



# Samskaras and Upasana for personality development and individual excellence- a framework to Human life

T.V.Subramanian



# Agenda

---

- ◆ Why we need Samskaras?
- ◆ What are Samskaras?
- ◆ Purpose of Samskaras-Popular and Cultural (refined)
- ◆ Important Samskaras
- ◆ Constituents of Samskaras
- ◆ Prarthana and Upasana
- ◆ True significance of Upasana
- ◆ Samskaras and upasanas and Individual Excellence and personality development

# scriptures

---

- ◆ Love all people and creatures
- ◆ Difficulties in Implementation
- ◆ Lessons from Nature
- ◆ Divinity is present in all creatures
- ◆ Selfless LOVE and CREATIVITY are all the qualities of Divinity
- ◆ Not getting manifested in Human beings due to previous impressions or vasanas( Negative impressions)

# Meaning of Samskaraeas?

---

- ◆ 'To **refine**' or 'To **purify**' the vasanas or impressions formed through previous karma
- ◆ Samskarae is **giving shape to** such excellent qualities as inner balance, refinement and polished and civilized behavior .
- ◆ Samskarae also means an obligatory sacred rite or a religious ceremony or a **rite of passage.**

# Popular purpose

---

- ◆ The Removal of Hostile Influences
- ◆ Attraction of Favorable Influences
- ◆ The Material gain
- ◆ Samskaras as a means of Self-expression (**Social purpose**)

# Other purpose

---

## ► Cultural purpose:

- Help in purification of bodily impurities such as seminal and uterine impurities
- Social privileges and rights were also connected with the Samskaras.

## ► Moral purpose

- Prepares and equips the person to acquire the 'eight good qualities of the soul, (Atma gunas)
- viz., mercy, forbearance, freedom from envy, purity, calmness, right behavior, and freedom from greed and covetousness

# Development of Personality

---

- ◆ Cover the full span of life, including the life after death through the cult of soul
- ◆ They **guide and direct the life of an individual according to his growth to live a full life of discipline and his energies flowed into a well-guarded and purposive channel**

# . Spiritual Significance

---

- ◆ Hindus transformed the Samskaras into a **spiritual Sadhana**.
- ◆ They are an **outward visible sign** of an **inward spiritual** grace.
- ◆ Hindu looked beyond the ceremonial performances and felt something **invisible** which **sanctified his whole personality**.
- ◆ So, for the Hindus the Samskaras were a **living religious experience** and not a dead formalism.



# Spiritual significance....

---

- ◆ Samskaras make the body a valuable possession, purify and sanctify it, so that it might be a fitting instrument of the spiritual intelligence embodied in it.
- ◆ Through them the recipient realizes that all life, properly understood, is a sacrament and every physical action should be referred to, and connected with, the spiritual reality

# 16 important Samskaras

---

◆ Garbhadana

◆ Pumsavana

◆ Simanta

◆ Jatakarma

◆ Namakaran

◆ Nishkramana

◆ Annaprashana

◆ Karnavedha

◆ Chudakarana

◆ Vidyarambha

◆ Upanayana

◆ Samavartana

◆ Vivaha

◆ Vanaprastha

◆ Sanyasda

◆ Antyeshti

# Constituents of Samskaras

---

- ◆ Fire (Agni)
- ◆ Water
- ◆ Prayers
- ◆ Sacrifices

# Upasana-Significance

# Prarthana and Upasana

---

- ◆ Prarthana (Prayer): Requesting for some benefits from GOD.
  - One develops a faith in the POWER of the Almighty
  - Eventually asks for benefits of a lasting nature.
- ◆ Upasana means Sitting near GOD or moving closer to GOD; becoming more intimate to GOD

# Upasdana methods

---

- ◆ Pooja
- ◆ Japa
- ◆ Dhyana (Neditation)

# Upasana

---

- ◆ GOD is the parent for all of us.
- ◆ As a parent GOD has provided us all the things necessary to lead healthy and prosperous life
  - Intellect, Healthy emotions, Physical energy

# True Upasana

---

- ◆ True upasana is expressing gratitude to GOD for all that he has provided.
- ◆ Fulfilling HIS expectations by properly making use of all that HE has provided.
- ◆ Make the PARENT proud of you.
- ◆ Offering all successes at his feet (Samapana bhava) and treat all that we receive in this world as HIS prasada
- ◆ Upasana as a Role model concept
  - RAM as a Role model for Hanuman



# True Upasana

---

- ◆ Connecting oneself to the source of CREATIVITY and LOVE.
- ◆ Any good conductor of heat becomes hot if connected to a source of heat;
- ◆ Electrical devices connected with a power generator get charged by the electrical current
- ◆ Similarly, a true devotee starts receiving the grace and glow of DIVINITY by upasana

# Enablers of Excellence

---

- ◆ Negative tendencies are washed away and energies are channelrd to purposeful action
- ◆ Development of Discipline and focused action
- ◆ Development of Holistic personality
- ◆ Connection to Supreme force develops creativity.

# With Samskaras and Upasana

a person is

**Physically** energized

**Emotionally** connected

**Mentally** focused

and

**Spiritually** aligned