

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.**

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

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