

# THE PLACE OF SACRED HINDU TEMPLES UPGRADING THE HUMAN HEART AND MIND THROUGH THE CULTURAL ASPECTS

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## **ABSTRACT**

The Hindu temples are complex institutions. They represent the culmination of social and religious aspirations of a society. Temple is the focal point in the life of a community and often represents its, pride identity and unity. Objective of this study is to identify and recognize the cultural aspects of Hindu temples which upgrades the human heart and mind. Using descriptive research method, identified elements of cultural aspects of hindu temples discussed in depth how it helps human beings to train their body and mind. A temple evokes in the visitor a sense of beauty in art and in life as well. It lifts up his spirit, elevates him to a higher pane dissolving his little ego. The rituals that dominate temple worship are socio-religious in character. The worship in the temple has to satisfy the needs of individuals as also of the community. The worship that take place in the sanctum and within the temple premises are important; so are the festivals and occasional processions that involve direct participation of the entire community. They complement each other. While the worship of the deity in the sanctum might be an individual's spiritual or religious need; the festivals are the expression of a community's joy, exuberance, devotion, pride and are also an idiom of a community's cohesiveness. The temple provides the suitable environment to draw our senses and the mind away from external interest and to turn them inward in our quest for lasting peace and joy in god-realization. But worship in temple is not an end itself. It is only a means to an end. It helps the devotees to train their bodies and minds to think of God and to serve him.

**Keywords-:** Temple, Cultural Worship, Community, Religion