

**Text series on 'Science underlying
religious rituals' : Temple - Vol. 1**

Science underlying the acts before having darshan of a Deity in a Temple

(English)

Compilers

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('Sainthood' or 'Stage of a Guru' denotes 70% spiritual level, 'Stage of a Sadguru' denotes 80% and 'Stage of a Parātpar Guru' denotes 90% and above.)

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Preface



The temple is an abode of God, meaning, it embodies the actual existence of God. By going to a temple our wishes are accepted by God and we experience mental peace. It is with this faith that devotees visit a temple. It is said that God yearns for *bhāv*. It does not matter in which way the devotee (who has *bhāv*) has *darshan*, he will still experience God's grace. However, an ordinary devotee does not have enough *bhāv* and hence, it is imperative that he has *darshan* of the Deity in a spiritually correct manner.

When a lamp is lit, soot collects on the glass encasing it. Only when this soot is cleaned, does the bright light of the lamp spread all around. Likewise, before the actual *darshan* of the Deity, the soot-like covering of *Raja-Tama* components around the individual has to be eliminated and *bhāv* awakened within, so as to fully avail of the benefit of *Chaitanya* and grace of the Deity. Information on how this can be achieved through the spiritually correct method of having *darshan* of a Deity, is given in this Spiritual text. Not only are the correct acts described, but the related subtle-level spiritual science too is mentioned. This will help devotees develop faith in the acts to be performed before having *darshan* of the Deity, and simultaneously, their faith in the Scriptures will grow as well.

Answers to various questions are based on spiritual science. Questions such as why should we enter a temple only after washing our feet, how should we pray while having *darshan* of the Deity, why and how should *pradakshinā* be performed around the Deity and for how many times, etc., are provided in this Spiritual text.





If by reading this Spiritual text, an individual has *darshan* of a Deity according to spiritual science, and if in turn he creates awareness about this amongst people, it will be the true accomplishment of this Spiritual text. We pray at the Holy feet of Shrī Guru that this may happen. - **Compilers**



Why does Sanatan follow Oxford (UK) English ?

Principally, there are 2 types of English all over the world - USA and UK.

The two key dictionaries from either side of the Atlantic are Merriam-Webster (USA) and Oxford (UK). Both these dictionaries accept the differences between American and British English and make references to both in their word definitions. The language one speaks is English; the dialect is American English. Similarly, British English is also a dialect of English, even though it can be thought of as the 'original' dialect.

Given the fact that UK's is the 'original' English, Sanatan has selected to follow it in spiritual texts.

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

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Note : Some points in this Spiritual text are taken from other reference texts and articles. At the end of such points, reference numbers have been mentioned in brackets in superscripts. Details of such references are mentioned at the end of the Spiritual text under 'Bibliography'.