

# Spiritual science underlying various actions in Shrāddha

## Preface

One of the basic doctrines prescribed by *Dharma* (Righteousness) for God-realisation is to repay the debt unto the Deities, Sages, ancestors and the society. Among these, to repay the debt unto the ancestors by performing *shrāddha* is essential.

The *shrāddha* rituals are necessary for the journey of our parents and close relatives after death to be comfortable and without any distress and the *sanskār* done for their *sadgati* (Momentum for moving to the next higher region) is termed *shrāddha*. The *mantrās* recited during *shrāddha* have the subtle-energy to provide momentum to the *pitars* (Departed ancestors). During *shrāddha*, since the *pitars* (Departed ancestors) receive *havirbhag* (their share) they remain satisfied. If *shrāddha* is not performed, their desires remain unfulfilled. Negative energies make easy victims of such desire-ridden *pitars* and then enslave them. In all likelihood, they use them to cause distress to their own family members. By performing *shrāddha*, we are relieved from the distress caused by the *pitars* (Departed ancestors), and our life on earth becomes comfortable.

Though *shrāddha* has so much importance, due to lack of education on *Dharma* (Righteousness), non-belief in Spirituality, aping the western culture etc., the *shrāddha* rituals are neglected and are considered as an unnecessary *karmakāṇḍa* (Spiritual practice of rites, rituals and observances). Hence, it is imperative to say that like other *sanskārs* performed in Hindu *Dharma*, *shrāddha* too is an essential *sanskār*. The basic information on the importance of *shrāddha*, its benefits, types, restrictions as per the Scriptures is provided in Sanatan's Text 'Importance of Shrāddha and its underlying science'. The speciality of this Text is that the analysis based on the science of Spirituality underlying various acts during *shrāddha*, which are beyond the intellect, has been explained. Due to this, one believes in the truth underlying *shrāddha* as it also helps in eliminating doubts about *shrāddha*. This Text provides answers to questions such as why *rangoli* (spiritually pure designs made on the floor using white crushed powder) should not be drawn during *shrāddha*, why should the *janēū* (sacred thread) be worn on the right shoulder (*Apasavya*), what is the science underlying the method of offering *Naivēdya* (Food offered to Deity as part of ritualistic worship) to the Deities and *pitars*. Apart from this, some signs & spiritual experiences indicating that the *pitars* have gained momentum are also given. The Divine Knowledge obtained due to God's grace by the seekers of Sanatan Sanstha is of a higher level and hence a little difficult to understand. Then too, if we have curiosity and yearning it will help us imbibe this Divine Knowledge.

We pray unto the Holy feet of Shrī Guru that by studying this Text, may everyone attain a virtuous intellect to conserve the cultural wealth in the form of '*shrāddha*' inherited by us from our great Sages, may *shrāddha* be performed with faith and may the spiritual progress of the *pitars* and the self be achieved. – **Compilers**

## Contents

(An asterisk [*] sign has been placed alongside important points)	
<b>1. Acts related to performing <i>shrāddha</i></b>	<b>13</b>
* Why should <i>rangolī</i> not be drawn during <i>shrāddha</i> ?	16
<b>2. Spiritual science underlying the acts performed during the <i>shrāddha</i> rituals</b>	<b>24</b>
* Why are the fruits of <i>shrāddha</i> nullified if <i>Yajñopvīta dān</i> is not given to the <i>Brāhmaṇs</i> during <i>shrāddha</i> ?	52
* How is a <i>shrāddha</i> performed during the <i>shraddha-sampāt</i> (when more than one <i>shrāddha</i> falls on the same <i>tithī</i> ) ?	54
* Method of performing <i>shrāddha</i> on <i>Avidhvā Navamī</i>	54
* Can <i>shrāddha</i> be performed for those whose final rituals have not been performed appropriately?	55
<b>3. Symptoms and spiritual experiences to understand that the <i>pitars</i> obtained momentum</b>	<b>62</b>
<b>4. Harm caused if <i>shrāddha</i> rituals are not performed as per the Scriptures</b>	<b>64</b>
<b>5. Methods to overcome obstacles in <i>shrāddha</i></b>	<b>66</b>
<b>6. Limitations of <i>shrāddha</i></b>	<b>69</b>
<b>7. <i>Shrāddha</i> of an ordinary individual, the rituals of those who worship Shakti, Saint's birthday celebrations and Saint's death anniversary</b>	<b>70</b>
<b>8. Importance of chanting the Name of Deity Datta just like the <i>shrāddha</i> rituals to provide momentum to the departed ancestors and to protect from distress caused by dissatisfied souls of ancestors</b>	<b>71</b>