



INDIA NO. 2



Thursday, February 7, 2019 . . . Five days in Mysore



OFFERING AT WATERING WELL



NEIGHBORHOOD COW



HAND MADE GANESHA MADE BY AKOSH

Five Days in Mysore Feb 7, 2019 continued ...

Being in India is so many things. There are many paradoxes, and much intensity. People from all over the world come to India for yoga, Ayurvedic treatments, enlightenment, meditation, and to seek health and well-being and yet it has one of the worst air qualities and garbage problems in the world. The people are amazing and amazingly resilient.

Getting around is no easy task, and yet it all works out. People, cars, tuk-tuks*, scooters, and cows are typically going every which way, and yet *it all works out*. There are rarely car accidents. There is a flow to it all. As I try to integrate the cacophony of sounds, smells, colors, and sights, I find myself in awe of this old, old country and its customs. I can feel the devotion and faith of the people. It is palpable and inspires me each day that I am here.

Everywhere we go, we are asked where we are from and greeted, most of the time, with warmth and curiosity. The local food of Southern India is extremely tasty. We had masala dosas at this tiny restaurant today for lunch. They were served with coconut chutney for 40 rupees each, about 60 cents. Going out to eat or to the market is extremely affordable. The highest priced items I've seen so far, have been for hand carved

deities. They come in all materials wood, stone, bronze, brass, etc.

This morning I took a walk before I practiced. It was before dawn and pitch black out. Already women were up and cleaning their porches, sweeping them and then washing them down with water before drawing a Rangoli** on the doorstep. Men were out feeding the local dogs, walking their dogs, and heading out on scooters. It was lovely to experience the intimacy and quiet of the early morning, when the day is new and anything is possible.

Om Shanti

*tuk-tuk is a three wheeled motorized vehicle used as a taxi.

**Rangoli designs are passed down from one generation to the next. In the early morning the area in front of the door is swept and washed and then the Rangoli is drawn. The drawing is done with rice powder and water. The purpose is decoration and to bring good luck and blessings to the family.