

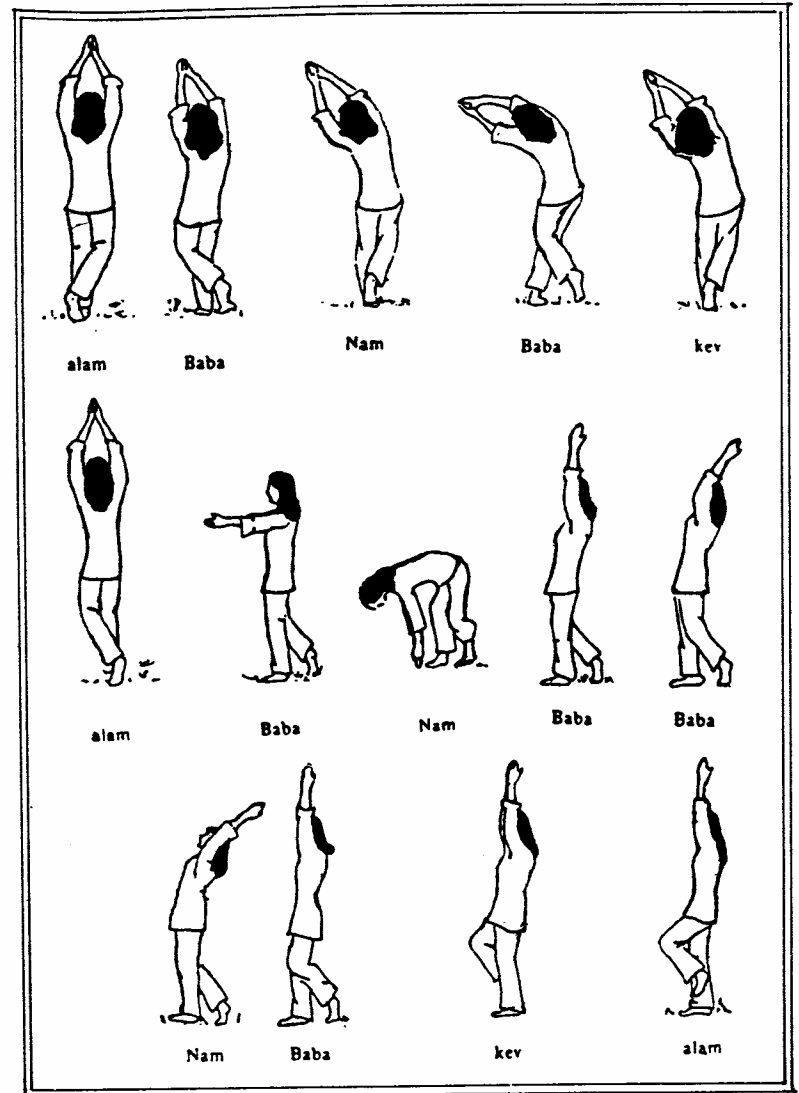
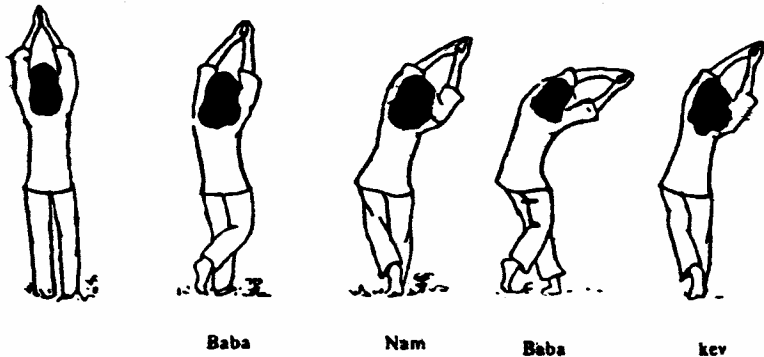
# **KAOS'IKII**

**The dance of  
the expansion of mind**

# Kaos'ikii

is a dance that was invented by Shrii Shrii Anandamurti (Baba). It is a psycho-physical exercise benefiting the mind by developing mental stamina and strength. It exercises the whole body, keeping the spinal chord flexible and the glandular system well balanced.

The following are the movements:



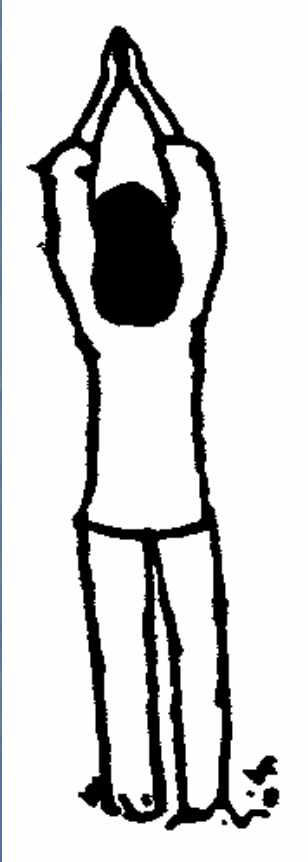
# Ba'ba's speech in Madras - 12/78

“I invented kaos'ikii on September 6, 1978. This dance is both an exercise and a medicine for twenty-two diseases. It is a sort of panacea for almost all female diseases, and for many male diseases in younger boys. It is a medicine for most liver diseases. It ensures safe deliveries for women, and also checks the advent of old age. It is a medicine.”

# Kaos'ikii

- For every movement of this dance there is a corresponding mystical ideation which makes the dance not only a physical movement but also a psycho-spiritual exercise.
- The mantra "**Baba Nam Kevalam**" is also chanted during the dance and every step corresponds to a syllable of the mantra.

# Kaos'ikii



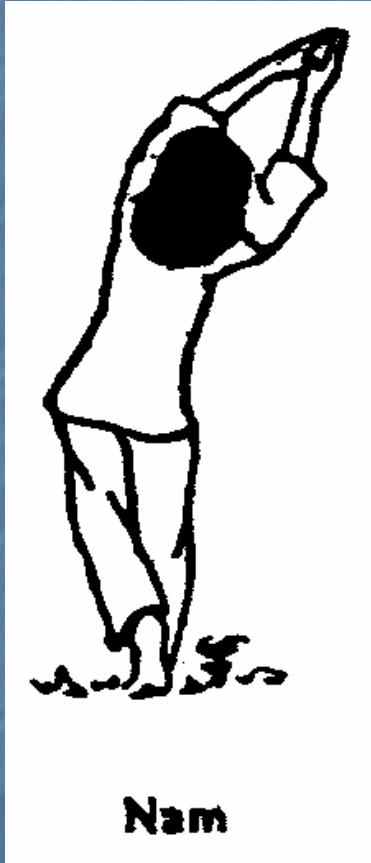
- The first movement is to raise the hands folded upwards.
- The two hands when upraised and folded together represents:  
“Now I am trying to establish a link with Parama Purus’a (Supreme Consciousness)”.

# Kaos'ikii



- Then move the hands to the right and at the same time the right foot (toes) hits the ground behind the left foot bending the left knee.
- At the same time start chanting the mantra. The word "Baba" corresponds to this movement.
- Both hands bending to the right indicate:  
"I know the right way to request You".

# Kaos'ikii



- Continue bending the body to the right. Every movement of the hands is accompanied by a movement of the feet. Chant the mantra.
- The bending of the body should be at a 45 degree angular projection.

"I know the right way to request You".

# Kaos'ikii



- After reaching the 45 degree angle then return to the upright position.
- There are five steps from the starting position and back. In each one the body makes a 15 degree angular movement.

"I know the right way to request You".

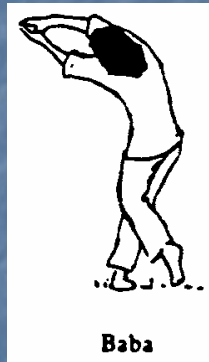
# Kaos'ikii



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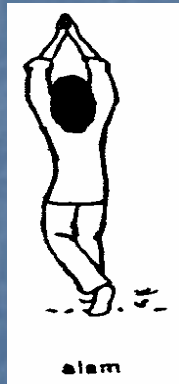
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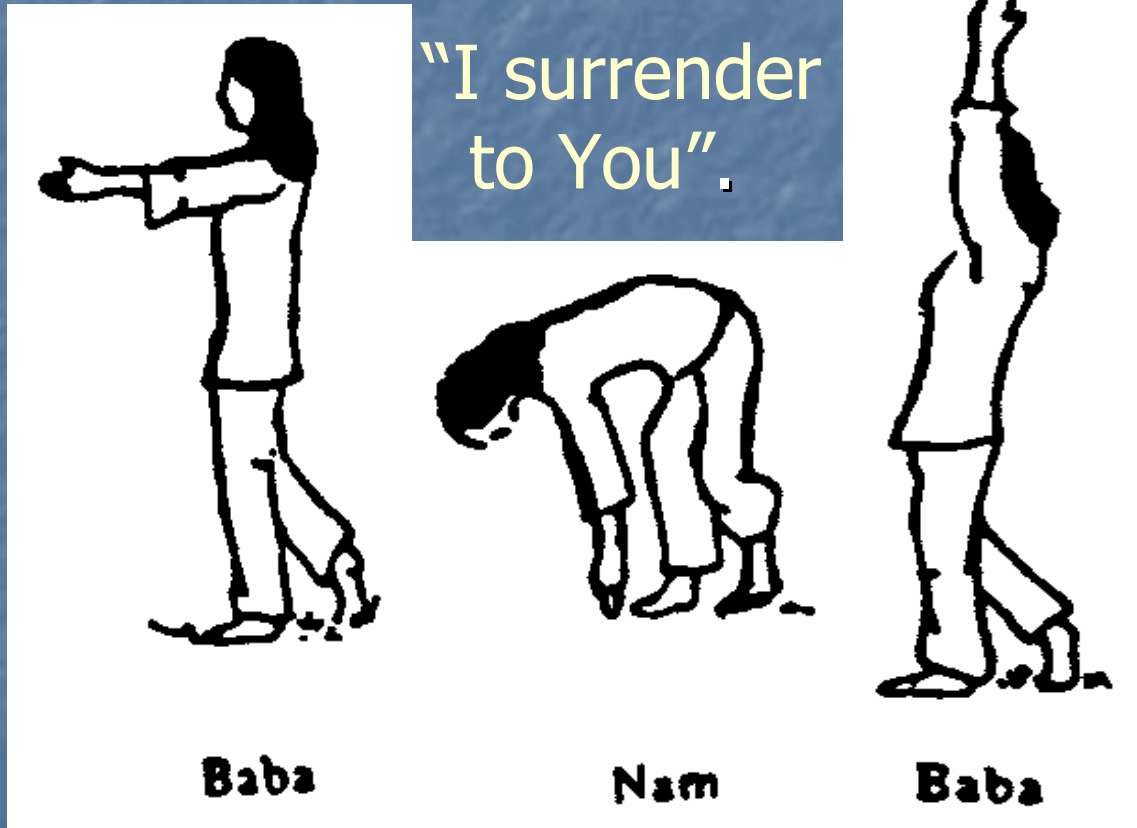
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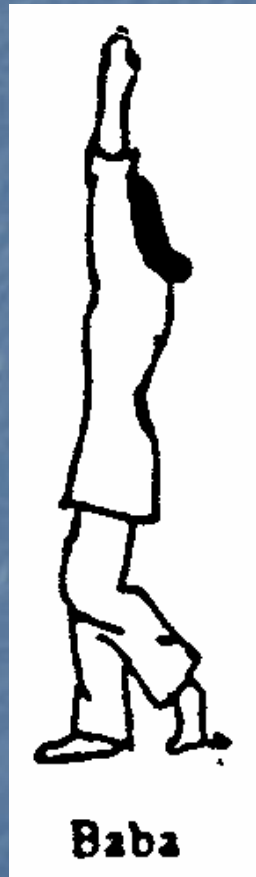
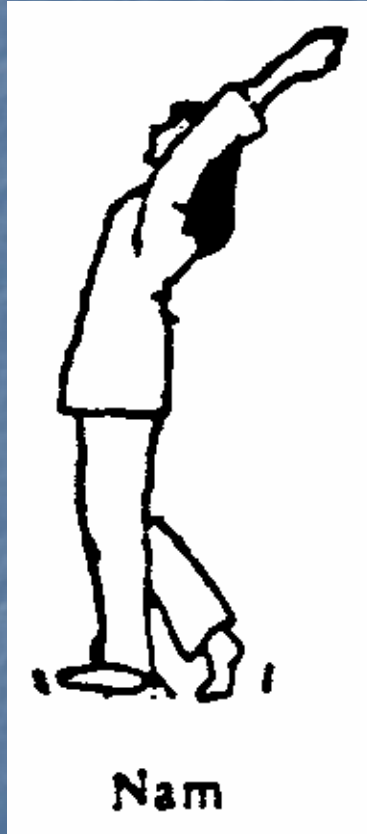
- Then bend the body to the left in the same way as it was done to the right.
- The leftward movement represents:  
"I know how to fulfil Your demands".

# Kaos'ikii



- Then bend the body forwards.
- The movement of bending in front suggests complete surrender.

# Kaos'ikii



- Then move the body backwards, chanting the mantra at every step.
- The backward bending represents: "I am ready to face all troubles that may come".

# Kaos'ikii



- Finally hit the ground with the right foot and then the left one.
- The last *ta, ta* (hitting the ground with the whole foot) represents:  
"O Lord, I repeat Your rhythm".

# The benefits of kaos'ikii

- 1. It exercises all the glands and limbs from head to foot.
- 2. It increases longevity.
- 3. It makes for easy delivery.
- 4. The spine will become flexible.
- 5. Arthritis of the spine, neck, waist and other joints will be removed.
- 6. Gout in the spine, neck, hand and waist will be lost.
- 7. The mind becomes strong and sharp.
- 8. Irregularities in menstruation will be cured.
- 9. Glandular secretions will become regulated.

# The benefits of kaos'ikii cont.

- 10. Troubles in the bladder and urethra will be cured.
- 11. It gives control over the limbs.
- 12. It adds charm and shine to the face and skin.
- 13. It removes wrinkles.
- 14. It removes lethargy.
- 15. It cures insomnia.
- 16. It cures hysteria.
- 17. Fear complexes will be removed.
- 18. Hopelessness will be lost.

# The benefits of kaos'ikii cont.

- 19. It helps in self-expression and develops one's potentiality.
- 20. Spinal pain, piles, hernia, hydrocele in men, nervous pain, nervous disability will be cured.
- 21. It cures kidney and gall bladder troubles, gastric trouble, dyspepsia, acidity, dysentery, syphilis, gonorrhoea, obesity, thinness and liver diseases.
- 22. It increases the capacity to work until 75-80 years of age.

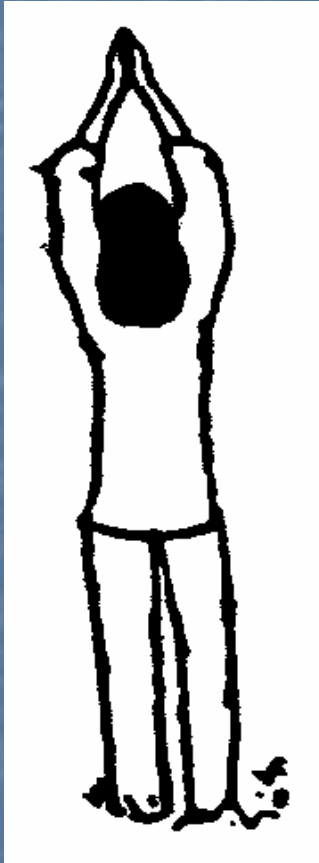
# The colours of Kaos'ikii

- “Everything in this universe is characterized by certain colours. Knowingly or unknowingly human beings are attracted by these colours. Some such as green and chocolate brown are very pleasing to the human eye. Perhaps you know that these two colours have been selected for those dancing the kaos'ikii dance. Colour has a tremendous influence on everything.”

*Baba*

# Dancing Kaos'ikii

**"Ready for Kaos'ikii"**



**Baba**

**"I  
know  
the  
right  
way to  
request  
You"**



**Nam**

**"Now I am trying to establish a link  
with Supreme Consciousness"**

“I know the right way to request You”



**Baba**



**kev**

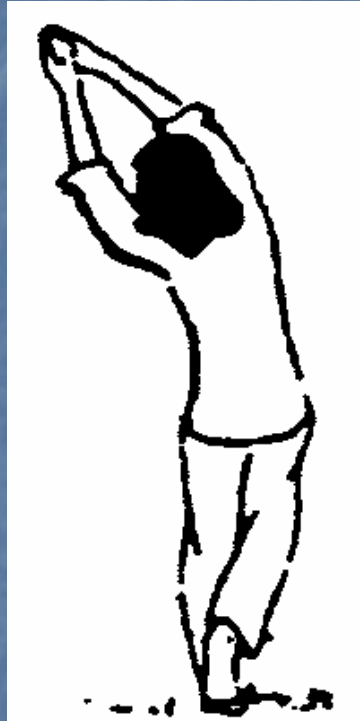


**alam**

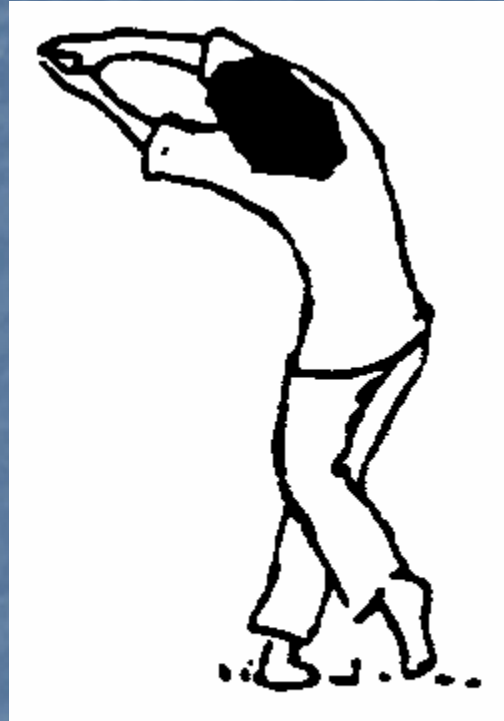
“I know how to fulfil Your demands”



**Baba**

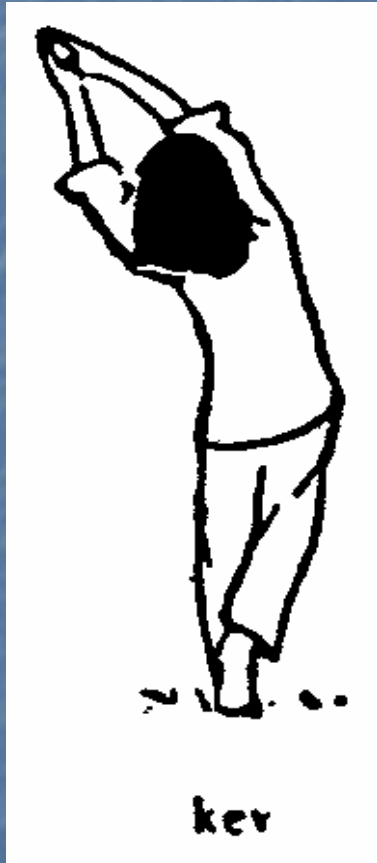


**Nam**



**Baba**

“I know how to fulfil Your demands”



# "I surrender to You"



**Baba**

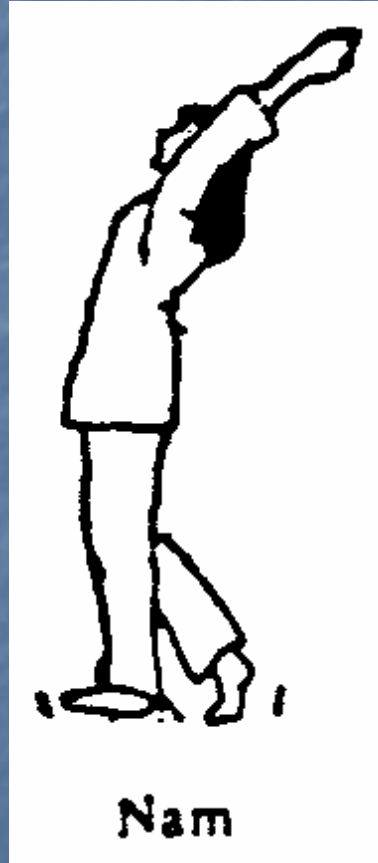


**Nam**



**Baba**

“I am ready to face all troubles that may come”



“O Lord, I repeat Your rhythm”



kev



alam

# For maximum benefit ...

- ***One should practise Kaos'ikii daily in the morning and in the evening as long as one can.***
- ***For free instructions in the practice contact an A'ca'rya (teacher) of Ananda Marga.***