



Hinduism: Namaste!

# What is Namaste?

- Namaste is a Sanskrit word that means “I bow to you.”
- Namaste is a way of greeting others with respect.
- For Hindus, it is a divine blessing that honours the sacredness and equality of the other.

# The Gestures of Namaste

- Greeting someone using Namaste also includes body gestures:
  - Arms are bent upward from the elbow
  - Palms are together as in prayer and in front of the chest
  - As the word “Namaste” is spoken, bow slightly from the waist



The folded hands indicate a meeting of the minds.

The bow shows love, respect, and humility.



# Namaste's Spiritual Meaning

- Hindus use this form of greeting in prayer.
- In Hinduism, Namaste has a spiritual meaning.
- It expresses a belief in a common thread that unites all things: consciousness.
- There are many interpretations of the spiritual meaning of Namaste.

# Interpretations of Namaste's Spiritual Meaning

I bow to the  
spark of the  
divine in you.



# Interpretations of Namaste's Spiritual Meaning

I recognize  
in you a  
place of  
peace.





# Interpretations of Namaste's Spiritual Meaning

I recognize that you  
and I are One.





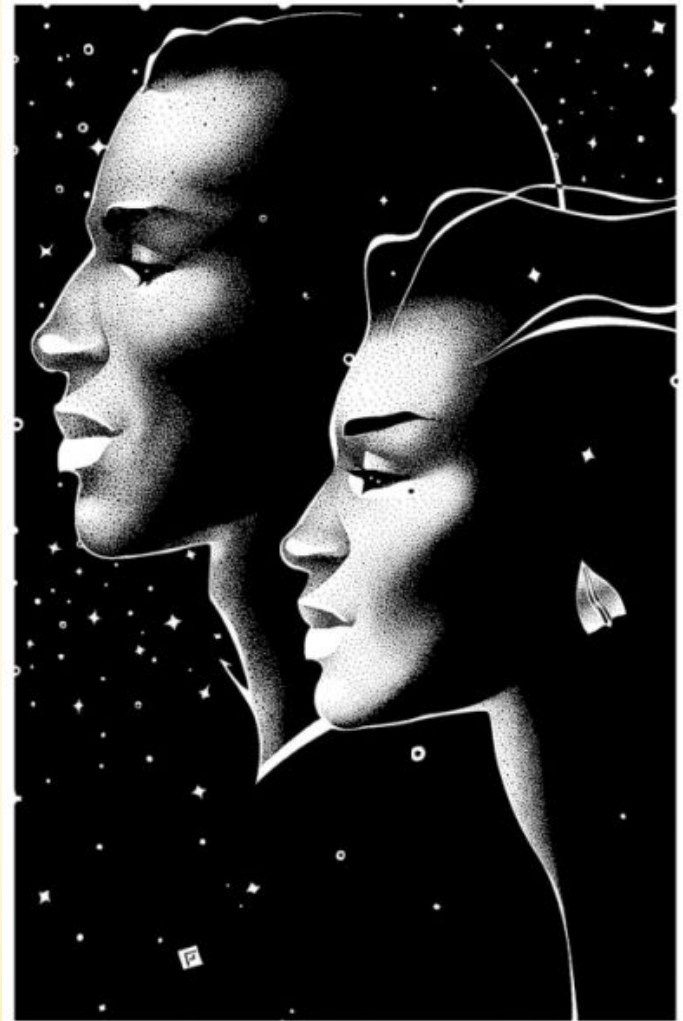
# Interpretations of Namaste's Spiritual Meaning



I honour  
the place  
in you  
that is  
truth  
and love.

# Interpretations of Namaste's Spiritual Meaning

I recognize our  
equality born  
from our  
oneness.



Namaste is an awareness of  
the Oneness of All.

