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Unique and Scintillating Dance of Saptha Vidanga Sthalas

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Abstract

The dance, Tandava, or the cosmic dance of Nataraja symbolizes the balance and rhythm of the universe, the rhythm of life, and the perpetual flow of energy in the universe. The Dance with subtle, intricate movements of the cosmos could be interpreted as 'Micro Dance'. The dance of Saptha vidanga sthalas are graceful movements which are characterized by delicacy, precision, and attentiveness to subtle nuances and rhythms of Nature. Ajapa Natanam of Tyagaraja is a subtle and rhythmic breathing movements which are very minute and imperceptible. Tharanga Natanam of Nāgaikkāronam is a delicate sensitive up and down micro movements of waves in a rhythmic pattern with troughs and crests. Kukuda Natanam of Thirukkārāyil is a sensitive up and down movement of musical notes and is a dance of distinct rhythm, with sharp notes with gradual intensity and crescendo to lower note. Brunga Natanam of Thirukkolili is the graceful movement of a bee to a hypnotic rhythm with its up and down movement of wings which cannot be measured. Kamala Natanam of Thiruvāymur is a subtle, undulating movement of the lotus by a gentle breeze passes over, reflecting the gentle rhythm of the nature. Hamsapāda Natanam of Vedaranyam is the rhythmic gait of a swan, a distinctive swaying motion embodies a sense of tranquillity and beauty. Unmattha Natanam of Thirunallar is the movement of ecstasy, a movement of intense pleasure and profound spiritual experience and emotions.

Keywords: Saptha Vidanga Sthalas, Ajapa Natanam, Kukuda Natanam, Brunga Natanam, Unmattha Natanam, Kamala Natanam, Tharanga Natanam

Introduction

Lord Nataraja, often referred as the Lord of Dance, representing the cosmic dance of Universe, performed by Lord Shiva. The image of Nataraja portrays the balance and rhythm of the universe. Graceful and gentle movements of Lord Nataraja, carries immense power and meaning. The dance of Nataraja is not merely a physical performance, but a spiritual expression of divine energy. The main key to understand the mysteries of the cosmos is the lord's intricate steps and gestures. The interconnectedness of all things and the continuous flow of energy in the universe are the depiction of the image of Nataraja. It also depicts the transient nature of existence and everything in the world are in a state of constant change. In Saptha vidanga sthalas the dance of Lord is represented as Natanam which is a dance of sensitive micro rhythmic movements quiet opposite to the cosmic dance with bold and vibrant steps.

Dance with Sensitive Rhythmic Micro Movements

Dance with sensitive rhythmic micro movements is mentioned as Natanam in Saptha vidanga sthalas. The dance, Tāndava, symbolizes the cosmic cycles of creation and destruction, the rhythm of life, and the perpetual flow of energy in the universe. The subtle, intricate movements within the dance of the cosmos could be interpreted as 'Micro Dance'. The subtle, intricate movements can be compared to the intricate dance of particles and energy at the quantum level. Interconnectedness of all things in the universe are recognized as subtle movements and these subtle movements are an appreciation for the delicate

balance that exists within the universe. The dance with subtle movements are characterized by delicacy, precision, and attentiveness to subtle nuances and rhythm. They can be compared to Ajapa natanam, Kamala natanam, Hamsapāda natanam, Tharanga natanam, Brunga natanam and so on. These movements might be almost imperceptible to the observer, yet they contribute significantly to the overall aesthetic and emotional expression of

the dance. The best example is Ajapa natanam of Tyagaraja which is the breathing movements which are very minute and imperceptible. The Natanam of Saptha Vidanga Sthals are dances with sensitive rhythmic micro movements with mesmerizing display of subtle rhythms of nature like breathing, movement of ecstasy, movement of lotus for breeze, movement of waves for a breeze and many more.

Natanam of Saptha Vidanga Sthals

Temple	Vidangar	Name of Lord	Name of Goddess	Location	Dance \ Natanam	Meaning
Thyagarajar Temple	Veedhi Vidangar	Valmikinadar	Kamalambikai	Thiruvarur	Ajapa Natanam	Dance of Breathing
Dharbaranyeswarar Temple	Nagar Vidangar	Dharbaranyeswarar	Pranaambikai	Thirunallar	Unmattha Natanam	Dance of Ecstasy
Kayarohana swamy Temple	Sundara Vidangar	Kayarohana Swamy	Neelayadhakshi	Nagapattinam	Tharanga Natanam	Dance of waves
Kannayariam Udayar Temple	Adhi Vidangar	Kannayariam Udayar	Kailash nayaki	Thirukkaravasal	Kukuda Natanam	Dancing like crowing sound of a Cock
Brahmapureeswarar Temple	Avani Vidangar	Brahmapureeswarar	Brahmakujal ambigai	Thirukuvalai	Brunga Natanam	Dancing like a bee that hovers over a flower
Vaimoornaathar Temple	Nalla Vidangar	Vaimoornaathar	Paalimum nanmozhiammai	Thiruvaimur	Kamala Natanam	Dance like lotus that moves in a breeze
Vedaranyeswarar Temple	Bhuvanivi Vidangar	Vedaranyeswarar	Vedanayaki	Thirumaraikkadu (Vedaranyam)	Hamsapāda Natanam	Dancing like the gait of a swan

Ajapa Natanam of Thiruvarur (Veedhi Vidangar)

During meditation, the rhythm of breath often becomes slower, deeper and more intentional. Practitioners often focus on their breath as a way to anchor their attention and cultivate mindfulness. This intentional breathing pattern can help induce a state of relaxation and calmness conducive to meditation. This is the dance of Veedhi Vidangar of Thiruvarur. Ajapa Natanam of Tyagaraja which are the breathing movements, very minute and imperceptible to the observer. They are minute because they cannot be measured and are sensitive up and down micro movements of breathing. There is no sideways movements. As meditation deepens, the

breath naturally tends to slow down, becoming more rhythmic and steady which is called Ajapa Natanam. This slower breathing pattern can promote a sense of inner peace and tranquillity, allowing practitioners to enter deeper states of meditation and self-awareness.

Overall, the rhythm of breathing during meditation is compared to Ajapa Natanam of Thiruvarur.

Ajapa Dance of Odisha

Ajapa is traditional Indian dance seen in Odisha from early period. It is characterised by its unique use of hand gestures, facial expressions and body movements depicts emotions. It is known for its fluidity and graceful movements. It also incorporates



minute movements to enhance its beauty and intricacy.

Tharanga Natanam of Nagapatnam (Sundara Vidangar)

The rhythmic movement of waves in the ocean is a mesmerizing dance choreographed by the nature. These mild waves are formed, when the wind blows gently across the water, imparting just enough energy to create subtle undulations. The motion of waves follows distinct patterns, including the crest and the trough. Through the Breeze the waves roll gently towards the shore, their crests catching the sunlight and shimmering like diamonds. As a gentle breeze sweeps over the surface of the water, it creates a delicate dance of motion, causing the waves to sway and undulate in a rhythmic pattern. The movement of the waves is tranquil and soothing, reminiscent of a lullaby whispered by the ocean. This is the Tharanga natanam of Sundaravidanger of Nāgaikkāronam (Nagapatnam).

The powerful waves generated by strong winds, which can result in crashing surf and tumultuous seas are like the Thandava of Nataraja. The mild waves by breeze create a tranquil atmosphere which is the gentle movement of lord in Nagapatnam is called Tharanga natanam of Sundara vidanger. They ripple across the water's surface with a delicate grace, creating a soothing melody. These gentle waves not only offer a calming aesthetic and also captivating blend of physics, influenced by factors like wind speed, duration, and distance over which the wind blows, as well as the depth and contours of the ocean floor

Tharanga natanam is a delicate dance of motion and also a sensitive up and down movement of waves which cannot be measured.

Kukuda Natanam of Thirukkārāyil (Aadhi Vidangar)

The sound of a cock crowing, often associated with the break of dawn, carries a distinct rhythm that varies in intensity and frequency. Its rhythm can be characterized by a series of distinct notes, rising and falling in a pattern that is almost musical. Additionally, within each crow, there is often a distinct rhythm to the sound. This rhythm can be

characterized by the repetition of certain syllables or the rising and falling of pitch. The cock's crow typically begins with a few short, sharp notes, gradually building in intensity before reaching a crescendo. This crescendo is often followed by a brief pause, creating a sense of anticipation, before the cycle repeats. This is the Kukuda natanam of Aadhi Vidangar in Thirukkārāyil. This is a dance of sharp note with gradual intensity and crescendo to lower note with a pause in between. The rhythm of a cock's crow is not just a random sequence of sounds; it serves a purpose deeply rooted in nature. In many cultures, the sound of a cock crowing is often associated with renewal, awakening, and the start of a new day. The rhythm of a cock's crow adds a touch of natural beauty to the world around us.

Kukuda Natanam is a dance of distinct rhythm and also a sensitive up and down movement of sound or musical notes which cannot be measured.

Brunga Natanam of Thirukkolili (Thirukuvalai) (Avani Vidangar)

The sight of bees hovering around a garden is a mesmerizing display of nature's precision and rhythm. Bees, with their delicate wings beating rapidly, create a distinctive buzzing sound as they move from flower to flower. The gentle movement of a bee is a graceful, hypnotic rhythm with its wings beating softly. The bee's movements are precise and deliberate. With each graceful movement, it gathers nectar. A symphony of motion, as it dances to the beat, its body sways in harmony, with the flowers it does meet. It is a testament to nature's rhythm, so pure and complete.

This is a testament to the intricate beauty of nature and the interconnectedness of all living things. The rhythm of bees hovering is dictated by the unique motion of their wings. Bees are capable of incredibly rapid wing beats, often vibrating at a frequency of around 200 to 250 beats per second. This rapid movement not only allows them to remain airborne but also generates the characteristic buzzing sound that is synonymous with their presence. This is the gentle dance movement of Avani Vidangar which is called Brunga Natanam. The beauty and précised rhythmic movements of the bees can be compared to the Dancing of lord Thirukkuvalai. It is the dance of

Brunga Natanam of Avani Yidandar of Thirukuvalai.

Brunga Natanam is a symphony of motion created by the Bees with its up and down movement of its wings beating softly as it dances gracefully to the hypnotic rhythm.

Kamala Natanam of Thiruvaimur (Nalla Vidangar)

A gentle swaying or movement of a lotus flower in response to a breeze evokes a sense of grace, serenity, and harmony with nature. The gentle movement of the lotus floating gracefully atop the water by a gentle breeze passes over the pond will create a mesmerizing dance of nature characterized by its softness and fluidity, as if the flowers are gracefully responding to the caress of the breeze. Each leaf and petal moves with a subtle, undulating motion, reflecting the gentle rhythm of the natural world. This is the Kamala Natanam of Thiruvaimur. This movement embodies a sense of harmony and balance, where the elements of air, water, and earth come together in perfect unity. It's a moment of quiet beauty and tranquillity, inviting contemplation and reflection. A gentle movement of lotus on a pond by breeze reminds us of the inherent grace and elegance found in the simplest of moments can be compared to the dance of Nalla Vidangar in Thiruvaimur.

Kamala Natanam is a subtle, undulating movement of the lotus by a gentle breeze reflecting the gentle rhythm of the nature, which is a graceful, minute, simple front and back and sideways movement of lotus according to the direction of breeze.

Hamsapāda Natanam of Vedaranyam (Buvani Vidangar)

Hamsapāda Natanam is an elegant and graceful movement described as the gait of a swan. A sense of beauty and grace in the gait of a swan has captivated humans for centuries. This Dance like the gait of a swan is called Hamsapāda Natanam of Buvani Vidangar of Vedaranyam. This gait of Swan follows a rhythmic pattern in their movement which is very graceful and a natural one. Swans are best known for their majestic movements both on water and land. Swans exhibit a slow and deliberate rhythm while walking, their long necks held gracefully and

their steps measured. Each step is a masterpiece, a symphony of motion for all the world to partake. Its movements are a ballet, a performance to admire, a reflection of its majesty, a sight to inspire.

As Swans move, steps of the swan create a mesmerizing pattern which is almost like a dance. Ripples are created on the surface of the water with their elegantly lifted large webbed feet. On land, their steps are rhythmic and deliberate with a distinctive swaying motion that adds to their regal demeanour. In Addition, throughout history their graceful movements of Swan have captured the imagination of artists and poets with countless works of art and literature. It can be compared to the Hamsapāda Natanam of Buvani Vidangar.

Hamsapāda Natanam is the rhythmic gait of a swan, a distinctive swaying movement. Each step of the swan creates a mesmerizing pattern which is almost like a dance. This is also a sensitive up and down movement of the feet which can be measured.

Unmattha Natanam of Thirunallar (Nagara Vidangar)

A sense of heightened emotion, intense pleasure and profound spiritual experience are the expressions of ecstasy. It can be manifested in many forms from physical expressions to inward sensations. The movement of ecstasy in a physical sense might involve dynamic gestures like dancing with abandon, leaping with joy and embracing others with warmth and affection. They are spontaneous and uninhibited movements, reflecting a deep sense of excitement and pleasure and salvation. This can be compared to the Unmattha Natanam of Thirunallar. On a deeper level, the movement of ecstasy may involve an inward journey of the soul, characterized by feelings of transcendence, connection, or bliss. This could be experienced during moments of profound insight, spiritual awakening, or deep meditation, where individuals feel a sense of unity with something greater than themselves. The movement of ecstasy is deeply personal and can vary greatly from person to person. It's a powerful force that can inspire creativity, deepen relationships, and transform lives, leaving a lasting imprint on the human experience. This is the dance of Nagara Vidangar of Thirunallar.

UnmatthaNatanam is the movement of ecstasy, a movement of intense pleasure and profound spiritual experience and emotions. This is also a sensitive movement of emotion which cannot be measured.

Conclusion

1. All Natanas of Saptha vidanga Sthalas are best examples of minute, sensitive rhythmic micro movements of nature.
2. Ajapa Natanam of Tyagaraja are the breathing movements in meditation which are very minute and imperceptible to the observer. This is a sensitive up and down movement of breathing.
3. Tharanga Natanam is a delicate dance of motion, causing the waves a rhythmic pattern with the crests and the troughs and crests catching the sunlight will shine like diamonds. They are minute and sensitive up and down micro movements of waves which cannot be measured.
4. Kukuda Natanam is a dance of distinct rhythm, a dance of sharp note with gradual intensity and crescendo to lower note with a pause in between rising and falling in a pattern. This is a sensitive up and down movement of musical notes which cannot be measured.
5. Brunga Natanam is the graceful movement of a bee to a hypnotic rhythm with its wings beating softly. A symphony of motion is created as it dances to the beat. This is also a sensitive up and down movement of wings of the bee which cannot be measured.
6. Kamala Natanam is a subtle, undulating movement of the lotus by a gentle breeze passes over, reflecting the gentle rhythm of the nature which is a graceful, minute, simple front and back and sideways movement according to the breeze
7. Hamsapāda Natanam is the rhythmic gait of a swan, a distinctive swaying motion exhibit a slow and deliberate rhythm embodies a sense of

tranquillity and beauty. This is also a sensitive up and down movement of feet which can be measured.

8. Unmattha Natanam is the movement of ecstasy, a movement of intense pleasure and profound spiritual experience and emotions. This is also a sensitive movement of emotion which cannot be measured.

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