

## Australians celebrate Maha Shivratri in Sydney

By: Anmol Puri.

Art of Living in Sydney celebrated Mahashivratri with a soulful satsang at Dundas Community Centre followed by home cooked vegetarian dinner which also catered for those who were fasting. More than 60 people attended the satsang and were blissed by the soulful bhajans (devotional chanting) sung by Art of Living singers accompanied by guitar and djembe players. The energy was so high that many could not help getting up and dancing and moving to the melodious music. Satsang was followed by a short pooja and meditation. The event was attended by followers of Art of Living devotees from all cultures, religions and countries joined as they always do for Art of Living events.



Mahashivratri is a special festival for all spiritual seekers as it is believed that on this night, Shiva (which is pure consciousness) comes in contact with Prakriti (manifest physical world) which is a great occasion for us to go deep within. Most temples in Australia had put up a special program going until midnight for devotees to pray to Lord Shiva on this important day.

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