

Spiritual science underlying various actions in shraddha

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* rites are necessary for the journey after death of our parents and close relatives 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 *pīṭars* (Departed ancestors). During *shrāddha*, since the *pīṭars* (Departed ancestors) receive *havirbhag* (their share) they remain satisfied. If *shrāddha* is not performed, the desires of the *pīṭars* remain unfulfilled. Negative energies make easy victims of such desire-ridden *pīṭars* 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 *pīṭars*, 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, having strong impression of blindly aping the western culture etc., the *shrāddha* rites are neglected and are considered as an unnecessary *karmakāṇḍa*. Hence, it becomes necessary 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 in *shrāddha* etc., is provided in Sanatan's Holy text '*Shrāddha* (Part 1) : Importance and the underlying science'. The speciality of this Holy 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* and also helps in eliminating doubts about *shrāddha*. This Holy text provides answers to questions such as why should *rangolī* not be drawn during *shrāddha*, why should the *janēū* 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 *pīṭars*. Apart from this, some signs & spiritual experiences indicating that the *pīṭars* 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 Holy 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 *pīṭars* and the self be achieved. - **Compilers**

Note - The combined preface of the Holy text series that explains the science underlying 'Religious rituals' is provided in Sanatan's Holy text 'Importance of the substances used in ritualistic worship'.

Index

(An asterisk [*] sign has been placed alongside important points)	
1. Acts related to performing <i>shrāddha</i>	20
* Restrictions to be observed by <i>shrāddhakartā</i> and <i>shrāddhabhoktā</i>	20
* Why should the individual cooking <i>shrāddha</i> food not have worldly thoughts, indulge in conflicts etc.?	20
* Why should <i>rangolī</i> not be drawn during <i>shrāddha</i> ?	23
* Why should we not utter 'Om' during the <i>shrāddha</i> ?	24
* Before making a resolve for the <i>shrāddha</i> , it is necessary to give a thought to <i>dwārolopa</i>	24
* Why is it compulsory for the one whose father is not alive to tonsure his head while performing <i>Tripinḍī-shrāddha</i> and <i>Narāyaṇ-Nāgbalī</i> , whereas, one whose father is alive does not need to tonsure his head ?	25
2. Spiritual science underlying the acts performed during the <i>shrāddha</i> rites	31
* Why should the <i>janēū</i> be placed on the right shoulder during the <i>shrāddha</i> ?	31
* Why should the acts during ritualistic worship of Deities be performed clockwise and the same acts during <i>shrāddha</i> be performed anti-clockwise ?	33
* What is the spiritual science in the <i>Brāhmaṇ</i> facing the east while sitting in the place meant for Deities and facing the north while sitting in the place meant for <i>pitars</i> during <i>shrāddha</i> ?	34
* Why are the fruits of <i>shrāddha</i> nullified if <i>Yadnyopvīta dān</i> is not given to the <i>Brāhmaṇs</i> during <i>shrāddha</i> ?	59
* How is a <i>shrāddha</i> performed during the <i>shrāddhasampāt</i> (when more than one <i>shrāddha</i> falls on the same <i>tithī</i>) ?	60
* Method of performing <i>shrāddha</i> on <i>Avidhvā Navamī</i> (<i>Shrāddha</i> performed for a woman who dies before her husband does)	61
* <i>Mātāmaha shrāddha</i> (<i>Shrāddha</i> of the maternal grandfather performed by the grandson)	62
* Can <i>shrāddha</i> be performed for those whose final rites have not been performed appropriately?	63
* How is <i>shrāddha</i> for a renunciate performed ?	63
* How is <i>shrāddha</i> for a <i>yatī</i> (Ascetic) performed ?	64

* Significance of performing shrāddha sincerely	64
3. Symptoms and spiritual experiences to understand that the <i>pitars</i> obtained momentum	69
4. Harm caused if <i>shrāddha</i> rites are not performed as per the scriptures	71
5. Methods to overcome obstacles in <i>shrāddha</i>	73
6. Limitations of <i>shrāddha</i>	76
7. <i>Shrāddha</i> of an ordinary individual, the rituals of those who worship Shakti, Saint's birthday celebrations and Saint's death anniversary	77
8. Importance of chanting the Name of Deity Datta just like the <i>shrāddha</i> rites to provide momentum to the departed ancestors and to protect from distress caused by dissatisfied souls of ancestors	78
* If the ancestors are suffering in the form of negative energies, then after having <i>shrāddha</i> food, distress such as vomiting, loose motions is caused; the remedy on it being chanting Deity Datta's Name	78