

Spiritual perspective on cutting hair

(Includes sanskārs related to hair)

Preface

In the earlier times, women would comb their hair sitting in front of a wooden box that had a mirror which was used for keeping a comb, kumkum (Saffron) etc., and throw the hair (That would fall while combing) into the fireplace. They would never leave the house with their hair hanging loose. These sanskārs (Subconscious impressions) were automatically created in younger girls in the family by the elder women-folk (Like the mother or the grand-mother). Boys too were sent to barbers every month for a hair-cut. The boys would also be trained by the father to apply oil to the hair after bathing. Somewhere in the interim period, due to lack of education on Dharma, Hindus stopped abiding by āchārs (Codes of conduct) pertaining to Dharma and traditions, or developed indifference towards them. This not only caused harm to Hindus at the cultural level, but caused greater harm at the spiritual level. Nature has provided hair on the human body, not only to enhance the external beauty, but also to imbibe Chaitanya (Divine consciousness) and develop sāttviktā (Purity) in the jīva (Embodied soul). This Holy text elaborates aspects like appropriate diet, exercises etc. so as to keep the hair healthy, and also provides scientific analysis on how by imbibing Chaitanya through the medium of hair, a jīva is protected from the attacks of negative energies.

In an attempt to look beautiful, many women cut their hair short, move around with their hair hanging loose etc. A jīva may admire such

acts; however, they are an open invitation to attacks of negative energies. Along with information on avoiding harmful measures, this Holy text provides guidance on how to adopt appropriate measures pertaining to hair, such as disposing a cluster of fallen hair after two days, washing the hair with Āyurvēdic ingredients or Āyurvēdic shampoo instead of a chemical-based shampoo etc. We pray unto the Holy feet of Shrī Guru that may all the readers get correct perspective about hair, which are an inseparable part of the human body, and may they abide by the āchārs narrated in this Holy text. - **Compilers**

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(An * sign has been placed alongside important points)

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