

Shiva Ratri

-the night of shiva

Kirtan chanting, Spiritual Readings, Mantras

Each winter, at the time of the darkest new moon of the year, we celebrate the night of Shiva. Attempting to reduce our egocentric desires and attachments, we observe this evening ritual of spiritual chanting and readings focused on Shiva, the Destroyer of Ignorance.

Shiva Ratri: The Night of Shiva of the lunar fortnight when the moon is waning and the sun is in the sign of Pisces (February/March). This particular night is the night of Consecration, of Dedication, and of Illumination.

The mind is intimately associated with the moon. Chandra, the deity of the moon, is the presiding deity of the mind. He loses one sixteenth of his brilliance every day after the full moon and continues waning until on this night he is left with one sixteenth of his power. The waned moon may be taken to stand for the mind with all its wild fancies and waywardness reduced after it has been conquered by spiritual discipline.

Our concentration and devotion are focused towards the aim of dispassion and peace.

Saturday March 10th 7-10:30 pm

Free Event!

Location: The Yoga Practice 2170 Marine Dr, West Vancouver
www.theyogapractice.ca 604-926-4655

Hosted By: Members of Dharma Sara Satsang Society
(Salt Spring Centre of Yoga); students of Baba Hari Dass

