

Text Series on 'Abiding by Dharma' : Vol. 1

Sixteen Sanskār̄s

Foundation of an ideal life enriched with sādhanā

(English)

Compilers

Proponent of the 'Hindu Rashtra'

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Sanatan Sanstha

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



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**

(Note : The all-inclusive Preface for Sanatan's Texts on 'Spirituality' has been given in Sanatan's Text - 'Fundamental analysis of Dharma')

