

THE ANCIENT JOURNEY OF NAMASTE

SAMMAAN DENA HI SAMMAAN LENA HAI.

SATYUG KE DEVI DEVTA AADAR SE NAMASTE KARTE
THE WITH FOLDED HANDS & SOULFUL GREETINGS
OF LOVE, RESPECT & COMPASSION.

EMBRACING “MEIN AATMA AAP KO NAMAN KARTA HU”

Respecting with thoughts, words & action.

Let us recall the golden past and work towards a new dream.

NAMASTE BHARAT

A SOULFUL **NAMASTE** AND ITS IMPORTANCE



The Significance of Namaste: The Spiritual Greeting That Connects Souls

Namaste is not just a greeting or a gesture, but it is a way of life. It represents the acknowledgment of the divine in oneself and others. The gesture of Namaste is a beautiful and meaningful way of showing respect, humility, and gratitude, and has both cultural and scientific significance. It is a versatile gesture that can convey different emotions and intentions and has been embraced by people all over the world. By practicing Namaste, we acknowledge the divine spark within ourselves and others, recognize the worth of the person in front of us, and connect with a higher power.

Bhagavad Gita embrace Namaste: "One who sees the Supreme Lord in every creature and sees everything in the Supreme.

Connecting with Nature through Namaste: Namaste is not just limited to human interactions; it can also be used to connect with nature. The practice of Namaste helps in developing a deeper connection with nature and the environment.

The sun, moon, and stars have always been considered divine in many cultures. Therefore, by practicing Namaste towards nature, we can acknowledge and honor the divinity of the natural world. We can also express our gratitude towards nature for providing us with the resources and sustenance required for our survival.

The Meaning of Namaste:

The folded-hands gesture, commonly known as Namaste, is a well-known cultural practice that originated in Hinduism. Thus, the literal translation of Namaste is "I honor or bow to you." The gesture involves folding the hands together near the chest, with palms touching, and fingers pointing upwards. Namaste is not just a greeting, but it also expresses gratitude. It is a versatile gesture that can convey pure emotions and intentions.

Namaste gesture is a way of acknowledging the divine spark that resides within each person, recognizing the worth of the person in front of you, and connecting with a higher power. The hands are folded in a way that they resemble a lotus flower, which is a symbol of purity and enlightenment. The gesture promotes a sense of calm and well-being and can have a balancing effect on the mind and body.

Significance of Namaste:

Namaste is not just a cultural or traditional greeting, but it holds a deep spiritual significance. It is a way of acknowledging the divine in oneself and others. Namaste is a way of showing respect, gratitude, and love towards oneself and others. It is a way of connecting with the inner self and with the universal consciousness. The gesture of Namaste also represents the union of the individual soul with the divine soul.

Namaste Mudras

The hand gestures or mudras used in Namaste represents different things. There are several variations of the Namaste mudra, each with its own meaning. Here are some common Namaste mudras:

Anjali Mudra: This is the most popular Namaste mudra, where the palms are pressed together in front of the heart chakra. This mudra represents respect, gratitude, and love.

Pranamasana: In this mudra, the palms are pressed together in front of the chest with the fingers pointing upwards. This mudra represents reverence and respect.

Abhaya Mudra: In this mudra, the right palm is raised with the fingers pointing upwards, and the left palm is facing outwards. This mudra represents fearlessness and protection.

The purpose of Namaste: Namaste is not just a simple greeting; it has a deeper purpose. Here are some of the reasons why Namaste is significant.

Acknowledgment of the Divine: Namaste is a recognition of the divine within oneself and others. The gesture is done by folding hands at the center of the chest in a way that resembles a lotus flower, a symbol of purity and enlightenment. This acknowledgment of the divine spark or the soul that resides within each person is a fundamental aspect of the Namaste gesture.

Respect and Humility: Namaste is a sign of respect and humility towards others. The folding of hands near the chest is a way of showing reverence to the person in front of you and recognizing their worth. The gesture is a way of saying, "I honor the divine in you." It is a simple yet powerful way of expressing respect towards others.

Balancing and Calming Effect: Namaste is a way to bring balance and calm to the mind and body. The pressure points in the fingers that are activated during the gesture are linked to different areas of the brain and can help to balance and center the mind. The gesture promotes a sense of calm and well-being.

Spiritual Connection: Namaste is a way of connecting with a higher power. The gesture is often used in spiritual and religious practices as a way of surrendering to the divine and recognizing its presence in oneself and others. The folding of hands near the chest is a way of bringing focus inward and connecting with one's inner self.

Honouring the Divine: Namaste is a way of acknowledging the divinity within each of us. The gesture recognizes that every person is a divine being and that this divinity should be honored and respected.

Showing Respect: Namaste is a gesture of respect towards others. The folding of hands near the chest is a way of showing reverence to the person in front of you and recognizing their worth.

Creating a Connection: Namaste is a way of creating a spiritual connection between two souls. The gesture creates a bridge between two people, connecting them on a deeper level beyond **words or physical touch**.

Spreading Love: Namaste as a way of spreading love and positivity. The gesture promotes a sense of unity and harmony, spreading love and positivity to those around us.

Soul-to-Soul Connection: Namaste is not just a physical gesture; it creates a soul-to-soul connection between two people. When you say Namaste to someone, you are acknowledging the divine within them, which creates a spiritual bond between you and that person. It is a way of expressing your love and respect towards them.

Scientific Findings on Namaste: Namaste is not just a gesture or a word, but a way of connecting with oneself and others. Scientific research also supports the benefits of Namaste in improving mental and physical health. Several scientific studies have shown the benefits of Namaste on our physical and mental health. Here are some of the findings:

Reduces Stress: Namaste has been found to reduce stress levels and promote relaxation.

Boosts Immunity: Studies have shown that the practice of Namaste can boost our immune system.

Enhances Emotional Well-being: Namaste has a positive effect on our emotional well-being, promoting positive emotions such as love and gratitude.

Improves Mental Clarity: Namaste helps in calming the mind and improving mental clarity.

According to a study published in the International Journal of Yoga, practicing Namaste mudra stimulates the reflex pathways in the brain and activates the parasympathetic nervous system. This leads to a reduction in heart rate, blood pressure, and stress levels.

Another study published in the Journal of Ayurveda and Integrative Medicine found that practicing Namaste mudra helps in improving cognitive function and memory retention. The mudra also enhances the overall immunity of the body.

Namaste as a Global Greeting: The practice of Namaste is not just limited to formal settings. It is a common way of greeting friends and family and even strangers on the street. During the COVID-19 pandemic, the practice of Namaste gained popularity in many countries as a way of greeting that does not involve physical contact, which can potentially spread the virus. In many countries, Namaste was encouraged as an alternative to shaking hands, hugging, or kissing, and many public figures and celebrities were seen using the gesture in public appearances. The practice of Namaste was also adopted in other parts of the world, including Europe and North America, where it was seen as a way of showing respect and solidarity during a difficult time.

The gesture of Namaste is deeply ingrained in Indian culture. However, it has also been embraced by the Western world and is now commonly used in yoga and meditation classes as a way of showing gratitude and respect. The benefits of practicing Namaste are not limited to mental health. It has also been found to have a positive impact on physical health, such as improving flexibility, blood circulation, and immune function.