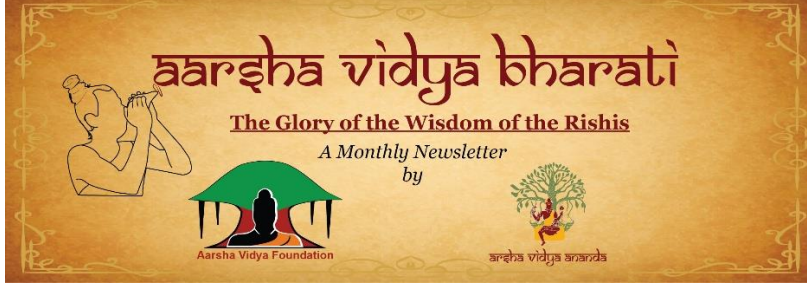

Aarsha Vidya Bharati - Feb 2022

Magha-Phalguna 2078

A monthly newsletter that will bring you more happiness, more wisdom and more freedom

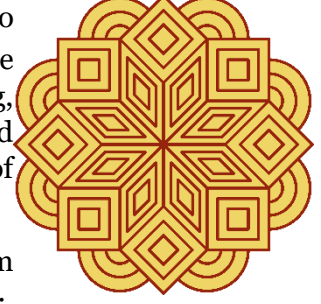


This is one of many articles from our monthly newsletter. Access the [Feb 2022 issue](#) or read any of [the articles](#).

Samyak Krtam

Namaskārah & Daṇḍavata Praṇāmaḥ
By Kavita Shah, Mumbai

नमस्कारः (*Namaskārah*) is a significant **हस्तः मुद्रा** (*hastah mudrā*) also known as **अंजलिः मुद्रा** (*añjaliḥ mudrā*) in Hindu tradition. It is the joining of both palms close to one's heart. It's a way of greeting, welcoming, seeking forgiveness, showing gratitude, surrendering and is an integral part of the rituals. It is one of the most beautiful ways of offering prayers to *Īśvara*.



Praying is one of the purest karmas, which can be in the form of **कायिकम कर्मः**, (*kāyikam karmaḥ*) physical karma, **वाचिकम कर्मः**, (*vācikam karmaḥ*) spoken karma and **मानसम कर्मः**, (*mānasam karmaḥ*) mental karma. **साष्टांग नमस्कारः** (*sāṣṭānga namaskārah*) or **दंडवत प्रणामः** (*daṇḍavata praṇāmaḥ*) is a *kāyikam karmaḥ* done by prostrating before *Īśvara* by touching one's eight limbs to the ground.

उरसा शिरसा दृष्ट्या चैव मनसा वपुषा गिरा ।

पद्भ्यां कराभ्यां जानुभ्यां प्रणामोऽष्टाङ्ग उच्यते ॥

urasā śirasā dr̥ṣṭyā caiva manasā vapuṣā girā

padbhyām karābhyām jānubhyām praṇāmo'ṣṭāṅga ucyate

(Surrender) by touching eight limbs of one's body (on the ground) the chest, head, eyes, mind, speech, feet, arms and knees is called *Praṇāmaḥ*.

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