**Why do some temple doors close at 12 PM?**

* Hello friends, welcome to our channel! Today, we are going to discuss a unique tradition of Indian temples where the temples open early in the morning and close before midnight at 12 AM. Have you ever wondered why the beginning and end of the day in temples are so special? In today's video, we will unveil this mystery. So, stay with us on this wonderful journey.
* In India, temples hold a distinct significance. These temples are not only spiritual places but also centers for social and cultural activities. The rituals in temples start very early in the morning, usually before sunrise. This time is known as 'Brahma Muhurta,' which is considered the best time for yoga and meditation.
* The day begins with the morning worship or 'Mangala Aarti,' during which the deities are awakened, bathed, and adorned with new clothes.
* Throughout the day, there are several sessions of worship, which include offering food (bhog), incense, and lamps, and evening Aarti is included. Temples usually remain open after sunset as well so that people can visit after returning from their work. However, the temples close before midnight at 12 AM, based on the idea that the deities also rest. This is called 'Shayana Aarti,' during which the deity is prepared for night rest.
* **Historical Reasons for Temples Closing Before Midnight:**
* Security Reasons: In ancient times, temples often housed valuable items and donated properties. Due to a lack of security at night, the risk of theft and looting increased. Therefore, closing the temples early was a measure to ensure their security.
* Discipline and Rules: Indian culture places great importance on routine. Since ancient times, the morning has been considered more auspicious for holy activities, while night is deemed a time for rest. Therefore, temples close early in the evening to allow both deities and priests to rest.
* **Scientific reasons for temples closing before midnight**:
* Natural Light: Before the invention of electricity, temples used natural light. At night, in the absence of natural light, alternative means were needed to illuminate the temples, which were often insufficient.
* Energy Conservation: Closing early helps save energy, which is still an important reason today. Closing temples early at night reduces electricity consumption, which is beneficial from an environmental and energy conservation perspective.
* Environmental Adaptation: Temples are designed and built to maximize the use of natural light and air. During daylight, temples are naturally illuminated, reducing electricity consumption. At night, due to the lack of natural light, more energy is needed, which increases energy consumption. Therefore, temples are closed at night to save energy.
* Respect for Biological Clock: The human circadian rhythm, or biological clock, is regulated by natural light. Being active during the day and resting at night aligns with our biological clock. Temples also operate according to this biological cycle, ensuring the health and well-being of priests and devotees.
* Promotion of Peace and Stability: Nighttime is considered ideal for peace and self-reflection. Closing temples early not only provides peace but also stabilizes the surrounding environment, helping maintain a spiritual atmosphere.
* Cleanliness and Maintenance: Closing temples at night provides time for cleanliness and daily maintenance. This time is used to keep the temple premises clean and organized, ensuring a pleasant and clean environment for devotees the next day.
* So friends, this was our discussion today in which we saw that traditions not only reflect our faith towards deities but also show how we consider them as part of our lives. We hope you liked this video. If you found this video useful, please like it, share it, and do not forget to subscribe to our channel. Thank you and goodbye!