

shringAra rasAnubhava

Discovering songs of love

April 9th to 14th 2018



“Moons and Junes and ferries wheels
The dizzy dancing way you feel
As every fairy tale comes real
I've looked at love that way
But now it's just another show
You leave 'em laughing as you go
And if you care, don't let them know
Don't give yourself away
I've looked at love from both sides now
From give and take and still somehow
It's love's illusions I recall
I really don't know love at all”

Joni Mitchell

An Invitation to Immerse Oneself in the Enquiry

The Native Americans believe that we write songs about the things we yearn for the most and actually do not have! Their songs are about water.

It is not just today that most popular songs are about love, it has been so for millennia: the love of Radha and Krishna, the love of Krishna the toddler that Yashoda felt, the songs of yearning when the loved one is separated, the love of that Andal and Mira felt for their God and so on. The Indian languages have many words to separate the nuances of the *shringAra rasa*: *vAtsalyam, prem, muhabbat, ishq, kAdal, nesam, pAsam, anbu.....*

*How do we invite love into ourselves?
How do we block it?
How do we search for it?
How do we mourn its loss?
How do we play with it?
How does love play with us?*

The word love takes meanings that distract us from the context. Love for another human being could be one kind of love, but I love to fly kites or draw pictures too and this is more like 'my passion'. Physical attraction carries us in yet another direction.

Maybe we ask ourselves what is the distinction between attraction and love?

In the common usage of the term “*bhava*” lies a whole different universe. The word “*bhavana*” in *samskrutam* means a mental state: one experiences an inner state of mind and from that state of mind one expresses oneself to ones world. This expression of love is not dependent on the external objects. Many expressions arise out of a “loving state of mind”. This then opens up many lines of exploration: *prem, vAtsalyam, shradha, karuNa, bhakti* and finally the *Ananda* that lies at the heart of the union of *atma* and *parmatma*.

This immersion is an invitation to enter into a contemplation about the universe of love, starting from an exploration of what is the universe of love and leading to a discovery of how to anchor oneself in an enduring *sakhi bhava*.

Dates: April 9th to 14th 2018

Costs: Rs. 40,000/- (Inclusive of stay; Taxes as appropriate will apply)

Venue

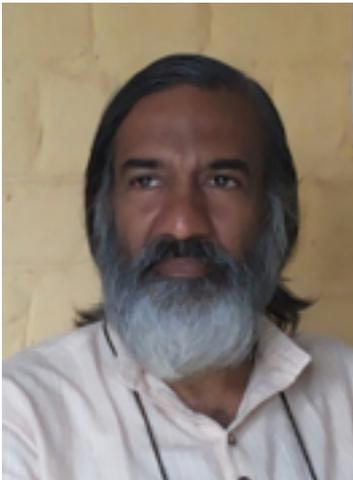
Ritambhara Ashram, Kanuhatty, Kothagiri

www.ritambhara.org.in

For more information write to :

Sashikala Ananth at ashram@ritambhara.org.in

Faculty



Raghu Ananthanarayanan will anchor the process. Raghu is a post graduate from IIT Madras who has focused on human behaviour. He brings together his Yoga Sadhana and understanding of technological systems to bear on his central quest: how can each of us be the best that we can be? He uses Theatre and Puranas to enable people to realise their deepest aspiration. He is now engaged in creating The TAO Leadership Academy.

www.raghuananthananarayanan.com



Rajan Swaroop has spent over three decades leading corporate sector organizations. He has often used process work for bringing change and nurturing leadership. His 'mantra' has been to build 'self awareness' leading to better leadership. He has explored internal spaces with Vipassana and other meditation techniques. He has been trained in Past Life Regression and Pranic Healing. In 2006, he took a sabbatical from work and explored Vedanta and Yoga in Rishikesh. Coming back into corporate world he led large teams in India and Africa before leaving full time work. He now devotes time mentoring start-ups, coaching business leaders and providing insights to organizations in social sector. He enjoys nature through his walks and gardening, apart from spending time on reading, travel and family



Ajay Vishwanath has 15+ years of experience across Academics and L & D Domains. A Bharatanatyam dancer, with an MBA degree, Ajay has extensively worked in area of behavioural skills with individuals and groups, through his association with Pegasus. Furthering his interest in Human behaviour & process work, he has attended the Basic Human process labs, and Body Mind workshops in various forums. He has explored inner work, through his association with Isha yoga and Ritambhara. Ajay is now engaged in understanding and working with Body-knowledge to help individuals explore their full potential.



Laxmi Ganapathy is a full-time stage actor in Tamil and English theatre. He has trained at Koothu-p-Pattarai. Ganapathy is a post graduate with a B Tech in IT and MBA in Media and Entertainment, He is an accomplished Yoga Trainer and a versatile Theatre faculty. He has a Dan black belt holder in Isshinryu Karate. He has conducted several theatre based workshops at IIM Kozhikode and IIM Indore on “Discovering Self” and at HAL, Beroe, Cholamandal, ILIFESigmoid etc. He has conducted theatre workshops for special children.



Kasturi Goswami will be the Co-facilitator. She has been a full-time actor in Rangapat and Nandikar in West Bengal and with theatre Nisha in Chennai. She has trained children on theatre technique and is a trained Yoga teacher. She has performed in National School of Drama’s Rang Mahotsav.