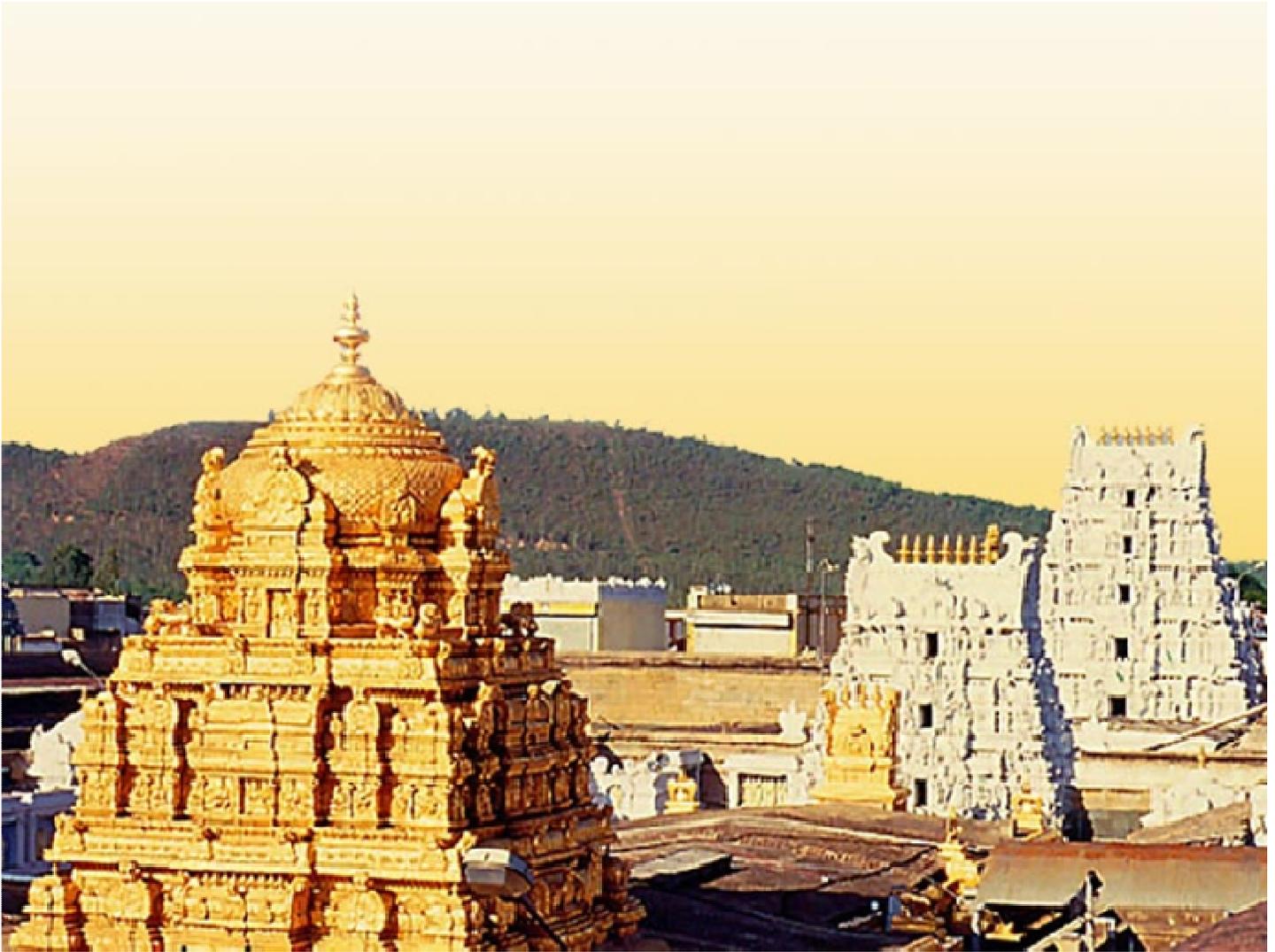


# Significance of Visiting a Hindu Temple



Most of us visit temples to pray God and seek blessings. A temple is one place, which is respected by all. The moment we enter a temple, we automatically bow our heads, fold our hands, close our eyes, and offer our respects to God. We seek peace in a temple, and ask God to fulfill our wishes. But there are many other reasons why we should visit temples frequently.

Temple is a place where people experience absolute peace. This is a place where we feel the energy inside us. Our mind and body feels relaxed here. We feel happy and confident about ourselves. Behind all this is a scientific reason that makes us feel so good.

Generally, a temple is built with scientific planning. A temple is built as per Agama Sastra, and Shilpa Sastra so that people automatically experience positive energy and peace there. Generally, the temples are located in a place where earth's magnetic waves pass through. In simple terms, these temples are located strategically at a place where the positive energy is abundantly available from the magnetic wave distribution. To get this energy, we sanctify the location with Vedic chantings, various pujas, homams, and place precious stones beneath the ground before we build the temple. The main idol is placed in the center, and also we place a Gold or Silver or Copper plate written with specific Vedic scripts, which is buried, beneath the idol. The metal absorbs the earth's magnetic waves and radiates to the surroundings. Thus a person who regularly visits a temple and makes clockwise pradakshina (circle) of the idol and temple, automatically receives the beamed magnetic waves which get absorbed by his/her body. This is very slow, and a regular temple visit will make him/her absorb more energy. Scientifically it is known as positive energy.

In addition, the Sanctum Sanctorum is completely enclosed on three sides. The effect of all energies is very high in here. The lamp that is lit radiates the heat and light energy. The ringing of the bells and the chanting of prayers gives sound energy. The fragrance from the flowers, the burning of camphor gives out chemical energy. The effect of all these energies is activated by the positive energy that comes out of the idol. That is why we feel energized, and get so much peace when we sit/stand in front of God's idol. People fold hands in front of God's idol, but folding hands as well has a scientific benefit. This action helps our body to relax.

**Remove Footwear before entering a Temple:** Temples are holy places. Shoes and Sandals are used everywhere hence they tend to get all the impurities like dirt, germs, etc. which spoil the pure environment of the temple, and is the source of negative energy. Hence, as a respect towards God's place, people leave their footwear outside. Also, people wash their feet with

water before entering into main temple. But there is a scientific reason behind that. As mentioned above, temples are the place that contains pure vibrations of magnetic and electric fields with positive energy. The floor at the center of the temple is a good conductor of these positive vibrations allowing them to pass through our feet to the body. Hence it is necessary to walk bare footed while we enter the core center of the temple.

**Sight, Hearing, Touch, Taste, and Smell are five senses of Human Body.** The positive energy in the temple is absorbed properly only if you ensure that all five senses are activated in our body while we are in the temple. Also the place of worship is said to be pleased only if our five senses are pleased. These are activated by the following actions in the temple:

**Ring the Temple Bell will activate the Hearing Sense.** People who are visiting the temple should and ring the bell when entering the temple. The bell is made in such a way that when they produce a sound it creates a unity in the Left and Right parts of our brains. The moment we ring the bell, it produces a sharp and enduring sound which lasts for minimum of 7 seconds in echo mode. The duration of echo is good enough to activate all the seven healing centers in our body. This results in emptying our brain from all negative thoughts. This bell sound is also absorbed by the idol and vibrates within the Garbhagriha (inner sanctum) for a certain period of time.

**Lighting Camphor will activate Sight Sense.** The inner core of the temple shrine is usually dark where the idol is placed. You usually close your eyes to pray and when you open your eyes you should see the camphor which was lit to do the Aarati in front of the idol. This light seen inside the dark activates your sight sense. The other reason of lighting camphor is for the idol to absorb the heat. The idol will vibrate within the Garbhagriha for certain period.

**Camphor Flame will activate Touch Sense.** Once the camphor is brought to you after offering the prayers to God, we usually put our hands over the Aarati, and then we touch our eyes with our warm hands. Thus our touch sense will be activated.

**Offering Flowers to God will activate Smell Sense.** Flowers spread good fragrance, very soft to touch, the nectar given by flower pleases the tongue, and this combination is perfect for using at the temple. Only specific flowers are used for offering to God like rose petals, jasmine, marigold based on different factors, amongst them fragrance is most important. The fragrance of the flower, camphor and incense sticks all together have the strong essence to keep your smell sense active and pleasant giving calmness to the mind.

**Teertham will activate Taste Sense.** The next part of visiting the temple is to drink teertham, ideally from a silver or a copper vessel. The water used for teertham usually would contain cardamom, clove, saffron to add taste, and Tulasi (Basil) leaves dipped in water and must be stored at least for eight hours in the copper vessel to increase the medicinal value. According to Ayurveda, water stored in a copper vessel has the ability to balance all the three doshas in your body (vata, kapha and pitta) and it does so by positively charging the water. By drinking this Tulasi water you activate the taste sense. The other benefits of drinking Tulasi water from a copper or silver vessel also includes cure for sore throats, fever, common cold, coughs, respiratory disorder, formation of Kidney stone, heart disorder chances will be reduced. The clove essence protects one from tooth decay. This way one's health too is protected by regularly visiting Temples.

**Perform Pradaskshina around the Garbhagriha (idol sanctum):** The idol inside the Garbhagriha absorbs all the energy from the day to day rituals, and continuously emits positive energy. When we do pradaskshina, we tend to absorb these positive vibrations once our five senses are activated.

**Significance of applying Kumkum (red powder):** The spot between the two eyebrows on our forehead is considered as a major nerve point in human body. Putting the red kumkum between the eyebrows is said to prevent the loss of energy, and retain energy in the human body. It also controls the various levels of concentration. While applying kumkum, the points on the mid-brow region and Ajna Chakra are automatically pressed. This also facilitates the blood supply to the face muscles.

**Significance of offering Coconuts and Bananas to God:** Coconut and Banana are the only two fruits in this world which are considered to be "Sacred fruits". All other fruits are tainted fruits (partially eaten fruits). For example, the apple tree grows from the seed of another eaten fruit and that fruit is treated as tainted. In the case of coconut and banana, the shell or the sleeves is not used for anything. To grow a coconut tree, you have to sow the entire coconut itself and Banana tree grows with the sampling. This is one reason why Coconut and Banana has an important place in all religious activities. The coconut has special significance, as it is a model of life's reality. The outer part of the coconut is very rough and hard. Below the hard shell is sweet fruit. Inside the sweet fruit is delicious juice. Just like that, the outside of humans is very gross and hard, all muscle, blood cells, tissues, etc. But on the more subtle level, human is a being of light, there is sweetness inside. The breaking of a coconut during puja symbolizes finding the inner sweetness within ourselves. Our Ancestors had found this reality long ago and they had made it as a system which is still followed religiously.

## QUESTIONS:

Please name the five senses.

Why do most people go to a temple?

Are there any other reasons to go to the temple?

How is the hearing sense activated in the Temple?

How is the sight sense activated in the Temple?

How is the touch sense activated in the Temple?

How is the smell sense activated in the Temple?

How is the taste sense activated in the Temple?

Why do we circumambulate (do pradakshina) around the main sanctum?

Why do we apply kum kum between the eyebrows?

Why do we offer coconuts and bananas to God?

What is the special symbolism of the coconut?

For you, what is the best part of visiting the Temple?

## *Sri Venkateswara Stotram*

kamalAkucha choochuka kunkumatO — niyatAruNitAtula neelatanO  
kamalAyata IOchana IOkapatE — vijayeebhava vEnkaTa SailapatE (1)  
sachaturmukha shaNmukha panchamukha — pramukhAkhila daivata mouLimaNE  
SaraNagata vatsala sAranidhE — paripAlayamAm vRushaSailapatE (2)  
ativElatayA tava durvishahai: — anuvElakRutai raparAdha Satai:  
bharitam tvaritam vRushaSailapatE — parayA kRupayA paripAhi harE (3)  
adhivEnkaTaSailamudAra matEr — janatAbhi matAdhi kadAnaratAt  
paradEvatayA gaditAnnigamai: — kamalAdayitA nnaparam kalayE (4)  
kalavENuravA vaSagOpa vadhoo — SarakOTi vRutAt smara kOTi samAt  
prativalla vikAbhimatA tsukhadAt — vasudEvasutAnnaparam kalayE (5)  
abhirAma guNAkara dASarathE — jagadEka dhanurdhara dheeramatE  
raghunAyaka rAma ramESa vibhO — varadO bhava dEva dayA jaladhE (6)  
avaneetanayA kamaneeyakaram — rajaneekara chAru mukhAmburuham  
rajaneechara rAja tamO mihiram — mahaneeyamaham raghurAmamayE (7)  
sumukham suhRudam sulabham sukhadam — swanujam cha sukAya mamOghaSaram  
apahAya raghoodwaha manya maham — na kathanchana kanchana jAtu bhajE (8)  
vinA vEnkaTESam nanAthO nanAtha: — sadA vEnkaTESam smarAmi smarAmi  
harE vEnkaTESa praseeda praseeda — priyam vEnkaTESa prayacCa prayacCa (9)  
aham dooratastvE padAmbhOjayugma — praNAmeccayAagatyA sEvAm karOmi  
sakRutsEvayA nityasEvA phalam tvam — prayacCa prayacCa prabhO vEnkaTESa (10)  
aj~nAninA mayA dOsha naSEshaan vihitAn harE: — kshamasvatvam kshamasvatvam  
SeshaSailasikhAmaNE (11)

<http://www.youtube.com/watch?v=w7VhEfEud88>

## Jumble Words – All words are from this lesson

N T T I A

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Y C D A E

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L I D F E

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X R A L E

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B O R A B S

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T A E B S U O L

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C R N T E A

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E S S N E

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S E M C U L

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A H L E

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