

# A spiritual connection overcomes depression and loneliness

Ta... thei... thei... Tat... My body shifts its weight, from right leg to left. I feel the energy transferring in my hips. I try to see the time space in front of me. The time divided between the different beats... I don't know much about spiritual paths and traditions. My spiritual path is to learn how to divide time into an intricate rhythmical pattern. Where the weight of my ghunguroos gives me an anchor to earth and one by one, my 33 vertebrae lift me up so the head can search for the sky. My feet are tapping on mother earth, creating music together with the tabla. My guru in musical understanding, Shree Debasish Mukherjee is training me on how to sense time, rhythm and to develop a musical intuition. It's not easy. Some people get it naturally. I do not. I am melody, I am wild and want to jump around freely. But my spiritual path is to learn how to tame my impulse and to be submissive to the beat.



■ **Veronica Tjerner**

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The beat, and rhythm is such a powerful tool that it leaves an instant effect on the body and mind, beyond the intellect. The intellect shuffles words. Words are not to be relied on, as they do change their meaning and value during time. But art without words, as dance and music, go straight to our senses and can escalate us to an higher existence and give a bigger than world experience.

In the modern world we know a lot, knowledge we get from reading. But how do we know it's true knowledge? So do we really have knowledge? Knowledge, as I think of it, is based on experience.

For me kathak dance is my spiritual path. You find everything within this art form; you get musicality, concentration, meditation, poetry and philosophical thoughts and concepts. Everyone can find spirituality in their everyday life, to get a meaning in your life as well as a meaning in your work. The best way to pray is to be devoted in our actions and connect them to a higher goal. In the past, did people take pride in their work? And was the work part of their everyday worship? When you

look at old houses, clothes and jewellery, nothing is left untouched, un beautified. They say that beautiful things take away pain. Maybe that's why old tools are always beautiful. There is no culture in this world that doesn't have music and dance... Maybe the human race is nothing else but a dancing and singing monkey...?

By living in Kolkata my senses constantly are invited to devotional music. In the morning, I am called to pray near the mosque. Then there are Bhajans from the temple nearby in the afternoon and Christmas carols in the evening. In between I hear people singing from the flats, the men working on the new house construction and the sacred men passing by, from every corner I hear spiritual vibrations... All in a beautiful blend. We can shuffle word, we can reason.

But words can also betray as they do change their meaning and value in time. The intellect can betray us but never our senses. The non-verbal art forms like music and dance are such fantastic tools to help us find something bigger than life experience.

By adding a spiritual connection to our actions we can overcome both depression and the sense of loneliness. It can help us do good.

But if we try to find a spiritual reason for our actions we hopefully might see bigger connections, not only between

human and human but with our Earth as well. To worship nature and not just treat it as dump; our Earth might be the only planet in the whole universe with life. Isn't that worth protecting? Isn't our home the Earth a very sacred place then? And what does that make us, temple protectors?

My ghunguroos, dancing bells, vibrate into my bones and to my very being. For me that is my spiritual path. Kathak contains everything for me, rhythm, how to divide time. Training the

body and mind where every step is loaded with a meaning, poetry and philosophical questions. India has got such a rich spiritual heritage. I am so thankful to get this opportunity to

stay in Kolkata. Thanks to Shree Debasish Mukherjee, my musical guru, who introduced me to Dr Mitul Sengupta and Rhythmosaic and finally ICCR that granted me a scholarship. ■



## Spiritual Enlightenment for world peace

We are Spiritual beings having human experience on earth and not otherwise. So let me share with you my ultimate experience.

God created the galaxies, the stars, the black holes, the planets, oceans, mountains, plants, animals and everything... the existence... He found his creation very exciting and *to physically experience all that he created, GOD became a HUMAN Being and kept the process of creation ever evolving.* God as Human Being chose to forget himself to experience his own evolution from Human Being to God.

We call this experience of Evolution-Spirituality...

The truth is that we are not our bodies, nor our minds, we possess this body and this mind, however, we believe that we are the possessions. That is the source of all our problems and challenges both at individual and global levels. We have to understand and realize this truth that we are Pure consciousness - **Spirit... eternal...**

We call the process of this understanding and realization - *Spirituality...*

Once we know and realize this truth we are called *Spiritually Enlightened...*

**Spiritual Enlightenment is the ONLY solution to all the problems and challenges in everyone's life in the world...**

Individuals form society and the world... so the individual has to awaken himself/herself to the true nature of reality of the world and we will see global peace.

**Individual Bliss & World Peace are the fruits of Spiritual Enlightenment...**

According to the theory of relativity ( $E = mc^2$ ) by Einstein, all matter is energy that cannot be created nor be destroyed, it can only transform. This clearly implies that death does not exist,

still we believe death to be the ultimate truth which in fact is the ultimate lie.

The way to understand the ultimate truth is to silence the mind that is always full of thoughts (mostly unnecessary). Silencing the mind, making it thoughtless is *MEDITATION...*

As we spend more and more time in that silent space everyday... we realize that this is our *natural state of being.*

There is a quantum leap in the number of people who want to know the ultimate truth, realize their highest potential, explore life between lives...

To be in a peaceful, harmonized world more spiritual enlightenment has to be percolated on mother earth to serve humanity and all the beings on earth.

*Spiritual Enlightenment happens through:*

1. **Meditation Everyday:** The foundation is daily meditation. It means being one with your breath with your eyes closed... being in NO Thought state...

2. **Non Violence & Vegetarianism:** Practising non violence & vegetarianism are core pillars. Eating of killed & dead fellow beings blocks our spiritual growth and increases karmic debt.

3. **Spiritual Science Study:** Studying books on spiritual science subjects is a must. Practise a studying every day.

4. **Spiritual Service:** Sharing your wisdom with all (Sajjan Sangatya), teaching meditation & spiritual science subjects, organizing meditation sessions, sponsoring spiritual materials & events, raising spiritual awareness, etc.

*Let us all be spiritually enlightened, spread our light and create WORLD PEACE...* ■



■ **Vishaal Avtaar**

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