

## STANDARD BHAJAN FORMAT

<b>Activity</b>	<b>Inner meaning</b>	<b>Contents</b>
Seating	To prepare mind for contemplation	Silent sitting with soft meditation music (5 minutes)
Opening	Invocation of God	Omkaar three times
Offering	Requesting blessings for uninterrupted completion	Ganesha and Guru Bhajans
Bhajans	Singing devotional songs to purify the heart, mind and the surrounding	Regular bhajan songs as chosen by the Centres. Depending on Non-Indian members, bhajans in local language can be sung. To end the bhajans, a sarvadharm bhajan or Subrahmanyam may be used.
Discourse	To ponder over Baba's teachings throughout the coming week	Any selected discourse of Baba (5 minutes) followed by announcements if any.
Gayatri	Universal prayer for purification	Om Bhur Bhuva Svaha x 3 (Sai Gayatri, Sai Surya Gayatri and Sai Hiranyagarbha Gayatri 3 times optional)
Meditation	To go inward to connect with the Lord	Guided meditation as given by Baba or silent sitting after 3 omkaars
Sarva Dharma Prayer	Prayer for the unity of all religions	Om Tat Sat----
Aarathi	Salutation to Baba	Members should keep seated except the person who is showing the sacred light to Swami and then from Swami to the devotees at the end of Narayana Narayana part of the Aarathi song
Seeking blessings and peace	Prayers for achieving peace and liberation	Asato Maa Sad Gamaya
Universal prayer	Praying for peace for the entire creation	Samastha Lokaa
Vibuthi distribution	Receiving Baba's grace for liberation	Vibuthi song in English, French and Sanskrit until everyone in the congregation gets the vibuthi