

## **SACRAMENT NISHKRAMAN**

Nishkraman Sacrament (Sanskar) is the name of Sacrament in which the child is taken outside of his/her home to a place of fresh air and climate for the very first time.

There are two suitable time to perform this Sacrament. The first one is the third Lunar date of the third Full Moon fortnight from the date of birth of the child. The second suitable time is the date of birth of child in the fourth month since birth. Parents can also take the child out whenever they are happy to perform this Sacrament. They should take the child out to a place where air is fresh and place is clean and it is good to walk about for health.

Nishkraman literally means to go outside of the house. Day light and fresh air is important for the growth of healthy body and mind. After performing this Sacrament it is important to take the child out for fresh air and day light every day for proper physical growth and development of Mind. This will help the child to live long. Whenever it is a good bright day with acceptable outside temperature parents should take time to take their child outside their home. In Yajur Veda 26/15 it says "Uphavre Giriraam Sangame Cha Nadinaam. Dhiyaa Vipra-aJaayata." In the caves of hills and mountain and at junction of rivers, Rishis (seers) and learned men meditate and roam around because the air is fresh and cool in these places. This is why it is better to choose a place like a big garden, a hermitage in open ground, a place where Havan Yajna (Yajyashala) is performed for the Sacrament of Nishkraman.

Points to consider - It is better to perform Nishkraman Sacrament in the morning or in a place with Havan Kund facility before taking the

child outside the house. It is better if possible for some family member or a friend to accompany the parents.

It is important to consider the following points.

1. There are two alternatives regarding time of performing Nishkraman Sacrament.

The importance of the third Lunar date of the third Full Moon from the birth date of the child-

According to the Vedic literature, the third day of full moon fortnight is auspicious time for performing Nishkraman Sacrament. In Vedic literature this date is auspicious for the worldly development of the child. Please remember that the moon is not commonly visible on 1<sup>st</sup> or 2<sup>nd</sup> Day of the Moon fortnight while 3<sup>rd</sup> day Moon is commonly visible.

The second time is the birth date of the child in the fourth month from the date of the birth.

If the above two dates are not possible then parents can decide a date for Nishkraman according to their convenience.

2. The wife should sit on the left side- On the day of the Sacrament; in the morning after sunrise the parents should bathe the child and dress the child appropriately.

In this ceremony wife sits on the left hand side of her husband. Then wife hands over the child to her husband. It is the same sentiment as written in Naming Sacrament. Both wife and husband take the full responsibility for the welfare of the child. First wife makes her husband to promise to take full responsibility of his child and then she promises herself to do the same.

3. Provision for seeing Sun in day time and Moon in the evening- This is also an important part of this Sacrament. By being in sun light the child feels the warmth of the Sun and in moon light the child feels the coolness of Moon. In order to have a progressive, full of energy, balanced, controlled and happy life. It is important to stay active and do the work in day time and rest and relax in the evening hours. This Sacrament gives the child the knowledge of Science of creation.

The roles of Sun and Moon are important to understand the Science of Creation. This is the reason for performing this Sacrament.

4. To recite Mantras in the ear of the child- Parashkar Grihya Sutra- 1.18.6 advises to recite the Mantras in the ear of a son only. But Maharishi Dayanand Saraswati has advised to recite these Ved Mantras in the ear of all children irrespective of son or daughter. While reciting these Mantras the husband touches the head of his wife.

In this Sacrament the father performs the ceremony without any discrimination between son or daughter in order to make his child well cultured, believe in God and intelligent. By touching the head of his wife he makes his wife feel beloved, respected and his better half.

In all these Sacrament all children, boy or girl, are given equal importance. According to Vedic teachings, children of both sexes have equal rights to get full education, receive all Sacraments and be fully cultured. We must pay attention to these points.

5. Blessings- Under the guidance of a priest if available to perform this Sacrament all the present