

# HOW TO PRAY: ACTIONS: BOWING: IN FRONT OF ANIMALS AND MIRRORS

## Bowing If Animal in Front of You

You may not bow down, as during the anida, if an animal is in front of you.

## Mirror or Picture of People in Front of You

Don't face a mirror or picture of people when saying anida or any other prayer at which you will bow.

**REASON** You should not bow down to an image.