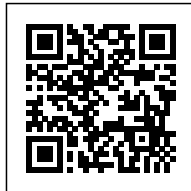


NAMASTE

Posted on February 23, 2024 by staff



The Namaste Symbol: More Than Folded Hands

While sometimes referred to as the "[Namaste](#) symbol," it's crucial to remember it's not a single symbol but a gesture formed by bringing palms together at the heart chakra. This mudra, known as Namaste, holds deep cultural and spiritual significance in Hinduism, Buddhism, and Jainism.

Beyond the Gesture:

- **Meaning:** Namaste translates to "I bow to the divine within you," acknowledging the divinity in both oneself and others.
- **Significance:** It represents respect, gratitude, and spiritual connection.
- **Context:** Used in greetings, thanks, farewells, prayer, and meditation.

Beyond a Single Form:

- **Variations:** Hand position, fingers, and accompanying head tilt can differ slightly across traditions and regions.
- **Visual Representations:** While not strictly a symbol, Namaste is sometimes depicted in art, often incorporating the hands gesture or the Om [symbol](#).

Remember:

- It's a respectful gesture, not just a cultural icon.
- Understanding its meaning and context deepens appreciation for its significance.

