

Dance Entrance-Ananda Shankar



Goddess Myth

- “Mahishasura Mardhini, of Durga. Durga, the mother goddess, the fearless one, created by the pantheon of Hindu gods. Durga, resplendent, bedecked, beautiful, her 18 arms ready for warfare, as she rode astride her lion into the battlefield to destroy Mahishasur. Durga, the epitome of creative feminine energy, or shakti. Durga, the fearless one. I made that image of Durga and her every attribute, her every nuance, my very own” I learned about her when I was 4 years old from my mother



Achievements

- Awarded the Padma Shri award in 2007 for my contribution to art.



Cancer Diagnosis



- July 1, 2008 I heard the word Cancer.
- I also heard orders that had a different meaning than what I was used to. Cancer to me was a zodiac sign, Stage was something I danced on, and Grade was something got in school.
- I had a “Unwelcome, uninvited, new life partner”

Fear

- I had a new understanding fear, but I wasn't going to let it keep me down, it was not an option.
- I "Shed copious tears" and I asked my husband, Is this it? Is this the end of the road? Is this the end of my dance?"
- My Husband encouraged that it was just a temporary hiatus and that I would be getting back to what I do best. DANCE!



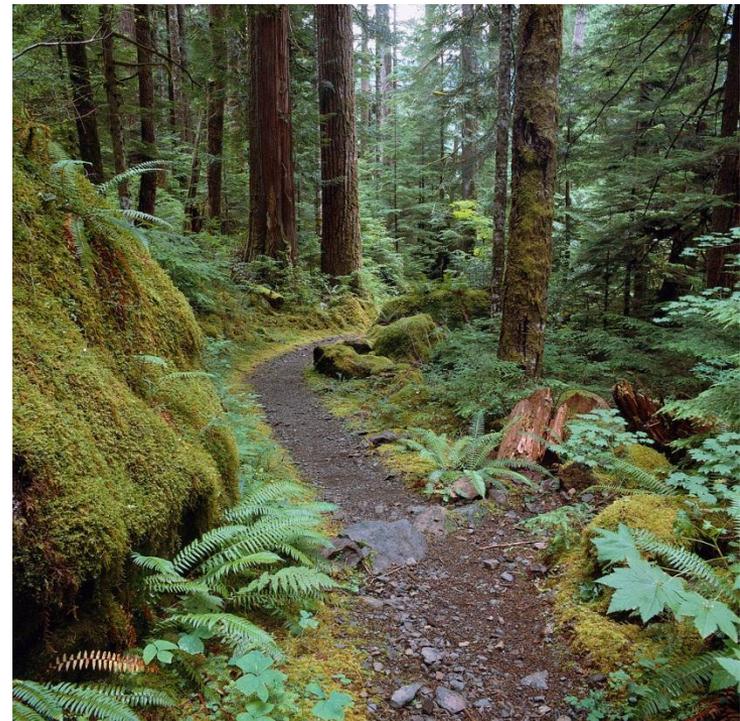
Struggle for Control

- Only had control of three things:
 - “My thought, my mind -- the images that these thoughts created -- and the action that derived from it “



Defining the Path

- Goal: Healing and Happiness
- “Cancer is only one page in my life and I will not allow this page to impact the rest of my life.”
- I will ride it out and not allow cancer to ride me



Finding the Anchor



- “I needed an anchor, an image, a peg to peg this process on, so that I could go from there. And I found that in my dance, my dance, my strength, my energy, my passion, my very life breath”

Enduring the Treatment

- “I danced through chemo and radiation cycles, much to the dismay of my oncologist. I danced between chemo and radiation cycles and badgered him to fit it to my performing dance schedule”



Using Metaphor

- “Powered by the symbology of a myth and the passion of my training, I brought laser-sharp focus into my dance, laser-sharp focus to such an extent that I danced a few weeks after surgery. I danced through chemo and radiation cycles, much to the dismay of my oncologist. I danced between chemo and radiation cycles and badgered him to fit it to my performing dance schedule. What I had done is I had tuned out of cancer and tuned into my dance. Yes, cancer has just been one page in my life.”



Dancing Through Chemo

- Danced between chemo and radiation
- Tuned out of cancer and tuned into my dance



Overcoming

- Overcoming obstacles
- The power of thought and choice to overcome
- The power of focus
- “Finding something that so moves you and motivates you that even cancer becomes insignificant”



Cancer Conqueror

