

NAMASTE

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Many people are familiar with Albrecht Durer's drawing "Praying Hands," often reproduced on Christmas greeting cards. Both hands joined together, with the fingertips touching, is a universal gesture of prayer and adoration.



This gesture is an ancient mudra. A mudra is a gesture of the hands, feet, or eyes. There are also body postures and breathing techniques involved. Mudras are abundant in Indian and Buddhist art, dance, and spirituality. Mudras represent certain states or levels of consciousness. Adopting a certain mudra can help us attain the state of consciousness it symbolizes.

These gestures and movements involve and affect certain areas of the brain and correspondingly our internal chemistry and psychic centers. The hands joined in prayer gesture is the Atmanjali Mudra.

Namaste is an ancient Indian mystical gesture, an integral part of Indian culture. In this gesture, both palms are held together erect in front of the center of the chest. Namaste (pronounced Nuh-must tay) is a Sanskrit word which literally means "I bow to you." *Nama* means "bow," *as* means "I," and *te* means "you." It is a mystical gesture that means, "I salute the Divinity in you." It acknowledges that we are all *jivas* or souls, part of the one Divine Universal Soul.

To perform Namaste, place your hands together at the heart center, close

your eyes, and bow your head. It is also done by placing the hands together in front of the third eye in the center of the forehead, bowing the head, and then bringing the hands down to the heart. It symbolizes a deep form of respect to a teacher, a guru, or a master.

The Namaste is part of the Atmanjali Mudra. *Anjali* means "offering." *Atma* means "Divine Soul." To do this mudra, place both hands in front of your heart center. Make sure that there is a little hollow space between your palms.

Before doing this mudra, sit or stand for a while with your arms spread and raised upward, similar to what we do with the Rosicrucian re-balancing exercise. People in many ancient traditions worshiped their deities in this way. It was considered a very powerful gesture for Cosmic Communion.

Then place your hands in front of your chest. This helps inner recollection, and creates harmony, balance, silence, and peace.



This gesture activates and harmonizes coordination of the left and right brain hemispheres. It is ideally done before and after a period of meditation or Cosmic Attunement or when you petition the Cosmic.

This gesture also expresses reverence or gratitude. It calms your thoughts, creates mental clarity, and stabilizes the mind.

