

Text series on 'Science underlying  
religious rituals' : Worship of Deities - Vol. 4

# Preparations before worshipping a Deity

(Including its spiritual science)

(English)

## Compiler

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(‘Sainthood’ or ‘Stage of a Guru’ denotes 70-79 % spiritual level, ‘Stage of a Sadguru’ denotes 80-89 %, ‘Stage of a Parātpar Guru’ denotes 90% and above, whereas ‘God’ denotes 100% spiritual level.)

## Recipients of subtle knowledge

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## 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.

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## Preface

Ritualistic worship of Deities is an easy way of abiding by *āchārs* (Conducts) set by Dharma to facilitate regular spiritual practice of a worshipper. Ritualistic worship of a Deity creates a centre of devotion and *bhāv* (Spiritual emotion) in the mind of the worshipper. It results in showering of grace by the Deity and makes the home environment more *sāttvik* (Spiritually pure). It also creates a *sanskār* (Impression on the subconscious mind) of Dharma on the future generation. Preparation for a ritualistic worship is truly the foundation for the ritual of ritualistic worship. It not only purifies the worshipper, but also enables him to imbibe *Chaitanya* (Divine consciousness) that is emitting from the ritualistic worship; hence, the necessity of preparations.

According to science of Spirituality, performance of a religious act is a kind of scientific experiment. Preciseness is the key to the success of an experiment. Religious activities are no exception to this rule. Obviously, only when religious activities are performed with precision can we benefit from them. Precision comes from perfection, and hence, it is equally important to understand the spiritual science underlying religious acts. Acts performed after understanding the underlying spiritual science generate faith. Similarly, Dharma says that 'Even if a noble deed is performed in an unscientific manner, the performer gets the benefit, though marginally'. Hence, it is essential that the religious acts be performed as per spiritual science. Keeping this aspect in view, this Spiritual text elucidates the preparations to be made before performing a ritualistic worship and the underlying spiritual science.

Various aspects that this Spiritual text focuses on include the importance of reciting *stotrās*, chanting *mantrās* as well as the Name of God before the ritualistic worship, purification of the venue and implements used in ritualistic worship, drawing a *rangolī* (Holy designs made on the ground from white marble powder) to match the Deity's Principle, various types of *āsans* (Seats) to be used during the ritualistic worship, appropriate methods of removal of the *nirmālya* (Withered flowers and leaves, which have been offered earlier to a Deity) and wiping the pictures and Idols of Deities; so also the importance of *āchaman* (Sipping water from the palm).

It also provides information on *Prāṇāyām*, pronunciation of *dēsh-kāl* (Name of the place, date and time), making a *sankalpa* and *nyās* (Assigning various parts of the body to various Deities by specific postures of fingers) and the importance of ritualistic worship of the *kalash* (A metal water container), the *shankha* (Conch), the *ghanṭī* (Bell) and the *deep* (An oil lamp) just before commencing the ritualistic worship.

Our earnest prayer at the Holy feet of the Guru is - 'May the worshipper understand the importance of preparation for ritualistic worship after reading this Spiritual text, perform ritualistic worship with sincere bhāv and may he get utmost Chaitanya from it.' - **Compiler**