

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

# Sixteen Sanskārs

(English)

**Compilers**

**Parātpar Guru (Dr) Jayant Balaji Athavale**

('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.)

**H.H. Sandeep Gajanan Alshi**



**Sanatan Sanstha**

Over 8.35 million copies of 350 Sanatan's Texts published as of November 2021 in Marathi, Hindi, Gujarati, Kannada, Tamil, Telugu, Malayalam, Bengali, Assamese, Odia, Gurumukhi, English, Nepali, Serbian, French, German and Spanish.

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**The reason for prefixing spiritual titles before the Names of Mrs Binda Singbal and Mrs Anjali Gadgil, who are the spiritual successors to Paratpar Guru (Dr) Athavale**

Saptarshis guide Sanatan Sanstha through the medium of Nadipattis reading (Nadi-astrology). On 13.5.2020, Saptarshis said - 'Henceforth, you must address Sadguru (Mrs) Binda Singbal as Shrisatshakti (Mrs) Binda Singbal and Sadguru (Mrs) Anjali Gadgil as Shrichitshakti (Mrs) Anjali Gadgil. It is because through these Names they will obtain the Goddess Principle; so also, those who address them in this manner will benefit'. As per the instructions of the Saptarshis, we have begun addressing both the Sadgurus accordingly. About addressing them in this manner, Paratpar Guru (Dr) Athavale said, "Shrisatshakti is associated with God's eternal form; whereas, Shrichitshakti is associated with God's universal knowledge".

**Sanatan's Text in the 'Parenting' series**



**Sanskars related  
to adolescence and married life**

In this Text, guidance is given on how the spouses should interact with each other, how the parents should treat the teenagers, etc.



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 goes on generations after generations. 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* is taken from reference books listed at the end of this Text. 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*. Information on post-death *sanskārs* is provided in the Sanatan's 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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(Combined preface for all the volumes in the series of 'Science of Spirituality' is provided in Sanatan's Spiritual Text 'Fundamental analysis of Dharma')

