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Banaras: Cosmic Space of Life, Light and Twilight

Dilip Kumar

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The Vedas Rig, Yajur and Sama have enjoined on the Hindus a number of rites that are to be performed during the succeeding hours of the day. Every moment of one's walking hours, from dawn to dusk, is so taken care of that even if one wishes, there is not a minute to spare for frivolous pursuits. These daily practices have taken cognizance of man's nature that unless he is compelled by injunction, inducement, circumstances or ambition, he would fritter away his energy and time in chasing transient success and aim to awaken the mental, moral and spiritual powers lying dormant in him. Rai Bahadur Srisa Chandra Vasu's Daily Practice of the Hindus describes in detail all the Vedic rites connected with the morning and midday duties. The Sanskrit text, its translation provide the assistance for the understanding of the Vedic mantras. The chapters on Tantric and Universal Sandhya liberates the use of this book from its sectarian confinement. Everyone, irrespective of his creed, shall find this book invaluable; for it caters to everybody's physical and spiritual well-being. In this book both the Vaidiki and Tantriki Sandhyas are given. All twice-born persons are entitled to the first; while the Tantriki is meant for all mankind, without distinction of caste, race or creed. It is an excellent hand-book. A chapter on the Sandhya of the Rig-Vedins as well as one on the Tantriki Sandhya is added. In the present edition, the Mid day Duties, namely, the worship of Visnu, Siva etc., is also given, as

well as the Five Great Sacrifices.