

## KAOSHIKII

Kaoshikii is a dance, which was invented on the sixth of September 1978 by Shrii Shrii Anandamurti. It is a psycho-spiritual dance; it has a beneficial effect on the mind, it develops mental stamina and mental strength. It is especially beneficial for women; it can cure twenty-two diseases and it enables an easy delivery in childbirth.

Meaning of the different mudras:

The two hands when upraised and folded together represent, "Now I am establishing a link with Parama Purus'a (Supreme Consciousness)."

Both hands bending to the right indicate, "I know the right way to request You".

The bending of the body should be at a 45° angular projection.

The leftward movement represents "I know how to fulfill your demands."

The movement of bending in front suggests complete surrender.

The backward movement represents "I am ready to face all obstacles that may come."

The last two steps represent, "O Lord, I repeat your rhythm."



