

## Examples of mythology summaries

### Hanuman Mythology

Key characters:	Lord Rama Hanuman Ravana Sita	Synopsis:	Hanuman (monkey God) aids in the rescue of kidnapped person (Sita) by making a giant leap from India to Sri Lanka.
Key messages or qualities:	Service Dedication Loyalty	Associated poses:	Monkey pose (hanumanasana) Snake poses Warrior poses (virabhadrasana)

### Ganesh Mythology

Key characters:	Shiva Parvati Ganesh	Synopsis:	Shiva (force of destruction) in a rage decapitates a boy's head. As a result of guilt and an agreement with Parvati (wife), revives boy, replacing head with an elephant's head!
Key messages or qualities:	Calmness New beginnings Remover of obstacles Patron of science and art Intellect	Associated poses:	Elephant trunk pose (eka hasta bhujasana)

### Lotus Mythology

Key characters:	Vishnu Lotus flower	Synopsis:	The lotus flower is represented growing from the navel of Vishnu (the sustaining force). A mirror to our own beginning in the womb of our mothers. So long as a lotus flower retains strong connections through its roots, it is able to blossom through dirt and muck to realise its ultimate form.
Key messages or qualities:	Growth Struggle Determination Meditation	Associated poses:	Lotus pose (padmasana)

## Charioteer Mythology

Key characters:

- Krishna
- Soul
- Five horses

Synopsis: The relationship between the mind and senses depicted by a carriage drawn by five horses. The horses represent humans' five senses. The charioteer (Krishna) represents the discernible intellect that needs to guide one's senses in life to prevent them running wild and giving one's soul a bumpy ride!

Key messages or qualities:

- Guidance
- Mindfulness
- Journey
- Destination

Associated poses:

- Horse pose (vatayanasana)

## Kurma Mythology

Key characters:

- Snake
- Tortoise
- Vishnu
- Mountain Mandara

Synopsis: Describes a truce between gods and demons. The mountain is supported by the tortoise's shell; a snake is used to churn the ocean of life. The end result of such collaborative effort is the production of the elixir of immortality – a common want by two different sides.

Key messages or qualities:

- Commonality
- Inner attention
- Collaboration

Associated poses:

- Tortoise (kurmanasana)
- Serpent couch pose (anantasana)
- Mountain pose (tadasana)

## Matsya Mythology

Key characters:

- Shiva
- Parvati
- Fish

Synopsis: A fish swam by and overheard Shiva speaking of enlightenment and the nature of everything to Parvati. The fish then became enlightened! Describes the first guru-student relationship through the power of listening.

Key messages or qualities:

- Beginning
- Trust
- Studentship
- Destruction of unreal

Associated poses:

- Lord of the fishes (matsyendrasana)
- Fish pose (matsyasana)