any 2 to 4 Aartis out of the 12 Aartis. That is, they get overwhelmed with emotions while singing these Aartis and tears well up in their eyes. The 2to 4 Aartis that stimulate the emotions of devotees, will be different for different devotees. Therefore though all the Aartis should have the same influence on the devotees, it does not happen so. The influence is dependent on the composition of Kapha, Vata and Pitta of the devotees and also that of the Aartis. Hence even though the Aartis are made in praise of Sri Dattatreya, the Aartis affect the devotees in accordance of their Kapha, Vatta and Pitta."

"The Aartis are so designed that the devotees participating in the Group Aartis are showered with the Guru's Blessing (Gurukripaashirwad) so that the devotees can also make the same spiritual progress, as has been made by you (Vandaniya Dada ji). The inherent design of the Aartis gets the devotees to the level of the Guru when we chant 'Guru Brahma Guru Vishnu Guru Devo Maheshwara..' the deficiency of Kapha, Vata and Pitta is normalized by the Aartis. I am doing P.H.D. in this subject and for this God has sent you (Vandaniya Dada ji) to Nagpur to bless me. This means that according to the professor the Aartis are a very important medium. We devotees do not realize the importance of Aartis and consider them to be ordinary.

The professor further said that he was carrying out two experiments regarding Indian Classical Music. –

Similar to our daily diet Music can also be a complementary diet. We do not understand the importance of music since we cannot sing. But if you notice the present generation children; why do children who have knowledge of music, require the Radio to be switched on when they study? Music aids in enhancing the concentration that such children lack while studying. The sound of one of the 7 notes of music resounds in their ears and influences their Koshas to increase their concentration.

The second experiment was regarding the effect of music on his potted plants. He kept two potted plants under a shade so that sunlight did not fall on the plants directly, but the light fell on the plants through a window. The pots exposed to direct sunlight could bloom 3 flowers and those in indirect sunlight had one flower, again plants under direct sunlight had 3 flowers and those influenced by music had 10 flowers on them, because music worked like tonic on the plants under influence of music. We can infer that the environment with music was conducive for the plants and the food in the form of music, helped to bloom more flowers on the plants exposed to music.

Thus there was varying effect on the plants kept in the three different environments. The music acted like a tonic on the plants kept in the environment with music and hence enabled 10 flowers to bloom on these plants. Hence the environment with music was most favorable.

Vedic prayers are also a form of music. The Pundit (Priest) who was vocalizing the rudra tune was in actual practice reciting classical music and that recital or tune was in accordance with the Vedic beats and tunes. As The Pundit (Priests) sang in praise of the Gods and Goddesses so also the Aartis we sing have a similar purpose.

The above facts have been brought to your notice, to enable you to understand that the Aartis are a very important medium in your spiritual path. Even though I have no knowledge of music, This most important instrument of Aartis has been provided to you, for your benefit, by Sri Sadguru through my medium. Even the Swar, Taal, Laye (Musical note, beat and tune) was understood by me at a later stage, that is to say, I had no understanding of music when I composed the Aartis. This is the reason that the statues of Gods or photographs, your vow and votive offerings (votives are promises made to do or offer something to god after ones desires/wants are fulfilled) etc. do not have the divinity that the Aartis have. In order to provide you this facility we have established centers at a number of places. Even Then, out of 24 hours, you fail to spend half an hour to an hour in the centers, and ignore the importance of Aartis either out of sheer laziness or due to a lack in faith in the Aartis.

You ignore the Aartis and practice other means at home, will such means be able to or posses an adequate candidature to get the blessings? You do not think on these lines. Aarti is the established medium which can be successful in

achieving the blessings for all the prayers at home. Once you start participating in the Samuhik Aartis in the center you will automatically start receiving the blessings from the idols and photographs of the Gods at home. Once your body medium has been ignited and has absorbed the vibrations of the established Aartis in the center, the vibrations and the rays from the idols at home will automatically be absorbed in your body and be converted in the required spiritual energy, in the form of blessings emanating from those idols and photographs.

What is meant by all that has been told to you so far? It means that this Guru Marg has not been established with the sole purpose, of removing your problems or obstructions. In the overall context, if we examine the purpose of this Sanstha (organization), then what responsibilities should this organization undertake? These are as under:-

- 1) Reincarnation of Dharma.
- 2) Freedom from bondages of Karma.
- 3) To enable the true purpose of your life.
- 4) To provide appropriate education about the purpose and cause of your life.
- 5) After all the above I (Vandaniya Dada ji) am confident that like your questions were answered when you came to this marg you will be able to provide solutions to the problems and questions in the other people's lives. When you distribute to others what you gained from me (Vandaniya Dada ji) then you will create a mala (necklace) which will encompass and absorb everyone from Pinda to Brahmand (Earth to heaven, entire universe). This is the promise or word given by Baba, Dada and the Vibhutis.

**Let Peace Be To All**

**Eternal Sevak**

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