

Kaoshiki i

Invented by Shrii Shrii A'nandamu'rti

Kaoshiki i is a dance which was invented in 1978 by Shrii Shrii A'nandamu'rti. It is a psycho-spiritual exercise and benefitting the mind by developing stamina and strength. Kaoshiki i is especially for women. It can cure 22 diseases, keeps the body youthful and enables an easy delivery in childbirth.

Kaoshiki i comes from the sam'skrta word 'kosa' meaning shell or layer of mind. The self of the individual lies hidden in the innermost layers of existence (kosas). Thus kaoshiki i is a blossoming of the microcosm in its attempt to attain a link with the Macrocosm. This attempt is normally referred to as mysticism.

The Benefits

Exercises all the glands and limbs from head to toes.

Increases longevity.

Makes for easy delivery.

The spine will become flexible.

Arthritis of the spine, neck, waist and other joints will be removed.

Gout in the spine, neck, hands and waist will be lost.

The mind becomes strong and sharp.

Irregularities in menstruation will be cured.

Glandular secretions will become regulated.

Troubles in the bladder and urethra will be cured.

Gives control over the limbs.

Adds charm and shine to the face and skin.

Removes wrinkles.

Removes lethargy.

Cures insomnia.

Cures hysteria.

Fear complexes will be removed.

Hopelessness will be lost.

Helps in self-expression and develops one's potentiality.

Spinal pain, piles, hernia, hydrocele in men, nervous pain, nervous disability will be cured.

Cures kidney and gall bladder troubles, gastric trouble, dyspepsia, acidity, dysentery, syphilis, gonorrhoea, obesity, thinness and liver diseases.

Increases the capacity to work until 75-80 years of age.

The Dance

The eighteen steps of the dance are done rhythmically. First the dancer begins in the starting position: the hands together and raised over the head. Then to the beat of "dhin, dhin, . . . , ta', ta'", the dancers begin their step, placing the big toe behind the heel of the other foot. In the final two steps, the dancers firmly stamp their feet on the ground. Kaoshiki i can be danced for as many rounds as you like.

The Ideation

When the dancers start the step with the beat of "dhin, dhin. . .", here is the ideation.

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

Bending to the right indicates: "I know the right way to request You."

Bending to the left indicates: "I know how to fulfill Your demands."

Bending forward suggests: "I completely surrender to You."

Bending backward represents: "I am ready to face all obstacles that may come."

The last two steps represent: "O Lord I repeat Your cosmic rhythm."