



Shiva Sai Mandir Music
Sunrise – Suyra Namaskar

The sun raises right now – a wonderful holy moment. Since ages (Yuga) mankind watches this moment and a new day is born. In India they knew about that special gift and how to use it. The main point is the highly purification and healing power of the sun during this time. Just watching this early period of the morning, already before the sun raises it is very peaceful – then she comes and you let the rays touch your 3rd eye and your whole being – enjoy that very moment! Breath out and let go everything – breath in and say thank you for everything – connect with the the light in your own way or with specific mantras Swami Kaleshwar gave.

The sun, Surya is considered like a God in India. During the sunrise you can see many people doing their prayers to the first rays of Surya.

The light, Jyoti, is the main subject in Bhajan No. 17 'Akanda Jyoti'. It is a wonderful Bhajan asking for the eternal light (Akanda Jyoti) being inflamed (Jalao) in the temple (Mandira) of ourselves. Another line in this Bhajan compares Sai's appearance (Swarupa) with the brilliance of 10 million (Koti) suns. How wonderful to feel like that!

Sai, by the way, could be a way to name also the Divine Mother as well as Shirdi Sai Baba. This double meaning makes me happy every time!

Have a wonderful de-lighted week – Sabeenamayi