

Why do we consider the lotus as special?

The lotus flower symbolises truth, auspiciousness and beauty (satyam, shivam and sundaram). It is also said to help remove unpleasant things and is referred to as the King of flowers.

WHY?

The lotus is sometimes compared to our minds. The flower blooms with the rising sun and closes at night, and similarly our minds open up and expand with the light of knowledge. The lotus grows in mud and water yet it remains untouched or affected by its environment. This serves as a good reminder to ensure we too can remain pure and beautiful regardless what circumstance we are in.

In the Bhagavad Gita 5.10 it states:

“One who acts
by dedicating
all activities to
the Ultimate
Truth, giving up
attachment

Is not affected
by sin just as a
lotus leaf remains
unaffected by
water”

In our bodies we have certain energy centres described as chakras. Each chakra is associated with the lotus flower varying in the number of petals they possess. A lotus with thousands of petals represents realisation which is essential on the path of liberation. More so, Padmaasana (the lotus posture) is recommended for anyone who wishes to meditate to a higher level.

According to the Puranas, a lotus emerged from the navel of Lord Vishnu. Lord Brahma originated from the lotus and thereafter proceeded to create mankind. The lotus is seen as a link between the creator and the Supreme Cause, along with symbolising Brahmaloaka (the abode of Lord Brahma). Lord Vishnu is often described as having lotus-eyes and in various texts the lotus is used as a description of divine beauty.

In the Shatpat Brahman, the forepart of the uterus in a woman has been equated with the lotus. In fact, the natural birth that mammals undergo where the umbilicus detaches by itself is known medically as a “lotus birth”. So the lotus is the symbol not only of purity and divinity but of creation.

Mentioned in

Puranas and Bhagavad Gita

Origin

Lord Vishnu

Symbology

Truth, auspiciousness and beauty, creation, divinity

Meditation

Padmaasana (Lotus position)

Significance

Purity within your surroundings