

6th March New Moon (Amavasya)

Offerings to one's Ancestors.

New Moon Begins on the 5th @ 15h36 and ends on the 6th @ 18h02

New Moon night will fall on the 5th. New Moon will rule the 6th

The new moon day is called Amavasya and is observed as a day of fasting in many Hindu households. Since the Hindu calendar is organized according to the lunar month, Amavasya is the beginning of the new lunar month which lasts approximately 30 days. Many festivals, the most famous being Diwali, are observed on this day. The importance of Amavasya is that it is a day of new beginnings. It is a time to discard the old (habits, thought processes, failures and negative influences) and embrace the promise of new 'light' that the new moon brings to us. The 'dark' side of the moon is revealed on this day as the moon completes its waning cycle of approximately 15 days.

(On New Moon days one offer food offering to one's ancestors. Whatever vegetarian meal one cooks on that day he/she can offer to one Pitr's – just as one does in Pitr Paksha or Mahalaya Paksham. By performing this act great merits awaits that person. In the Garuda Purana Preta Khanda II 10.50-55 Lord Vishnu says to Shree Garudaji "On the day of Amavasya (new moon day), the airy manes (the ancestors) stand at the door of their descendents in order to receive their food. They remain there till sunset. When they do not receive their food they fall in despair and out of suffering heave long sighs and go back cursing the descendents. Therefore, one should carefully perform shraddha (offer food) to one's ancestors on the new moon day (Amavasya) every month". So why are you hearing this for the first time? Well that's a million dollar question, which I can't answer.

DO NOTE:- THE ANCESTOR OFFERINGS MUST BE OFFERED BETWEEN SUNRISE AND SUNSET ON 6th MARCH. It should not be offered before or after this period for maximum spiritual credits.

Dipika's humble suggestion on what to prepare for your beloved Ancestors is provided in the picture below. In the picture provided on the next page on a thari there is cup of water, a cup of milk, basmati rice, potato curry and salad. Kindly note presentation is most important. Also one may just prepare cut fruits, a cup of water and a cup of milk. This depends on your availability of time.

Once the food preparation is completed, offer this at your prayer place to Lakshmi-Narayana (Vishnu/Hari). Leave for 5 minutes then take the thari and outside in a clean place and offer this offering to your ancestors facing the south direction. Leave till the evening in the evening dispose of the food on the ground where ants, birds and other of the Lord creatures will consume this prashad. **A HUMAN NEVER CONSUMES THIS FOOD ONCE OFFERED TO ONE'S ANCESTORS.**



Question:- Can we offer meat, alcohol and cigarettes when we perform our New Moon ancestor prayers. We have been doing it this way for as long as I can remember because my grandparents used to eat meat, drink alcohol and smoke. Is this correct?

Answer:- Before one offers food to ones ancestors one must offer the food to Lord Vishnu which then becomes Vishnu prasad and then a portion of that food is offered to one's ancestors... Now ask yourself would it be correct to offer meat, cigarettes and alcohol to Lord Vishnu ...**OF COURSE NOT**. It's a very great sin to offer any un-sattvic foods (e.g. Meat and any type of intoxicants) to one's ancestors. The following three verses are proof in Vedic shastras.

“It is Dharma that in the Shraddha feast one should never offer meat nor should one eat meat. Only vegetarian food must be offered because meat is obtained by killing”.
([Srimad Bhagavatam 7.15.7](#)).

“Vegetarian food prepared with pure butter, milk, sugar and curd, etc. are most pleasing to the Pitrs (Ancestors)”. ([Matsya Purana 17.30](#)).

“Cow's milk, honey and the sweet pudding made of milk and rice and sugar with dry nuts satisfies the Pitrs (Ancestors)”. ([Matsya Purana 17.36](#))

Question:- How certain are we that the food that we offer goes to our ancestors?

Answer:- In the Garuda Purana Preta Khanda 19. 26-27 Shree Garuda-ji asks: “O Lord Vishnu, things are gifted by the relatives at home in the favour of the deceased. How do they reach the deceased and who receives them?” Lord Vishnu replied “O Garuda, Varuna dev (the deva in charge of the oceans) receives those gifts and hands them over to Me. I give them to Suryadev, and from Suryadev the deceased person obtains them” so from the above verse its quite clear whatever you give on behalf or the food that you offer to you ancestors, the food/gift goes to that entity in whatever form it is in.

If this article did interest you then you will find this following article named “Sacred information Ancestor Prayers and Offerings”, on DIPIKA interesting as well. You may Ctrl-click **(HERE)** to a quick link on DIPIKA to learn more about this article.

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