

## Uma Nair's Critique on "Agni"

### Agni, Samudra, Devi, Vana

A quartet of works that look at the four elements. In the medley of chromatic indices the abstraction veers towards a cohesion that is uniquely one of a mingling of energies therein.

Great scholars of the Vedic journals of insight like David Garrigues state that Agni has two heads, one benevolent, one malevolent. Benevolent fire nourishes, gives warmth, light, and thus Agni is welcome in every home. He sustains life. He gives comfort, has charisma, joins people together and brings a magical, joyous glow to any gathering.

'In practice you cultivate the benevolent fire within to ride the flowing vinyasa lines that combine effort and receptivity. You hone in on just the right rhythm, depth and tone of breath in conjunction with subtle action of bandha's. You continue to work with your mind tuning in to thoughts, emotions, memories, longings and all the variety of turnings. Since he is known as 'the fire of the sun',

Agni is associated with Surya the sun God. Agni sometimes accompanies Surya on his daily ride across the sky in his chariot led by seven horses. Surya's realm in the heavens is a symbol for the head and so his light represents consciousness and spiritual intelligence.'

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