

Saussy September

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Sassy & Sultry September

Festive fall is here already with every weekend packed with loads of movies. This month Bollywood brings you comedy, period romance, betrayal, hope and sheer force – making September a very sassy and sultry month at the theater. Here is my pick for the movies you should definitely check out!



9th September, 2011

Mere Brother Ki Dulhan:

Stars **Imran Khan** as Khush, **Ali Zafar** as the Brother and **Katrina Kaif** as the unconventional rockstar Dulhan. It is a wild romantic comedy produced by **Yash Raj**. Written and directed by Ali Abbas, it is a funny take on an earlier film on the same subject "Sorry Bhai". The movie has some foot tapping music by Sohail Sen – title track and *Dhunki* are already chart toppers.

16th September, 2011

Mausam

marks the directorial debut of **Pankaj Kapoor**, a love story with the armed forces as the backdrop, this movie spans four seasons and four countries. It stars Pankaj Kapoor's son **Shahid Kapoor** and **Sonam Kapoor** as the lead pair. Music by **Pritam** is good. Watch out for this much awaited romantic saga which will take you back in time.



23rd September, 2011

Saheb Biwi Aur Gangster

The title for this movie is inspired by **Guru Dutt's** famous yesteryear movie *Saheb Biwi Aur Gulam*. The flick stars **Jimmy Shergil** as the aristocratic *Saheb*, **Mahi Gill** as



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Samadhi refers to that final state of awareness of the universe which is beyond the capacity of the mind and body. Awareness at the level of the body traps one in the *Maya* of material pleasures and sorrows. Likewise, awareness at the level of the mind traps one in the *Maya* of the psychological pleasures and sorrows. In *Samadhi*, one has risen above these states affected by *Maya*. They have achieved an awareness that rises beyond the limits of *Maya*. This awareness is that of universal nature. It is limitless and bridges the gap between oneself and the universe. Experiencing *Samadhi* delivers one's experience of awareness outside the body and mind to mingle at will with the universe. It allows one to be at one with the universe. It may be compared to the difference between knowing what $e=mc^2$ stands for and experiencing it, if you can imagine that. It is the experience of the highest joy of living in a self-sustained and self-replenishing way. Many yogis have described it ranging from 'above the toil of life my soul is a bird of fire winging the Infinite' to 'I am that.' This latter aphorism is the translation of *sanskrit* 'Om Tat Sat.' It means, literally, I am that, referring to the supreme god or equivalent power governing the universe. *Samadhi* is thus the final and ultimate stage of *Patanjali's* eight step system.

As you can see, the above practices are a natural complement to one's yogic lifestyle and can be incorporated into one's daily routine. *The journey continues for each of us whether we acknowledge it or not.* Being aware focuses on the journey and engages us on the path so that we can stay on course, and perhaps, be a beacon for others. As you incorporate these small steps into your everyday life and perfect them to make them a part of you, you will be naturally drawn to the next step in your yogic journey. The key is to prioritize the spirit of Yoga philosophy and to adhere to the system. In the wise words of Yoda from Star Wars, "Try not... Do or Do not... There is no try." Or, even more inspiring, in the words of *swami Vivekanada*, "Come up O Lions! Shake off the delusion that you are sheep. You are spirits free, blest and eternal; you are not the body; you are not the matter. Matter is your servant, not you the servant of matter."

So, don't waste another minute, do what you can, however small or big. Bring yourself upfront and center on the highway of self-realizing your spirituality. Bon Voyage and Namaste.

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sultry *Biwi* and **Randeep Hooda** as the *Gangster*. Their characters are intertwined in a story of love, lust and betrayal.



Speedy Singh

earlier titled "*Breakaway*" is produced by **Akshay Kumar**. It stars a host of Indo-Canadian actors along with stand-up comedian **Russell Peters**. Set entirely in Canada, the film is about an Ice Hockey team consisting of the "Singhs" or Punjabis/Sikhs. It is the underdog movie sprinkled with plenty of comedy.



30th September, 2011 Force

This action thriller is a remake of the 2003 blockbuster Tamil film *Kaakha Kaakha*. **John Abraham's** buffed look in the film is already the talk of the town; **Ganesh D'Souza** plays the dutiful cop's love interest in the film. Music by **Harris Jayaraj** is good.