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The Namaste Symbol: More Than Folded Hands

While sometimes referred to as the "<u>Namaste</u> 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 <u>symbol</u>.

Remember:

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