

How should the clothes be from a spiritual perspective ?

Preface

An individual should not dress perversely. The overall appearance of an individual is generally decided by the clothes he wears. The modern youth, under the pretext of fashion, wear multicoloured clothes, short, tightfitting clothes such as jeans, stretchable clothes etc. This reflects a perverted dressing style. In simple words, a perverted dressing style is one which generates Raja-Tama-predominant vibrations. Such a dressing style makes a man's intelligence depraved, a slave to evil tendencies. He comes under the control of the six foes, such as lust, anger, and becomes a victim to attacks of negative energies. As against this, wearing *sattvik* clothes enables the wearer to imbibe Chaitanya, thereby making his mind and intellect *sattvik*. Besides helping attain good character and wisdom, it also helps in gaining protection from attacks of negative energies.

Every object has indigenous vibrations with its own attributes. The vibrations of clothes depend on factors such as the type of cloth, shape, colour, design, stitching of the cloth etc. The more *sattvik* these components are, the greater is the Sattva component of the final product, that is, the clothes. This Holy text is all about how these components should be like from the perspective of *sattviktā*. Answers to the following questions will help in clarifying the spiritual aspect of clothes - why clothes made from natural fibres such as cotton and silk should be preferred over those made from artificial fibres such as nylon or terrycot, which colours are *sattvik*, why clothes without heavy designs are more appropriate, why purity of clothes is essential etc. It will be seen that while selecting *sattvik* clothes, more than our likes or dislikes, it is the study of the science of vibrations that proves beneficial. Some of the subtle-experiments provided in this Holy text will introduce the reader to such a study.

An average individual should wear *sattvik* clothes so that he can imbibe Chaitanya from them. The temperament of an individual with *bhāv* is *sattvik* and because his activities are full of *bhāv*, he can easily imbibe Chaitanya. Similarly, the march towards God-realisation of seekers with a spiritual level over 60% and those who have lost body-awareness is brisk. To them, the type of clothing is insignificant. Yet, *sattvik* clothes do increase their *sattviktā* and society too benefits from *sattviktā*. *Sattvik* clothes also help create positive *sanskārs* on children. Hence, it is preferable that children wear *sattvik* clothes.

We pray at the Holy feet of *Shrī* Guru to let more and more people be inspired, to understand the spiritual facts about *sattvik* clothes and to bring them into practice, and thereby enhance their *sattviktā*. – Compiler

Index

(An * sign has been put along with important points)

1. Importance and advantages of wearing clothes	23
2. Factors that determine the <i>sāttviktā</i> of clothes, and their importance	29
3. Type of clothes	30
4. Colour of clothes	52

* General spiritual perspective while selecting colours for clothes	57
* Why using black colour is prohibited in Hindu Dharma	62
5. Designs on clothes	72
* How should the designs on the clothes be from the perspective of <i>sāttviktā</i> ?	73
6. Method of sewing clothes	77
* The appropriate practice of wearing knotted clothes prevalent in the earlier times	77
* Why should clothes have minimum of stitching ?	77
7. Some practical suggestions about clothes	81
* Do not wear faded, torn and open-seamed clothes	83
* Do not wear clothes used by others	84
* Benefits of wearing clothes used by spiritually evolved	84
8. From the perspective of good seekers, evolved seekers and Saints, clothes do not carry much importance	92