

@Sanatan Science



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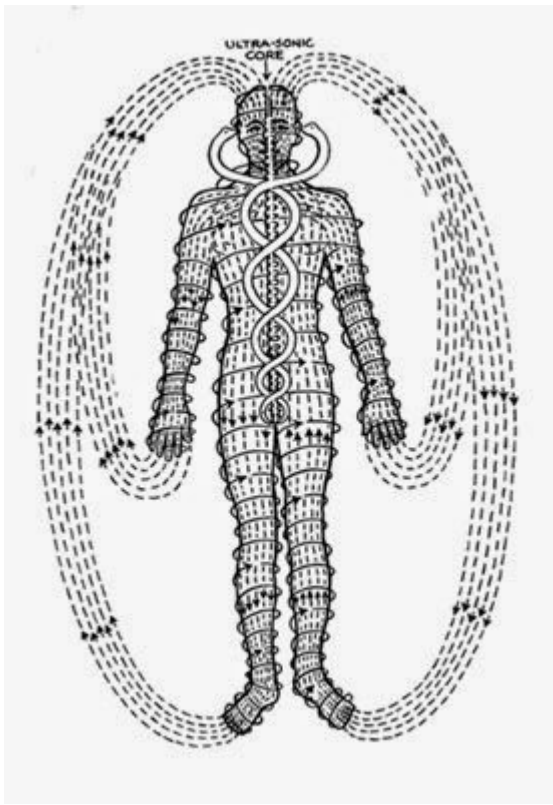
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On the other hand, the elders touch your head with emotions filled with Karuna (affection) and bless you. This emits positive vibes from the elders, which are passed on to you.
 The nerves are spread all over the body of a human and
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Some of the nerves end at the toes of the feet and the fingertips of our hands. So, when the fingertips of a person touch the toes of his/her elders, the finger becomes the receptor of energy, thereby, accepting energy emitted from the body of the elders,
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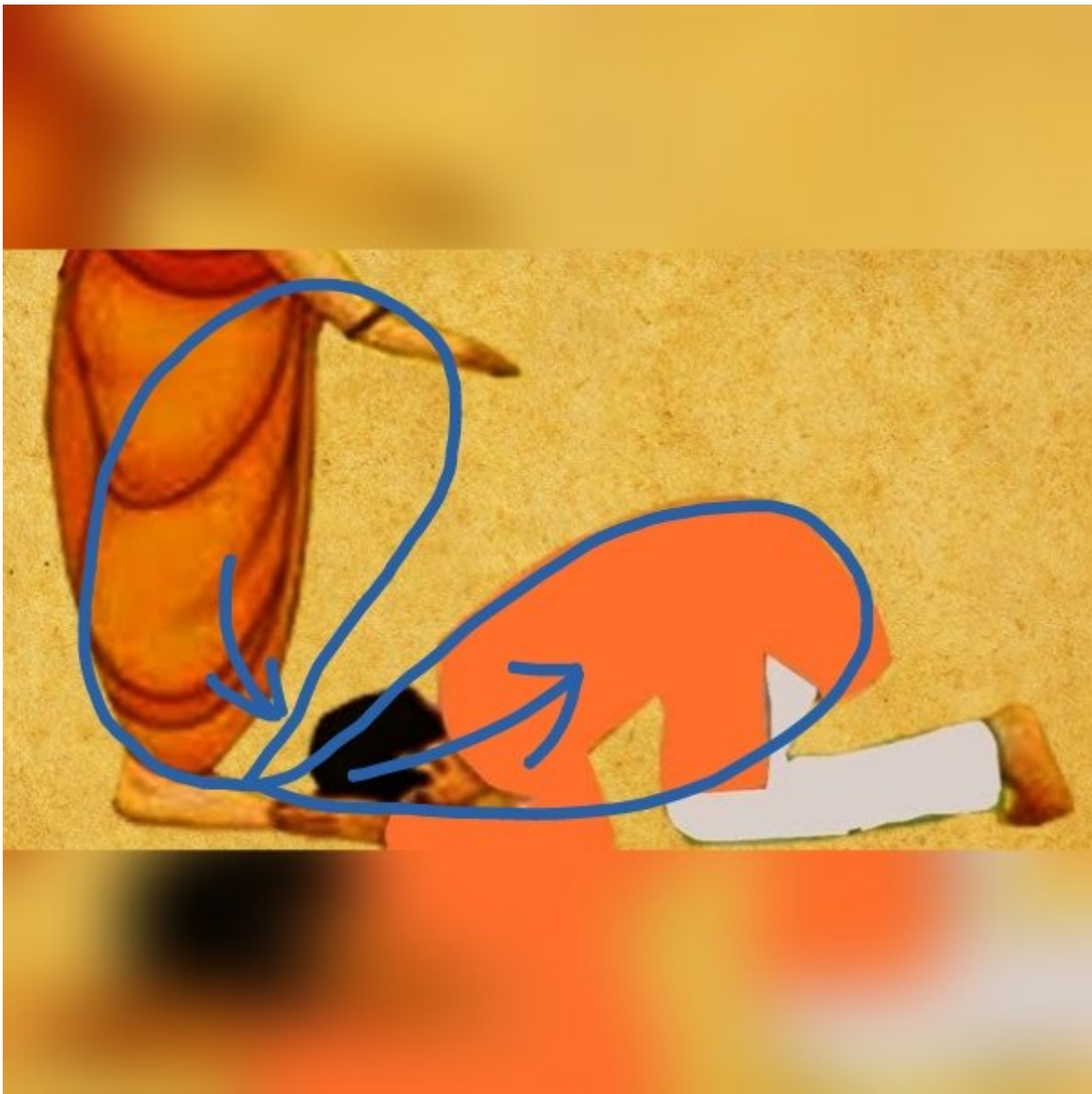


while the toes of the elders become the giver of energy.

The Right Way To Touch The Feet-

While you are all set to touch the feet of a respectable or elder person, you must bend your upper body towards the person without bending your knees.

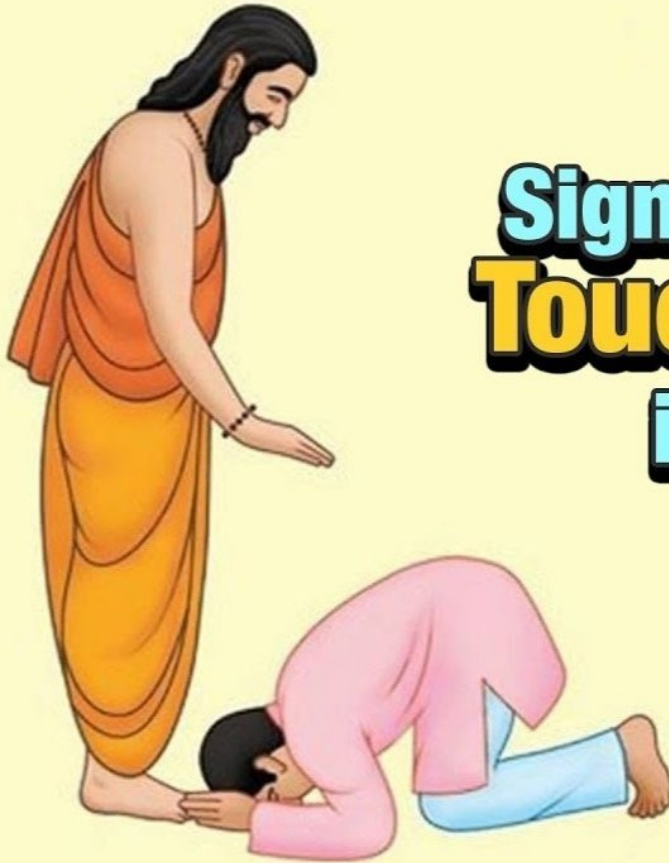
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Stretch your arm in a forward direction to touch the feet of the person. Make sure the arms are straight and parallel to the body. You need to touch the left toe of the person with your right hand and the right toe of the person with your left hand.

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Significance of Touching Feet in Hinduism



After this, the elder person will place his or her right hand to cover your head and give you his or her blessings. Touching the feet of an elder or a respectable person results in them blessing you with strength, health, good life, wisdom, success, and knowledge.

