

Anchor Presentation

Essence of Life

Namaste! A warm welcome to all rasikas who have come to watch and participate in the Essence of Life.

We bring you this evening Essence of Life inspired by the profound teachings of Jiddu Krishnamurti.

This is the very first time that the insights and the unique approach of Jiddu Krishnamurti are brought to life on stage for a contemporary and sophisticated global audience.

Krishnamurti's teachings are vast. Through this presentation we are trying to share some significant aspects of Krishnamurti's teachings with you all. We would like to say, that we are communicating our understanding of his teachings through this project.

There are individuals who find Krishnamurti's teachings impractical, abstract and difficult. Through this presentation, we are making an attempt to break this misconception about his teachings.

Jiddu Krishnamurti, the world-renowned philosopher and sage has written and spoken extensively about the various problems of our life like fear, suffering, hatred, violence, hurt, jealousy, love, the chattering mind, meditation and death.

We do not know our inner world. There are innumerable desires, fears, problems, emotions and feelings within the mind. The mind is so crowded. An unoccupied mind is essential. Can the whole mind be completely silent and empty? Can man discover the meditative mind that is utterly still? There is also misery, violence, destruction and danger everywhere in this world. The external world is the result of our inner chaotic state. Human beings have created this violent society. To end the disorder, confusion and misery in the world, we have to end the disorder, confusion and misery within us. Is it possible to live peacefully in this world? Is it possible to end fear completely? Can we live without Problems? Can human beings change? Will man discover the beauty of love? It appears love alone can create harmony, peace and happiness in our life and in the world. We also have to ask ourselves whether there is a sacredness which is not man-made. To find that sacredness, a religious mind is essential.

To discover the true religious mind, we must deny all man-made religions. A true religious mind is completely free from ego and selfishness. Such a religious mind alone can discover the sacred.

In today's presentation we are going to explore these existential questions and problems of man.

India has a rich tradition of classical dance and music. Most of us would have seen various classical dance forms and recitals. These dance forms generally deal with tales from the ancient epics, stories of gods and goddesses, saints, mighty kings and warriors. In these recitals, the Sahitya, the accompanying lyrics to the musical compositions also speaks of episodes from the epics and mythologies which are based on scriptures and ancient classical texts.

The dancers from different traditions have always been able to communicate deeper human emotions, subtle feelings and even philosophical themes through the medium of dance.

Today's presentation attempts to explore the vital human problems and issues through these ancient dance forms and music. In these musical compositions, the English Voice over and Sanskrit lyrics which are the translation of the English voice over speak of the various human problems that we experience in our lives.

Prominent artists from established dance traditions, Pali Chandra - Kathak, Smitha Madhav - Bharatanatyam, Prateeksha Kashi - Kuchipudi, Rashmi Menon - Mohiniattam and Masako Ono - Odissi, come together to communicate deeper philosophical issues in a meaningful manner.

The profiles of various dancers and the names of several people who have been involved in this project have been given in the In-Venue Brochures provided on your seats. We would also like to express our sincere thanks to all those people who have contributed immensely to this project. We intend to take this project to select cities in India and abroad.

Each of the pieces in this presentation is musical. Through dance and music we are going to look into the workings of our minds and the problems that we face in our daily life.

Essence of Life brings you an experience that is enchanting, life affirming and invigorating all at the same time.

Today's programme will be presented in three parts. The Art of Meditation, Essence of Life and the Finale – Thillana where all dancers will be performing together. A 13 minute short film on the intent of this project will be screened before the Finale. The Essence of J.Krishnamurti's teachings is contained in the Finale.
