

Text series on 'Āchārdharma' : Sleep - Vol. 1

How to sleep peacefully ?

(Science underlying conducts related to sleep)

(English)

Compiler

Parātpar Guru (Dr) Jayant Balaji Athavale

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

Recipients of subtle knowledge

Shrīchitshakti (Mrs) Anjali Mukul Gadgil and others



Sanatan Sanstha

Uniqueness of Sanatan's treasure of Spiritual 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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The reason for prefixing spiritual titles before the Names of Mrs Binda Singbal and Mrs Anjali Gadgil, who are the spiritual successors to Paratpar Guru (Dr) Athavale

Saptarshis guide Sanatan Sanstha through the medium of Nadipattis reading (Nadi-astrology). On 13.5.2020, Saptarshis said - 'Henceforth, you must address Sadguru (Mrs) Binda Singbal as Shrisatshakti (Mrs) Binda Singbal and Sadguru (Mrs) Anjali Gadgil as Shrichitshakti (Mrs) Anjali Gadgil. It is because through these Names they will obtain the Goddess Principle; so also, those who address them in this manner will benefit'. As per the instructions of the Saptarshis, we have begun addressing both the Sadgurus accordingly.

卐 ————— Preface ————— 卐

A modern day hectic lifestyle, domestic tension, office tensions, etc. have made peaceful sleep a rarity for most people. Absence of peaceful sleep adversely affects the following day's work-schedule. Many of those who suffer from sleep disorders visit doctors in the hope of overcoming their problem. Doctors in turn prescribe sedative drugs to their patients so that they get the much needed sleep, and advise them certain physical exercises. Allopathy does not think beyond this. A disregard for nature's laws pertaining to sleep and not following related conducts mentioned in various Scriptures of Hindu Dharma collectively are the root cause of the problem of not getting peaceful sleep. This Spiritual text in particular elaborates the spiritual science underlying various aspects related to sleeping peacefully, such as in which direction the head should be while sleeping, why must the bedroom not be completely dark while going to bed, etc.

Often, there are no evident reasons for lack of sleep. At times, sleep related disorders, such as sleepwalking (somnambulism), talking in sleep (somniloquy), etc. are also noted. The main reason for all such disorders is distress caused by negative energies. The power of negative energies increases during the night, and hence, they can easily attack an individual while asleep. Distress such as an inability to wake up early, an inability to get started immediately upon waking up, heaviness of the body, lack of enthusiasm, etc. are experienced. All this distress can be overcome only through spiritual remedies.

Once asleep, the direction and position in which an individual went to sleep, changes. Often, the cause is distress



caused by negative energies. During such times, the individual's family members can take remedial measures such as altering the posture, turning the head towards the east, etc.

To entirely prevent distress caused by negative energies during sleep, guidance is also provided in this Spiritual text on spiritual remedies, such as forming a *maṇḍal* (Protective sheath) using Name-strips of Deities around the mattress, placing a lit *sāttvik* (Spiritually pure) incense-stick at the bedside, etc. (To learn about Name-strips, please visit : Sanatan.org)

Our earnest prayer at the Holy feet of Shrī Guru is that by following the conducts mentioned in this Text, may the reader get the benefit of peaceful sleep and thus, may his faith in the daily conducts prescribed by Hindu Dharma be enhanced.

- Compiler



Why does Sanatan follow Oxford (UK) English ?

Principally, there are 2 types of English all over the world - USA and UK.

The two key dictionaries from either side of the Atlantic are Merriam-Webster (USA) and Oxford (UK). Both these dictionaries accept the differences between American and British English and make references to both in their word definitions.

The language one speaks is English; the dialect is American English. Similarly, British English is also a dialect of English, even though it can be thought of as the 'original' dialect.

Given the fact that UK's is the 'original' English, Sanatan has selected to follow it in spiritual texts.