

Text series on 'Āchārdharma' : Vol. 1
Introduction to Āchārdharma

(English)

Compiler

Proponent of the 'Hindu Rashtra'

Sachchidānanda Parabrahman (Dr) Jayant Athavale

Recipients of subtle knowledge

Mr Nishad Shyam Deshmukh and others



Sanatan Sanstha

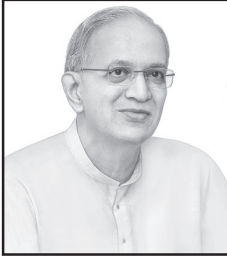
Sanatan's Texts available in various Indian languages

Marathi (344), English (201), Kannada (198), Hindi (195),
Gujarati (68), Telugu (45), Tamil (43), Bengali (30), Malayalam
(24), Odia (22), Punjabi (13), Nepali (3) and Assamese (2)

Over 9.631 million copies of 365 Sanatan's Texts as of Mar. 2024

Introduction to the Compiler

Brief introduction to the unique mission of Sachchidananda Parabrahman (Dr) Athavale



1. Established 'Sanatan Sanstha' to propagate Spirituality
2. Propounder of 'Gurukrupayoga' for faster God-realisation : By performing spiritual practice as per 'Gurukrupayoga', 127 seekers have become Saints and 1,053 seekers are progressing towards Sainthood as of 20.3.2024.
3. Unique creation of Spiritual texts on various topics such as Deities, spiritual practice, daily conducts, Nation & Dharma, etc.
4. Founder-Editor of Hindu Periodical 'Sanatan Prabhat'
5. Proponent of 'Hindu Rashtra' (Divine Rule) (Year 1998)
6. Uniting Saints, Sects, devout Hindus, patriots and social workers and providing spiritual guidance to them to establish the 'Hindu Rashtra' (Divine Rule)

(For complete introduction, visit - www.Sanatan.org)



Assurance of Sachchidananda Parabrahman (Dr) Athavale to seekers

*The gross body has limitations of time and space
How can I be with everyone, at all times
Sanatan dharma is my eternal form
In this form I always exist everywhere*

Jayant Balaji Mhankar

17.5.1996



Uniqueness of the Recipients of subtle knowledge



Seekers who have the ability, obtain in-depth knowledge from the subtle dimension that is not available elsewhere on earth, and is on various subjects associated with Spirituality. From the Year 2003, this in-depth knowledge has been included in over 60 Texts published by Sanatan Sanstha. While obtaining knowledge from God, these seekers have to

face the attacks of negative energies. Despite this, they have been performing this *satsēvā* on the strength of the Guru's grace.

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Note For non-English and spiritual words used repeatedly in this Text, please see Glossary at the end of the text.

Clarification on prefixing a title to Paratpar Guru (Dr) Athavale's Name

Great Maharshis have written the future in the Jeevanadipattis thousands of years ago. Saptarshis guide Sanatan Sanstha through the medium of Jeevanadipatti Readings. As per the instructions of Saptarshis through the medium of Saptarshi Jeevanadipatti on 13.7.2022, the title 'Sachchidananda Parabrahman' has been prefixed to Paratpar Guru (Dr) Athavale's Name. Even if this be so, seekers have earlier (and continue today too) addressed Him as 'Param Pujya' [or His Holiness] and 'Paratpar Guru' in their writings. We have retained the way He has been addressed by the seekers initially.

Clarification on prefixing titles to the Names of Sachchidananda Parabrahman (Dr) Athavale's Heirs

As per the instructions of Saptarshis through the medium of Jeevanadipatti Reading on 13.5.2020, the title 'Shrisatshakti' has been prefixed to Sadguru (Mrs) Binda Singbal's Name and 'Shrichitshakti' has been prefixed to Sadguru (Mrs) Anjali Gadgil's Name.



Factors leading to the compilation of Texts on the subject of *Āchārdharma*

‘Sanatan Bharatiya Sanskruti Sanstha was established in 1991. The fundamental objective of this organisation is to provide appropriate guidance on *sādhanā* (Spiritual practice) to seekers for faster individual spiritual progress. I began *sādhanā* much before 1991. At that time, my Guru Saint Bhaktaraj Maharaj initiated my *sādhanā* with the chanting of God’s Name. I have been asking seekers to chant right from the beginning, that is, from 1987.

In 2001, I realised that many seekers were finding it difficult to start *sādhanā* with chanting. Hence, I started advising them to commence their spiritual journey through *Karmakāṇḍa* such as *pūjā* (Ritualistic worship), visiting temples, etc.

In 2003, I became aware that many seekers were finding even *Karmakāṇḍa* difficult as a stepping stone to their spiritual journey. Then I advised them to take up *sādhanā* at the psychological level, by taking up the process of removal of personality defects and ego.

By 2007, I had become aware of the difficulty that many seekers faced in starting their spiritual quest through the process of removal of personality defects and ego. Hence, I started advising them to begin their *sādhanā* by following *Āchārdharma* (Code of righteous conduct). This is the very objective of compiling the Text series on *Āchārdharma*.’

- ***Sachchidānanda Parabrahman (Dr) Athavale (Founder, Sanatan Sanstha)***



ॐ — Preface to the Series on ‘*Āchārdharma*’ — ॐ

‘*Āchārdharma*’ is the spiritualisation of life

When one speaks of *Āchārdharma*, most people associate it with adhering to ideal conduct and tenets, fulfilling duties and following Righteous conduct. None should restrict the meaning of *Āchārdharma* merely to these aspects. Broadly speaking, every act in day-to-day life which helps in moving closer to God is called ‘*ācharaṇ*’ and the Dharma that teaches this is called ‘*Āchārdharma*’. In short, *Āchārdharma* is the spiritualisation of every aspect of our day-to-day life; that is, making everything we come across *sāttvik* (Spiritually pure) and enriched with *Chaitanya* (Divine consciousness). Therefore, following *Āchārdharma* helps in moving swiftly towards God-realisation. *Āchārdharma* includes many aspects such as sweeping the floor from the inside to outside (meaning, towards the door), men wearing a *kurta-pyjama* (Long knee-length top and loose pants; an Indian dress) instead of a pant-shirt; women wearing a saree (A traditional attire of Indian women) instead of a *salwar-kurta*; 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* 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 *sāadhanā* immediately. By practising *Āchārdharma*, his *sāttvikatā* (Spiritual purity) slowly begins to rise, and in due course, such an individual turns towards *sāadhanā*. Similarly, since *Āchārdharma* has to be practised throughout the day, it helps develop the foundation of *sāadhanā*. Since *sāadhanā* 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 follow *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* helps not only in evolving spiritual life, but in evolution of materialistic life as well. For instance, by practising the *āchār* of honesty, one 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 and culture together. Even though the ways of following Dharma amongst Hindus belonging to different sects are different, 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



ॐ

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

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**Texts on '*Āchārdharma*' are
the nectar of knowledge that reveal
the Divine spiritual science underlying the *āchārs***

Information on various activities from waking up in the morning till going to bed at night is provided in various Sanatan's Texts 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.

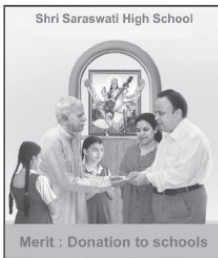
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Read Sanatan's Text on Karmayoga

Merits-demerits : Types and effects



- Why and how should we increase our merits by performing spiritual practice ?
- Why is it said that 'Meritorious karmas performed should be kept secret' ?

- Reasons for developing an attitude of sinning
- Consequences to be faced as a result of demerits



Preface to this Text



The above analysis exemplifies in no uncertain terms the tremendous importance of *Āchārdharma*. When the importance of a topic is realised from every possible perspective, it helps in creating a stronger impression on the mind that motivates it to act accordingly. With this very objective, emphasis is laid in this Text on the importance of the various aspects of *Āchārdharma*. Various benefits from the perspective of *vyashṭi* (Individual) and the *samashṭi* (Society) are also mentioned. This Text also carries an in-depth discussion on the possible detrimental effects of not practising *Āchārdharma*, how to abide by *āchārs*, factors that facilitate following of *Āchārdharma*, etc.

We pray unto the Holy feet of Shrī Guru that through the practice of *Āchārdharma*, may all Hindus realise the greatness of Dharma, thus increasing their curiosity to a level where they are motivated to begin *sāadhanā*.

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To participate in the mission of creating Sanatan's Texts such as compiling Texts in Marathi, translating Marathi, Hindi & English Texts into various other languages, formatting Texts in 'InDesign' computer software, designing Covers of the Texts and sevas related to Printing of Texts, please contact -
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