

Text series on 'Science underlying  
religious rituals' : Worship of Deities - Vol. 5

# The science in ritualistic worship with five and sixteen steps

(English)

**Compiler**

Proponent of the 'Hindu Rashtra'

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(For elucidation of 'Sachchidānanda Parabrahman', see Pg. 11)

**Recipients of subtle knowledge**

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**Sanatan Sanstha**

## **Uniqueness of Sanatan's treasure of Spiritual Texts**

Many of Sanatan's Spiritual Texts contain 20% matter which is Divine knowledge received from the subtle dimension and is unique when compared with the knowledge available on earth.

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### Point 3 of Introductory Contents

#### 卐 ————— Preface ————— 卐

The basis of *saguṇ upāsanā* (Worship of the materialised form) as per Hindu Dharma is the *pūjā* (Ritualistic worship) of Deities. ‘Who has the time for *pūjā* in busy daily life?’ This is the type of negative outlook many people have. Today, what we see around is that in the name of *pūjā*, people just pour water quickly over an Idol, apply *tilak* (A vertical mark made on the forehead) of *gandha* (Sandalwood paste), offer some flowers and wave an incense-stick. However, can this hurried act ever be called worshipping God, the one who takes complete care of our sustenance? Why should God shower His grace upon us? If we honour God by performing His *pūjā* in an appropriate manner, just as the respectful way in which we treat a guest, then God will be pleased with us and shower abundant grace upon us. Hence, the Scriptures have taught us to abide by Dharma (Righteousness) in a ritualistic and *bhāv*-enriched manner by teaching us to worship God in sixteen sequential steps, such as invoking God, offering Him a seat, offering Him water to wash His Holy feet, etc. Performing *pūjā* in this manner is known as *Shoḍashopachār pūjā*. Of these sixteen *upachārs*, five *upachārs* - 9. Applying *gandha*, 10. Offering flowers, 11. Waving *dhoop* (Frankincense), 12. *Āratī*, 13. Offering *Naivēdya* (Food offered to the Deity as a part of ritualistic worship) form the *Panchopachār*. If it is not possible to perform *Shoḍashopachār pūjā*, *Panchopachār pūjā* should be performed. Since many people find it difficult to perform *Shoḍashopachār pūjā*, information on *Panchopachār pūjā*



has been provided at the beginning of this Text, followed by information on *Shoḍashopachār pūjā*.

We get the benefit of *sankalpa-shakti* (Energy of resolve) of our Omniscient Sages only if we perform *pūjā* as advised by our Scriptures. While performing *pūjā* as mentioned in the Scriptures, utmost devotion and *bhāv* are equally important. If there is a lack of love and devotion for God while performing *pūjā*, then it does not reach Him; for, God yearns for *bhāv*. It is true that it is difficult for an ordinary worshipper to develop *bhāv* quickly; however, if attempts are made to understand the science underlying various acts in *pūjā*, it will help in developing faith in the *pūjā*, and consequently, the Deity. This faith in turn will develop into *bhāv*. Hence, in this Text, emphasis has been laid on explaining the spiritual science.

This Text provides answers in a scientific language that is beyond the comprehension of the intellect, to many questions such as why are *akshatā* (Unbroken rice grains) or *tulsī* (Holy basil plant) leaves offered to the Deity's Idol while invoking it; why are *gandha*, flowers and *akshatā* with *arghya* (A ritual of offering oblation of water to God) offered to the Deity; why should fragrant substances be used; why should *gandha* be applied before offering *haldī* (Turmeric powder) and *kumkum* (Red powder made from turmeric) to a Deity; how should the *Naivēdyā* leaf be placed in front of the Deity, etc. This Text also contains unique information, such as which specific flowers should be offered to which Deity, science underlying the specific number of flowers offered to a Deity





and their specific arrangement, the number of incense-sticks to be waved in front of a Deity. In-depth scientific knowledge underlying the religious rituals in Hindu Dharma is not found in any other religious order or sect. This is a proof of the undisputed superiority of Hindu Dharma.

We pray unto the Holy feet of Shrī Guru that may the readers understand the underlying science elucidated in this Text and be motivated to worship God with *bhāv* and may they be abundantly graced by God. - **Compiler**



Saptarshis guide Sanatan Sanstha through the medium of Nadipattis reading (Nadi-astrology). As per the instructions of Saptarshis on 13.5.2020, Sadguru (Mrs) Anjali Gadgil is being addressed as Shrichitshakti (Mrs) Anjali Gadgil.

In some pictures based on the subtle knowledge in this Text, original drawings are not clearly visible due to the depiction of a range of vibrations. Such original drawings are also given alongside the related pictures based on the subtle knowledge.

### Note for the Readers

The subtle analysis, pictures based on subtle knowledge presented in this Text, are courtesy Maharshi Adhyatma Vishwavidyalay. - **Publisher**



**Sanatan's Text that enhances devotion**  
**Preparations before worshipping a Deity**