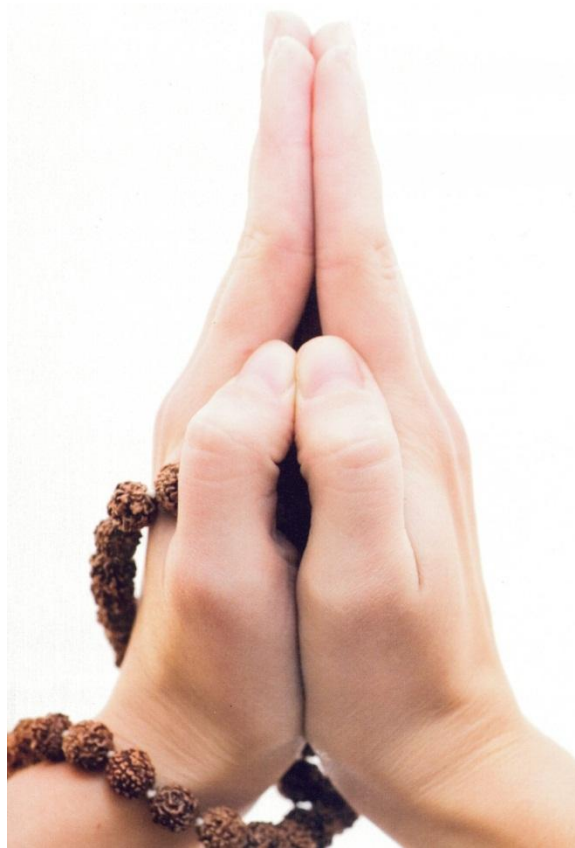




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# THE SALUTATION SEAL OF ONENESS

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*“The Divine in me recognizes the Divine in you”*

*~Namaste~*



## LEARNING TO PRACTICE THE ANJALI MUDRA

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Anjali is Sanskrit for "offering", "a gesture of reverence", "benediction", "salutation", "two handfuls", it is derived from the cupping of both hands together as if holding something within; and is derivative from the word anj, meaning "to honor or celebrate".

Mudra means "seal" or "sign". The meaning of the phrase is thus "Salutation Seal"

Anjali Mudra is also known as Namaskara Mudra, the oldest of Indian gestures.

The Anjali Mudra is the simple act of pressing your palms against your heart and fingers pointing up, in the center of the chest.

One practices this seal by leaning the head slightly without being accompanied by words.

Closes the eyes and then bend the spine, a sign of respect to the deity which fills all spaces of the universe.

The spine returns to the upright position more slowly than when lowered, also symbolizing respect to another.

### THE MEANING

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The five fingers of the left hand represent the five senses of the heart, while the fingers of the right hand represent the five organs of reason.



It means then that mind and heart must be in harmony so that our thoughts and actions are in

accordance with the Truth.

This mudra also expresses the recognition of the duality that exists in the world, symbolizing the union of polarities, left and right, good and evil, and suggests an effort on our part to keep these two forces together in balance.

### THE PRACTICE

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Practicing Anjali Mudra, the Salutation Seal, is an exceptional way to encourage a meditative state of awareness. Start your practice sitting in meditation in Anjali Mudra for five minutes. Simply breathe in and breathe out. If you feel you can hold the state of internal quietude, try using the 4x4 breathing method: inhale 4 seconds, hold 4 seconds, exhale 4 seconds and hold 4 seconds with empty lungs. It is very important to do not force this exercise.

You can also use this hand position in Tadasana<sup>1</sup> prior to beginning the Sun Salutation<sup>2</sup> sequence, as you contemplate the "sun" or light of consciousness that the yogis say is resident in your heart.

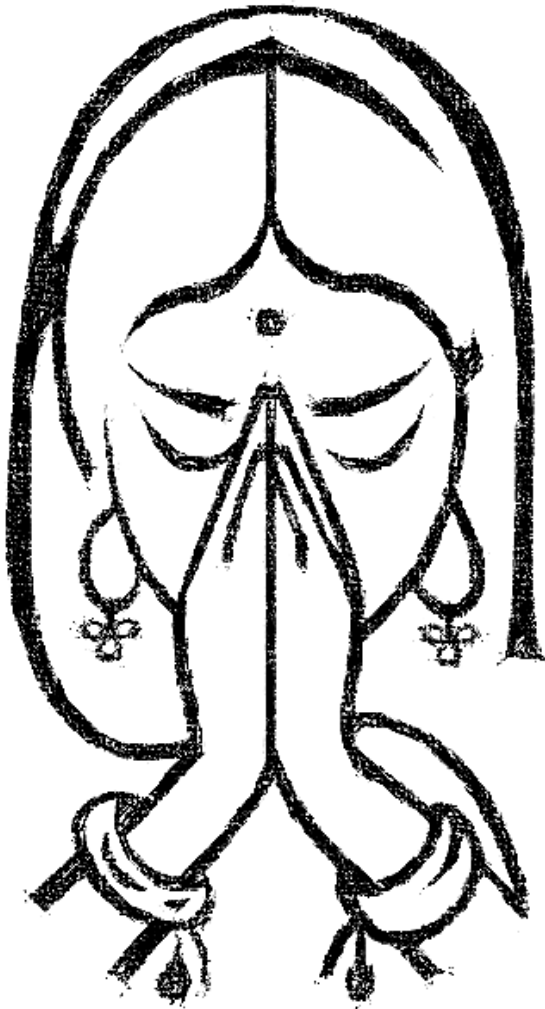
Anjali Mudra is performed as part of a physical yoga practice with an aim to achieving several benefits. It is a centering pose which helps to alleviate mental stress and anxiety and is therefore used to assist the practitioner in achieving focus and coming into a meditative state.

The physical execution of the pose helps to promote flexibility in the hands, wrists, fingers and arms.

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<sup>1</sup> Tadasana is usually the starting position for all the standing poses in Yoga.

<sup>2</sup> The Sun Salutation, or Surya Namaskar, is a graceful sequence of twelve Yoga positions performed as one continuous exercise.



## TEN FINGERS UNITED IN NAMASTE

*"We're all just walking each other home"*  
~Ram Dass

## THE SYMBOL OF THE MYSTICAL NUMBER TEN

The number ten is the symbol of perfection, unity and perfect balance. Every sentient being is a reflection of the Ten Divine Attributes: Care, Kindness, Knowledge, Understanding, Radiance, Harmony,

Perseverance, Royalty, Wisdom, and Discipline.

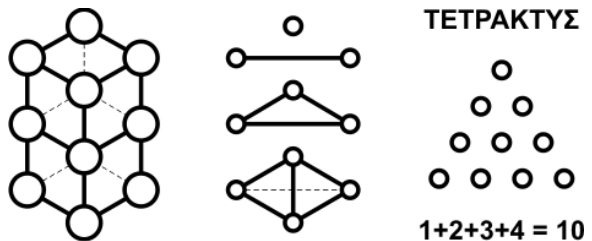
The Ten is a number consisting of two other magic numbers; the one and zero. The one is the number that symbolizes leadership, victory, strength, virility and masculinity. It represents the principle of unity, indivisible, unlimited in Himself<sup>3</sup> and in His power, in a word: GOD.

The zero is not really a number, but a mathematical concept that refers to the non-existence of something. In its circular shape reminiscent of the *Ouroboros*, a snake biting its own tail that represents both emptiness and eternity.

Ten is also the base of the decimal system. Children learn how to count with their ten fingers.

Ten represents simultaneously the world, and the whole universe in its material and metaphysical sense. It is the key that opens the door of unity and, consequently, Oneness. It is known as the perfect number for excellence, because it represents all the principles of divinity evolving, expanding and meeting a new level of being in a new unit.

God created the world with ten statements; there are Ten Commandments and Ten Sephirot in Kabbalah, or branches of the



<sup>3</sup> The use of the masculine is just for literary reference. God, Mother/Father God, Godhead, All That Is, is beyond our labels.

Tree of Life; the ten vertices of the star of Pythagoras<sup>4</sup>, the Parable of the Ten Virgins in the Gospel of Matthew<sup>5</sup>. It takes ten

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<sup>4</sup> The Tetraktys of Pythagoras -- composed of ten dots arranged in four rows to form a triangle -- was the sacred symbol upon which the Pythagoreans took their most binding oath:

*"I swear by him who the Tetraktys found,  
Whence all our wisdom springs and which  
contains Perennial Nature's fountain, cause and  
root."*

The tetractys is a symbol composed of ten dots in an upward-pointing triangular formation. It was a sacred pattern for the school of philosophers who followed the teachings of the Greek sage Pythagoras (lived 6th century BC). They used the tetractys to swear their oaths upon, in much the same way that modern Christians swear oaths upon the Bible.

<sup>5</sup> The Parable of the Ten Virgins  
*Matthew, Chapter 25*

“At that time the kingdom of heaven will be like ten virgins who took their lamps and went out to meet the bridegroom.

2 Five of them were foolish and five were wise.

3 The foolish ones took their lamps but did not take any oil with them.

4 The wise ones, however, took oil in jars along with their lamps.

5 The bridegroom was a long time in coming, and they all became drowsy and fell asleep.

6 “At midnight the cry rang out: ‘Here’s the bridegroom! Come out to meet him!’

7 “Then all the virgins woke up and trimmed their lamps. 8 The foolish ones said to the wise, ‘Give us some of your oil; our lamps are going out.’

9 “‘No,’ they replied, ‘there may not be enough for both us and you. Instead, go to those who sell oil and buy some for yourselves.’

10 “But while they were on their way to buy the oil, the bridegroom arrived. The virgins who were ready went in with him to the wedding banquet. And the door was shut.

11 “Later the others also came. ‘Lord, Lord,’ they said, ‘open the door for us!’

people to recite a minyan<sup>6</sup>. The most important day in the Jewish calendar is Yom Kippur, which is the tenth day of the New Year.

Ten is the value of the Hebrew letter Yod, the first letter of the ineffable name of God. The Ten represents the perfection of Divine Order: the Alpha and the Omega, the beginning and the end, both everything and the nothing.

In Kabbalistic numerology, Ten is a positive number that encourages independence and opening up new opportunities in life. The Ten is able to arouse extreme reactions of love or hate, respect or fear. The vibration of Ten contain the gift of creativity, but one needs to know to use it wisely because the power of creation itself also has the power to destroy.

Namaste consciousness brings to life the Sacred Flame within each human being, truly expressing that God is not in heaven, a temple or even in nature; the Divine Spark resides in each one of us.

God is in everything, in every one of us and any dissociation of the divine image of ours is useless.

By practicing Namaste, through the Anjali Mudra we affirm that we are all children of the Sacred Universe, all inseparable and equal.

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<sup>12</sup> “But he replied, ‘Truly I tell you, I don’t know you.’

<sup>13</sup> “Therefore keep watch, because you do not know the day or the hour.

<sup>6</sup> The number of persons required by Jewish law to be present to conduct a communal religious service.