

Sixteen Sanskārs

Preface

Dharma preaches that the purpose of human birth is God-realisation. The religious scriptures, therefore, impart guidance on how to perform spiritual practice so as to get closer to God through every incident of life, right from birth till death. Life span from birth till marriage completes one cycle. A similar cycle is completed from the birth of a son/daughter to his/her marriage. This Text imparts knowledge on which sanskārs should be performed to get closer to God in the sixteen rituals in life from conception to marriage.

These sanskārs later help in improving spiritual practice. Information on the sanskārs (Vaidik rituals to create subconscious impressions) is taken from various reference books. The focus of this Text is to explain the spiritual reason why a particular action should be performed in a particular manner, instead of merely discussing at length every action in the performance of sanskārs. This will help us understand the science underlying the sanskārs. The details of rituals may differ from class to class, caste to caste, sub-caste to sub-caste etc.; but that will not hinder us from realising the true science underlying the rituals. Some people include the post-death sanskārs also in the sixteen sanskārs.

We pray at the Holy feet of Shrī Guru that in today's times dominated by the intellect let all understand the science underlying the sanskārs and rituals, perform them accordingly and try to get closer to God.

- Compilers

Index

1. Origin, Meaning and Importance	9
2. Sanskārs should be performed on whom and how?	18
3. Supporting rituals of Sixteen Sanskārs	22
4. Sanskār 1 - Garbhādhān (Rutushānti)	33
5. Sanskār 2 to 4 - Punsavan, Sīmantonayan, Jātakarma	40
6. Sanskār 5 - Nāmakaraṇ (Naming ceremony)	45
7. Sanskār 6 to 8 - Nishkramaṇ, Annaprāshan, Choulkarma	55
8. Sanskār 9 - Upanayan (Vratibandha, Munja [The ritual of thread ceremony])	59
9. Sanskār 10 to 14 - Mēdhājanan, Mahānāmnī-vrat, Mahāvrat, Upanishadvrat and Godānvrat	79
10. Sanskār 15 - Samāvartan (Soḍamunja)	83
11. Sanskār 16 - Vivāha (Marriage)	86

12. Criticism or inappropriate thoughts about the Vivāha sanskār and their refutation	108
* Understand the uniqueness of this Text	114
* Scientific perspective of the Compiler	120

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