

Pitru Pooja

Pitrus: After death of a person, the body is destroyed. But the mind, the intellect and the Awareness that activated the body does not die, but exist as energy thought vibrations. This energy is called as "Praetha-Atma" and is energized by offering rice and sesame seeds on all new moon days of the month. The "Praetha-Atma" time scale of one day is equal to human 30 days. The Pretha-Atma will have emotional bonding for 365 days or their 12 days. Only if their emotional bonding is shredded they get into a energy level called "Pitru". This is why for one year "Thithi" ritual is done by the family of the diseased person. After 365 days, there is no more emotional connection. After one year of transforming to Pitru, they will accept offering from any human in the world. After attaining the Pitru state, the energy vibration becomes fit to be identified with a new human body.

To be qualified for a human body of choice, "Punya" or meritorious debit should be available. If not done any merits while living as a human, at Pitru level atleast they can achieve merits by doing a Selfless act. The only Selfless act is to bestow "Energy" to Human beings on earth, who are not related to them. This action bestows merit for Pitru to attain a human birth.

So Pitru wait to bestow Energy (blessings) to those who do the ancestry Pitru Bali worship.

Those who have Energy debits for Materialistic and Spiritual progress are benefitted by "Pitru's" blessing.

Men, women, children can do this Pitru worship or darpan. This is not done for dead parents. Even when parents are alive, this Pitru Tharpanam can be done. One should not thithi worship when parents are alive. That is done only after their death. Doing this every month on New moon day removes many Materialistic problems in life and help us to progress spiritually. This is of immense value.

Honoring every month Ancestors on new moon day is one of the 5 duties of every Human being. This is done in all ancient cultures. If due to physical ailment some one cannot do the 12 months, then they can do on the most important day called Maahalaya Ammavasi, The dark fortnight of Aswayuja (September-October) is known as the Mahalaya Paksha or the fortnight specially sacred for offering oblations to the departed ancestors. The last day of this period, the new moon day, is considered as the most important day in the year for performing obsequies and rites.

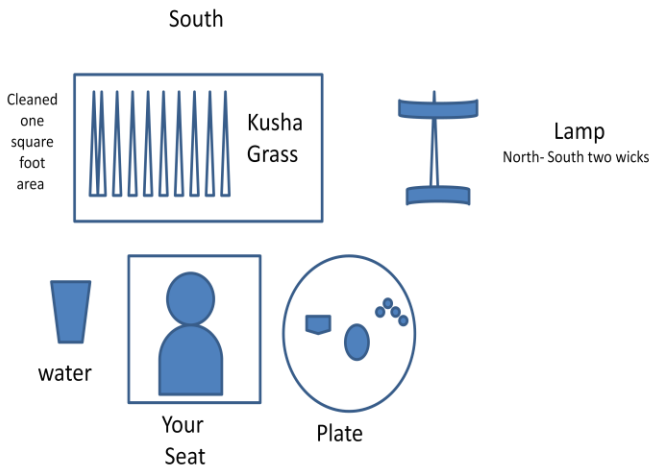
Things needed:

- Black sesame seeds
- Cooked Rice
- Yogurt (optional)
- Yellow Flowers
- Sandal wood paste
- Kusha Grass
- Bermuda grass or Karuka *Cynodon dactylon*. (if you don't have take regular grass with the intension of this **Bermuda grass**).
- Kindi – a vessel for holding water (can use a regular glass of water if kindi is not available)
- Tulsi leaves a few (or Holy basil)
- Kusha Grass ring. Make a ring out of a kusha grass , by circling it on itself.

On the previous day of this event, it is good to avoid non-veg foods. Eat rice or rice-based foods only one time for breakfast or lunch. Avoid rice or rice based food for dinner and instead eat fruits or other grains.

Do this ritual outside of your home, in the south side or your backyard.

Pray the teacher Guru seeking guidance and Blessing. Then pray Lord Ganesha, Ashwini Devasas Maha Vishnu for doing the ritual with full awareness.



Take kindi (water vessel) and Chant the mantra which means I pray to invoke the water of the seven Holy rivers of Bharath (india) for performing this Ancestor worship. Chant “Gange cha yamune chaiva godaavari saraswati narmade sindhu kaaveri jalesmin sannidhim kuru”

Next chant a mantra which means I perform this pithru tharpanam remembering seven holy cities of Bhaarath)

“Ayodhya madhura maaya kaasi kaaanchi avanthika puri dwaaraavati chaiva saptha ethey moksha daayaka”

Pray Lord Ganesha, Ashwini Devatas, Maha Vishnu and then Ancestors (Pitru) – 40 generations back, both

maternal, paternal side and all the souls in all worlds and the local souls.

May the kind Self grant us permission to submit this feast now and also periodically. Let this feast be accepted and we may be blessed with a healthy happy life. Meditate for a few seconds.

Take little water in your right hand and sprinkle it on your body as an act of purifying your body and mind. Place the darbha grass on the square area in front of you keeping the pointed ends of the grass towards south direction. Grass can be approximately 3/4th foot long .

Sprinkle water on the grass ring you made and then wear it on the right ring finger. This is a symbol of tying your mind to be focused on the ritual.

Inviting the Pitru (Ancestors).

Touch and pray the North End part (or middle part okay) of the Kusha Grass (facing near you). Then take some black sesame seeds and hold in the right hand and then touch the middle portion of the grass and chant the mantra

Vasu Rudra Aadithya sorupaan asmath
 Pitur (father) , Pithamaha (grand-father)
 prapithaa mahanaam (great-great grand)
 Maathur- (mother), maatha-maha-maathu-pithamaha--(grand father)
 prapithaa mahanaam (great-great grand)
 maathur-pithamahi (maternal fore- fathers)
 Maathur-prapithaa maheenaam
 Dhyayaamee (meditate)
 Asmin koorcha Ubayam vamsa
 Pithurnaam Aavaahayaami (inviting Ancestors)
 Sthaapayaami (I offer seat), poojayaami (and worship).

By doing this we intend to invoke our ancestors on black sesame seeds placed on the center of the kusha grass.

With devotion touch the grass along with the sesame seeds with the feeling that they are seated on the grass seat and chant with devotion.

Mama vargadh- doya piturbyo namaha (I am honoring the ancestors of my family line).

After inviting now we are honoring them.

Take water using left hand and pour it on the seeds which is inside of the right hand and then allow the water to drain on the grass through the index finger , chanting the mantra “Om Namō Naaraayanaya.

Three times offer flowers with chanting “Om Namō Naaraayanaya.

Two time offer water chanting “Om Namō Naaraayanaya.

Three times offer sandal paste along with tulsi leaves chanting “Om Namō Naaraayanaya.

Three times offer flowers with chanting “Om Namō Naaraayanaya.

Now invoke the Aadi-pitroos (Ancient Ancestors)

Take small of Bermuda grass, Sandal paste and Sesame seeds equally in both the hands. Raise the hands towards the sky and look up and slowly bring down both the hands down with the intension of inviting the ancestors down to earth. Now transfer the contents from left to right hand and then with the right hand place the contents on the top (south end) of the Kusha grass, by chanting the mantra.

AAadhi Pitrunaam Aavaahayaami (I invoke the first ancestors)

Sthaapayaami (I offer seat), poojayaami (and worship).

Take a handful of the cooked rice and mix with sesame seeds and shape into a ball and chant

Maatur-vamsae Mritha-yaesnjae Pitur-vamsae thadaiva cha

Guru syasura Bandoonaam ye cha anyae Baandava Mritha

Thilodakam cha pindam cha pithurnaam parithushtayae

Samarpayaami Bakthya Aham Prarthayaami Praseedhamae

With Devotion offer (place) in the center of the kusha grass.

Touch on the rice ball (panda) remember and meditate on the ancestors.

Take some black sesame seeds along with water and pour on the pinda with this mantra –

Thilodagam Samarpayaami

You can pour a spoon of curd or yogurt on the rice ball three times as offering (this is optional).

To this panda three times pour water through the index finger chanting “Om Namō Naaraayanaya.

Three times offer flowers with chanting “Om Namō Naaraayanaya.

Three times offer sandal paste along with tulsi leaves chanting “Om Namō Naaraayanaya.

Three times offer water chanting “Om Namō Naaraayanaya.

With praying type folded hands chant

Devathaabya Piturbyasnja Maha-yogeebya-Eva cha

Nama Swadaayai Swaahaayai Nithya-meva Namō Namaha

AA Brahamano ye Pitur-vamsa-jaatha

Maathu SthathaVamsa Bava Matheeya

Mithraani Sakya Pasavanja Vriksha

Drishtanja Adrishtanja Kritho-pagaa-raaha

Janmantharae ye mamasangathanja

Debya swayam panda-balim dadhamee

Boomou Dathethana balinaa Trhipaayaanthu paraan-gatheem

Atheetha Kula-kodinaam saptha dweepa Nivaaseenaam

Praaneenaam Udhagam Dadhtham Akshayam-upathish-tathu

Take water in hand and offer by chanting Avasaanee-yaahya-midham.

Offer a currency to the one who helped in the ritual.

Put all the contents of the pooja and carry on head and immerse in a lake or pond or sea with chanting Idam Pindam Gayaar-pitho Asthu (I immerse this Pinda in gaya River). Remove the grass ring.

If no river then you can offer this in a place where birds or animals can eat it. See instructions below.

Pour water on ground drawing an imaginary circle on ground. Place the leaf and all the contents on the ground, and tear the leaf into two and place it either sides of the rice contents. Then place the ring finger on top of it. Take water in right hand and sway it in front up in the air three times and in the last time, clap your hands three times.

Wash hands and face (best is to take complete bath drenching the clothes also). With this the pitru pooja is completed.

Pooja to Cosmic forces

If you have time and mind , please do the next part of the pooja for the cosmic forces. You can sprinkle water on your body as washing act and proceed with this.

Take in a spoon few drops of water and offer to the right hand with this chanting. This offering is for the Cosmic forces.

Om Agnih Thripyathu , Om Vishnuh Thripyathu , Om parjapathih Thripyathu
Om Brahmah Thripyathu , Om Devathah Thripyanthu Om Devah Thripyanthu
Om Rishiyah Thripyanthu Om Omkaara Thripyanthu Om vashtakaara Thripyanthu
Om vyahruthayah Thripyanthu Om saavithri Thripyanthu Om yagnayah Thripyanthu
Om Dyavaa-prithivi Thripyanthu Om Anthareeksha Thripyanthu Om ahoraathraani Thripyanthu Om saankyah
Thripyanthu Om Sidhah Thripyanthu Om samudrah Thripyanthu Om nadhyah Thripyanthu Om giriyah Thripyanthu
Om ksethra-oushadi-vanaspahi-gandharva-apsrash Thripyanthu
Om Nagah Thripyanthu Om vayamasi Thripyanthu Om gavaahThripyanthu Om vayaamsi Thripyanthu, Om Saadhyah
Thripyanthu Om vipraah Thripyanthu
Om yakshyaah Thripyanthu Om rakshamsi Thripyanthu Om Bhoothani Thripyanthu

Next homage to sanadhana Dharma's great contributors (Rishis). Offer for each two times.

Om Satharchina Thripyanthu Thripyanthu
Om GrithsamadahThripyanthu Thripyanthu
Om Vishwamithrah Thripyanthu Thripyanthu
Om VamadevahThripyanthu Thripyanthu
Om Athrih Thripyanthu Thripyanthu
Om Bharadhvajah Thripyanthu Thripyanthu
Om Vashistah Thripyanthu Thripyanthu
Om Pragaathah Thripyanthu Thripyanthu
Om PaavamaanyahThripyanthu Thripyanthu
Om Kshudra-sookthahThripyanthu Thripyanthu
Om SanakahThripyanthu Thripyanthu
Om Sanandhanah Thripyanthu Thripyanthu
Om Sanat kumarahThripyanthu Thripyanthu

Om KapilahThripyanthu Thripyanthu

Next offering is for great Teachers (Aacharyas)

Om Sumanthu- Jaimini-Vaisampaayana-paila-Soothra-Baashya-kaara-Bhaaratha- Mahabharatha-Dharamacharyah-
Thripyanthu Thripyanthu Thripyanthu

Om-Jananthi-Bhaahavi-Gaargya-Gowthama-saahalya-Bhaabhrawya-Maandawya-Maandu-keya- Thripyanthu
Thripyanthu Thripyanthu

Om Kaholam Tharpayaami Tharpayaami Tharpayaami
Om KowsheethakamTharpayaami Tharpayaami Tharpayaami
Om Maha-KowsheethakamTharpayaami Tharpayaami Tharpayaami
Om PaingyamTharpayaami Tharpayaami Tharpayaami
Om Maha-PaingyamTharpayaami Tharpayaami Tharpayaami
Om Suyagnyam Tharpayaami Tharpayaami Tharpayaami
Om Saangyayanam Tharpayaami Tharpayaami Tharpayaami
Om Ithareyam Tharpayaami Tharpayaami Tharpayaami
Om Mahai-therayam Tharpayaami Tharpayaami Tharpayaami
Om Syaakalam Tharpayaami Tharpayaami Tharpayaami
Om Baashkalam Tharpayaami Tharpayaami Tharpayaami
Om Oudha-vaaheem Tharpayaami Tharpayaami Tharpayaami
Om Maha-Oudha-vaaheem Tharpayaami Tharpayaami Tharpayaami
Om Saounakam Tharpayaami Tharpayaami Tharpayaami
Om Aasyalayanam Tharpayaami Tharpayaami Tharpayaami

Ye cha Anyae Aachaaryah Thae sarva Thripyanthu Thripyanthu Thripyanthu

Next offering to Ancestors with known names.,

Pitharam xxxx Varmaanam Tharpayaami (Male)
Pravithaamaheem xxxx Dhaam Tharpayaami (Female)

Or without names

Om Pitharam Tharpayaami Tharpayaami
Om Pithamaham Tharpayaami Tharpayaami

Om maatharamTharpayaami Tharpayaami
Om PithamaheemTharpayaami Tharpayaami
Om Pra-pithamaheem Tharpayaami Tharpayaami
Om MaathamahamTharpayaami Tharpayaami
Om Maathu-pithamahamTharpayaami Tharpayaami
Om Maathu-prapitha-mahamTharpayaami Tharpayaami
Om Gnatha-at-gnatha ubayakula pithyaan Tharpayaami Tharpayaami

End. Take Bath and visit temples. Give alms to poor, food to needed, good to avoid rice in dinner also. Good to light in evening a lamp in south room, a lamp with two wicks facing north and south. Near lamp, keep half cup milk and another cup water and face south and pray.

Samasaana Anala Dagdosi Parithya-kethasi Baandha vaih

Idam neeram Idam ksheeram Ahaaraya Pragalpathaam (with folded hands pray)

Pray and tell the ancestors that we are all moving towards a life of righteousness, non-violence- Truthfulness.