



Seemantham and Valaikappu

Seemantham is a ceremony done, usually around the 7th month of pregnancy. This is usually done by the parents of the mother-to-be, for blessings of a safe delivery from elders. The tradition has changed a lot, and has become a joint effort by both in-laws to ensure the safe delivery and protection of both the mother-to-be and baby's lives. Seemantham literally means increasing the intellect of the baby in the womb.

Seemantham is usually perform to keep the evil spirits away and for the mother-to-be and Baby to have Good Health. Scientifically it is proven that everything which happens outside the Womb of a mother affects the child and the state of mind of the child. This means that a calm environment, will ensure the birth of a calm and trouble free baby. Playing soft classical, instrumental music or simple chants of various mantras will encourage the well being of the baby and mother. Vedic chants to soft melodious shruti will stimulate the intellect of the baby whilst still in development stages. Every noise is heard by the baby, including the mothers voice, hence constant calm will be most beneficial.

Seemantham Procedure

1. Family is to make up a Kalasam Pot
 - a. Brass Vessel with water
 - b. Inside the water, 1 tsp manja, 1tsp sandhanam, ¼ cup rose water
 - c. 1 set beetle leave, beetle nut, loose flower and coin to be placed inside the pot
 - d. Place 5 mango leaves around the pot and place 1 cleaned & Washed Coconut on top
 - e. Apply Sadhanam and Kumkum Dot to the Coconut
 - f. Garland this Kalasam
 - g. Place Dharbe/ Khoos on top
2. Family to do Ganesha Puja 1st (Prepare Pillayar with 1 tray of sweet Parsadham)
 - a. Chant the Mantra
Vakra-Tunndda Maha-Kaaya Surya-Kotti Samaprabha
Nirvighnam Kuru Me Deva Sarva-Kaaryessu Sarvadaa
 - b. Offer petals 9 times onto Ganesha and recite Aum Ganesha yai Namaha
 - c. Turn Agarbathi
 - d. Turn 1 Coconut and break it
 - e. Offer the coconut and Parsadham to Ganesha by dropping a little water onto it
 - f. Turn Camphor, whilst asking Ganesha to remove all obstacles and to make this journey an easy one
 - g. Drop Water onto the ground
 - h. Bow down and pray to Ganesha





3. Now do the same by inviting Divine mother onto the Kalasam
 - a. Chant the Mantra 3 times
Aum Sarva mangala mangalye shive
sarvaartha saadhike
Sharanye trayambake Gauri
Narayani namosthute
 - b. Offer petals 9 times onto the Kalasam and recite Aum Shakti yai Namah
 - c. Turn Agarbathi
 - d. Offer the Parsadhama to Shakti by dropping a little water onto it
 - e. Turn Camphor, whilst asking Kali Amma to guide and Protect the Mother and Child. To please keep all negative and evil spirits away. And to keep them both in Good Health.
 - f. Drop Water onto the ground
 - g. Bow down and pray to Amma, all that you wish
4. The Kalasam can now be dismantled and the mother-to-be must go take a bath with the water contained in the vessel
5. The coin from inside the Kalasam must be kept with the mother as a symbol of good luck.
6. The mother-to-be can dress up in new clothes, can be decorated as per individual choices
7. Also smoking the mother-to-be with Sambrani

Vallaikappu is the blessing and presenting of Glass bangles to the mother-to-be. As the wrist is always active on a human, the pulse and heart beats are checked normally on the wrist to find out the health conditions. Bangles used by the Mother-to-be are on the wrist part which has constant friction and the blood circulation level is increased, by wearing lots of bangles the nerves will keep the womb in active state. By this the womb muscles will function in a uniform way which creates a healthy atmosphere to an unborn child. The Baby will resonate with the mothers every movement through these bangles, helping to create a calmness in the baby. This sound also assists in stimulating the brain of the baby, which ultimately creates the bond between mother and child.

1. After the process of Seemantham, the mother-to-be can then be seated in a pandal style set up facing east
2. The Inlaws of the mother-to-be will present her with 3 trays
 - a. Saree and jewelry
 - b. Fruit
 - c. Sweet
 - i. This will be kept in the mother-to-be's madhi
3. The mother of the mother-to-be will apply manjal paste to her face, hands, feet
4. Followed by sandal paste
5. a Kumkum Dot to the Forehead
6. and she can be Garland/ Present the father-to-be with a garland at this stage as well
7. The father-to-be will then be given a gift by his father in law and something sweet to eat

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8. The mother-to-be can now be adorned with gifts and blessings from the elders in the family, each elder woman will also give her something sweet to eat. In Turn the mother-to-be can present the elder woman with Tambolam (Beetle Leave, Betel Nut, Sweet, a fruit)
9. The Mother of the woman will then present her with Glass Bangles (Green or Red), this custom has changed as, many choose to put different colours- It is up to the family.
10. Once the bangles have been presented and fitted onto her wrists
11. Each of the Elder mothers can sprinkle rice onto her head as a blessing of good luck
12. The mother of the woman along with the elder mothers can now turn Alo water (Red Water) for the mother-to-be
13. The Elder mothers can also turn camphor for the mother-to-be
14. The mother to be can now wake up and place everything in her madhi at the lamp place
15. This process will be followed by a prayer to maha luxmi and maha Vishnu
 - a. Chant the Mantra 3 times
Aum maha Deviyai Cha Vidhmahe
Vishnu patniyai cha Dhimahe
Thano Luxmi Prachodayat
 - b. Offer petals 8 times onto the lamp and recite Aum Luxmi yai Namah
 - c. Turn Agarbathi
 - d. Offer the Parsadham to Vishnu and Luxmi by dropping a little water onto it
 - e. Turn Camphor, whilst asking Luxmi Amma to guide and Protect the Mother and Child. To please keep all negative and evil spirits away. And to keep them both in Good Health.
 - f. Drop Water onto the ground
 - g. Read closing prayer as follows;
asato mā sadgamaya
tamasomā jyotir gamaya
mrityormāamritam gamaya
Om śhānti śhānti śhāntiḥ
 - h. Bow down and pray to Amma, all that you wish
16. The Mother to be will then seek blessings from her husband and then her parents and his parents and all the elders
17. She can then participate in the meals that have been prepared for her. Some of the meals should include Puli Sadoo (Sour Rice)- Tamarind has various health benefits, amongst a few are Lowering of high blood pressure, aids in digestion, Helps heal wounds e.t.c.

Music should only be that of a calming nature.

Vazhga Kali Amma Vazgha

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