

Introduction to Āchārdharma

Preface

When one speaks of *Āchārdharma* (Code of Righteous conduct), most people associate it with adhering to ideal conduct and ideology, fulfilling duties and following Righteous conduct. None should restrict the meaning of *Āchārdharma* merely to these aspects. Broadly speaking, every act performed in day-to-day life which helps in moving closer to God is termed as '*ācharaṇ*' and the *Dharma* that teaches this is termed as '*Āchārdharma*'. In short, *Āchārdharma* is the spiritualisation of every aspect of our day-to-day life; that is, making everything we come across *sāttvik* and enriched with *Chaitanya* (Divine consciousness). Therefore, following of *Āchārdharma* helps in moving swiftly towards God-realisation. *Āchārdharma* includes a whole lot of aspects like sweeping the floor from inside to outside (meaning, towards the door), wearing of *kurtā-pyjāmā* instead of a pant-shirt by men and for women, wearing of a *sārī* instead of a *salwārkurtā*; women styling their hair in two plaits instead of one etc.

Information on various activities performed from waking up in the morning till going to bed at night is provided in various volumes of the Holy text series on '*Āchārdharma*'. This information is also accompanied by the underlying spiritual science in most cases. This spiritual science is rare nectar of knowledge received by the seekers of Sanatan Sanstha by God's grace, and which is not available anywhere else on earth. - **Compilers**

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

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