



Pitar Paksha (The Memorial Period for the ancestors)



Pitar aka Pitr (ancestors) Paksha (phase of the moon) or simply "The auspicious period for remembering those who have passed on" is very important and significant in the Hindu culture. The Sanskrit word Pitr embraces God in all His aspects, the earliest sages, and our immediate ancestors to the third generation, and all our departed friends and relatives. In writing this article we hope to enlighten people from all cultures as to why we honour this very auspicious period of 15 days which comes in the dark half phase of the month of Ashwini (September/October), set aside as a Memorial and thanksgiving to the departed souls, who, when on this Earth, made some contribution to make it a better place. We acknowledge our indebtedness to our ancestors in this period. It is an observance accompanied by intense bhakti (devotion) to the Supreme Lord.

When does Pitar Paksha in South Africa commences in September 2024?

This year Pitar Paksha falls between 17th/18th September - ends 2nd October 2024 in SOUTH AFRICA.

Pitar Paksha officially commences on the 18th of September 2024 @ 04h33.

Offer 1st water oblations (Tarpana) after sunrise of the 17th or after sunrise of the 18th of September. Both are correct and acceptable.

Pitar Paksha Ashwina Amavasya Tithi ends = 2nd October @ 20h47. Last water oblations to be offered after sunrise on the 2nd October.

Prayers to welcome one's Pitars on the first day of Pitar Paksha

GIST OF SAGE AGASTYA'S TREATISE ON PITAR-PAKSH RITUALS (MAHAALAYA SHRAADH).

Find a quiet corner of a room or balcony where you can sit down facing East.

You will need: A mat to sit on; one glass of water, a small bowl of BLACK sesame seeds (til); a deep thari (plate) into which you can release water and the list of mantras from Agastya's Treatise (printed and laminated).

Mantras required: Pitru-Gayatri; Avaahanam Mantra; Pitru-Mantra; Gayatri-Mantra to end the prayers.

PITRU-GAYATRI MANTRA is chanted 11 times to activate all your Pitars from the Ethers above, so that their attention turns towards you. You may not know who your Pitars (ancestors) are; but when you begin to chant Pitru-Gayatri, you will start radiating

unique vibrations. These vibrations will be unique to you, and will resonate through Ethers via your body, your mind, your sound and your intentions. Vibrations emitted by you will be quite powerful and the Pitars whom you are intentionally reaching out to, will immediately turn their attention towards you. Either in the balcony or in your house, or in a quiet corner of any room, sit down facing East on a mat.

Before you begin Pitru-Gayatri, it's important to put forward the following intention (mentally and in your own thoughts and words) towards Ethers:

"All ancestors from my father's side; all ancestors from my mother's side; all ancestors from my better-half's side...

...all ancestors known to me; all ancestors unknown to me; all Pitars in Ethers who may have no descendants...;

...all Pitars in Ethers whose descendants may have forgotten them; all friends who have passed into Ethers...;

...and souls of all animals who dies feeding me and my family, directly or indirectly.

Please turn your attention towards me:

Now chant the PITRU-GAYATRI MANTRA (11 times in succession):

"Om pitru ganaaya vidmahe

jagat dhaariney dheemahi

tanno pitro prachodayaat"

(https://www.youtube.com/watch?v=Br_INO4DgZk)

If you're good at visualization, you will see your Pitars few feet above you, surrounding you in a semi-circle, facing you.

You have now caught your Pitars' attention. The next step is to invite them to accept your humble offering of black sesame seeds and water.

Invitation is extended by chanting the AVAAHANAM-MANTRA (3 times in succession):

"Om aagachh-anntu me pitru emam grihanti jalaan-jalim"

Meaning: I invite you into my home to accept my offering of sesame seeds and water to quench your hunger and thirst.

Now chant the PITRU-MANTRA (3 times in succession):

1. Take black sesame seeds in right hand.
2. While chanting PITAR MANTRA, pour water over sesame seeds into plate.
3. Water has to flow from between thumb and index finger AND NOT from front of palms flowing over fingers, as we normally do.
4. The water that will flow between thumb and index finger will automatically flow towards South direction as you are facing East.
5. The direction of Pitars is South.

PITAR-MANTRA:

"Om sarva pitru devaaya namaha.

Tripta-yaamidam tilodaham va jalaan-jalim

(tasmai swaahaa namaha)" x 2

As a closure and thank you, chant the GAYATRI-MANTRA (11 times in succession), during which time your Pitars will depart.

GAYATRI-MANTRA:

"Om bhur bhuvaha swaahaa
tat savitur varenyam bhargo devasya
dheemahi dheeyo yonaja prachodayaat"

If you enjoy having a verbal dialogue with those gathered; then do so before you chant the GAYATRI-MANTRA.

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All religions, sects, even tribes follow different observances when a member of the family passes on. The rites are based on certain beliefs and convictions enshrined in religion. One of the cornerstones of Sanatana Dharma (Hinduism) is the belief in the eternity of the Atma (Soul). The Atma leaves the body at death but life does not end there but continues after death as Lord Krishna says in Bhagavata Gita 2.20 "For the soul there is neither birth nor death at any time. The soul is unborn, eternal, ever existing and primeval. He is not slain when the body is slain."

The final rites after death are called Antyesthi, during which the body is cremated or buried depending on the age of the deceased. The ceremonies performed after the 10th, 12th/13th day followed by the 6th, 12th month, and yearly ceremonies are all called Shraddha. The annual Shraddha performed during Pitr Paksh falls into the same category of rituals.

So many cultures pray to their ancestors like in Sub-Saharan Africa, Red Indians (in North America), the Chinese, the Vietnamese, the Koreans, the Christians (Roman Catholic church) in November celebrate all souls day. Christians offer flowers, wreaths, and grave decorations and candles, on graves year-round, as a way to honour their dead. Hispanics, celebrate Dia de los Muertos (Day of the Dead) on or around All Saints Day (1st Nov). During Samhain in Ireland the dead were supposed to return, and food and light were left for them. Lights were left burning all night. They are so many other cultures as well that perform ancestor worship. Due to space we have just but mentioned a few.

But it seems that many Hindus are just embarrassed at performing these prayers or is it due to laziness. This I cannot answer for sure but Hindus should be very proud in performing these sacred prayers. It's just not an Indian thing as some do say.

Especially in South Africa many Hindus observe this very important period for just a few days. Now that's just not right. Now many offer food after three days when they are performing their havan. That's incorrect. Shree Yamaraj-ji releases our ancestors in this period for them to accept food that has been offered to them by their descendents. This memorial period is not just for three days rather it's for 15 days. If a guest comes to your house will you make the guest starve? No! Of course not then why are your ancestors not being fed daily. Remember you do not have to cook 10-15 preparations daily to offer to your ancestors. Whatever you cook for yourself on that day you can offer to your ancestors.

Is Pitar Puja Necessary?: Some people are of the opinion that Pitar Puja should not be performed because the Atma or the deceased has already taken birth again. It might have been born as an animal, bird, insect, human form or whatever form that the soul would receive in accordance with the karmas (actions good or bad) of previous lives. After the Sapindi ceremony (the 12th/13th day ceremony performed 12/13 days after the cremation of the deceased), the Pitar Puja becomes obligatory on the descendants.

Every human being has to pay three debts with which he is reborn and that is

- (1) indebtedness to the Supreme Lord,
- (2) to the Rishis, and
- (3) to the ancestors.

Now what does it matter if the soul is re-born? A simple analogy from everyday life will make it clear. A person named Ram owes a sum of money to Gopal who was residing at a certain address at the time when the debt was incurred. Subsequently, Gopal changes his place of residence, and begins to live at another place. Does this absolve Ram from his indebtedness? No. After all death is the leaving of one body by the Atma and birth is the taking on of a new body. Bhagavad Gita (2.22) aptly describes the process "Just as one removes old clothes and puts on new ones, so does the Jivatma abandon an old body and obtain a new one" For further elucidation we may liken transmigration of the Soul to one abandoning a house which is old and beyond repair and taking residence in another home. Besides, Pitar Puja is a memorial service in which the devotee remembers as well as prays, addressing the departed he says: "O Pitars in whichever form you may be, wherever you may be, we wish to remember and pray for your peace and welfare". Auspicious mantras are recited for the welfare, prosperity and peace of all beings.

How to observe Pitar Paksha: In this period one should not consume any meat, alcohol and other intoxicants. One must offer food and tarpana (water oblations) to ones ancestors daily during the day light hours. One should not perform weddings, Katha and Jhunda, Sacred thread ceremonies, one cannot move into a new house and sign important papers, start a new job, start a new business venture and so forth. **BUT** one should perform charity, deity worship, daily Sandhya (offering of Surya jal, etc), japa, study of scriptures, fasting like Ekadashi, Agni Hotra (a 10 second havan performed at the junction of sunrise and sunset) and so forth.

How to offer food to your ancestors

Food prepared **MUST FIRST** be offered to Lord Krsna/Raam/Vishnu then that offered food becomes sanctified food (Prashad) and only then must that prashad be offered to the ancestors. By performing it in this way the ancestors bless that family immensely since they are eating Krsna/Raam/Vishnu prashad, which relieves them very quickly, from whatever bad situation they are in. The prashad must be offered in the daylight hours as Shree Yamaraj-ji releases our ancestors at sunrise and they must return to Pitar-Loka (the ancestor world) at sunset. On a tray place a banana leaf. On the banana leaf place a tablespoon of all the food that was cooked. Go to your prayer place and offer the food first to God (Lord Krishna/Raam/Vishnu). Leave the food at the prayer place for about 10 minutes. Thereafter take a little of each of the food and put back into the pot. The food in the pot is now Krishna/Raam/ Vishnu prashad. Now take the tray with the food and go to a corner of your yard facing South in a clean place offer the food together with a small cup of water or milk. Say " all my ancestors please partake in this prashad". Then leave that food. One should do this for 15 days. On the last day you can either perform a havan or donate charity (whichever suits you and can afford - like 3 three types of grains, fruits, vegetables...) to your family priest or a poor person.

Please note on the **28th September 2024** is **Indira Ekadashi**. On this day you must only offer your Pitar's Ekadashi (non-grain) food.

Finally many people have emailed me asking what if for example one of their ancestors became a cow, what happens then. Good question. Obviously the cow is not going to come to your house to eat the food that you offered. What happens is that the food (the merits) that you have offered to that ancestor goes to that person or in this case the cow. In the Garuda Purana Preta Khanda II 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 Suryadeva, and from Suryadeva the deceased person obtains them" so from the above verse its quite clear whatever you give on behalf of the food that you offer to you ancestor, the food/gift goes go to that entity in whatever form it is in.

What is Tarpana: The followers of Sanatan Dharma (Hindus) express their gratitude and devotion by offering oblations of water (Tarpana) in memory of their ancestors. Humans have three types of debts when they are born viz. debt to Lord Krsna and the devas, debt to the Rishis and finally debt to ones departed ancestors. 'Trup' means satisfying others. The word 'Tarpana' has been formed from the root word 'Trup'. Offering water to Lord Krsna, the devas, the Rishi's and one's ancestors one satisfies them immensely and through it is called Tarpana. The objective of performing Tarpana is that Lord Krsna, the devas, the Rishi's and one's ancestors whose names are pronounced while performing Tarpana, should bestow happiness on the performer. The offerings are performed daily for 15 days. For your information we have provided the mantras and procedure on how to perform Tarpana daily during Pitar Paksha.

After taking a bath in the morning one should wear clean fresh clothes. You should try to perform the Tarpana outside by your prayers place. Then in a dish of half filled water add some milk, sugar, honey, a few grains of barley, scent, and flowers petals - mix these items.

Now face east and keep 3 pieces of knotted Kush grass across both palms forming a cup and offer this water every time you chant "trip-ya-taam" in the dish - NOT on the ground.

Offerings to God and the devas: Please note again that at the end of each mantra i.e. "trip-ya-taam {single} or trip-yan-taam {plural}" offer the water into the dish.

Om brahmaa trip-ya-taam
Om vishnus trip-ya-taam
Om rudras trip-ya-taam
Om prajaapati trip-ya-taam
Om devaas trip-yan-taam
Om chandaamsi trip-yan-taam
Om vedaas trip-yan-taam
Om rishiyas trip-yan-taam
Om puraa-naa-caaryaas trip-yan-taam
Om gandharvaas trip-yan-taam
Om devyas trip-yan-taam
Om itaraa-chaar-yaas trip-yan-taam
Om apa-sa-rasas trip-yan-taam
Om devaa-nugaas trip-yan-taam
Om naagaas trip-yan-taam
Om samvat-sarah saavayavas trip-yan-taam
Om saaga-saas trip-yan-taam
Om parvataas trip-yan-taam
Om saritas trip-yan-taam
Om manush-yaas trip-yan-taam
Om yak-shaas trip-yan-taam
Om rakshaansi trip-yan-taam
Om pishaa-chaas trip-yan-taam
Om supar-naas trip-yan-taam
Om bhootaani trip-yan-taam

Om pashavas trip-yan-taam
Om vanas-patyas trip-yan-taam
Om osha dha-yas trip-yan-taam
Om bhoota-graa-mash chatur-vidhas- trip-yan-taam

Then face north and offer water in the name of the Rishis.

Offerings to the Rishis

Om mareeshis trip-ya-taam	Om panchas-hikas trip-ya-taam
Om atris trip-ya-taam	Om bodhus trip-ya-taam
Om angiras trip-ya-taam	Om pulast-yas trip-ya-taam
Om pulahas trip-ya-taam	Om kratus trip-ya-taam
Om vasish-thas trip-ya-taam	Om bhrigus trip-ya-taam
Om naaradas trip-ya-taam	Om prachetaas trip ya-taam
Om sanakas trip-ya-taam	Om sanandanas trip-ya-taam
Om sanaatanas trip-ya-taam	Om kapilas trip-ya-taam
Om aasuris trip-ya-taam	Om Sarva Rishiyo trip-yan-taam

Then face south and now add Black til (Sesame seeds) into the water and offer this in the name of the pitrs (ancestors).

Father (Pita) (please note that if your father is still alive then this mantra is skipped.)

Om Asmat Pita (say your father's name) trip-ya-taam idam

Paternal Grandfather (Aaja)

Om asmat pita-maho (say your Paternal Grandfather's name) trip-ya-taam idam

Paternal Great Grandfather (Par-Aaja)

Om asmat pra-pita-maha (your Great Paternal Grandfather's name) trip-ya-taam idam

Mother (Mata) (please note that if your Mother is still alive then this mantra is skipped.)

Om asman mata (say your Mother's name) devi trip-ya-taam idam

Paternal Grandmother (Aaji)

Om asmat pita-mahi (say your Paternal Grandmother's name) devi trip-ya-taam idam

Paternal Great Grandmother (Par-Aaji)

Om asmat pra-pita-mahi (Great Paternal Grandmother's name) devi trip-ya-taam idam

Maternal Grandfather (nana)

Om asman mata-maho (say your Maternal Grandfather's name) trip-ya-taam idam

Maternal Great Grandfather (Par-Nana)

Om asman pra-mata-maho (Great Maternal Grandfather's name) trip-ya-taam idam

Maternal Great great grandfather (Vridha Nana)

Om asmat Vridha pra-mata-maho (say your Great great Maternal grandfather's name) trip-ya-taam idam

Maternal Grandmother (Nani)

Om asman mata-mahi (say your Maternal Grandmother's name) devi trip-ya-taam idam

Maternal Great Grandmother (Par-Nani)

Om asmat pra-mata-mahi (Great Maternal Grandmother's name) devi trip-ya-taam idam

Maternal Great Great grandmother (Vridha Nani)

Om asmat vridha pra-mata-mahi (say your Great Great Maternal grandmother's name)
devi trip-ya-taam idam

Now for the other family members like your cousins, your friends etc you can chant this mantra.

Om asmat (his/her full name) nam amukee deves trip-ya-taam idam.

Remember that the water is only offered in the dish. Only after all offerings have been completed then the dish of water is dropped on a plant. This can be repeated as many days as one desires in the 15 days.



How to perform your own Pitar Paksha Havan

The Pitar Paksha Havan can be performed inside one's home. The devotee should have a bath and put on clean clothes before proceeding to the puja place. Have all the requirements for the Puja and the havan arranged on a tray. Please have a small bowl of weakish sweet rice (Kheer) and mixed with the Kheer and ghee and black Til. Sit facing East or North.

Wash your hands and then place some water in your right hand and sip water from the palm of the right hand, chant Om Vishnu, wash your hands again and do this two more times.

Say in English "O Lord Krsna on this day (which ever day you are performing the puja), in this month of Ashwina, your name, I am performing my Pitar Paksha Havan.

Then light the fire with a piece of camphor and place in the havan kund. Place some wood in the kund now. You can add more camphor in the kund. Add some cow dung pieces soaked with ghee in the kund.

Chant the mantra Om Agni Devtaa bhyo swaahaa

Offer a Tulsi Twig into the fire. (this is optional).

Offer three lit incense sticks clockwise around the fire.

Offer a clay lamp with a piece of camphor in it. Light it and offer three times clockwise around the fire.

Offer one flower clockwise around the fire.

Now you may commence with the havan. Every time "swaahaa or swaadaa" is chanted offer a little of the Kheer into the fire.

Om Sarasvati-yai swaahaa

Om Prajaapataye swaahaa

Om Indraaya swaahaa

Om Agnaye swaahaa

Om Somaaya swaahaa

Om Bhooah swaahaa

Om Bhuvah swaahaa

Om Swah swaahaa

Om Namoh Naaraaya-naaya swaahaa

Om Namoh Bhagavate Vaasudevaaya swaahaa

Om Shree Vishnave swaahaa
Om Shree Krishnaaya Govindaaya swaahaa
Om Shree Keshavaaya swaahaa
Om Chitra-guptaaya swaahaa
Om Yam-devaaya swaahaa
Om Pitri devaayaa **swadhaa** x 9 times
Om Namoh Bhagavate pitare bhiyo swadhaa x 9 times
Om Sarva Deve Devebhyo **swaahaa** x 9 times

Now you offer all the remaining Kheer in the next offering...

Om Hare Krishna Hare Krishna Krishna Krishna Hare Hare Hare Rama Hare Rama Rama Rama Hare Hare swaahaa

Offer water three times around the havan kund. Thereafter you should bow down before the fire and then stand up and you can offer Artee to the fire and to your family Deities with a lamp. Your final prayer is to chant the Maha-mantra three times which is as follows ("Hare Krishna Hare Krishna Krishna Krishna Hare Hare Hare Rama Hare Rama Rama Rama Hare Hare") to nullify any mistakes you made while performing this prayer to your Pitar's.

HOW TO OBSERVE THE FINAL DAY OF PITAR PAKSHA 2024

Pitar Paksha Ashwina Amavasya Tithi ends **2nd of October @ 20h47**. The offerings of Tarpana (water) and bhoga (food) should be done way before sunset on the **2nd of October** in South Africa.

In the Garuda Purana Preta Khanda II 10.50-55 Lord Vishnu says to Shree Garuda "On the day of Amavasya (new moon day), the Pitars stand at the door of their descendants in order to receive their food. They remain there till sunset".

Referring to the Sloka (Vedic verse) above, your water and food offerings should be done the latest two hours prior to sunset on the **2nd of October** in South Africa.

Before Sunset on the **2nd of October** (about 10 minutes prior) at your locality, light a clay lamp with oil (preferably Til oil), place a lota/cup of water and light an incense and offer to your Pitars who are just about to depart the Earthly realms back to their home, Pitr-Loka (the planet of the Manes).

Pray to them with something like "Dear Pitars we thank you for visiting us this past fortnight. Please forgive me/us for any short comings and inadequacies committed during our water and food offerings. Kindly bless me/my family with good health, protection from our enemies known and unknown, removal of obstacles from my/our path, peace, happiness and prosperity. Please go well my dear Pitars".

Chant this mantra three times and bow down "Shree pitar devatas sharanam mamah"

******* Question: Where the lamp should be lit and must it face South?

Answer: If you reside in a flat then at your Pitar Altar, or if you reside in a free holding house then outside your house in the south direction. The lamp (the wick) faces you while you face the Southerly direction.

To those that observed the entire period of Pitar Paksha **2024**, a HUGE THANK YOU. You all uber rock.

May your Pitars bless you and your family with good health, protection, peace, happiness and prosperity.

"Shree pitar devatas sharanam mamah"
meaning

"Our Ancestors are our shelter, May our Pitars bless us all"

References: Bhagavat Gita, Garuda Purana, Astaang Shraddha Paddhatee

Certain excerpts are taken from the article on "Shraddha" from the Lakshmi Narayan Mandir

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