



**Truth behind
NAMASKAR**

Why 'Namaskar' and not a 'hand shake'?



While visiting places of worship and viewing the Deities or after meeting a elderly or a respected person our hands are automatically joined together in Namaskar. Namaskar is a Sattva predominant impression on the Hindu mind, an action that maintains the rich heritage of Hindu culture. Namaskar is a simple and beautiful act of expression of divine qualities like devotion, love, respect and humility that endows one with Divine energy.

Nowadays, perhaps due to ignorance about the Science of Spirituality or the increasing influence of the western culture, many people shake hands.

Why is it not appropriate to shake hands?



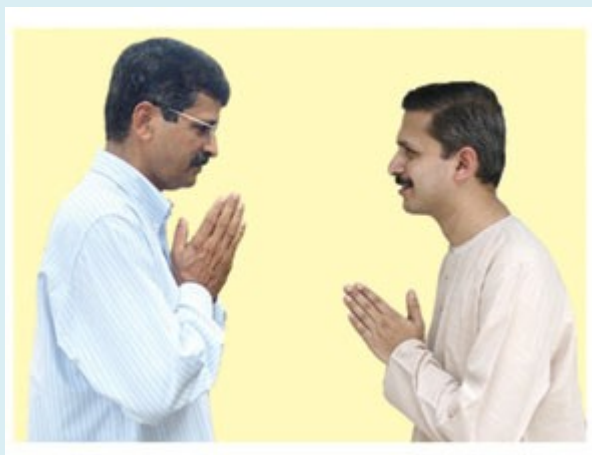
Avoid a Hand Shake: It transfers undesirable raja-tama components!

In short, in a handshake, the raja-tama components in one person will get transferred to the other person, thereby lowering his sattvikta (Purity levels). While practicing Spirituality, our objective is to perform acts which increase our sattvikta.

If at all they do Namaskar by joining their palms, it is done just as a formality. As the act is not based on faith, the benefit derived from it is minimal. Along with faith it is essential that every religious act be correctly performed according to the Science of Spirituality, so that it gives complete benefit. In this series, as with the others, along with information on various methods of doing Namaskar, the Science in them is also explained. Understanding the Science will help in strengthening faith in the act. Such an act correctly performed with faith, will yield corresponding benefits.

Mistakes made while doing Namaskar counter its benefit. Hence incorrect acts that need to be avoided while doing Namaskar are also mentioned in this series, with the scientific explanation. Similarly, guidance has been provided on who not to do Namaskar to. We make this prayer at the Lotus Feet of Sri Guru - 'Let all imbibe the methods of doing Namaskar mentioned here and hand them on to the future generations.' – Editor

Q. How does one do Namaskar to an individual of the same age group?



Doing Namaskar to each other

A. When meeting someone of the same age-group do Namaskar by joining the fingers and placing tips of the thumbs on the Anahat chakra (at the centre of the chest). This type of Namaskar increases the spiritual emotion of humility in the embodied soul. Sattva frequencies from the universe are attracted by the fingers (which act as an antenna) and are then transmitted to the entire body through the thumbs which have awakened the Anahat chakra. This activates the soul energy of the embodied soul. In addition, by doing Namaskar in this manner to each other, frequencies of blessings are also transmitted.

(Ref: Sanatan's Publication - 'The Correct Methods of doing Namaskar')

What is the meaning and the benefits of 'Namaskar'?



There are various ways in which one can do Namaskar. The various mudras or positions and methods along with the intention with which one must do each form of Namaskar are discussed and explained in this series.

Origin and the meaning of the word 'Namaskar'

The word 'Namaskar' is derived from the root 'namaha', which means paying obeisance (Namaskar) or salutation.

स्वावधिक उकुषुतुव प्रतलबुधकः
अनुकुलु वुतुतुतुः कुतुतु - नुतुतुशुतुतु
(Science of Justice)

From Science of Justice - 'Namaha' is a physical action expressing that 'you are superior to me in all qualities and in every way'.

The main objective of doing Namaskar to someone is to derive spiritual as well as worldly benefits.

Worldly Benefits

By doing Namaskar to a deity or a Saint, unknowingly their virtues and capabilities are impressed upon our minds. Consequently we start emulating them, thus changing ourselves for the better.

Spiritual Benefits

Increase in humility and reduction of ego

While doing Namaskar, when one thinks, 'You are superior to me; I am the subordinate. I do not know anything, you are omniscient', only then does it help in reducing the ego and increasing humility.

Enhancement in the spiritual emotion of surrender and gratitude

While doing Namaskar when thoughts like 'I do not know anything', 'You alone get everything done', 'Grant me a place at Your Holy Feet' come to mind, only then does it help in increasing the spiritual emotion of surrender and gratitude.

Gaining the Sattva component and faster spiritual progress

- a. We receive the highest amount of Sattva component from the posture (mudra) of Namaskar.
- b. By doing Namaskar to Deities or Saints we receive subtle frequencies emitted by them, e.g. frequencies of Sattva or Bliss.
- c. By doing Namaskar to Deities or Saints we also receive their blessings in a subtle form. This helps in hastening spiritual progress.

What is correct method & science of doing Namaskar to God?



What is the correct way of paying doing Namaskar ?

A. 'While paying obeisance to God, bring the palms together.

1. The fingers should be held loose (not straight and rigid) while joining the hands or palms.
2. The fingers should be kept close to each other without leaving any space between them.
3. The fingers should be kept away from the thumbs.
4. The inner portion of the palms should not touch each other and there should be some space between them.

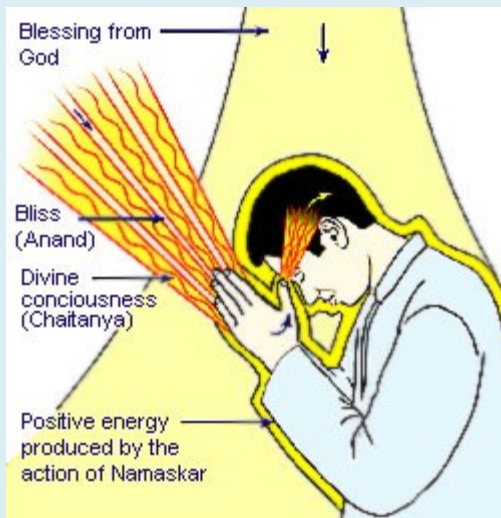
Note: The stage of awakening of spiritual emotion (*Bhav*) is important to the seeker at the primary level. Hence, for awakening spiritual emotion (*Bhav*), he should keep space in between the joined hands, whereas a seeker who is at the advanced level should refrain from leaving such space in between the palms to awaken the unexpressed spiritual emotion (*Bhav*).

B. After joining the hands one should bow and bring the head forward.

C. While tilting the head forward, one should place the thumbs at the mid-brow region, i.e. at the point between the eyebrows and try to concentrate on the feet of the Deity.

D. After that, instead of bringing the folded hands down immediately, they should be placed on the mid-chest region for a minute in such way that the wrists touch the chest; then only should the hands be brought down.

Underlying Science in this action



Subtle picture while offering Namaskar (1)



Subtle picture while offering Namaskar (2)

A. The fingers should not be stiff while bringing the palms together because this will lead to a decrease in Sattva component from the vital and mental sheaths and thus increase the raja component in them. By keeping the fingers relaxed, the subtlest Sattva component will get activated. With the strength of this energy, embodied souls are able to fight powerful distressing energies.

B. In the Namaskar posture, the joined fingers act as an antenna to assimilate the Chaitanya (Divine consciousness) or the Energy transmitted by a Deity. While joining the palms, the fingers must touch each other because leaving space between the fingers will result in accumulation of energy in that space. This energy will be immediately transmitted in various directions; therefore the seeker's body will lose the benefit of this potent energy.

C. About the space to be maintained between the palms:

For a seeker at the primary level, it is advisable to leave space between the palms; it is not necessary for a seeker at an advanced level to leave space between the palms.

D. After joining the palms, bow a little. This posture puts pressure on the navel and activates the five vital energies situated there. Activation of these vital energies in the body makes it sensitive to accepting sattvik frequencies. This later awakens the 'Atma shakti' (i.e. soul energy of an embodied soul). And later, Bhav is awakened. This enables the body to accept in large measures the Chaitanya emitted by the Deity.

E. Touch the thumbs to the mid-brow region. (Please see images above.) This posture awakens the Bhav of surrender in an embodied soul, and in turn activates the appropriate subtle frequencies of Deities from the Universe. They enter through the 'Adnya chakra' (Sixth of the 7 chakras in the Kundalini) of the embodied soul and settle in the space parallel to it at the back interior of the head. In this space the openings to all the three channels converge; namely, the Moon, the Central and the Sun channels. Due to the movement of these subtler frequencies in this space, the Central Channel is activated. Consequently it facilitates the speedy transmission of these frequencies throughout the body, leading to purification of both the gross and subtle bodies at the same time.

F. After doing Namaskar, to completely imbibe the Chaitanya of the Deity (that has entered the hands by now), instead of bringing the folded hands down immediately, place them on the mid-chest region in such a way that the wrists touch the chest.

The 'Anahat chakra' is located at the centre of the chest. Akin to the Adnya chakra, the activity of the Anahat chakra is also to absorb the Sattva frequencies. By touching the wrists to the chest, the Anahat chakra is activated and it helps in absorbing more of the Sattva component.

Effect of this Posture

By doing Namaskar in this manner, the Deity's Chaitanya is absorbed to a greater extent by the body, as compared to other methods of doing Namaskar. This gives maximum distress to negative energies. The negative energies that have manifested in a person are unable to touch their thumbs at the mid-brow region in Namaskar. (The negative energies are subtle. But at times they enter an individual's body and manifest it. - Editor)

Q. What is the reason for not wrapping a cloth around the neck while performing circumambulation, doing Namaskar, ritualistic worship, sacrificial fires, chanting and while visiting Guru and deities?

A. When a cloth is wrapped around the neck, it does not activate the Vishuddha chakra (in the throat region) and hence an individual gets less benefit of the Sattva component. (More information on this is given in Sanatan's Publication 'Part 3: Vol 29: Bhaktiyoga 4: 'Spiritual Science in the ritualistic worship with sixteen substances'.)

Why should one always do Namaskar to elders?

Why should one always do Namaskar to elders?

ऊर्ध्वं प्राणा ह्युत्क्रामन्ति यूनः स्थविर आयति ।
प्रत्युत्थानाभिवादाभ्यां पुनस्तान्मतिपद्यते

Meaning: When an elderly person arrives, the vital energy of the young person starts rising and when he gets up and does Namaskar, it returns to normal. - Manusmriti 2.120; Mahabharat, Udhhyog, Chapter (Section) 38.1, Sr. no. 104, 64-65

Explanation: 'As the sojourn of the elderly person is gradually towards the southern direction, that is, towards the region of Lord Yama (towards death), his body starts emitting raja and tama frequencies on a high scale. When such an elderly person comes in the vicinity of any younger individual, these frequencies start affecting the younger person. A subtle magnetic field is created between the two. Consequently, the vital energy of the younger person is pulled upward. This way the younger person can suffer due to sudden momentum to his vital energy. When this younger person does Namaskar to the elderly person, some amount of the Central channel of his Kundalini system is activated and the Sattva component in it starts increasing. Consequently the raja and tama components in him are influenced by the Sattva component and the vital energy comes back to normal state. Hence on arrival of an elderly person, it is customary for the younger individuals to do Namaskar to them.'



Doing Namaskar to elders

When travelling, prior to the commencement of a journey and upon returning, why should one do Namaskar to elders in the family?

'Namaskar to the elders in the family is one way of surrendering to the God principle in them. When an embodied soul bows in Namaskar to an elder by surrendering to the God principle in him, at that time a sense of compassion is created in his body. This compassion percolates right upto his subtle body. At that time, energy of his mind is activated and in turn activates the five vital energies, which are located at the seat of the Manipur chakra (situated in the Naval region). Transmission of these five vital energies all over the body then awakens the soul energy. With the strength of the soul energy, the Central channel gets activated and converts the expressed energy of spiritual emotion to the unexpressed energy of spiritual emotion. With the help of this unexpressed energy of spiritual emotion, the embodied soul, through the medium of elders, gains the required Deity's principle from the Universe. For this purpose, while leaving the house on a journey, the embodied soul should do Namaskar to elders and with the strength of Sattva frequencies has to protect himself from distressing frequencies in the atmosphere. Similarly, returning from a journey, one should immediately do Namaskar to elders and awaken the God principle in them, which would disintegrate the raja-tama particles from the air around him, which might have been brought along.

How should a Husband and Wife do Namaskar together?

1. Spiritual significance of Marriage

Marriage means uniting two principles; i.e. the principles of Lord Shiva in the form of the husband and the principle of Goddess Parvati as His wife. Lord Shiva represents the Will for an action and Goddess Parvati represents Divine energy. For a successful completion of any action both aspects are required, i.e. the Will for the action and the energy to actually perform it. The Will in the form of Lord Shiva is unmanifest, but it comes alive when it is charged with Divine Energy, which manifests bringing the action to completion.

2. Why do Namaskar together to elders after marriage?

After marriage both the embodied souls enter the householders stage. It is very important to obtain the blessings of the elders jointly to perform various activities in life in this stage; when the couple is complementary to each other. Thus doing Namaskar together leads to the activation of frequencies of Lord Shiva and Divine Energy from the Universe, which also help in developing humility in the embodied souls. It results in the fulfilment of every deed in the householder stage and yields desired fruit, leading to a minimal give and take account being generated. That is why after marriage, a couple is required to perform every action together, complying with each other even in a deed like paying Obeisance (Namaskar). If a husband and wife have more than 50 percent spiritual level or spiritual emotion towards God then, their doing Namaskar together or individually or even mentally will bear the same fruit. That is why, instead of the actual deed, the actual spiritual emotion towards God while performing a deed has extraordinary importance. (Namaskar can be paid individually too, if the partner is not available. - Editor)

3. On which side of her husband should the wife be while doing Namaskar?

While performing any act the wife should stand to the right of her husband. The husband represents the 'Moon' channel. The wife is considered to be the other half of her husband and represents the 'Sun' channel. The Sun channel is symbolic of the manifest functional Divine Energy of the Adishakti, which is the provider of energy to any action. The Moon channel, indicative of the God principle, is symbolic of Lord Shiva who actually functions on the strength of the energy provided by the Adishakti. As the Divine Energy of Lord Shiva, the wife should stand to the right of her husband and support him in every action. In every ritual the wife without performing any actual act, provides him with the 'Energy for Action' of Goddess Durga which is required for a ritual, by placing four fingers of her right hand on his right arm. This is why the act performed by the host and his wife by virtue of being complimented by Lord Shiva and Divine Energy bear fruit in a short period.

4. Why should a married woman bow thrice to the elders?

A married woman symbolises the hidden energy of the unmanifest Adimaya in its unmanifest stage. She is the one who is a manifest form of Adishakti, one who achieves non-duality from the duality prevailing in the Maya (Great Illusion). When we perform any action thrice or pronounce anything thrice, God's resolve becomes operational at the three levels of Will, Action and Knowledge. This results in the completion of a task. A married woman has the seed of Adimaya and Adishakti in a dormant stage. When she bows thrice, raja component gets activated and along with the

manifestation of the spiritual emotion of humility within her, the Godliness in the elderly person is also activated. This Godliness provides her with manifest energy to perform a task. This energy in turn activates her 'soul' energy and provides momentum to her willful actions and with the strength of Adimaya, she takes her family to a higher level. Since her husband receives the benefit of raja component of Chaitanya emitting from her, he too can actually work in the form of Lord Shiva in the midst of Maya.'

What is the correct method of doing Namaskar to Saints?

Do's: Correct method of doing Namaskar by placing the head on the Lotus feet of Saints

1. The portion of head, which should be placed at the feet :

We can imbibe maximum Chaitanya through the Brahmarandhra (the seventh chakra of the Kundalini system located in the crown of our head). Since it (Brahmarandhra) cannot be placed at a Saint's feet, the part of head beginning above the forehead is to be placed at the feet of Saints. Due to this, maximum Chaitanya emanating from Their feet can enter into the one doing Namaskar.

2. The exact spot to place one's head on a Saint's feet:

The big toes of Saints emit maximum Chaitanya; hence we should place our head on the big toe, than on their foot. If we are in a position to touch both the toes, then place the head on the right big toe.

3. The position of hands when placing the head on a Saint's feet:

a. Some interlock their hands behind their backs at the waist and do Namaskar. If we are in a position to touch both their toes, then we should place the hands one on each foot and the head should be placed on the big toe of the right foot. If we are in a position to touch one of Their toes, then place both the hands on it and keep the head on the big toe.

b. Some do Namaskar by placing hands on the ground. This is also wrong because if the hands are placed on the ground then the Chaitanya emanating from the Saint's feet are absorbed by one and then returns to the earth through the hands of the one doing Namaskar. Thus the person does not benefit from it.

c. Some cross their hands and place them on the feet of Saints, that is, their right hand on the right foot of the Saint and their left hand on the left foot of the Saint while doing Namaskar. This is a crude imitation of the manner in which Christians place their crossed hands on their chest. Instead, our right hand should be placed on the left foot of the Saint and our left hand on the right foot of the Saint. This is convenient also. However, if a Guru has started some procedure in a particular sect, then the hands are to be placed in that manner only.

d. The hands are to be positioned in such a way that the palms are placed on the feet..

Don'ts: Incorrect methods of placing the head on a Saint's feet and its effect

1. Some place their nose on a Saint's feet. Due to this they receive less Chaitanya emitting from the feet.

2. Some rub their nose on a Saint's feet. This stops the flow of Chaitanya coming towards us.

3. Some do Namaskar by placing their forehead, nose and lips respectively on a Saint's feet. Very little Chaitanya can be imbibed by doing this.

4. Some kiss a Saint's feet. This is an imitation of Christians who kiss the hand of their priests. One can imbibe very little Chaitanya through the lips.
5. Some place their head first on one foot and then on the other. There is no need to do this as placing it on any one foot is convenient and adequate.

How to do Namaskar to the wooden footwear (paduka) of Saints?



Namaskar to the wooden footwear (paduka) of Saints

'The left paduka symbolises Lord Shiva and the right symbolises Divine Energy. The left paduka is the unmanifest saviour energy and the right is the unmanifest destroyer energy of the Supreme God. The saviour or destroyer energy of the Supreme God emanates from the 'pegs' of the paduka as per the need. When we do Namaskar by placing our head on the 'pegs' of the paduka, some may experience distress due to the inability to tolerate the manifest energy emitting from it. Hence, while doing Namaskar to the paduka, instead of the pegs, place the head on the foremost part i.e. the place where the Saints place their toes.'

Spiritual experiences upon paying Obeisance (Namaskar) by placing the head on a Saint's feet

From the examples given here it will be clear how one gets spiritual experiences by doing Namaskar in the correct manner as described in the article above.

A. By placing the head at the feet of HH Bhaktaraj Maharaj, the mind became thoughtless and I felt He belongs to us: Once, at Mortakka in Indore Dist. (Bharat) I attended a Bhandara of HH Bhaktaraj Maharaj (also addressed as Baba). When I met Him, I placed my head on His feet. At that time I suddenly lost my bearings - who am I or where am I etc. After doing Namaskar we were taken to some other place to keep our luggage. I went to off load my luggage but realised that since I was in an altered state of consciousness I had forgotten all my bags at Baba's place. In the very first meeting with Baba, I had started feeling as if He belonged to us and I belonged to Him. - Ms. Sudha Manjrekar, Borivali, Mumbai.

(The seeker benefited from purification of her 'mental' sheath through the help of Chaitanya emitted from the Saint's feet. Creation of thoughts or wishes is the work of the 'mental' sheath. Due to purification of the mental sheath, the creation of thoughts or wishes ceased for some time. This means that the seeker attained the thoughtless state. - Editor)

B. The tiredness due to satseva (service unto God) vanished after placing the head at the feet of HH Bhaktaraj Maharaj: In 1995 there were 'Amrut Mahotsav' celebrations of HH Bhaktaraj Maharaj at Indore. In preparation for this celebration many months in advance, many seekers worked hard and stayed up late nights. While at Indore, I had an opportunity to render satseva. While leaving from Indore, we had an opportunity to visit HH Bhaktaraj Maharaj. During those days I was running a high fever. While placing my head on Baba's feet, I felt like sleeping there in that position. When I got up after doing Namaskar I felt very fresh and all my tiredness and fever vanished. - Mr. Sudhakar Manjrekar, Borivali, Mumbai.

(The energy of Chaitanya emitted from the Saints' feet helps in purification of the vital body, which leads to an increase in vital energy. Hence, the seeker's tiredness was reduced and he felt energetic. - Editor)

Who should one not do Namaskar to?

तैलाभ्यक्तं ततोच्छिष्टमार्द्रवस्त्रं च रोगिणम् ।
पारावारगतोद्विग्नं वहन्तं नाभिवादयेत् ॥
यज्ञस्यान्तर्गतं नष्टं क्रीडन्तं स्त्रीजनैः सह ।
बालक्रीडागतं चापि पुष्पयुक्तं कुशैर्युतम् ॥
- पद्मपुराण, सृष्टि. ५१/११४-११५

Meaning: Namaskar should not be done to one who has applied oil to his body (and has not had a bath), who has not washed his hands and mouth after eating, who is clad in wet clothes, who is ill, who has entered the ocean, who is in despair, who is carrying a load, who is engaged in worship through sacrificial fires, who is engaged in sexual activity, who is playing with a child, and who holds a flower and darbha (a type of sacred grass used in religious rites) in his hand. – Padma Purana

The science in all this is given below, corresponding to the respective individuals and situations.

One who has oil on his body: A person who has applied oil to his body; and has not taken bath has a high *raja* component in his body.

One who has not washed his hands and mouth after eating: As the act of eating has just been performed and the hands and mouth are not washed as yet, his *raja* component is in an increased state.

One who is clad in wet clothes: Less *sattva* frequencies are emitted from such a person.

One who is ill: The *raja* and *tama* components in an ill person increase due to the illness.

One who has entered the ocean: A person who has entered the ocean is perpetually in danger. By doing Namaskar to him we may also face the same danger.

One in despair: By doing Namaskar to a person in despair, our mind can also be distracted and we may also experience despair. Also it is generally incorrect to do Namaskar to a person in despair.

One carrying a load: The *raja* component is predominant in a person carrying a load. Also doing Namaskar to him will amount to keeping his (unnecessary) role model of carrying a load.

One engaged in worship through sacrificial fires:

1. A person performing worship through sacrificial fires (yadnya) is aiming at obtaining specific benefits. By doing Namaskar to such a person, a part of the benefit that accrues to him will be obtained by the one doing Namaskar. Consequently the person performing the worship will not obtain complete benefits.

2. Also his Kundalini energy is activated to a large extent. By doing Namaskar to him there is a possibility of distracting him and disturbing his spiritual practice.
3. By doing Namaskar to a person engaged in such worship, there is a possibility of increasing his ego, which will reduce his spiritual emotion.
4. If the spiritual level of the one doing Namaskar is lower than the person engaged in the worship, then he will not be able to tolerate the energy of the person engaged in the worship and may consequently suffer.

One engaged in sexual activity: Increased desires in the person engaged in sexual activity, increases the raja and tama components in him/her. By doing Namaskar to such a person not only the raja and tama components in us will increase, but also the thoughts about sexual desires will increase in us.

One who is playing with a child: A person playing with a child is experiencing happiness, hence, there is a very minimal possibility of activation of his Kundalini. (Frequencies of Bliss are transmitted from a person whose Kundalini is activated. As the energy of the Kundalini is the exact replica of Divine Energy, activation of this Energy gives experience of Bliss.) By doing Namaskar to such a person we will not be able to derive complete benefits from it.

One with a flower and *darbha* in his hand:

1. The spiritual emotion of a person carrying a flower and *darbha* is usually awakened and his Kundalini is activated too. By doing Namaskar to such a person his spiritual emotion may reduce.
2. If the level of the person who is doing Namaskar is low, then he will not be able to tolerate this energy and he may even experience distress.

Along with the individuals referred above, Namaskar should also not be done to the following individuals:

One facing the South: Yama frequencies are mostly emitted from the Southern direction. An individual facing South generally comes in the range of such frequencies and also in the region of attraction boundary, and hence a whirlpool of these frequencies gets formed around him. By doing Namaskar to such an individual, the transmission of Yama frequencies starts circulating in the body of the embodied soul doing Namaskar. Due to the rapid circulation of these frequencies in the body, the flow of five vital energies is reduced and the flow of energies located in the lower region accelerates. This may cause distress to the embodied soul and that is why if possible, one should not do Namaskar to a person facing South direction.

A sleeping person: Since a sleeping person is parallel to the ground, the distressing frequencies emitting from the ground get attracted towards his body and it gets charged with distressing frequencies. The flow of five vital energies and the blood circulation is always at low pace while in the sleeping state. In such a state, sub-vital energies from the body start gaining speed and the wasteful gases start circulating and moving downwards. This leads to polluting the area around the body due to gaining momentum of the raja and tama emitted from his body. If one does Namaskar to such an individual whose body emits the raja-tama predominant frequencies, then it can cause distress to the individual doing Namaskar. That is why one should avoid doing Namaskar to a sleeping person.

Should one do Namaskar to a dead body?

Q. Should one do Namaskar to a dead body?

A. 'The embodied souls from the Tretayuga and Dwaparyuga were more Sattva predominant as compared to the embodied souls of the Kaliyuga. During the Treta and the Dwaparyuga the embodied soul undertaking spiritual practice used to gain Godly momentum after leaving its physical body. Doing Namaskar to a dead body is actually doing Namaskar to the Godly momentum gained after accomplishment of its work in this world and which takes it towards God. This is also symbolic of expressing respect towards the subtle body of an embodied soul. In the present era, as per the path of rituals (Karmakand) there is a custom of praying first for the sake of the dead body - 'let the subtle body of the departed attain good momentum to reach the next region'; and then doing Namaskar to the body.

Q. If this be so, should we do Namaskar to the dead bodies in Kaliyuga only as a custom? If it is a custom, can we discontinue it?

A. One can maintain respect for the dead person by doing Namaskar and in addition set an ideal with regards to respecting elders. In Kaliyuga, from this one will benefit at an emotional level and not at a spiritual level. However, one should not discontinue this custom; instead one could learn how to get spiritual benefit from it. Due to the deterioration of the Sattva component in embodied souls, this practice has become a mere custom in Kaliyuga. However, as per the saying, 'God exists where there is spiritual emotion', while doing Namaskar to a dead body if we have a spiritual emotion that we are doing Namaskar to the God principle in it, then the God principle in the dead body awakens and we receive God's blessings. This happens because the God principle is immortal and has no limitations that a physical body has.

Q. In Kaliyuga, there is a custom of praying first to God that, 'let the subtle body of the departed gain good momentum to reach the next region'; and then doing Namaskar to the body. However could one do Namaskar to God and then pray, instead of doing Namaskar to the dead body?

A. If you do this, it will become impossible to set an ideal for embodied souls in Kaliyuga; this act symbolizes how one should 'respect the elders and seniors'. For the present generation in Kaliyuga, which is becoming unrighteous, there is only one effective way of teaching them and that is through actually performing the required actions. The embodied souls in Kaliyuga are ignorant about the underlying spiritual view point, hence now it is very important that they be taught everything actually by performing actions like doing Namaskar. If one prays to God for the departed and does Namaskar mentally, the people present will not understand its importance; because understanding these things requires spiritual ability. Since the embodied souls in Kaliyuga are devoid of this ability, it is of utmost importance to perform visible actions. That is why it is appropriate to do Namaskar to the God principle in the dead body. Due to this act, one aims to benefit at the emotional and spiritual level.

Q. It is said that one should not do Namaskar to a sleeping person. In Kaliyuga if one does Namaskar by touching the dead body, then are the chances of getting distress from negative energies not higher?

A. Yes it is; but while doing Namaskar it is important that the action be performed with correct spiritual emotion. Since Namaskar is done to the God principle in the dead body instead of activating raja, tama components, it activates the Godly principle in the dead body and bestows Sattva corresponding to the degree of spiritual emotion.'

Do's and Dont's while doing Namaskar

Q. Why should the eyes be closed while doing Namaskar?

A. 'Joining hands while bowing the head amounts to saluting God or the divinity in the person in front. The eyes are closed while doing Namaskar to God or any respected person, to enable one to have the vision of God within us.'

Q. Why should the footwear be taken off while doing Namaskar?

A. While sitting, partaking meals, sleeping, wishing and doing Namaskar to Gurus and other elderly people, footwear should not be worn. - Gautamsmruti 9.

1. Footwear increases the *raja-tama* components in a person.

2. Paying obeisance (Namaskar) with high *raja-tama* components will not help in activating the Kundalini (centre in the spiritual energy system).

3. The ability to absorb the *sattva* component too is reduced, due to an increase in the *raja-tama* components, leading to little benefit from a Namaskar.

4. Doing Namaskar to a Deity, with footwear on, may also invite the wrath of the Deity.'

Q. Why is it not advisable to hold any object while doing Namaskar?

A.1. While doing Namaskar if an object is held in the hands, usually the fingers and their tips are in a curled position and not straight. As a result, the *sattva* component received is unable to enter the tips of the fingers.

2. The *sattva* component emitted towards the seeker, strikes the object held and bounces back. Also, at times, instead of the person absorbing the *sattva* component, the object may absorb it.

3. If the object in the hand is *raja* or *tama* predominant, and if it is touched to the forehead or chest while doing Namaskar, then the *raja-tama* components from it may enter the body of the one who is doing Namaskar.

Q. While doing Namaskar, why are men not supposed to cover their head, whereas women are advised to cover their head?

A. One should not do Namaskar with footwear on, covering the head or holding any objects. (But women should cover their head with their saris and only then do Namaskar) - Apastamb Dharmasutra 1.4.14.19

While doing Namaskar the Kundalini gets activated at the chakra which is touched by the folded hands. This leads to the absorption of the Sattva component in greater proportion in the body. Sometimes due to the activation of the Kundalini, Sattva component starts entering the body through the head. But at times the distressing energies try to take advantage of this and mix black energy with the Sattva component. The potential to activate the Kundalini is higher in men as compared to women. Hence they are hardly affected by this negative energy. Contrary to this, as women are more vulnerable, they get affected by distressing energies to a greater extent and thus they can experience distress. That is why, when doing Namaskar, women are advised to cover their head with the ends of their sari. This creates a barrier between the head and the distressing energies and prevents them from penetrating the body of the woman. However, to some extent this also blocks benevolent frequencies from entering the women. (Benevolent frequencies are subtler than negative frequencies; hence they enter a woman to some extent even though the sari covers her head.) However, the proper posture of Namaskar gives maximum Sattva component to an individual and hence women too get required benefits. This shows how God takes care of every devotee. Doing Namaskar without these restrictions is equally effective if the devotee does it with spiritual emotion.

Why Namaskar should not to be done with one hand?

Q. Why Namaskar should not to be done with one hand?

A. He who does Namaskar with one hand, renders his merits of a lifetime fruitless. - Vyaghrapadsmruti 367

The difference in doing Namaskar with both hands and with one hand: Doing Namaskar with both hands amounts to supplementing every action with Lord Shiva and Divine Energy. Doing Namaskar with one hand amounts to having awareness of doership. That is why doing Namaskar with one hand is not permissible under the Hindu Dharma, which is based on complete humility. Bending and touching the fingers of the right hand (and not the thumb) to the ground and then touching the Anahat chakra with the fingers amounts to doing Namaskar with one hand. Doing Namaskar in this manner amounts to publicly expressing emotion of respect. This was considered a sign of ego in the Tretayuga.

Consequences of doing Namaskar with one hand

A. Doing Namaskar with one hand denotes a state of ego. No matter how many births an embodied soul with such ego may undertake spiritual practice, it still does not derive any benefit from it. The efforts of many lifetimes are wasted.

B. An embodied soul with ego has to suffer the rigours of hell.

C. When Namaskar is done by touching the ground in a state of ego, the frequencies emanating from patal (the region of hell) get activated and transferred to the hand. When the fingers touch the Anahat chakra, these frequencies enter through the chakra and spread all over the body. Consequently, distress such as heaviness, restlessness or trembling of the body is experienced.

'One hand' touch to the Temple Steps

Action: Touch the step with the fingers of the right hand and move the same hand over the head.

Science: 'The area around the temple is charged with frequencies of Deities which leads to an increase in the Sattva component. The presence of Divine consciousness in the area charges even the stairs in a temple. Hence, there is a method of touching the steps with fingers of the right hand and then moving the fingers or palm over the head. Even the dust present on the steps is charged with Chaitanya and so we must respect it and derive spiritual benefit from it. If the embodied soul harbours the spiritual emotion that 'the Chaitanya from the steps be transmitted all over my body from the dust on my hand', then it will give increasing benefit to the embodied soul. In addition if the ego of the embodied soul is less at that time then it gives even more benefit. When any action is performed devoid of ego or 'Inness it is treated as a 'non-action' (akarma-karma).'

Q. Science states that one should not do Namaskar with one hand, whereas the information given by you is otherwise. Why the difference?

A. 'Compared to other areas, any Temple premise has more Sattva component. Any action performed here, even if it is devoid of spiritual emotion, gives the benefit of Sattva component. While climbing the temple steps, by touching a step one does Namaskar. This is yet another Sattva predominant action to be performed. 'Climbing' steps is one of the activities, which increases the raja component in the body. Hence, the raja component is already activated in the body of an embodied soul.

By touching the steps with the fingers of the right hand, the Sattva component and peace from the charged premise, get transmitted to the body through the right hand. In addition, from this action, the activated raja component in the body can be controlled through the medium of the surya nadi (Sun channel). This means that, for a moment, the activities of the Sun channel can be stopped. From this process, the embodied soul learns to enhance the Sattva component through raja dominant actions. Therefore, it is very essential to perform the appropriate sattvik actions at each corresponding level.