

Text series on 'Āchārdharma' : Daily conducts - Vol. 2

# Science underlying conducts from bathing till sunset

(English)

**Compiler**

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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 Parātpar 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 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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## 卐 ————— Preface ————— 卐

Hindus are drifting away from *Āchārdharma* (The code of righteous conduct) prescribed by the Hindu Dharma. Following this *Āchārdharma* is the foundation of Spirituality. Every *āchār* (General conduct) in Hindu Dharma has been created to reduce *Raja-Tama* components and enhance *sāttvikatā* (Spiritual purity), and through every activity, get protection from distress caused by negative energies. This Text elaborates on the ideal daily routine from bathing till sunset and the underlying scientific analysis at the subtle level. This will enhance the faith of readers towards *āchārs* and Hindu Dharma. Our earnest prayer at the Holy feet of Shrī Guru is - 'May the readers practice the *āchārs* and become *sāttvik*'. - **Compiler**

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- 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. The subtle pictures given in this Text depict different vibrations. This hampers the clarity. Hence, original picture is given in the Text.

### Sanatan's Text that teaches daily conducts



#### Science underlying conducts before bathing

This Text series elaborates on the correct ways of implementing daily conducts related to the daily routines from the perspective of nature and Spirituality, and their scientific analysis at a subtle level. This Text series also reveals how traditional Hindu habits are spiritually correct.