**Living Hinduism**

1. Adi Shakti Ritual Chant from The Vedas

Individual: <https://www.youtube.com/watch?v=p_zjqOre_fA>

Group chanting: <https://www.youtube.com/watch?v=HfE61SvtgU0&feature=youtu.be>

❤️Adi Shakti, Adi Shakti, Adi Shakti,

Namo Namo Sarab Shakti, Sarab Shakti, Sarab Shakti,

 Namo Namo Pritham Bhagvati, Pritham Bhagvati, Pritham Bhagvati,

Namo Namo Kundalini Mata Shakti, Mata Shakti, Namo Namo❤️

I bow to (or call on) the primal power.

I bow to (or call on) the all encompassing power and energy.

I bow to (or call on) that through which God creates.

I bow to (or call on) the creative power of the Kundalini, the Divine Mother Power

-This class has been an introduction to the ideas of Hinduism; however, as we have also discussed this class cannot really adequately express the feeling and experience of people living Hinduism.

-We will look at a few videos today to hopefully give you a little glimpse of what it feels like for people to live Hinduism.

1) First here is an interview with Oprah Winfrey and music singer Alanis Morisette:

<https://www.youtube.com/watch?v=5yN2gXhLm5I>

2) Here is one song Alanis Morisette wrote while in India:

<https://www.youtube.com/watch?v=DDp6F_Baf5I>

3) Some people like to spend a week or a month staying at a Hinduism ashram. I used to bring my high school students to a Hinduism ashram in Crestone, Colorado. You can see some pictures on my website.

-When we would stay at the Hindu ashram, this would be our daily routine:

6:00 am: Sunrise puja to different Hinduism gods and goddesses depending on the day

7-9 am: Yoga and Meditation

9:00 am: Silent vegetarian breakfast

10-12 am: Karma Yoga- doing farm work and yard work around the ashram or cleaning the temple

12: Silent lunch

1-3 pm: Puja and Chanting inside the temple to the Temple Goddess

3-5 pm: Yoga and Meditation

5 pm: Silent Dinner

6:00 pm: Sunset Aarti fire ceremony

7:00-8:00pm Vedic chanting in temple

8-9 pm: Evening meditation before lights out

4) Here is a little taste of what it was like for us at the Hindu ashram. This is a video from a Hindu ashram in the Himalayan mountains in Northern India:

<https://www.youtube.com/watch?v=MOsV787leZY>

5) Some people choose to dedicate their entire lives to the path of Hinduism and become monks or nuns. Here is a nice video about “The Daily Life of a Hindu monk:”

<https://www.youtube.com/watch?v=q7QMGQUcUyA>

6) There are many ashrams dedicated to specific Hindu gods and goddesses that offer retreats throughout the year. Here is a temple and retreat dedicated to the Hindu Goddess Kali:

<https://www.youtube.com/channel/UCyYGqZMqFjW_tFBYrOGxYFQ>