

Science underlying conducts before bathing

Preface

In the earlier times, it used to be impressed upon the minds of the children that 'early to bed and early to rise is the key to long and healthy life'. Today, the routine of most children is just the opposite; they sleep late and wake up late. The Sages of yesteryears would begin their day at the Brāhma-muhūrt (Auspicious period before sunrise, ideal for spiritual practice), 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 healthier life. The human lifestyle today works against the laws of nature, that is why man today has fallen prey to various disorders of the digestive tract, throat, heart etc.

In the earlier times, the tulsi (Holy basil) plant in the court-yard was watered and paid obeisance to immediately after a bath; today, many do not even have a tulsi plant in their homes. Then, the evening prayer 'shubham karoti' used to be recited at dusk after lighting lamps in the house; today's children are engrossed in watching television instead. Truly, Hindus are drifting progressively from Āchārdharma (Code of righteous Conduct) prescribed by the Hindu Dharma. Following this Āchārdharma is

the foundation of Spirituality. Everyone should take cognizance of the principle that, ‘not by the use of gadgets that are a product of the modern sciences, but by adhering to Spirituality can man be truly happy’. Every āchār (Conduct) in Hindu Dharma has been prescribed to reduce Raja-Tama (See Glossary) components and enhance sāttviktā (Purity), and get protection from distress due to negative energies through every activity. Indeed, this is the unparalleled uniqueness of Hindu Dharma. Along with other Paths of spiritual practice such as Dnyānyoga (Path of Knowledge) and Karmayoga (Path of Action), Āchārdharma also leads to God-realisation.

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

The spiritual practice of evolved seekers and Saints goes on uninterruptedly in their subconscious mind and hence, they keep moving towards God-realisation. Hence, it is all right even if they do not follow Āchārdharma at a preliminary level, for they are in a stage beyond it. Our earnest prayer at the Holy feet of Shrī Guru is that after reading this Holy text may all Hindus realise the greatness of our Āchārdharma, get inspired to actually follow it and also inculcate it in their children. - **Compilers**

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