

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

# Spiritual Science underlying Acts before Darshan in a Temple

(English)

Compiler

Proponent of the 'Hindu Rashtra'  
**Sachchidānanda Parabrahman (Dr) Jayant Athavale**

Recipients of Subtle Knowledge

**Shrīchitshakti (Mrs) Anjali Mukul Gadgil,  
Mr Nishad Shyam Deshmukh,  
Mrs Priyanka Suyash Gadgil and others**



**Sanatan Sanstha**

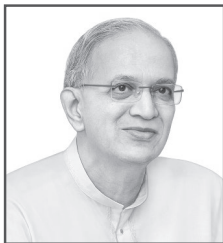
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## Introduction to the Compiler

### Brief introduction to the unique mission of Sachchidananda Parabrahman (Dr) Athavale



1. Established 'Sanatan Sanstha' to propagate Spirituality (22.03.1999)
2. Propounder of 'Gurukrupayoga' for faster God-realisation : By performing spiritual practice as per 'Gurukrupayoga', 133 seekers have become Saints and 1267 seekers are progressing towards Sainthood as of 12.03.2025.
3. Unique creation of Spiritual texts on various topics
4. Founder-Editor of Hindu Periodical 'Sanatan Prabhat'
5. Proponent of 'Hindu Rashtra' (Divine Rule) (Year 1998)
6. Uniting Saints, Sects, devout Hindus, patriots and social workers and providing spiritual guidance to them
7. Honoured at the French Senate with 'Bharat Gaurav Award' for His exceptional contribution to the global spread of Indian culture and civilisation (5.6.2024)

**(For complete introduction, visit - [www.Sanatan.org](http://www.Sanatan.org))**

#### **Spiritual Heirs of Sachchidananda Parabrahman (Dr) Athavale**

Sadguru (Mrs) Binda Singbal & Sadguru (Mrs) Anjali Gadgil are the Spiritual Heirs of Sachchidananda Parabrahman (Dr) Athavale. As instructed by the 'Saptarshi Jeevanadipatti', since 13.5.2020, the title 'Shrisatshakti' has been prefixed to Sadguru (Mrs) Binda Singbal's Name and 'Shrichitshakti' has been prefixed to Sadguru (Mrs) Anjali Gadgil's Name.

## Uniqueness of Recipients of Subtle Knowledge



**Shrīchitshakti  
(Mrs) Anjali Gadgil**



**Mrs Priyanka  
Suyash Gadgil**



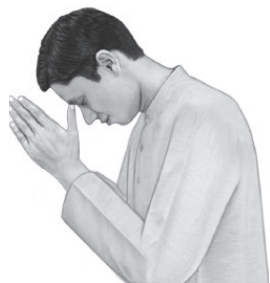
**Mr Nishad  
Deshmukh**

Seekers who have the ability, obtain in-depth knowledge from the subtle dimension that is not available elsewhere on earth, and is on various subjects associated with Spirituality. From the Year 2003, this in-depth knowledge has been included in over 60 Texts published by Sanatan Sanstha. While obtaining knowledge from God, these seekers have to face the attacks of negative energies. Despite this, they have been performing this *satsēvā* on the strength of the Guru's grace.



### **Before starting to read this Text, please pray as below**

O' Kuladevata (Pronounce your Kuladevata's Name), Deity of Worship (Pronounce the Name of your Deity of Worship) and Gurudev (If you have a Guru) ! By Your grace, may I be able to clearly understand the topic of this Text and follow it in an appropriate manner.



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



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* (Spiritual emotion). 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* (Divine consciousness) 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 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* (Circumambulation) be performed around the Deity and for how many times, etc., are provided in this Text.





If by reading this 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 Text. We pray at the Holy feet of Shri Guru that this may happen. - **Compilers**



### **Clarification on prefixing a title to Paratpar Guru (Dr) Athavale's Name**

Great Maharshis have written the future in the Jeevanadipattis thousands of years ago. These Nadipattis also mention Paratpar Guru (Dr) Athavale, Sanatan's Saints, etc. As instructed by the 'Saptarshi Jeevanadipatti', from 13.7.2022 Paratpar Guru (Dr) Athavale has been prefixed to the title 'Sachchidananda Parabrahman'. Even if this be so, seekers have earlier (and continue today too) addressed Him as 'Param Pujya' [or His Holiness] and 'Paratpar Guru' in their writings. We have retained the way He has been addressed by the seekers.

### **Participate in the mission of creating Sanatan's Texts and perform samashti sadhana**

To participate in the mission of creating Sanatan's Texts such as compiling Texts in Marathi, translating Marathi, Hindi & English Texts into various other languages, formatting Texts in 'InDesign' computer software, designing Covers of the Texts and sevas related to Printing of Texts, please contact - 📞 (0832) 2312664 or ✉ sankalak.goa@gmail.com