

**Hindi transcript:**

- मैं दीया जलाने वाली हूँ। मैंने अभी बत्ती बनाई है। तेल डाल रही हूँ इसमें। ठीक है अब मैं जला रही हूँ अगरबत्ती। ठीक है सो मैं अगरबत्ती और दिया जलाती हूँ सुबह।
- यह आप हर दिन सबेरे नहाने के बाद करती हैं?
- हर दिन सुबह नहाने के बाद करती हूँ। और इसके बाद ही मैं ब्रेकफ़ास्ट करती हूँ, उससे पहले नहीं करती हूँ।
- अगरबत्ती का क्या significance है?
- कुछ significance नहीं है। बस... कहा जाता है कि... पूजा करने से पहले अगरबत्ती जलाना शुभ माना जाता है। कभी आरती भी इसी से की जाती है। ठीक है तो और उसके बाद... ऐसे आज शनिवार है तो शनिवार के दिन मैं हनुमान चालीसा और... पढ़ती हूँ। (हँसती हैं।) Okay. तुम्हें wait करना पड़ेगा। (हाथ जोड़ कर प्रणाम करती हैं।) अब इसके बाद मैं आरती करूँगी। ठीक है (हनुमान चालीसा पढ़ते हुए आरती करती हैं।) और यह... this is east. तो east में सूर्य निकलता है तो सूर्य की आरती करती हूँ सुबह...। (सूर्य की आरती करती हैं।) तो उसके बाद होती है प्रार्थना, हाथ जोड़ के। (शिव, दुर्गा, गणेश, कृष्ण, राम, सीता, हनुमान इत्यादि के उद्देश्य में संस्कृत मंत्र पढ़ती हैं।) उसके बाद होता है प्रणाम। (फर्श पर सिर रख कर प्रणाम करती हैं।)

**English translation:**

- I am going to light an earthen lamp. I have just made the wick. Now I am adding oil to this (the lamp). Okay? Now I shall light incense. Okay? So, I light incense and a lamp in the morning.
- Do you do this every morning after you have bathed?
- Every morning after I have bathed. And I eat breakfast only after this [ritual], not before.
- What is the significance of lighting incense?
- There is no significance as such. It's just that ... it is said that ... lighting incense prior to *puja* (ritual worship) is considered auspicious. It is often used in *aarati*\*. Okay? And, after this ... it happens to be Saturday, [and] on Saturday I recite the *Hanuman Chalisa*\*\* ... as well. (Laughs a little.) Okay. You will have to wait a bit. (Folds her hands together and prays briefly.) Now I will do *aarati*. Okay? (Does *aarati* while reciting the *Hanuman Chalisa* from memory.) and this ... this is east. The sun rises in the east, and so I do *aarati* [acknowledging] the sun each morning... (Does *aarati* facing east.) So after this one prays, folding one's hands. (Recites mantras in Sanskrit, praying to gods Shiva, Durga, Ganesha, Krishna, Rama, Sita, Hanuman etc.) This is followed by *pranam*. (Makes prostration upon the floor.)

(\* A ritual that involves making symbolic offerings, by moving lamps and other objects in circles, before an idol or other representation of divinity. The speaker should have said कभी कभी instead of कभी. \*\*A prayer in verse, addressed to the god Hanuman.)

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