

CITY/FAITH & REASON

Nobel-nominated guru brings teachings to Calgary

Art of Living group fosters peace and brotherhood

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CALGARY HERALD

It's not a religion. It's not a disaster relief agency. Members call it simply an NGO — a non-governmental organization — and it's a cross between a self-help technique and a community development movement.

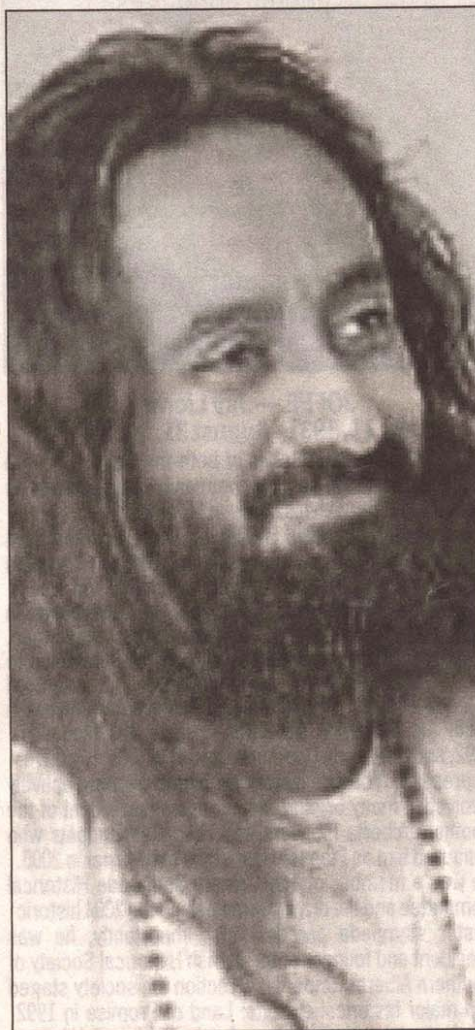
The founder of the Art of Living Foundation, Sri Sri Ravi Shankar, will be visiting Calgary to teach his breathing techniques next Friday.

Claiming a volunteer base of 20 million people in 140 countries — “bigger than the Red Cross,” says Calgary spokesman Swami Sukhchaitanya — the Art of Living Foundation aims to transform the world, particularly in war zones and disaster areas, by teaching people how to breathe.

“Everyone is looking for peace, love, brotherhood; but how do we foster that at ground level, where there is conflict, where there is trauma like 9/11?” begins Sukhchaitanya.

“People need more than food and medicine for trauma. For every pattern of the mind, there is a breathing pattern. Anger, fast breath. Enjoyment, slow breath. So we can use powerful breathing exercises, Sudarshan kriya, to take away trauma.”

Sri Sri Ravi Shankar, a former disciple of Maharishi Mahesh Yogi (and



Courtesy, Art of Life Foundation

Sri Sri Ravi Shankar has just received his second nomination for a Nobel Peace Prize.

not the sitar maestro) discovered Sudarshan kriya during 10 days of silent meditation in 1982. It involves rhythmic breathing to infuse the body

- **WHO:** Art of Living founder His Holiness Sri Sri Ravi Shankar
- **WHERE:** Palomino Hall at Stampede Park's Roundup Centre
- **WHEN:** Friday, Sept. 8: breathing exercises and teaching from 10 a.m. to 4 p.m.; greetings from public officials and white hatting at 7:30 p.m.
- **COST:** \$135, includes lunch
- **TICKETS:** Call 263-9059 or visit www.artoflivingalberta.org

with oxygen and rid it of toxins and stress.

The breathing technique is a foundation for teaching that people are responsible for and naturally love one another, but that stress, regret and anger suppress their innate goodness.

“The five ‘Hs’ are hygiene, health, human value, home and harmony,” says Calgary member Riaz Sumar, one of about 500 local members.

In 25 years, Shankar (no relation to the sitar maestro) has turned Sudarshan Kriya into a \$1.5-billion NGO. Teachers offered free courses to a thousand New Yorkers after 9/11, and 22,000 prisoners in New Delhi's Tihar Prison have taken the course.

The group builds schools and health clinics in rural India and “adopts” poor villages in Africa. Shankar has just received his second nomination for a Nobel Peace Prize and was welcomed to the White House by U.S. President George W. Bush in 2004.

Visit www.artofliving.org