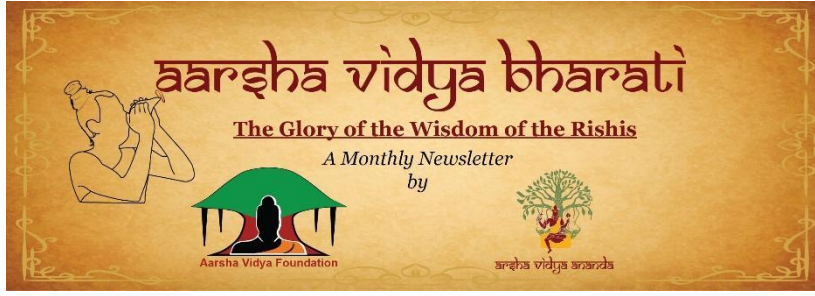


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# Aarsha Vidya Bharati - May 2024

**Vaisakha - Jyestha 2081**

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



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

## Śri Natarāja Stotram – The Cosmic Dance of Shiva in the heart

Rishi Patanjali (who wrote the *Yoga Sūtra*-s) wanted to receive the *darśana* of Lord Shiva but was denied at the gate by Shiva *gaṇā*-s. And so, he spontaneously composed this prayer – *Śri Natarāja Stotram* in praise of *Bhagavān* Shiva.

In response Shiva not only gave *darśana* to his devotee but also danced to the rhythm of the *Śri Natarāja Stotram*.

Most of its 10 verses end with the refrain, '*para cidambara naṭam hr̥di bhaja*'. May one worship the dance of the great Shiva in the heart.



As a part of our Mahashivaratri *sādhana* earlier in March this year, Swamini Brahmaprajnananda dwelled on the meaning of this glorious *stotram* over five days with about 30 participants of this enrolled course.

Anu S from Colorado shared - "*Even though the class was only 5 days, it's impact was outsized. The puranic stories and the glories of Bhagavan were delightful to hear, as was the unfoldment of the deeper Vedantic metaphors. The guided meditation and visualization on day 4 was profound and has connected me to deeply to Bhagavan Nataraja in my heart.*"

Nirmala Iyer from London said - "*As we continue to worship that dancing form of Lord Shiva & recognize him in our hearts, I enjoyed that exercise of you suggesting to all of us to draw a big heart. I felt one heart was not enough and*

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*I had to draw 2-3 more hearts to fill up that space - blessings, challenges, situations, etc... :) "*

We completed our *sādhana* by being treated to a wonderful performance by Sangeeta Raja, a Bharatnatyam dancer and teacher who danced to *Pūjya* Swamiji's composition of *Bho Śambho*. She said - "*Thank you so much for giving me the priceless opportunity to dance for the Lord at the end of your 5 day course. Your explanation of the Nataraja stotram and your teachings in general are versatile and imbued with so much depth, bhava and clarity.*"

Please write to [info@arshavidyananda.in](mailto:info@arshavidyananda.in) for the video playlist.