

Text series on 'Āchārdharma' : Daily conducts - Vol. 1

# Science underlying Conducts before Bathing

(English)

**Compiler**

**Proponent of the 'Hindu Rashtra'**

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('Sainthood' or 'Stage of a Guru' denotes 70-79 % spiritual level, 'Stage of a Sadguru' denotes 80-89 %, 'Stage of a Paratpar Guru' denotes 90% and above, whereas 'God' denotes 100% spiritual level.)

**Recipients of subtle knowledge**

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**Sanatan Sanstha**

**Uniqueness of Sanatan's treasure of Texts**

Many of Sanatan's Spiritual Texts contain 20% matter which is Divine knowledge received from the subtle dimension and is unique when compared with the knowledge available on earth.

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## Point 3 of Introductory Contents



### Preface



In the earlier times, it used to be impressed upon the minds of children that early to bed and early to rise is the key to a long and healthy life. Today, the routine of most children is just the opposite; they sleep late and wake up late. The Sages of ancient times would begin their day at the *Brāhmamuhūrt*, while today, the mechanised era has forced people to work in night-shifts and rest during the day. The daily routines earlier were consistent with the laws of Nature, while today they are not. The more the lifestyle is consistent with Nature, the more conducive it is for a healthier life. The human lifestyle today works against the laws of Nature, this is why man today has fallen prey to various disorders of the digestive tract, throat, heart, etc.

Hindus are drifting away progressively from *Āchārdharma* (Code of righteous Conduct) prescribed by the Hindu Dharma. Following *Āchārdharma* is the foundation of Spirituality. Everyone should take cognizance of the principle that not by the use of gadgets that are the product of modern sciences, but by adhering to Spirituality can man be truly happy. Every *āchār* (Conduct conforming to Shruti & Smruti) in Hindu Dharma has been prescribed to reduce *Raja-Tama* components, enhance *sāttvikatā* (Spiritual purity) and be protected from distress caused by negative energies through every activity. Indeed, this is the unparalleled uniqueness of Hindu Dharma.





Along with other Paths of spiritual practice such as Jñānyoga (Path of Knowledge) and Karmayoga (Path of Action), *Āchārdharma* also leads to God-realisation.

This Text elaborates on the correct ways of implementing *Āchārdharma* related to the daily routine before bathing from the perspective of Nature and Spirituality, and their scientific analysis at a subtle level. This Text also reveals how traditional Hindu habits are spiritually correct and how activities arising from blindly following western culture are incorrect. For example, having 'bed-tea' instead of brushing the teeth first, or using toilet paper instead of water after defecating.

Our earnest prayer at the Holy feet of Shrī Guru is that after reading this Text may all Hindus realise the greatness of our *Āchārdharma*, get inspired to actually follow it and also inculcate it in their children. - **Compiler**



### Notes

1. From the perspective of completing the topic, points from other reference texts have been included. At the end of such points, the reference number is the superscript in brackets and their details are mentioned in 'Bibliography' at the end of the text.
2. In some pictures based on the subtle knowledge in this Text, original drawings are not clearly visible due to the depiction of a range of vibrations. Such original drawings are also given alongside the related pictures based on the subtle knowledge.
3. For non-English and spiritual words used in this Text, please see the Glossary at the end of this text.