

Introduction to Āchārdharma

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(An asterisk (*) sign has been placed alongside important points)

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**Indepth knowledge on the subject of
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Preface

‘Āchārdharma’ is spiritualisation of life !

When one speaks of Āchārdharma (Code of Righteous conduct), most people associate it with adhering to ideal conduct and ideology, fulfilling duties and following Righteous conduct. None should restrict the meaning of Āchārdharma merely to these aspects. Broadly speaking, every act performed in day-to-day life which helps in moving closer to God is termed as ‘ācharaṇ’ and the Dharma that teaches this is termed as ‘Āchārdharma’. In short, Āchārdharma is the spiritualisation of every aspect of our day-to-day life; that is, making everything we come across sāttvik (See Glossary) and enriched with Chaitanya (Divine consciousness). Therefore, following of Āchārdharma helps in moving swiftly towards God-realisation. Āchārdharma includes a whole lot of aspects like sweeping the floor from inside to outside (meaning, towards the door), wearing of kurtā-pyjāmā instead of a pant-shirt by men and for women, wearing of a sārī instead of a salwār-kurtā; women styling their hair in two plaits instead of one etc.

‘Āchārdharma’ is the foundation of Dharma and sādhanā !

‘आचारः प्रभवो धर्मः ।’ meaning, ‘Dharma has originated from āchār, that is, conduct.’ Our religious life has been moulded by Āchārdharma. The aim of Āchārdharma, as well as sādhanā (Spiritual practice) is God-realisation. The inclination of the human mind towards Āchārdharma and sādhanā is dependent on the Sattva component. Since an average individual is Raja-Tama-predominant, he does not turn to sādhanā immediately. By practising Āchārdharma, the sāttviktā of an individual slowly begins to rise, and in due course, such an individual turns towards sādhanā. Similarly, since Āchārdharma has to be practised all twenty-four hours of the day, it helps develop the foundation of sādhanā. Since sādhanā of evolved seekers and Saints goes on continuously in their subconscious mind, Spirituality becomes a way of their day-to-day life. Hence, they are not required to practice Āchārdharma at the psychological and intellectual levels. They have crossed that stage.

‘Āchārdharma’ leads to materialistic progress as well as prosperity of the Nation !

Abiding by āchār not only helps in evolving spiritual life but in evolution of materialistic life as well. For instance, by practising the āchār of honesty, an individual is spared from the sin of lying; besides, such an individual also develops the qualities of ethical behaviour and cultural nobility. Practising Āchārdharma disciplines the mind, and discipline is an important quality of a value-based life.

Āchār is like a string that binds Hindu faith & culture together. Even though the ways of following Dharma amongst Hindus belonging to different sects are different, yet because of the fact that the authority of the āchār to be followed on a day-to-day basis is universally accepted, Hindus are bound together by this common string.

The strength of Hindu Dharma is dependent on the religious unity of the sects and the progress of society and, in turn, the prosperity of the Nation is dependent on this strength.

‘Āchārdharma’ series is the nectar of knowledge that reveals the Divine spiritual science underlying the āchārs !

Information on various activities performed from waking up in the morning till going to bed at night is provided in various volumes of the Holy text series on ‘Āchārdharma’. This information is also accompanied by the underlying spiritual science in most cases. This spiritual science is rare nectar of knowledge received by the seekers of Sanatan Sanstha by God’s grace, and which is not available anywhere else on earth. - **Compilers**