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||AUM SRI SAI NATHAYE NAMHA||  
||AUM SRI SADGURUNATH DADAYE NAMHA||  
**AARTI SADHNA – MEANING**



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**To The Devotees**

Vandaniya Dada Ji said that there are a number of means to obtain the blessings of God, such as, Havan (Rituals in worship), renunciation, fast etc. Out of all these means, Aarti is the most important means.

In this context, Vandaniya Dada Ji has with the help of Gorakshnath Ji (Nath Cult) given a new, blessed format to the Aartis in the form of Aarti Sadhana.

The Aarti Sadhana consists of three major components. The first component is the Shabd (Words) in the Aartis. The second component is the symphony/music /tunes of the Aartis (Swar Taal Laya that is the Note, Beat and Perfection or Tune) and the third component is the Aartata (Devotion) of the person singing the Aarti. The word Aarti has been derived from the Hindi word Aartata. Aartata means devotion, that is, the devotion of the medium that can make you experience the transcendental or realm of spiritual experience. An expression in which the love and devotion to the God or Guru is experienced. The experience felt when the devotee sings with immense devotion and a quest for a meeting with the Guru who has blessed him endlessly, is the feeling of Aartata. This Aartata is a proof of the development of the medium of the person reciting the Aarti.

Vandaniya Dada Ji made different sets of Aartis and sang the Aartis for his last more than twelve years, so that, the

beat and the flow /tune of the Aartis was perfected by the Guru Shakti (Energy). These sets have been organized with a view to achieve a balanced development of the three elements that is Vata, Pitta and Kapha (these are elements classified in Ayurveda and are as under

- ◆ *Vāta or Vata (airy element). It is characterised by properties of dry, cold, light, minute, and movement. All movement in the body is due to property of vata. Pain is the characteristic feature of deranged vata. Some of the diseases due to vata is windy humour, flatulence, gout, rheumatism, etc.*
- ◆ *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; It is characterised by hotness, moist, liquid, sharp and sour; its chief quality is heat. It is the energy principle which uses bile to direct digestion and enhance metabolism. It is primarily characterised by body heat or burning sensation and redness*
- ◆ *Kapha is the watery element, it is characterised by heaviness, cold, tenderness, softness, slowness, lubrication, and the carrier of nutrients. It is nourishing element of the body. All the soft organs are made by kapha; it plays an important role in taste perception, Joint nourishment and lubrication.)*

*These Aartis provide various types of vibrations which enable us to forget our thoughts and provide us an experience of contentment*

The meaning of the first word of Aarti Sadhana, that is, Aartis is as follows. When we speak or give voice to a word, it has five facets as under:

1. **Invisible or latent stage** – Before uttering a word the thought that is in our minds, that meaning is the first stage – Invisible Stage.
2. **Word**-The word that is uttered.
3. **Meaning Of The Word** – The meaning of the uttered word that strikes the Sthool Buddhi (external or mind governed by the physical body), that initial meaning that is meaning of the word.
4. **Inherent Meaning** - The meaning that is inherent or enveloped in the word, which is understood after due thought, that is intellect or mind, in other words Sookshma Buddhi (Subtle mind), Sookshma Mann (Subtle intellect) Sthool Buddhi (Mind governed by the body) Sthool Mann (Intellect governed by the needs of the physical body).
5. **Intended or Enlightened Meaning** – The intended meaning or the enlightened words uttered by the saints, the meaning of which can be understood and experienced after years of thought.

If every word has five hidden meanings, then how many and what meanings will the written and spoken words in the Aartis have? Vandaniya Dada Ji once said that people other than the Marathi speaking people benefit more from the Aartis. This is due to the fact that, the Marathi speaking people express the wrong feelings after having understood but misinterpreted the meaning of the words in the Aarti Sadhana. Therefore, they do not derive as much benefit from the Aarti Sadhana, as derived by people who do not understand the meaning of the words, but who do benefit from experiencing the divine vibrations of the Aartis. However the benefit derived from the Aartis is even more, once the divine meaning of The Aartis is understood and this leads to the emotional and transcendental experience of the Aartis. Aarti is a form of meditation because these Aartis have been perfected, not for pleasing the God or the Guru, but are meant for development of the self. As and when our medium is developed we will understand the inherent and the divine, implied meaning of the Aarti. Vandaniya Dada Ji cited the following example regarding the understanding and the resultant thoughts of the Maharashtrians and Non Maharashtrians while reciting the Aarti Vandaniya Dada Ji said that when we sing the Aarti “ kaaye Apraadh Mazha Na Bhet Si Datta “ what is the meaning of this, that we understand? One of the devotees answered that we think thus “What is the deficiency in our prayers and Aarti, because of which we are not able to have an audience with GOD/” On hearing this Vandaniya Dada Ji answered that, this implies that even now you are blaming God, for not getting an audience with him in spite of all the prayers, Aartis, services, Sadhana etc. However, in the actual Aarti the meaning does not contain your words but is comprised of my (Vandaniya Dada Ji's words. That is , I (Vandaniya Dada Ji) in spite of ignoring my worldly needs undertook extreme sacrifice, penance and Sadhana in order to further the traditions of this Marg (path) with the blessings of the Punya Vibhutis , so that, all the devotees can achieve spiritual growth easily. I have literally pushed this perfected method in your fold, yet what is my (Vandaniya Dad Ji's) deficiency, that prevents the devotees from meeting or becoming one with Datt Shakti or Guru Shakti? In other words it is not to find fault with God expressing annoyance/blame, but the meaning is exactly the opposite. Going forward this implies the achievement of Datt state that is the oneness of Body, Speech and Mind. In other word “Na Bhent Si Datta” means that in spite of having benefitted from Vimochans (Expiation of negativities), Diksha (initiations) Sadhana etc. Why can't we be firm in our beliefs? Why can't we achieve oneness of Body, Speech and Mind? This is the question Vandaniya Dada Ji is asking us through the medium of this Aarti. With this thought one should understand that the basic spiritual meaning and purpose of Aarti is to attempt to improve oneself after accepting one's own deficiencies.

Sometimes the literal meaning of words convey a wrong sense, even though there can be many meanings of the Aarti. We will study the primary meaning of the Aartis with the aim of deriving maximum happiness while reciting the Aartis. These meanings have also been conveyed through a number of Mulakaats

(discourses) taken by Vandaniya Dada ji and by other Sevaks. In this study we shall examine the literal meaning of the word contained in the Aarti and the primary spiritual meaning of the word. As one progresses in one's development the deeper meaning of the words will get clearer. We pray at the feet of Vandaniya Dada Ji and Param Pujya Baba, that, with their blessings we are able to experience the happiness by understanding the implied meaning of the Aartis.

'Hradtkamalkarnike Maaji Sadguru Baisveela'

Literal meaning – The Sadguru has been seated in my heart.

Primary Spiritual Meaning - Our body consists of components in pairs. The component on one side also exists on the other side. The most important component due to which we stay alive is in the rib cage on the left side of our chest. The other portion of it exists on the right side. All humans should render service to God and thereby, energize the abode of God or the Guru, that is the heart, with the Soul Energy. We approached the Guru Marg to get relief from our sorrows, or difficulties, so that, we lead a happy life. But with the blessings of Sri Guru we were not only provided with Happiness, Peace and Contentment, but also, our 3 body mediums were provided a heart, energized with the Soul Energy and the Guru Shakti was established in it, by the Sadguru Namasamran (Chanting 'Aum Sri Sai Nathaye Namah') .All though due to this establishment of the Guru Shakti although we will always remain one with the Marg , we do not realize this as we have on our part, made no effort to achieve this state. It is now time, that we realize and understand this and make the foundation of the seed of Guru Shakti in our hearts stronger by our Faith Patience, Service and Sadhana.

'Premanande tou pujeela Sadguru baisveela'

In order to pray to or serve the Sadguru that has been seated in our hearts by the Guru, we do not have to perform the traditional service like adorning with flowers, garlands etc. but if we deal with the people around us with love and affection ,we will render service or worship to the Sadguru in our hearts.

'Ahampanache adharya deta adhishtani shobhla , bhavatit guru labhala'

When we leave /sacrifice our Ego and stop thinking or saying me, mine , I have done this , this happened because of me etc. then the Sadguru will on his own make his place in our heart and further develop our medium (Further energize our medium by the Soul Energy and hence its beauty). Our devotion will then transcend in to the higher spiritual level ,that is, in our devotion we will have full faith in the Guru and further, without our knowing it, we will benefit from the Guru and attain the Guru.

'Premamrutache snaan ghalita aata bahir bhijlaa, bhakt bhajani preme sajlaa'

Literal meaning- Having bathed in the nectar of love the devotee is drenched internally and externally and is immersed with love in the devotional songs.

Spiritual meaning – When the Guru makes the Bhakt or the devotee experience the higher spiritual level ,then the seat of the Sadguru is further entrenched in his medium. The Sadguru immerses that devotee with the Guru Shakti and the love/blessings of the Guru, thus the internal medium of the devotee is developed by this immersion in the Guru Shakti. Externally, The Guru Shakti is perceived through the devotee's moral conduct, thoughts and pious words. At this stage the devotee attains the Sevak state and he is ready to serve with love, all his family, the people around him and the entire universe and this is the adornment of the medium with the blessings of the Guru.

'Aatmaarpan naivedhya ne datt tript jahalaa, nitya bhajani dulu laglaa'

Once the nineteen mediums of the devotee are filled with the Guru Shaktee the devotee is automatically rid of ego and becomes selfless. That is the devotee becomes one with the Guru. Then the Gurus make's his permanent place in the devotee's heart. The devotee then surrenders himself to the Guru and makes the offering of his soul to the Sadguru. That is the person develops from a living being to Soul to the Eternal Soul. This is when Datt is truly satisfied, that is, Sri Guru is satisfied as the persons who came for material needs have developed from a Sadhak to Siddh state.

Nitya bhajani dulu lagala, that is, the devotee remains in eternal bliss, singing devotional songs (Bhajans). That is, in all his future lives to come, the Sadhak who is now Siddh, will be happy serving others or humanity. The Sadhak will devote all his future births in performing the Guru's work.

Vandaniya Dada Ji has thus blessed us by seating the Sadguru or instituting the Sadguru in our heart.

**Let Peace Be To All**

**Eternal humble Sevak**

**Sri Saikalp Adhyatm Sanstha**

### **विनम्र निवेदन**

अति हर्ष के साथ आप सभी गुरुबंधु एवं भगिनियों को सूचित किया जाता है कि मासिक पत्रिका "तत्त्व बोध" का आगामी अंक एवं अन्य सूचना वेबसाइट पर एवं मेल द्वारा प्रेषित की जाएगी। अतः आप सभी गुरुबंधु एवं भगिनियों से अनुरोध है कि आप सभी अपना ई-मेल पता एवं अन्य जानकारी यथाशिघ्र निम्न पते पर प्रेषित करें :

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