

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.

The above analysis exemplifies in no uncertain terms the tremendous importance that *Āchārdharma* carries. When the importance of a topic is realised from every possible perspective, it helps in creating a stronger impression on the mind that motivates it to act accordingly. With this very objective in mind, emphasis is laid in this Holy text on the importance of the various aspects of *Āchārdharma*. Various benefits from the perspective of *vyashti* (Meaning, the individual), and the *samashti*, (Meaning, the society) are also mentioned. This Holy text also carries an in-depth discussion on the possible detrimental effects of not practising *Āchārdharma*, how to abide by āchārs, factors that facilitate the practice of *Āchārdharma* etc.

We pray unto the Holy feet of Shrī Guru that may all Hindus, through the practice of *Āchārdharma*, realise the greatness of *Dharma*, thereby increasing their curiosity to a level where they are motivated to begin *sādhanā*.

– Compilers

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