



Sivananda Ashram Aarati 獻火光禮儀

1. Jaya Jaya Aa-rati Vighna-vinaa-ya-ka Vighna-vinaa-ya-ka Sri Ganesha
2. Jaya Jaya Aa-rati Subrah-manya Subra-manya Kaarthi-ke-ya
3. Jaya Jaya Aa-rati Venu-Go-paa-la Venu-Go-paa-la Venu-lola
Paa-pa-vidu-ra Na-va-nee-ta Cho-ra
4. Jaya Jaya Aa-rati Ven-ka-ta Rama-na Ven-ka-ta Rama-na San-ka-ta Ha-ra-na
Si-ta Rama, Ra-dhe Shya-ma
5. Jaya Jaya Aa-rati Gau-ri Mano-ha-ra Garu-ri Mano-ha-ra Bha-vaa-nee Shan-ka-ra
Sam-ba Sa-da-siva Uma Ma-he-shwa-ra
6. Jaya Jaya Aa-rati Raa-ja Raa-je-shwa-ree Raa-ja Raa-je-shwa-ree Tripu-ra Sun-da-ree
Maha Lak-sh-mi, Maha Sara-swa-ti Maha Kali, Maha Shak-ti
7. Jaya Jaya Aa-rati Aan-jane-ya Aan-jane-ya Ha-nu-man-ta
8. Jaya Jaya Aa-rati Da-ttaa-tre-ya Da-ttaa-tre-ya Tri-moor-ti Ava-taa-ra
9. Jaya Jaya Aa-rati Aa-di-tya-ya Aa-di-tya-ya Bhaa-ska-raa-ya
10. Jaya Jaya Aa-rati Shanee-shwa-raa-ya Shanee-shwa-raa-ya Bhaa-ska-raa-ya
11. Jaya Jaya Aa-rati Sad-guru Naa-tha Sad-guru Naa-tha Sivananda
12. Jaya Jaya Aa-rati Sad-guru Naa-tha Sad-guru Naa-tha Chidananda
Jaya Jaya Aa-rati Venu Go-paa-la

Ka-ye-na Va-cha Ma-na-sendri-yair-va Bud-dhyat-mana-va Prakr-iter Sva-bha-vad

Ka-ro-mi Yad Yad Sa-ka-lam Pa-ra-smai Na-ra-yana Iti Samar-pa-ya-mi

我把身體、言語、心念、理智、本性所作的一切，全都奉獻給你，我的上主。

Om Sri Sat Guru Swami Sivananda Maharaj Ki Ja

服務
Serve

愛心
Love

施予
Give

淨化
Purify

冥想
Meditate

開悟
Realize