

Name: \_\_\_\_\_ Date: \_\_\_\_\_

### Different types of Obeisances

#### 1. Ashtang Pranam

- a. Feet
- b. Hands
- c. Chest
- d. Head
- e. Knees
- f. Eyes
- g. Words
- h. Mind

#### 2. Panchang Pranam

- a. Hands
- b. Knees
- c. Head
- d. Voice
- e. Sight

#### 3. Obeisances to Parents

## Devotional Practices-Obeisances

### Why do we offer obeisances?

#### 1. Humility:

Krishna is the Supreme Personality of Godhead. He is the Supreme Creator and our Supreme father. We are His eternal devotees. Everything in this world is provided by Him. Thus we need to become humble and accept His Supremacy.

#### 2. Respect:

Just as we respect our parents and elders, similarly we should offer our respect to the eldest of all persons: the Supreme Personality of Godhead. In the Vedic tradition the best way to pay respect is by offering obeisances.

#### 3. Devotional Service:

Offering obeisances is an important part of devotional service by which the devotee confirms his attitude of submission.



Teachers sign: \_\_\_\_\_ Parents sign: \_\_\_\_\_

# Devotional Practices-Obeisances

## Choose the right answer

1. An obeisance is \_\_\_\_\_.
  - a. a translation of namaste or Namah
  - b. a way to call someone
  
2. Offering obeisances chases away \_\_\_\_\_.
  - a. demons
  - b. pride
  
3. Das means \_\_\_\_\_.
  - a. servant
  - b. master
  
4. Prabhu's pay \_\_\_\_\_ obeisances and Mataji's pay \_\_\_\_\_ obeisances.
  - a. full , half
  - b. half, full
  
5. \_\_\_\_\_ resides in the hearts of devotees.
  - a. Lord Krishna
  - b. Demons



## True or False

We pay obeisances because...

1. We need to accept the Supremacy of the Lord. \_\_\_\_\_
2. We should respect our parents. \_\_\_\_\_
3. Offering obeisances is good for our health. \_\_\_\_\_
4. Offering obeisances is an important part of devotional service \_\_\_\_\_
5. Offering obeisances chases away pride. \_\_\_\_\_