

Text series on 'Āchārdharma' : Sāttvik hair-style - Vol. 4

# Remedies on distress caused by negative energies through hair

(Spiritual remedies & conducts related to hair)

(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.)

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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.

## Introductory Contents

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## Preface



Many people are ignorant of the fact that negative energies can cause distress through the medium of hair. As a result, they do not abide by the *āchārs* (Conducts) prescribed in the Hindu Dharma and instead, behave as per their whims. For example, women letting their hair loose or cutting their hair; men cutting their hair on any day of the week and at any given time, etc. Such actions increase the probability of distress caused by negative energies. Deficiencies observed in hair are a symptom of negative energy distress. The problems related to hair are a result of not abiding by the *achars* (Conducts) pertaining to hair. Today, most women use expensive shampoos to wash their hair. Shampoo is nothing but liquid soap made from chemicals. Most fall prey to the attractive smell and advertisements, and begin to use them. However, people do not think of the harm being caused by the chemicals in the shampoo. Our Sages and Ascetics have advised us the use of substances that have medicinal values according to Ayurveda for washing our hair. These substances are easily available in Nature, are cheap and beneficial for hair. Besides providing guidance on how to maintain cleanliness of hair through traditional herbs such as *shikākāī* (Acacia concinna) and *ṛīṭhā* (Soap nut), this Text also lists other Ayurvedic remedies.

Over-emphasis on science has led to most people avoiding *Dharmapālan* (Abiding by Dharma). This Text explains certain codes of conduct in the context of hair (For example, not having a haircut on a Monday or at night), with its underlying science. If these codes of conduct are followed,





then along with the individual becoming capable of imbibing *sāttvikatā*, problems related to hair because of spiritual reasons may also reduce.

Our earnest prayer at the Holy feet of Shrī Guru is - 'May everyone be encouraged to put into practice all the hair related spiritual remedies and *āchārs* ! - **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. Likewise, 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.

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