

# How Should the Clothes Be From a Spiritual Perspective?

## Preface

‘विकृतवासो न आच्छादनीयम् ।’

Meaning : An individual should not dress perversely.

The overall appearance of an individual is generally decided by the clothes he wears. The modern youth, under the pretext of fashion, wear multicoloured clothes, short, tight-fitting clothes such as jeans, stretchable clothes etc. This reflects a perverted dressing style. In simple words, a perverted dressing style is one which generates *Raja-Tama* predominant vibrations. Such a dressing style makes a man's intelligence depraved, a slave to evil tendencies. He comes under the control of the six foes, such as lust, anger, and becomes a victim to attacks of negative energies. As against this, wearing *sāttvik* (Please see Glossary) clothes enables the wearer to imbibe *Chaitanya*, thereby making his mind and intellect *sāttvik*. Besides helping attain good character and wisdom, it also helps in gaining protection from attacks of negative energies.

Every object has indigenous vibrations with its own attributes. The vibrations of clothes depend on factors such as the type of cloth, shape, colour, design, stitching of the cloth etc. The more *sāttvik* these components are, the greater is the *Sattva* component of the final product, that is, the clothes. This Holy text is all about how these components should be like from the perspective of *sāttviktā* (Please see Glossary). Answers to the following questions will help in clarifying the spiritual aspect of clothes - why clothes made from natural fibres such as cotton and silk should be preferred over those made from artificial fibres such as nylon or terrycot, which colours are *sāttvik*, why clothes without heavy designs are more appropriate, why purity of clothes is essential etc. It will be seen that while selecting *sāttvik* clothes, more than our likes or dislikes, it is the study of the science of vibrations that proves beneficial. Some of the subtle-experiments provided in this Holy text will introduce the reader to such a study.

An average individual should wear *sāttvik* clothes so that he can imbibe *Chaitanya* from them. The temperament of an individual with *bhāv* is *sattvik* and because his activities are full of *bhāv*, he can easily imbibe *Chaitanya*. Similarly, the march towards God-realisation of seekers with a spiritual level over 60% and those who have lost body-awareness is brisk. To them, the type of clothing is insignificant. Yet, *sāttvik* clothes do increase their *sāttviktā*; besides, the society also benefits from their *sāttviktā*. *Sāttvik* clothes also help create positive *sanskars* on children. Hence, it is preferable that children wear *sāttvik* clothes.

We pray at the Holy feet of Srī Guru to let more and more people be inspired to understand the spiritual facts about *sāttvik* clothes and bring them into practice, and thereby enhance their *sāttviktā*.

- Compiler

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