

## The Meaning of Namaste



“Namaste” is a Sanskrit word that acknowledges the inestimable value of each individual. It is often used to greet and honor others. Translation: “As I acknowledge and honor the Spirit within myself, so do I acknowledge and honor the Spirit within you.”

The extended meaning of the word has been written as: “I honor the place in you in which the entire universe dwells. I honor the place in you which is love, of truth, of light, and of peace. When you are in that place in you, and I am in that place in me, we are one.” To all our readers, I say, “Namaste”.



Al Gore does a Namaste, while responding to the standing ovation at TED for his slide show.  
From Wikipedia, the free encyclopedia

***Namaste, Namaskar*** or ***Namaskaram*** (Sanskrit: नमस्ते [namas te] from external sandhi between namaḥ and te) is a common spoken greeting or salutation in the Indian subcontinent. It is derived from Hinduism, and in India and Nepal it has multi-religious or else common usage where it may simply mean "I bow to you." In religious formulation, it can be translated as:

- "I bow to that inherent in you" ("That" refers to divinity, or *that which is divine*)
- "I respect divinity within you that is also within me." (Here, "that" refers to divinity, or *that which is divine.*)
- "The light within me honors the light within you." (in yoga)

The word is derived from Sanskrit (namas): to bow, obeisance, reverential salutation, and (te): "to you".<sup>[1]</sup> Namaskar is considered a slightly more formal version than namaste but both express deep respect. It is commonly used in India and Nepal by Hindus, Jains and Buddhists, and many continue to use this outside the Indian subcontinent. Namaste and Namaskar are used commonly

in Northern India. However, Namaskara and Namaskaram are used in Southern part of India, instead of Namaste.

When spoken to another person, it is commonly accompanied by a slight bow made with hands pressed together, palms touching and fingers pointed upwards, in front of the chest. This gesture, called Añjali Mudrā, can also be performed wordlessly and carries the same meaning. In Indian and Nepali culture, the word is spoken at the beginning of written or verbal communication. However, upon departure only the wordless hands-folded gesture is made.