Text series 'Science underlying Religious rituals' : - Vol. 1

Spiritual science underlying Familial Religious and Social acts

(English)

Compiler

Proponent of the 'Hindu Rashtra'

Sachchidānanda Parabrahman (Dr) Jayant Athavale

Recipients of subtle knowledge

Shrīchitshakti (Mrs) Anjali Mukul Gadgil,

Ms Madhura Bhikaji Bhosale and others



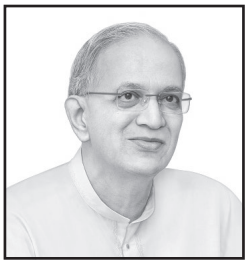
Sanatan Sanstha

Uniqueness of Sanatan's treasure of Spiritual Texts

Many of Sanatan's Spiritual Texts contain 20% matter which is Divine knowledge received from the subtle dimension and is unique when compared with the knowledge available on earth.

Introduction to the Compiler

Brief introduction to the unique mission of Sachchidananda Parabrahman (Dr) Athavale



1. Established 'Sanatan Sanstha' to propagate Spirituality

2. Propounder of 'Gurukrupayoga' for faster God-realisation : By performing spiritual practice as per 'Gurukrupayoga', 125 seekers have become Saints and 1,040 seekers are progressing towards Sainthood as of 8.7.2023.

3. Unique creation of Spiritual texts on various topics such as Deities, spiritual practice, daily conducts, Nation & Dharma, etc.

4. Founder-Editor of Hindu Periodical 'Sanatan Prabhat'

5. Proponent of 'Hindu Rashtra' (Divine Rule) (Year 1998)

6. Uniting Saints, Sects, devout Hindus, patriots and social workers and providing spiritual guidance to them to establish the 'Hindu Rashtra' (Divine Rule)

(For complete introduction, visit - www.Sanatan.org)

Assurance of Sachchidananda Parabrahman (Dr) Athavale to seekers

The gross body has limitations of time and space
How can I be with everyone, at all times
Sanaten dharma is my eternal form
In this form I always exist everywhere

Jayant Balaji Athavale
17.5.1996

Uniqueness of the recipients of subtle knowledge



Shrīchitshakti (Mrs) Anjali Gadgil



Ms Madhura Bhosale

Seekers who have the ability, obtain in-depth knowledge from the subtle dimension that is not available elsewhere on earth, and is on various subjects associated with Spirituality. From the Year 2003, this in-depth knowledge has been included in over 60 Texts published by Sanatan Sanstha. While obtaining knowledge from God, these seekers have to face the attacks of negative energies. Despite this, they have been performing this *satsēvā* on the strength of the Guru's grace.

Care required while performing ritualistic worship

While performing any ritualistic worship one important point to remember is - not to allow any angry thoughts enter the mind. We feel unhappy when we go to someone's house and find the family members fighting or talking about unrelated issues. We feel like leaving such a place at the earliest possible. While performing ritualistic worship, if we too have unrelated thoughts, the effect at the subtle level will be the same as above. The vibrations created due to our thoughts affect the Deities that come to the venue of ritualistic worship. Hence, ritualistic worship should be performed with concentration. We must avoid unwanted talking completely. From this we understand how the Hindu Scriptures have deeply studied the human mind and its effect on various aspects.

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Notes : 1. For non-English & spiritual words used repeatedly in this Text, please see Glossary at the end of the text.

2. When names are mentioned together, we have used macrons only on the Names of Deities.

Preface

There is a proverb in Sanskrut - 'सुखं न विना धर्मात् । तस्मात् धर्मपरो भवेत् ॥', which means, 'Happiness in the true sense (*Ānand*) is possible only by being religious, that is, in abiding by Dharma; hence, always endeavour to abide by it'. Through the medium of various religious rituals, *sanskārs* (Subconscious impressions), Festivals, Vowed religious observances, etc., Hindu Dharma has shown how to be religious while continuing to lead a materialistic life. Hindu Dharma has conveyed its message of being religious through not only daily ritualistic worship or acts related to worship during Holy and Religious festivals, Vowed religious observances, etc. but also through various familial and social rituals.

Only when a designated act is supported by rituals as prescribed by Hindu Dharma (meaning, the course defined by rituals that have a spiritual basis is adhered to) do we obtain the grace of Deities. This also helps in protecting us from negative energies. Along with the individual, such acts bestow benefit upon society too, and hence, they become *samashṭi sādhanā* (Spiritual practice for the spread of Spirituality in society). This Text elaborates upon the objectives, the correct method of performing a ritual and the underlying spiritual science of familial religious rituals such as birthday celebrations, *aukshaṇ*, gifting, performing the ritual of *Shānti* (Peace) as per one's age and social rituals such as inauguration, lighting inaugural lamp, felicitation, condolence meetings and related rituals. When a ritual is performed with complete faith after understanding the underlying spiritual science, the benefit obtained is more.

Importance of reciting Sanskrut *shlokās* and information on which *shlokās* to recite during spiritual discourses, book exhibitions, condolence meetings, rallies, etc. is also provided in this Text.

In today's times, Hindus are more influenced by the western culture. The combined effect of forgetting our own Dharma as well as our culture, coupled with the fascination for western culture, is the reason for large-scale influence of western culture on our religious rituals. This is quite clear from a number of practices such as celebrating a birthday by cutting a cake and extinguishing candles instead of performing *aukshaṇ*; inaugurating a premises by cutting a ribbon instead of purifying the place by breaking a coconut; lighting the ceremonious lamp with a candle and not with a wick of an oil lamp, and other common practices. How these acts do not bestow *Chaitanya* and are spiritually detrimental has been explained in this Text along with the underlying spiritual science. We pray at the Holy feet of Shrī Guru - May everyone progress spiritually at the *vyashṭi* (Individual) as well as the *samashṭi* (Society) level by performing rituals according to the underlying spiritual science as mentioned in this Text and may pride for Dharma and culture be awakened in Hindus. **- Compiler**

Note : Certain writings in this Text elaborate the profound principles of Spirituality, some of which may be difficult to understand initially; however, the spiritually curious people will certainly obtain Bliss from learning the depth in the science of Spirituality.