

## Namaskar To Saints



1. The portion of head, which should be placed at the feet :

We can imbibe maximum Chaitanya through the Brahmrandhra (the seventh chakra of the Kundalini system located in the crown of our head). Since it (Brahmrandhra) cannot be placed at a Saints's feet, the part of head beginning above the forehead is to be placed at the feet of Saints. Due to this, maximum Chaitanya emanating from Their feet can enter into the one doing Namaskar.

2. The exact spot to place one's head on a Saint's feet:

The big toes of Saints emit maximum Chaitanya; hence we should place our head on the big toe, than on their foot. If we are in a position to touch both the toes, then place the head on the right big toe.

3. The position of hands when placing the head on a Saint's feet:

a. Some interlock their hands behind their backs at the waist and do Namaskar. If we are in a position to touch both their toes, then we should place the hands one on each foot and the head should be placed on the big toe of the right foot. If we are in a position to touch one of Their toes, then place both the hands on it and keep the head on the big toe.

b. Some do Namaskar by placing hands on the ground. This is also wrong because if the hands are placed on the ground then the Chaitanya emanating from the Saint's feet are absorbed by one and then returns to the earth through the hands of the one doing Namaskar. Thus the person does not benefit from it.

c. Some cross their hands and place them on the feet of Saints, that is, their right hand on the right foot of the Saint and their left hand on the left foot of the Saint while doing Namaskar. This is a crude imitation of the manner in which Christians place their crossed hands on their chest. Instead, our right hand should be placed on the left foot of the Saint and our left hand on the right foot of the Saint. This is convenient also. However, if a Guru has started some procedure in a particular sect, then the hands are to be placed in that manner only.

d. The hands are to be positioned in such a way that the palms are placed on the feet.

**Namaskar to the wooden footwear (paduka) of Saints**

The left paduka symbolises Lord Shiva and the right symbolises Divine Energy. The left paduka is the unmanifest saviour energy and the right is the unmanifest destroyer energy of the Supreme God. The saviour or destroyer energy of the Supreme God emanates from the 'pegs' of the paduka as per the need. When we do Namaskar by placing our head on the 'pegs' of the paduka, some may experience distress due to the inability to tolerate the manifest energy emitting from it. Hence, while doing Namaskar to the paduka, instead of the

pegs, place the head on the foremost part i.e. the place where the Saints place their toes.