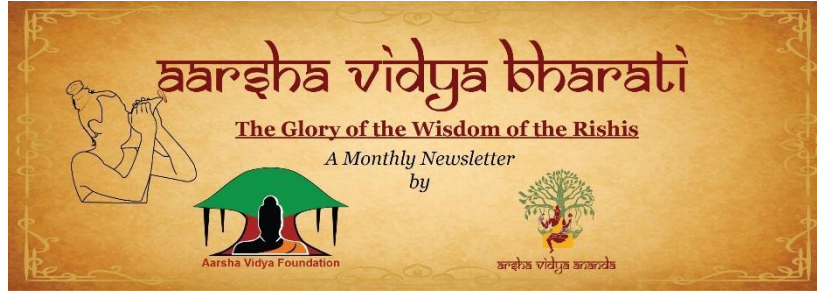


# Aarsha Vidya Bharati - Mar 2024

Phalgun 2080 - Chaitra 2081

A monthly newsletter that will bring you more happiness, more wisdom and more freedom



This is one of many articles from our monthly newsletter. Access the [mar 2024 issue](#) or read any of [the articles](#).

## Sri Nataraja Stotram

**Sri Nataraja Stotram**  
(The Cosmic Dance of Shiva in the heart)  
By  
**Swamini Brahma Prajnananda**



**3rd – 7th March 2024**  
(Sunday – Thursday)  
**8 – 9 pm IST on Zoom**

Rishi Patanjali (who wrote the Yoga sutras) wanted to receive the Darshan of Lord Shiva but was denied at the gate by Shiva ganas. And so, he spontaneously composed this prayer – Sri Nataraja Stotram in praise of Bhagavan Shiva. In response Shiva not only gave darshan to his devotee but also danced to the rhythm of the Sri Nataraja Stotram. Most of its 10 verses end with the refrain, 'para cidambara naṭam hṛdi bhaja'. May one worship the dance of the great Shiva in the heart.

As a part of our Mahashivaratri sadhana, we dwell on the meaning of this glorious stotram over five days besides chanting the Shiva mantra.

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