

Tarpana for Devas, Rishis and Pitris

Simplest Procedure

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Introduction

Tarpana is a simple water based ritual in which oblations are made to satiate the desires of deities, sages, divine beings and ancestors and, as a result, freeing one from the resonating effect of those desires (due to kaarmik debt). It is good for removing various obstructions in one's material and spiritual lives and giving peace, stability, balance and focus to the mind.

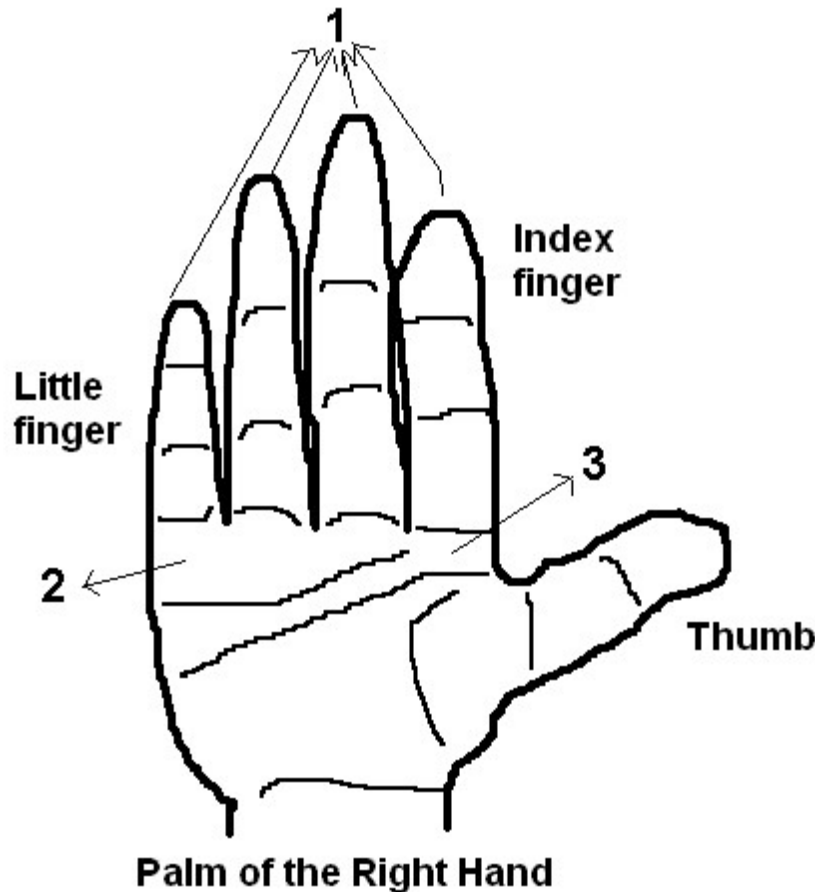
Please make sure to visit <https://EasyHoma.org/tarpana> and read a brief write-up explaining the importance of Tarpana ritual. It also contains an FAQ (frequently asked questions).

Materials Needed

For the simplest procedure, one just needs (1) a small water pot/tumbler/container, (2) water and (3) a spoon.

Sankalpam (vow)

While sitting cross-legged (if one is capable – otherwise sit in a chair), imagine that you are going to try to please deities, sages, divine beings and ancestors. Pour a little water with the spoon in your palm and wash the palm clean.



Procedure

Hold your right palm facing up. Pour water with a spoon into the palm. Imagining that you are pleasing various deities, say the following and angle the palm to let water drop via the tips of 4 fingers (region shown as “1” in the figure above):

ਓ ਦੇਵਾਃ ਤ੍ਵਪ੍ਰਜੰਤਾਮ

Pour more water with a spoon into the palm. Imagining that you are pleasing the seven sages (Saptarshis) who hold the universe together, say the following and angle the palm to let water drop via the tips of 4 fingers (same as above):

ਓ ਸਪ੍ਰਤਰ੍ਸ਼ਯਃ ਤ੍ਵਪ੍ਰਜੰਤਾਮ

Pour water with a spoon into the palm. Imagining that you are pleasing various other sages and divine beings, say the following and angle the palm to let water drop via the region below little finger (region shown as “2” in the figure above). Do it 2 times by repeating the mantra as shown below (*i.e.* drop water 2 times).

ਓ ਭ੍ਰਸ਼ਯੋ ਦਿਵ੍ਯ ਮਨੁਸ਼੍ਯਾਃ ਤ੍ਵਪ੍ਰਜੰਤਾਮ ..੧.. ਓ ਭ੍ਰਸ਼ਯੋ ਦਿਵ੍ਯ ਮਨੁਸ਼੍ਯਾਃ ਤ੍ਵਪ੍ਰਜੰਤਾਮ ..੨..

Pour water with a spoon into the palm. Imagining that you are pleasing various ancestors and deceased people (to whom you have a karmik debt), say the following and angle the palm to let water drop via the region below index finger and above thumb (region shown as “3” in the figure above). Do it 3 times by repeating a part of the mantra as shown below (*i.e.* drop water 3 times).

ਓ ਪਿਤਰਃ ਤ੍ਵਪ੍ਰਜੰਤਾਮ ਤੇਭ੍ਯਃ ਸ੍ਵਧਾ ਨਮਃ ..੧.. ਤੇਭ੍ਯਃ ਸ੍ਵਧਾ ਨਮਃ ..੨.. ਤੇਭ੍ਯਃ ਸ੍ਵਧਾ ਨਮਃ ..੩..

Conclusion

Pour a little water with the spoon in your palm and wash the palm again.

Remain calm for a moment in gratitude for what you received from deities, sages, divine beings and ancestors.

Imagine that you have pleased deities, sages, divine beings and ancestors.