



EPISODE 8 | CHANTING FOR A DREAM

Programmanus

Intro Music

NARRATOR

This show was recorded when the world was a bit different.

Sound of plane flying

NARRATOR

You could easily fly to the US, hug strangers and you didn't hesitate to share a can of soda.

Sound of a can of soda being opened

NARRATOR

You're listening to Preach Shorts, with Linda Ulfhielm.

Sound of a car door being shut

LINDA

Hi.

KAMALA

Hi.

LINDA

Hi. Nice to meet you.

KAMALA

You too.



LINDA

Want to get a hug? Hi.

NARRATOR

Over the course of eight episodes, Linda is in the US talking to people from different faith-based backgrounds about the big questions in life. You're listening to Preach Shorts, snackable edits from the podcast Preach.

LINDA

I've hung out a lot with your brother.

KAMALA

Oh, yeah.

LINDA

Yeah. Love him. Yeah. So nice to meet you.

KAMALA

You too.

LINDA

And you are Kamala?

KAMALA

Yes.

LINDA

Nice to meet you.

LINDA

I'm travelling from LA to New York, which I'm so excited for because I've never been there. I'm going to meet my friend Kashi's sister, Kamala.

LINDA

I'm so excited for this. Where are we going?

KAMALA

We're going...

LINDA

Your clothes are so nice.

KAMALA

Thank you. To the temple, Radha Govinda temple.

LINDA

Ah. Yeah. Right now?



KAMALA

For the service. Yeah. Let's go.

LINDA

Let's go.

Sound of cymbals chiming

LINDA

Kamala practices Kashmir Shaivism, which is a form of Hinduism. But most importantly, she is an amazing ballet dancer. Her love of dance brings her to the Hare Krishna temple once a week. It's another type of Hindu practice. But she says dancing for Krishna makes her really happy. So, she offers to take me with her.

Traditional Indian music and song

LINDA

We head back to Kamala's place. She's wearing a mega pink sari, and it feels like she's injecting the world with color and happiness. I ask her about the big differences between her faith, Kashmir Shaivism, and Hare Krishna.

KAMALA

Well, Kashmir Shaivism and Krishna consciousness, it's two different, um, beliefs, so...

LINDA

Yeah.

KAMALA

Kashmir Shaivism is more of a philosophy, and following the teachings of our guru, and Krishna consciousness is sort of more of a religion.

LINDA

Yeah, OK.

KAMALA

They're similar, but they're different. It's just hard to explain. Like, I feel connected to both. I grew up with a little bit of that as well.

LINDA

When you practice, how does it look like, like, at home, for example?

KAMALA

Well, we meditate, and we do something called a puja. In puja we do sing, but they're longer verses. It's all in Sanskrit.

LINDA

So, it's different from...



KAMALA

It's very different. The verses are, like, much longer. In Hare Krishna you just... you pretty much just chant "Hare Krishna, Hare Krishna," most of the time.

LINDA

Yeah, that's all they say.

KAMALA

But Kashmir Shaivism is more sacred. And not many people know about it. It's more of a philosophy than a religion.

LINDA

I'm curious to know if Kamala feels like her dance and faith are somehow connected. I ask if it makes her feel different from other dancers.

KAMALA

I definitely feel I have a different mentality than most dancers. Because most dancers, they don't have really that spiritual side, that calming... They have more of, like, a... Ballerinas are crazy, but... They don't have something else to focus on.

LINDA

No, I get that.

KAMALA

Like, they're just so focused on ballet and technique.

LINDA

There's nothing else.

KAMALA

That's their whole life. Whereas with me, I have the spiritual side. Of course, that's a big part of me.

LINDA

When you dance, do you, like, try to channel your faith into your dance?

KAMALA

Well, everything just comes through me and I just do whatever I feel.

LINDA

Yeah.

KAMALA

I just feel so free and it's all bhakti and devotion.

LINDA

Yeah. Amazing.



LINDA

I decide to tell Kamala about what I've signed up for tonight. I'm going to sing at an open mic night, and I'm absolutely terrified. I'm so nervous. Kamala's been on stage a million times, so I ask her for some advice.

LINDA

Tonight, I'm doing this open mic thing and I'm really nervous. I don't even know how to calm my nerves down, you know? And I can... Yeah, I can understand that it feels good to have something that... like your faith. To just know that everything is going to be OK, like... Or, you know, think about that. Because I'm, like, just very... I don't have any tools to, like, calm myself down. Do you have any advice how to calm your nerves?

KAMALA

Um... Well, breathing a lot.

LINDA

Breathing a lot?

KAMALA

I do a lot of breathing.

LINDA

Breathing is good.

KAMALA

Or, um, just imagining yourself doing, like, a great job.

LINDA

Yeah.

KAMALA

Like, imagine yourself on the stage...

LINDA

Like an athlete.

KAMALA

...and singing your best and, like...

LINDA

Yeah, picture it before it happens.

KAMALA

That's what I do, like, before I go on stage. I picture myself doing the variation or solo or whatever I'm doing, doing it really well and, like, nailing all my turns and jumps and everything.

LINDA

That's good.



KAMALA

I just keep, like, imagining that, and then once I get on, it's, like, familiar.

LINDA

Oh, wow.

CLUB MC

All the way from Sweden...

LINDA

Yeah. I'm going to take that with me.

CLUB MC

...with her whole crew, she's going to be on radio and TV, give it up for Linda.

Applause

Linda sings accompanied by piano

Theme music

NARRATOR

You've just finished Preach Shorts, with Linda Ulfbielm. Preach is a production from the Swedish Educational Broadcasting Company, by Daniel Persson Mora, Nanna Olasdotter Hallberg, Ludvig Widman, Tove Jonstoj, Karin Winther and Martina Magorin Borg, with host Linda Ulfbielm.

Music

NARRATOR

*This was a program from the Swedish Educational Broadcasting Company.
You'll find more at UR Play.*