

# Correct methods of paying obeisance

## Preface

While having *darshan* (An act of beholding a Deity especially in a physical image form) of a Deity or after meeting an elderly person or a respected individual, our palms automatically join in obeisance. 'Paying obeisance' (*Namaskār*) is a *sāttvik* (Spiritually pure) impression on the Hindu mind, an act of maintaining the rich heritage of the Hindu culture. Paying obeisance is a simple religious act of expressing Divine qualities such as devotion, love, respect and humility. Paying obeisance also bestows God's energy on us.

Now-a-days, perhaps out of ignorance about the science of Spirituality or the increasing influence of western culture, many people greet each other with a hand-shake. If at all they pay obeisance by joining their palms, it is done merely as a formality. Since the act is not based on faith, the benefit obtained from it is minimal. Along with faith, it is essential that every religious act be performed correctly as per the science of Spirituality; because, only then it provides complete benefit. In this Booklet, along with the information on various correct methods of paying obeisance, the underlying science has also been explained simultaneously.

Aspects to be avoided while paying obeisance have also been explained in this Booklet along with its underlying science and guidance on obeisance should not to be paid to which people is also provided.

We pray at the Holy feet of Shrī Guru - 'May everyone implement the methods of paying obeisance mentioned in this Booklet and pass them on to the future generations.' - **Compiler**

## Index

Contents	
1. Origin and meaning of ' <i>Namaskār</i> '	14
2. Benefits of paying obeisance	14
3. Methods of paying obeisance to Deities & Saints	16
4. Some methods of paying obeisance to the seniors and the elderly	43
5. Some methods of paying obeisance by couples	47
6. Some other methods of paying obeisance	53
7. Do's and Don'ts while paying obeisance	58
8. Who should we not pay obeisance to ?	67
9. The method by which the elders should bless the one who is paying obeisance and the underlying spiritual science	73