

Benefits of Long Hair

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Through the ages most people have had long hair, God gave us long hair to help us in many ways. A brief list:

- Long hair improves spiritual ability to connect with God and spiritual world, acting as antennae.
- Long hair helps to shield the scalp from UV rays.
- Long hair can be used as a blindfold when taking a nap in the day.
- Long hair can be used as a personal air cooling system in the summer, by wetting it and putting it into a top bun.
- Long hair through it's psychic attributes improves survival chances in difficult situations.

Many stories exist extolling the benefits of long hair.

1 Abrahamic Bible

The Abrahamic Bible is important to Jews and Christians.

Leviticus 19:27 'Ye do not round the corner of your head, nor destroy the corner of thy beard.

Numbers 6:5 'All days of the vow of his separation a razor doth not pass over his head; till the fulness of the days which he doth separate to Jehovah he is holy; grown up hath the upper part of the hair of his head.

Judges 16:17 So he told her all that was in his heart and said to her, "A razor has never come on my head, for I have been a Nazirite to God from my mother's womb. If I am shaved, then my strength will leave me and I will become weak and be like any other man."

Judges 16:19 She made him sleep on her knees, and called for a man and had him shave off the seven locks of his hair. Then she began to afflict him, and his strength left him.

2 Law of One

The Ra Material or Law of One, was a transmission by a group of service-to-others extraterrestrials originating from Venus, who are members of the Confederation of Planets.

75.33 Questioner: You mentioned in an earlier session that the hair was an antenna. Could you expand on that statement as to how that works?

Ra: I am Ra. It is difficult to so do due to the metaphysical nature of this antenna-effect. Your physics are concerned with measurements in your physical complex of experience. The metaphysical nature of the contact of those in time/space is such that the hair, as it has significant length, becomes as a type of electrical battery which stays charged and tuned and is then able to aid contact even when there are small anomalies in the contact.

75.34 Questioner: Well, is there an optimum length of hair for this aid?

Ra: I am Ra. There is no outer limit on length but the, shall we say, inner limit is approximately four to four and one-half inches (11cm) depending upon the strength of the contact and the nature of the instrument.

3 Sikhism

Sikhism is a monotheistic religion from Punjab, India, near the Kashmir leyline node.

Sikh keep hair long, including on the head and their beards. The Sikh Regiment a military group made up of Sikh people, is the most highly decorated with the most military successes in the world.

As an example in 1897 a group of 21 Sikh men managed to hold off an army of 10,000 soldiers for several hours, roughly 180 enemy combatants were killed. <https://www.historyextra.com/period/victorian/when-21-sikh-soldiers-stood-against-10000-men-the-battle-of-sara>

Here are some quotes about additional reasons Sikh have for having long hair <https://barteral.com/why-do-sikhs-keep-long-un-cut-hair/>

In June of 1699, after the first Sikh Visakhi, Guru Gobind Singh Ji issued a hukam nama for the sangat of Kabul specifically according to the Bikrami calendar, Jeth 26, Sammat 1756. In this hukham, Guru Ji refers to kesh several times, “Keep your hair (kesh) uncut – this is the seal of the Guru....Look after your hair and comb (kanga) it twice a day....Never have any connection whatsoever with those who...celebrate the cutting of children’s hair,” (Guru Gobind Singh, 1699).

Some point to the rehatnama (code of conduct) written by Bhai Daya Singh Ji, a contemporary of Guru Gobind Singh Ji, that states, “The hair resides on the body, forsake cutting it,” (Singh, Nihang.).

In ancient India, it was a general practice with Hindu sages and ascetics to keep long hair tied in a knot on top of their head and keep a long beard. Gurdev Singh hypothesizes in his paper, Perspectives on the Sikh Tradition, that Guru Gobind Singh wanted his Sikhs, despite being householders, to also be karma yogis, or practical saints. Kesh was a way to symbolize this balance.

In India, kesh is a symbol of saintliness or holiness, (Manasukhani, Gobind Singh).

Long hair serves as a reminder for Sikhs to behave like the saints and Rishis of the past, (Sidhu, GS). G. A. Gaskell writes, “Hair of the head is a symbol of faith, intuition of truth, or the highest qualities of the mind.”

When Singhs adopt the stereotypically “feminine” characteristic of long hair, sexual dimorphism between Kaurs and Singhs is reduced. (Sexual dimorphism is the presences of physically obvious differences between the male and female.) It has been scientifically observed that the lower the sexual dimorphism in a species, the more the social equality. My personal belief is that, the sharing of a physical characteristic (long hair) between Kaurs and Singhs can foster greater social equality and cross-gender empathy.

Another reason a Sikh may keep long hair is that long hair establishes a complete and natural person. When the body is whole, it represents a whole spirit, a spirit unlimited by worldly consideration, (Wylam, Pamela Margaret).

4 Indigenous Long Hair

(Source: <https://www.stilldrops.com/the-truth-about-hair-why-the-first-nations-kept-their-hair-long/>)

In the early nineties, Sally [name changed to protect privacy] was married to a licensed psychologist who worked at a VA Medical hospital. He worked with combat veterans with PTSD — post traumatic stress disorder. Most of them had served in Vietnam.

Sally said, “I remember clearly an evening when my husband came back to our apartment on Doctor’s Circle carrying a thick official looking folder in his hands. Inside were hundreds of pages of certain studies commissioned by the government. He was in shock from the

contents. What he read in those documents completely changed his life. From that moment on my conservative middle of the road husband grew his hair and beard and never cut them again. What is more, the VA Medical center let him do it, and other very conservative men on the staff followed his example.

“As I read the documents, I learned why. It seems that during the Vietnam War special forces in the war department had sent undercover experts to comb American Indian Reservations looking for talented scouts, for tough young men trained to move stealthily through rough terrain. They were especially looking for men with outstanding, almost supernatural, tracking abilities. Before being approached, these carefully selected men were extensively documented as experts in tracking and survival.

“With the usual enticements — the well proven smooth phrases used to enrol new recruits — some of these Indian trackers were then enlisted. Once enlisted, an amazing thing happened. Whatever talents and skills they had possessed on the reservation seemed to mysteriously disappear, as recruit after recruit failed to perform as expected in the field.

“Serious casualties and failures of performance led the government to contract expensive testing of these recruits, and this is what was found.

“When questioned about their failure to perform as expected, the older recruits replied consistently that when they received their required military haircuts, they could no longer ‘sense’ the enemy, they could no longer access a ‘sixth sense’, their intuition no longer was reliable and they couldn’t ‘read’ subtle signs as well or access subtle extrasensory information.

“So the testing institute recruited more Indian trackers, let them keep their long hair, and tested them in multiple areas. Then they would pair two men together who had received the same scores on all the tests. They would let one man in the pair keep his hair long, and gave the other man a military haircut. Then the two men retook the tests.

“Time after time the man with long hair kept making high scores. Time after time, the man with the short hair failed the tests in which he had previously scored high scores.

“Here is a Typical Test:

“The recruit is sleeping out in the woods. An armed ‘enemy’ approaches the sleeping man. The long haired man is awakened out of his sleep by a strong sense of danger and gets away long before the enemy is close, long before any sounds from the approaching enemy are audible.

“In another version of this test the long haired man senses an approach and somehow intuits that the enemy will perform a physical attack. He follows his ‘sixth sense’ and stays still, pretending to be sleeping, but quickly grabs the attacker and ‘kills’ him as the attacker reaches down to strangle him.

“This same man, after having passed these and other tests, then received a military haircut and consistently failed these tests, and many other tests that he had previously passed.

“So the document recommended that all Indian trackers be exempt from military haircuts. In fact, it required that trackers keep their hair long.”

5 Buddhism

In Buddhism often the most common sight is bald monks, however most depictions of the Buddha and Bodhisattvas have hair of substantial length sufficient to make a top bun. Additionally it is only the monastic monks which cut their hair, whereas the householder “monks” or ngakpa keep their hair long for spiritual reasons.

“In Tibetan Buddhism and Bon, a Ngagpa is a non-monastic practitioner of Dzogchen who has received a skra dbang, a hair empowerment, for example in the Dudjom Tersar lineage. This empowers one’s hair as the home of the dakinis and therefore can never be cut.” (Source: <https://encyclopediaofbuddhism.org/wiki/Ngagpa>)

6 Rastafarianism

(Source: <https://thehairshaman.com/symbolism/global-cultures/rasta-way-growing-hair/>) Dreadlocks are not just a popular hairstyle, some dread their hair for spiritual reasons. Rastafarians are a group of people who do this for the latter reason. They wear their dreads as an expression of an inner spirit, mind and soul journey that they put themselves through when starting to grow their deadlocks. For them, the term “dread” refers to a “fear of the Lord”; expressed in part as alienation from the perceived decadence and other evils of contemporary society and a return to the Covenant with the Almighty.

Rasta, or the Rastafari movement, is a religion that accepts Haile Selassie I, the former Emperor of Ethiopia, as God incarnate, whom they call Jah. He is also seen as part of the Holy Trinity as the messiah promised in the Bible to return. The name Rastafari comes from Ras (Prince, Head, Duke or Chief) Tafari Makonnen, the pre-coronation name of Haile Selassie I.

The movement emerged in Jamaica among working-class and poor in the early 1930s, arising from an interpretation of Biblical prophecy partly based on Selassie’s status as the only African monarch of a fully independent state, and his titles of King of Kings, Lord of Lords, and Conquering Lion of Judah (Revelation 5:5).

Rastafarians believe dreadlocks to be supported by Leviticus 21:5 “...They shall not make baldness upon their head, neither shall they shave off the corner of their beard, nor make any cuttings in the flesh...” and the Nazarite vow in Numbers 6:5 “...All the days of the vow of his separation there shall no razor come upon his head: until the days be fulfilled, in the which he separateth himself unto the LORD, he shall be holy, and shall let the locks of the hair of his head grow...” Another well-known character in one of the stories of the bible is Samson, who was a Nazarite with “seven locks”, which Rastas point out that these “seven locks” could only have been locks. (Get Knotted, 2017)