

Spiritually beneficial clothes for Men

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(An asterisk [*] sign has been placed alongside important points)

- Preface

- Commentary by 'A Scholar' on the Divine Knowledge received about this Holy text

1. As is the country, so is its attire !

2. Predominant component and attire

3. Effect of attire depending on the component

4. Changes have taken place in achar (Conduct) as well as attires according to the Era

5. Attire prevalent in Kaliyug that brings about decline in moral values and thereby, that of the Nation

6. Effect of attire on the society

* Non-sattvik attire

* Sattvik attire

* Attire helps to know the subconscious mind Pant and coat (A suit)

7. Attire of an intellectual jiva exudes stylishness and a kind of aloofness from the society, while a jiva practising Spirituality does not pay much attention to its attire

8. Inappropriate clothes, similar to those worn by the westerners

* If a shirt has to be worn, do not tuck it in the trousers

* Picture depicting subtle-harm caused to an individual upon wearing a tie

9. Appropriate clothes according to the Hindu culture

* Clothes to be worn according to the system of Ashrams (Stages in life) in Hindu Dharma

* Dhoti, sovalē, and pitambar

- * Spiritual experiences upon wearing dhoti-kurta
- * The attire conducive to spiritual practice in the corresponding environment is represented by 'sovalē' in North Bharat and 'lungi' in South Bharat
- * Lungi is a custom as well as a tradition in South Bharat and the difference between a dhoti and lungi
- * Difference in religious rituals performed while wearing a lungi, dhoti and sovalē
- * Difference between dhoti and pyjama
- * Subtle-effects of wearing sovalē and uparnē on men
- * Shawl
- * Why did the custom of wearing a turban / topi originate
- * Importance of the turban and its benefits
- * Colours of the turban according to the objective

10. Comparison of different attires

- * Jeans and T-shirt, pant and shirt / bush shirt, kurta-pyjama, sovalē and valkal
- * Subtle-effects on men of wearing pant-coat (Suit), pant-shirt, 'full-sleeves kurta-pyjama' and 'half-sleeves kurta-dhoti'
- * Clothes for the upper portion of the body of men and the proportion of positive or negative energy received from them
- * Clothes for the lower portion of the body of men and the proportion of positive or negative energy received from them
- * Types of clothes and the proportion of their getting charged with positive or negative energy

11. Types of attire, their colours and the proportion of sattvikta received from them

12. Various types of caps

- * Disadvantages of wearing a hat, cap or a topi woven with white thread
- * Usefulness of a Gandhi-topi and a turban according to the spiritual level
- * The Bharatiyas admiring the use of black hat due to the influence of the western culture
- * Wearing a cap according to the spiritual level

* The colour of the cap and corresponding special characteristics

13. Seekers who have bhav and a high spiritual level, Saints and seekers who perform spiritual practice as per Gurukrupayoga need not give much importance to external attire

Preface

During their rule over Bharat, the British made sure that their culture gets entrenched in this land. As a result, Hindus gave up their traditional attire such as the dhotī (A rectangular piece of unstitched cloth, usually around 4-5 metres long, wrapped around the waist and the legs and knotted at the waist by Hindus) and kurtā, and accepted western attires such as pant and shirt, coat and tie without a second thought. What lead to the cultural downfall of Hindus ? The reason is, that Hindus lost pride in their own culture, as they forgot the importance of their own culture. Disregard for the culture has its origin in the absence of education on Dharma (Righteousness). It is for this very reason, that this Holy text narrates the importance of traditional attire of Hindus from the spiritual perspective.

Hindu culture is enriched with Chaitanya (Divine consciousness). After studying various attires at the gross as well as the subtle levels, that is, by taking into consideration the spiritual perspective, Hindu Dharma has given importance to attires such as sovalē-uparaṇē, dhotī-kurtā. Instead of just thinking superficially about good looks and ease of wearing clothes, comprehensive and indepth thought has been made by Hindu culture such as enhancing sāttviktā (Purity) of the wearer, protection from negative energies, ability to imbibe Chaitanya and whether it aids in the efforts for God-realisation. Conversely, western culture is Raja-Tama (See Glossary) predominant, and hence, attires such as jeans and T-shirt, coat and tie, pant and shirt generate distressing vibrations and invite attacks of negative energies.

The spiritual harm caused by western attires and spiritual benefits of Hindu attires are clear from the explanations provided in this Holy text as well as through subtle-analysis performed by the seekers, subtle-pictures drawn by them and their spiritual experiences. Another unique feature of this Holy text is the inclusion of various experiments on attires conducted by using modern scientific equipment.

For experiments, seekers were grouped into three – those without negative energy distress, those with negative energy distress and those with a good spiritual level. They were asked to wear ‘pant and shirt’ and ‘dhotī-kurtā’. Data on the effects of these attires on the Kuṇḍalinī-chakrās (See Glossary) of these seekers was recorded with the help of highly advanced equipment known as ‘Electrosomato-graphic Scanning’. This method also proved that wearing a ‘pant-shirt’ increases the proportion of Raja-Tama components in the Shaṭachakrās (Six Kuṇḍalinī-chakrās) of the individual, meaning, the individual becomes victim of attacks of negative energies. On the other hand, upon wearing ‘dhotī-kurtā’ the Shaṭachakrās of the individual receive sāttviktā, meaning, the individual is able to imbibe sāttviktā from the universe. Through these experiments, it has become possible to prove to the intellectuals in a scientific manner the benefits of wearing sāttvik attire such as ‘dhotī-kurtā’. If an individual has good bhāv or if his/ her spiritual level is good, then the attire does not make much of a difference. However, as the first step to reach that stage, it is necessary to strictly follow the āchārs (Conducts) prescribed by Dharma, increase the level of sāttviktā and consequently, the spiritual level. This will become clear upon reading this Holy text.

Considering our present day life-style, one may wonder if it is possible to routinely wear sāttvik attire. We are required to wear some

uniform as per the rules in schools and at work places. In such cases, it is best to begin from the home. Wear a sāttvik attire at home and whenever possible, during outings. This will motivate others too. This trend will then gradually spread and in the end, we will be able to fulfil the responsibility of fluttering the brilliant flag of the Hindu culture once again. In the present Kaliyug, we will be completely protected from the onslaught of Raja-Tama components and be able to lead a blissful life only when in addition to sāttvik attire, we perform regular spiritual practice. It is our prayer unto the Holy feet of Shrī Guru that may everyone be blessed with a pure intellect to follow this advice. - **Compilers**