

## Twitter Thread by Vibhu Vashisth ■■



**Vibhu Vashisth** ■■  
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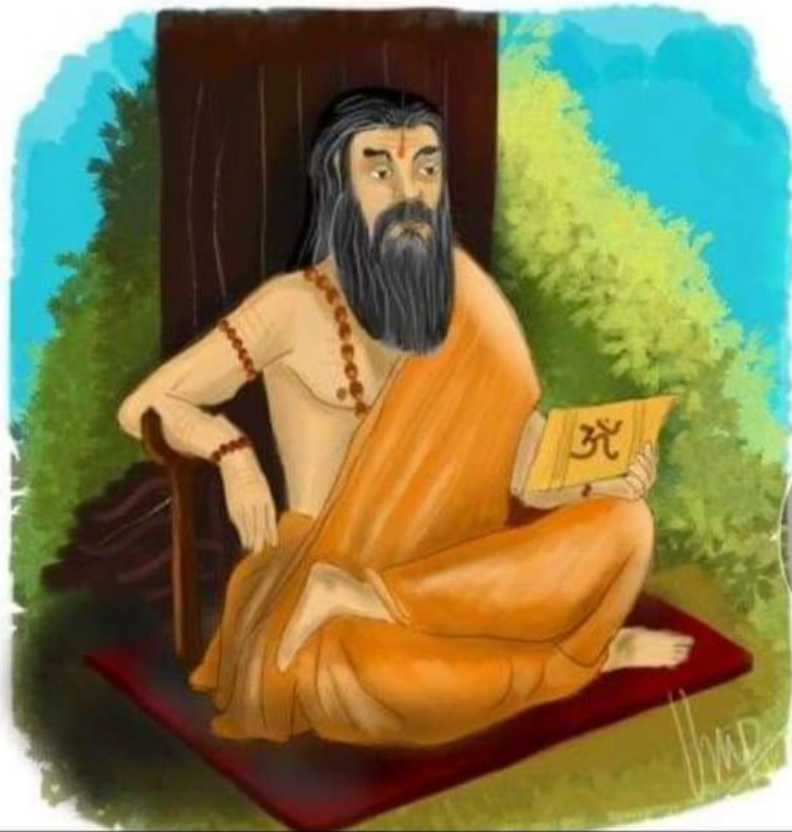


Do you know?

In the Hindu way of life, this prayer is adopted while sitting on the bed at the time of waking up in the morning:

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■■■

And how many Hindus really follow this ?



# Why should We See Our Palms

## AFTER WE WAKE UP?



The meaning is very simple: knowledge, power and wealth depend on the work with your hand.

■■■■■■■■ = in the front of the hand i.e. fingers; ■■■■ = lives;

■■■■■■■■ = the divinity of prosperity (material and spiritual) [from the word lakShya = goal];

■-■■■■■ ■■■■■■ = in the middle of the palm; lives the divinity of learning, knowledge;

■-■■■■ ■■ ■■■■■■: = in the wrist lives the universal guide of righteousness - Krishna.

■■■■■■■ ■■ ■■■■■■ = Every morning ones should looked at all these divine personalities...

...so that with them in your hand thus; you will enlightened day ahead.

For making us sit for some more time the second part of the prayer is added:

■■■■■■ ■■■■ ■■■■ ■■■■: ■■■■■■ ■■■■,

■■■■■■ ■■■■: ■■■■■■■■■■,

■■■■ ■■■■■■■■ ■■■■■■■■■■■■■■

The meaning is very simple: Oh ! Mother earth, where the mountains are part of your body and you are the wife of Prabhu Mahavishnu, May I perform my pranam to you?

While praying these lines, almost 60 seconds duration of leisure is given to the heart to change the state of work from a lower load to a higher level and the heart gets accustomed with this.

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