

# 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 *pitars* (Departed ancestors). During *shrāddha*, since the *pitars* (Departed ancestors) receive *havirbhag* (their share) they remain satisfied. If *shrāddha* is not performed, the desires of the *pitars* 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*, 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 *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 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 *pitars* 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'.

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