

Text series on 'Science underlying  
religious rituals' : Worship of Deities - Vol. 3

# Individual Preparation required before Ritualistic Worship

(Including scientific analysis)

(English)

**Compiler**

Proponent of the 'Hindu Rashtra'  
Sachchidānanda Parabrahman (Dr) Jayant Athavale

**Recipients of subtle knowledge**

Shrīchitshakti (Mrs) Anjali Mukul Gadgil and others



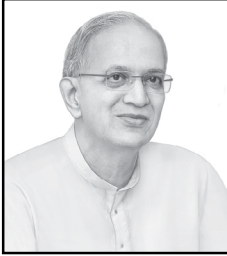
**Sanatan Sanstha**

### **Uniqueness of Sanatan's treasure of Spiritual Texts**

Many of Sanatan's Spiritual Texts contain 20% matter which is Divine knowledge received from the subtle dimension and is unique when compared with the knowledge available on earth.

## Introduction to the Compilers

### Brief introduction to the unique mission of Sachchidananda Parabrahman (Dr) Athavale



1. Established 'Sanatan Sanstha' to propagate Spirituality
2. Propounder of 'Gurukrupayoga' for faster God-realisation : By performing spiritual practice as per 'Gurukrupayoga', 123 seekers have become Saints and 1,089 seekers are progressing towards Sainthood as of 20.4.2023.
3. Unique creation of Spiritual texts on various topics such as Deities, spiritual practice, daily conducts, Nation & Dharma, etc.
4. Founder-Editor of Hindu Periodical 'Sanatan Prabhat'
5. Proponent of 'Hindu Rashtra' (Divine Rule) (Year 1998)
6. Uniting Saints, Sects, devout Hindus, patriots and social workers and providing spiritual guidance to them to establish the 'Hindu Rashtra' (Divine Rule)

(For complete introduction, visit - [www.Sanatan.org](http://www.Sanatan.org))

#### Assurance of Sachchidananda

#### Parabrahman (Dr) Athavale to seekers

*The gross body has limitations of time and space  
How can I be with everyone, at all times  
Sanatan dharma is my eternal form  
In this form I always exist everywhere*

*Jayant Balaji Athavale*

17.5.1996

## Introduction to Recipient of subtle knowledge



**Shrīchitshakti  
(Mrs) Anjali Gadgil**

Seekers who have the ability to obtain subtle knowledge receive in-depth knowledge from the subtle dimension that is not available elsewhere on earth, and is on various subjects associated with Spirituality. They conduct subtle analysis of religious rituals, *Yajña-yāga*, etc. While receiving knowledge from God, they also have to face the attacks of demoniacal energies. Despite this, the seekers have been performing this *satsēvā* on the strength of the Guru's grace.

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**Notes** 1. For non-English and spiritual words used repeatedly in this Text, please see Glossary at the end of the text.

2. In some pictures based on the subtle knowledge in this Text, original drawings are not clearly visible due to the depiction of a range of vibrations. Such original drawings are also given alongside the related pictures based on the subtle knowledge.



A unique feature of Sanatan Hindu Dharma is its deep thought to every aspect of human life so as to obtain *Chaitanya* (Divine consciousness). Various *sanskārs* (*Vaidik* rituals to create subconscious impressions) performed from birth till death, Hindu religious rituals and rituals after death such as *Shrāddha* (Special rites performed for the departed ancestors) are all beneficial for God-realisation, while rituals such as *Pūjā* (Ritualistic worship), *Yajñās* (Ritual of sacrificial fires) and other ritualistic worship can actually help us in God-realisation. Ritualistic worship is the simplest form of worship that can be regularly performed in every house. We can easily imbibe *Chaitanya* through this simple act. We have to note that more the *sāttvikatā* (Spiritual purity) a worshipper is able to generate in himself before the ritualistic worship, more it will be done with willingness and be *bhāv*-enriched. As a result, his ability to imbibe *Chaitanya* through the ritualistic worship will increase. The worshipper's individual preparation helps increase his *sāttvikatā*.

This Text answers numerous questions associated with preparations for the ritualistic worship, such as 'Why should a man wear *sovalē* (A clean, washed, silk or cotton *dhotī* for the ritualistic worship) and *uparṇē* (A shawl or a small single cloth worn loosely over the shoulders) instead of shirt and pant?', "Why should a woman wear a nine-yard *sārī* (A traditional attire of Indian women) instead of a six-yard *sārī*", 'Why should *uparṇē* be draped on the left shoulder?', 'Why should women cover their head with the *sārī*?' Answers to





these and other such questions from this Text will help the reader realise the importance of individual preparation for worship. Understanding the importance of a certain step helps in performing it with faith, and any act performed with faith gives better results. Many are aware about applying *kumkum* (Red powder made from turmeric), *gandha* (Sandalwood paste), *shēndūr* (An orange powder used in rituals), *bhasma* (Sacred ash used particularly in worship of Deity Shiva and specific rituals) before ritualistic worship, but they do not know how and where to precisely apply them. This Text also gives scientific guidance on such issues.

According to an important Principle in Spirituality - 'Wherever there is *bhāv*, there is God'. Preparation before ritualistic worship and the actual ritualistic worship helps in developing devotion and *bhāv*. The oyster shell is very important till a pearl forms in it; but once the pearl forms, the shell is no longer required. After developing *bhāv* or attaining a higher spiritual level, it is not necessary to follow the rules of *Karmakāṇḍa* meticulously. With spiritual progress, performing ritualistic worship is also not necessary; because, such a seeker is constantly in communion with God. However, till we reach such a level, we should focus on preparing before the ritualistic worship and the actual ritualistic worship as an important aspect of abiding by Dharma.

We pray at the Holy feet of Shrī Guru, that after reading this Text may the reader realise the importance of individual preparation before any ritualistic worship, act accordingly and thus imbibe maximum *Chaitanya*. - **Compiler**

