

**A wonderful story of the sun and Hanuman**, the monkey who runs like the wind as told to Debby by Sianna Sherman. Hanuman is the guy that the splits are named after where we often grunt as we work our hips towards the earth. According to Sianna, Hanuman is an incarnation of Shiva with his wildly creative tail being Shakti!. His relationship to the sun is quite intense (much like the sun).

Hanuman chose the powerful sun to be his prime educator of all the scriptors. The sun (suyra) agreed but told Hanuman that he could not stop his constant journey across the sky or there would be chaos. Hanuman decided to run backwards, so he could face the sun while it taught him the scriptures in a way that wouldn't disrupt the sun's important constant journey. Yes, I really do love the sun and the warmth, energy and power I get just from feeling it and now have even more of an appreciation of the sun and its powers after hearing this wonderful tale.