

Awaken your kundalini

'Kundalini' or 'Kund' (pot) 'alini' (energy) is the store of energy in the root 'chakra' or 'mul' (root) 'adhara' (place) located at tailbone. 'Kundalin' also means circular, like the coils of a snake. When we awaken the 'kundalini', the serpent of energy stored in our base can rise up from the lower 'chakras' to higher ones. Lower 'chakras' relate to our physical needs and higher ones to our spiritual needs. 'Kundalini' is often referred to as the spiritual energy or life force lying dormant at the base of our spine. By activating this energy, we can become more energetic, charged, and positive.

We all want to be happy, but searching for happiness in the material world is pointless because there is no end to desire. To be really happy and free we need to release our desires. Self-realisation is the discovery that the true source of happiness is not in the physical world but in the connection to the cosmos which is known as 'Samadhi'.

Once we are in a state of connection with the cosmos, we will be happy no matter what happens in our physical world. We feel no stress, no worries, no fear, and no insecurity.

When you see ice in water, only the tip, 10 percent is visible. The rest is hidden. Similarly, in our world, only 10 percent is



visible, the rest is hidden. Our senses only see 10 percent of the world.

'Samskaras' are conditionings of the mind, the paradigms through which we perceive the world. These can limit our understanding of the true nature of the world.

What do you get from meditation and yoga? Nothing, in fact you lose whatever

you have! All your fears, insecurities, assumptions... You strip away your conditioned learning, your socialised learning, and learn to be in your natural state once again.

Yoga is a means to increase your 'bhog' or happiness. It is not to keep the body fit; that is only a side effect. We have been given this body so that we may experience

self-realisation.

Children are always happy. They do not have to seek happiness. But they are socialised into having wants and desires in the material world. They need to unlearn these through yoga to be happy again.

'Kundalini' yoga uses the power of breath and sound to awaken our internal energy.

Sound is another form of energy. Different sounds have different vibrations or wave patterns, and accordingly, they affect different 'chakras', or energy circles, within our body. The seven sounds for the seven chakras are: lam-vam-ram-yam-ham-om-om.

Chanting helps raise energy. This is a metaphysical reality not bound to any religion. The universal sound OM, awakens the base then the middle then the top of the body. AAAA – you feel in your base, OOOO – you feel in your belly and chest, MMMM – you feel in your throat and jaw and head. Try it: AAOOOOMMMM.

By Shazia Omar

Photo: Shahrear Kabir Heemel

Shazia Omar is a yoga instructor at Studio 107. Her next session for beginners starts on Sept 7. For more information please email: shaziaomar@gmail.com



THANK GOD IT'S FRIDAY
BY TANZIRAL DILSHAD
DITANI

NOVA WITH GENUINE SWAROVSKI ELEMENTS

Date: 8-10 September

Time: 11am to 9pm

Venue: House #114, Road #3, Block F, Lift 4, Banani, Dhaka

As nature is taking a more colourful look, Nova has come up with a smooth and vibrant collection full of colours, prints and designs ranging from 'gota work', 'dobka work', beads, Swarovski crystal and many more exciting new concepts. Don't miss it and make yourself more trendy and fashionable this Eid ul Adha.

CONTEMPORARY GERMAN AND BANGLADESHI POEMS IN TRANSLATION

Date: Thursday, 10 September, 2015

Time: 7pm

Venue: Goethe-Institut Bangladesh, House 10, Road 9(New), Dhanmondi R/A

Poets Shahnaz Munni, Sajjad Sharif and Hendrik Jackson, the participants of Poets Translating Poets, will present a selection of their work at the end of their week-long encounter in Dhaka showing the diversity of contemporary poetry.

Hendrik Jackson was born in Dusseldorf in 1971. He studied Theatre Studies, Slavic Studies and Philosophy in Berlin, where he currently resides as a poet and translator. Together with fellow poets he often initi-

ates readings. Furthermore he is also the editor of lyrikkritik.

Shahnaz Munni, a renowned journalist and writer, was born in Dhaka in 1969. She graduated from the University of Dhaka in Social Sciences. Although she is a television journalist, Shahnaz Munni has reflected her passion for writing poems, stories, juvenile literature and essays in the twenty books that she has authored.

Sajjad Sharif, who was born and grew up in Old Dhaka, is writing poetry since the early 1980s. He loves experimenting with the language and transforming old lyrical style into contemporary idiom. Sajjad Sharif has been engaged in the profession of journalism for almost 26 years. At present he is the Managing Editor of ProthomAlo.

SUBHASHIS BHOWMIK MIME SHOW

Date: Friday, 11 September

Time: 6pm

Venue: AFD Auditorium, Alliance Francaise

Subhashis Bhowmik was an active theatre worker and a mime artist since his college years. He had joined Dhaka Theatre in 1983 where he performed in productions—'Muntasir Fantasy,' 'Kittonkhola,' 'Keramotmongol,' 'HattHadai,' 'Banapangshul,' and 'DhurtoUi'—a joint production with Goethe-Institut Dhaka. Bhowmik also acted in ITI British Council

joint production of Shakespeare's 'Tempest', where he played the role of 'Stephano', the drunken butler. Bhowmik started performing as a mime in 1981 after being inspired by Humayun Faridi and went on to perform his first show in 1984 organised by the 'World University Service' at Jahangirnagar University. He has continually followed the great master of mime—Marcel Marceau, but did not receive any proper training from him. Bhowmik has performed in numerous shows in different parts of Bangladesh. In 1988, Bhowmik staged two shows at the British Council Dhaka and performed four shows at Alliance Française de Dhaka. After 27 years, he is going to perform again at AFD this September.

RAAGA AND RHYTHM: SECOND SESSION

Date: Friday, 11 September

Time: 6pm to 9pm

Venue: Chhayanaout Songit Biddayatn, Dhanmondi

Raaga & Rhythm is a classical concert for the soulful music lovers in Dhaka, organised by Peshkar Cultural Forum and powered by Bhojnama. Featuring tabla solo recital by Mir Naqibul Islam, harmonium by Tamnia Islam, flute by the legendary flutist and folk singer Ustad Bari Siddqui, Tabla by Ashoke Paul, sarod by Srinjoy Mukherjee (from Kolkata), tabla by Mir Naqibul Islam.

Tickets: Tk299. For details contact:

01678138218, 01793699955. Tickets are now available at following locations: Fahim Music (All Branches), Gyankosh (Dhanmondi 4), Surer Mela (Aziz Super Market, Shahbagh), Theater Corner (Bailey Road) and www.ticketchai.com

GODS AND BEASTS - A SOLO EXHIBITION BY RONNI AHMED

Date: 12 September to 7 October

Time: 11.30am to 8.30pm

Venue: Bengal Art Lounge, 60 Gulshan Avenue, Road #131, Gulshan 1

"Gods and Beasts" is an exhibition of paintings, installations and video artworks by artist Ronni Ahmed, who has been a major voice in Bangladeshi art for more than a decade now. He was critically acclaimed for his work in 2004 titled "Mythoronia," and he has not looked back ever since. In this eccentric exhibition, Ronni proposed to the public a view to his very personal cosmology, which he infused with sarcastic, witty allusions.

"Gods and Beasts" - Ronni's latest show at Bengal Art Lounge, carries this inquiry a step further. The sarcastic metaphysics of the past make place for a deeper, more spiritual approach. The viewer is again plunged in frenzied renditions of mythical scene with a surrealistic take. Ronni also builds an authentic mystic vision in this exhibition, which he approaches with a genuine devotional endeavour.