

Sixteen Sanskars

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Preaface

Dharma preaches that the purpose of human birth is God-realisation. The religious scriptures therefore impart guidance on how to undertake spiritual practice so as to be able to get closer to God in 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 Holy text imparts knowledge on what sanskars should be performed to get closer to God in the sixteen rituals in life from conception to marriage. These sanskars later help in improving spiritual practice. Information on performing the sanskars is taken from reference books listed at the end of this Holy text. The focus of this Holy 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 sanskars. This will help us understand the science underlying the sanskars. 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 include the post-death sanskars also in the sixteen sanskars. Information on post-death sanskars is given in Part 1. Primary level information on Science of Spirituality - Vol. 61. Death and Post-Death Rites 1, and Part 3. Science of Spirituality for Undergraduates - Vol. 61. Death and Post-Death Rites 2 and in the booklet 'Death and Post-Death Rites'

We pray at the Holy feet of Sri Guru that in today's times dominated by the intellect, let all understand the science underlying the sanskars and rituals, perform them accordingly and try to get closer to God. - **Publisher**