

Articles needed for Arati

1. Conch for blowing
2. Foot mat
3. Arati plate
4. Bell
5. Acamana cup
6. Acamana spoon
7. Match box
8. Candle/lamp
9. Incense (3 or 1)
10. Lamp with wicks (5 deep or single deep)
11. Conch
12. Conch stand
13. Small bowl for water
14. Hankerchief
15. Flower plate
16. Fragrant flowers
17. Camara (Yak tail fan)
18. Peacock fan

How to prepare water for acamana?

Acamana Cup

1. Fill acamana cup with water
2. The water should be cool, fresh, without bubbles or foul odor or taste, and untouched by fingernails, hair, or any impure item.
3. Rainwater, being in the mode of passion, should not be used

Ankush mudra made by fingers



Do not let the nail
touch the water

Chanting invocation mantra

gange ca yamune caiva
godavari sarasvati
narmade sindho kaveri
jale 'smin sannidhim kuru

How to do acamana?

Steps for the Acamana

1. Sit on an asana with acamana cup in front
2. Clean both hands by sprinkling water on them
3. Cup the right hand and pour a few drops of water with the spoon held in left hand
4. Look into the water and chant the appropriate mantra
5. Then silently sip the water from base of right thumb 5 (brahma-tirtha) - as indicated by circle on hand

The Mantras to be chanted



Chant 'Om Keshavaya Namah' and sip water from the brahma-tirtha of your right hand.

Chant 'Om Narayanaya Namah' and sip water from the brahma-tirtha of your right hand.

Chant 'Om Madhavaya Namah' and sip water from the brahma-tirtha of your right hand.

Few optional mantras for purity

om apavitraḥ pavitra vā
sarvāvasthām gato api vā
yaḥ smaret puṇḍarikākṣam
sa bahya abhyantaram śuciḥ
śrī viṣṇu śrī viṣṇu śrī viṣṇu

Both pure and impure, passing through the conditions of material life, if remember the lotuseyed Lord, then one becomes externally and internally clean.

om tad vishnoḥ paramam padam
sada paśyanti surayaḥ
divya chakṣur-atatam
tad vipraso vipanyavo
jagrivam saha samindhate
viṣṇor yat paramam padam

"Just as the sun's rays in the sky are extended to the mundane vision, so in the same way the wise and learned devotees always see the supreme abode of Lord Vishnu. Because those highly praiseworthy and spiritually awake brahmanas are able to see the spiritual world, they are also able to reveal that supreme abode of Lord Vishnu." (Rig Veda 1.22.20)

Sequence for offering the arati items

The arati items are offered in a particular number of circles to the body of the Lord. The sequence is as below:

1. Incense - 7 to the whole body
2. Lamp - 4 circles to feet, 2 to navel, 3 to face and 7 to the whole body
3. Water in small conch - 3 to face and 7 to the whole body

Note: After offering to each personality drop a little water in the small bowl. At the end pour all balance water in the cup.

4. Handkerchief or cloth - 7 to the whole body
5. Fragrant flowers - 7 to the whole body
6. Camara - Wave before Lord suitable number of times
7. Peacock Fan - Wave before Lord suitable number of times. Only in hot season