

# Spiritually beneficial clothes for Men

## Preface

During their rule over Bharat (India), 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* (a clean washed silk or cotton dhoti), *uparaṇē*, (a shawl or a small single cloth worn loosely over the shoulders), *dhotī-kurtā*. Instead of just thinking superficially about good looks and ease of wearing clothes, comprehensive and in depth 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 *RajaTama* (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 *Kunḍalinī-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 *Shastachakrās* (Six *Kunḍalinī-chakrās*) of the individual, meaning, the individual becomes victim of attacks of negative energies. On the other hand, upon wearing ‘*dhotī-kurtā*’ the *Shastachakrās* 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* (Rigteousness) 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.**

**Index**

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

<b>1. As is the country, so is its attire !</b>	<b>16</b>
<b>2. Predominant component and attire</b>	<b>16</b>
<b>3. Effect of attire depending on the component</b>	<b>16</b>
<b>4. Changes have taken place in <i>āchār</i> (Conduct) as well as attires according to the Era</b>	<b>17</b>
<b>5. Attire prevalent in Kaliyug that brings about decline in moral values and thereby, that of the Nation</b>	<b>17</b>
<b>6. Effect of attire on the society</b>	<b>18</b>
* <i>Non-sāttvik</i> attire	18
* <i>Sāttvik</i> attire	18
* Attire helps to know the subconscious mind Pant and coat (A suit)	18
<b>7. Attire of an intellectual <i>jīva</i> exudes stylishness and a kind of aloofness from the society, while a <i>jīva</i> practising Spirituality does not pay much attention to its attire</b>	<b>19</b>
<b>8. Inappropriate clothes, similar to those worn by the westerners</b>	<b>19</b>
* If a shirt has to be worn, do not tuck it in the trousers	21
* Picture depicting subtle-harm caused to an individual upon wearing a tie	23
<b>9. Appropriate clothes according to the Hindu culture</b>	<b>27</b>
* Clothes to be worn according to the system of <i>Āshrams</i> (Stages in life) in Hindu Dharma	27
* <i>Dhotī</i> , <i>sovalē</i> , and <i>pitāambar</i>	38
* Spiritual experiences upon wearing <i>dhotī-kurtā</i>	48
* The attire conducive to spiritual practice in the corresponding environment is represented by <i>sovalē</i> in North India and ' <i>lungī</i> ' in South India	50

* <i>Lungī</i> is a custom as well as a tradition in South India and the difference between a <i>dhotī</i> and <i>lungī</i>	52
* Difference in religious rituals performed while wearing a <i>lungī</i> , <i>dhotī</i> and <i>sovalē</i>	53
* Difference between <i>dhotī</i> and <i>pyjāmā</i>	54
* Subtle-effects of wearing <i>sovalē</i> and <i>uparṇē</i> on men	55
* Shawl	56
* Why did the custom of wearing a turban / <i>topī</i> originate	56
* Importance of the turban and its benefits	57
* Colours of the turban according to the objective	59
<b>10. Comparison of different attires</b>	
* Jeans and T-shirt, pant and shirt / bush shirt, <i>kurtā-pyjāmā</i> , <i>sovalē</i> and <i>valkal</i>	<b>60</b>
* Subtle-effects on men of wearing pant-coat (Suit), pant-shirt, 'full-sleeves <i>kurtā-pyjāmā</i> ' and 'half-sleeves <i>kurtā-dhotī</i> '	64
* Clothes for the upper portion of the body of men and the proportion of positive or negative energy received from them	75
* Clothes for the lower portion of the body of men and the proportion of positive or negative energy received from them	76
* Types of clothes and the proportion of their getting charged with positive or negative energy	76
<b>11. Types of attire, their colours and the proportion of <i>sāttviktā</i> received from them</b>	<b>77</b>
<b>12. Various types of caps</b>	<b>78</b>
* Disadvantages of wearing a hat, cap or a <i>topī</i> woven with white thread	78
* Usefulness of a Gandhi- <i>topī</i> and a turban according to the spiritual level	82
* Bharatiyas (Indians) admiring the use of black hat due to the influence of the western culture	83
* Sanatan cap is appropriate for <i>vyashti</i> (individual) as well as <i>samashti sādhanā</i> (spiritual practice for spreading spirituality)	86
* Wearing a cap according to the spiritual level	89
* The colour of the cap and corresponding special characteristics	92

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

**94**