

N A M A S K A R A

This beautiful Indian salutation may be translated:

"I salute the Divinity in you"

This salutation has the purpose of evoking our essential divinity. If we use it constantly it helps us to remember to deal with each other as souls and not as personalities. It sounds a note of reverence and spiritual awareness which is inspiring.

We can direct it to our Self, as the salutation of the personality to the divine in oneself, especially upon awaking, at the noon and at the sunset recollections, and when retiring. Each time we meet friends, we can greet them with the word NAMASKARA instead of saying "Hello". Instead of saying only "Goodbye", we can add NAMASKARA. We can also use this salutation in letters by closing with NAMASKARA. As "energy follows thought", it helps us to contact the Self in ourselves and others, and to evoke it.

When possible, this Hindustani word should be said aloud, with the accent on the last syllable, NAMASKA'RA and not pronouncing the last "a". There are many occasions however, when it would not be wise to say it aloud; then it can be recalled silently. For example, when angry, impatient, critical of ourselves or others, when making new acquaintances, when at work with colleagues, superiors or subordinates, it helps to build an inner attitude which creates harmonious human relations.

As parents and educators, NAMASKARA puts us in touch with the inner reality of the child and adolescent, fosters our loving understanding of their essential nature, and favors their inner growth. In many situations, when we attempt to help a human being in distress or to resolve inter-personal tensions, NAMASKARA can serve as a silent salutation to put us in tune with the creative spiritual energies which stand ever behind the apparent disturbance.

NAMASKARA is also an apt way to develop and demonstrate in daily activities the dual life of functioning simultaneously and with full awareness at the two levels - that of the personality and that of the soul.

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