



## Sunday Devotions **Livestream version** Preparation Tips

### SHORTLIST:

- ॐ **When:** Sundays
- ॐ **Time:** 8:30-10:15 am
- ॐ Get your **OTHER cheat sheets** (from Dharmainc.net) ready
- ॐ Prepare your **Arti**
- ॐ Test and make sure your **system sound** is clear and of good quality
- ॐ Prayer **outfits**
- ॐ **No food or drinks.**
- ॐ **Enjoy it - it's shorter than a movie!**

### Why Should We Pray on Sunday?

**Sunday** is the first day of the week - it is also the day of Sri Satyanarayana Swami and Sri Surya Deva.

Sunday is dedicated to **Savitur** or the sun. The Sun represents life, energy and sustenance.

In this regard, we depend on the sun for survival and sustenance.

**We can capitalize on the power of Sunday Devotions** to achieve maximum benefits of worship to and benefits of the Sun in our lives.

Other reasons also include:

- \* A positive start to our week.
- \* The guarantee of a spiritual mindset for the entire week.
- \* Clarity of thought,

decision and action as a result of worshipping the divine.

- \* The opportunity to worship as a family.

The benefits that come from these actions are undeniable.

### HOW DO I PREPARE FOR THE LIVE STREAM?

- ॐ Follow Dharma Inc. on Facebook at [facebook.com/dharmainc](https://facebook.com/dharmainc).
- ॐ Awake early, take a bath and change into religious attire, it helps a lot!
- ॐ Hold on breakfast, possibly a

cup of tea or coffee. **NOTE: if your health does not permit this, then eat as little as possible to safely perform devotions.**

- ॐ Select an open, clean area of your home to sit for devotions - make it your 'always' spot on Sundays.

- ॐ We recommend preparing an Arti, if possible.

- ॐ In order to maximize on the experience, we suggest you:

- ॐ View or connect your device to view on your television or a large screen.

- ॐ Ensure your speakers and

sound are loud enough and of good quality/balance.

- ॐ Silent your phones, alarms and devices.
- ॐ Avoid moving around.
- ॐ Sing along using our other cheat sheets.
- ॐ Perform Arti at your altar during Arti song.
- ॐ **DHARMA INC. GOES LIVE A FEW MINUTES IN ADVANCE TO ALLOW EVERYONE TO SETTLE IN.**

We hope these tips will help in maximizing on your devotional experience.

**If you have any questions, Dharma Inc. can always be reached at:**

info@Dharmainc.net or 407-658-9807

### Naarayana Gyatri

Om Naarayan Aaya Vidmahay  
Vaasudev Aaya Dheemahi  
Tanno Vishnu Prachodayaata  
Om Namoh Bhagvatay, Vaasudevaaya



Dharma Inc.'s  
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