

Into Prayers

The River is sacred to Hindus, Pilgrims travel thousands of miles to pray and bathe themselves in the river as part of a purification ritual. India is a land of festivals that are celebrated throughout the year in different corners of the country with joy and enthusiasm. Lakhs of devotees from across the country gather every day at River Banks to offer prayers. There are different rituals that take place, mainly in the Morning and in the Evening, to complete these rituals, devotees have to stand at the banks of the rivers for long hours. Standing in a river and praying release energy from your body. It is believed that these rituals of standing in the water and praying detoxify the body and mind and provides mental calmness. It also enhances immunity, infuses energy and reduces the frequency of anger, and all other negative emotions.