

## Meaning And Importance Of Namaskar

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

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

### 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 / Enhancement in the spiritual emotion of surrender and gratitude / Gaining the Sattva component and faster spiritual progress

We receive the highest amount of Sattva component from the posture (mudra) of Namaskar.

By doing **Namaskar** to Deities or Saints we receive subtle frequencies emitted by them, e.g. frequencies of Sattva or Bliss.

### 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.

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

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.