

## Important Questions Regarding Namaskar

**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. 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.'

### '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. '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 so 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, hence the 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 r

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 'I'ness it is treated as a 'non-action' (akarma-karma) .'