

# 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 in 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 goes on generations after generations.

This Holy text imparts knowledge on what *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* is taken from reference books listed at the end of this Holy text. The focus of this Holy 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*. Information on post-death *sanskārs* is provided in the booklet 'Death and post-death rites'.

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**

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(An \* sign has been put along with important points)

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