

## Coloring Page: Lord Nataraja

**Instructions:** This page has been formatted for coloring on either the computer (using software such as Microsoft Paint) or on paper (just click "Print" on the top menu of this screen). If you get stuck, there are examples of colored pages on the website! Try to learn the story of each picture as you go along.



Lord Nataraja, the Hindu God of dance, is an avatar of Lord Shiva. Nataraja is the depiction of the universal dancer, who dances to destroy an old universe and make room for Lord Brahma to make a new one. Lord Nataraja, encircled in flames, dances with his foot on a demon that symbolizes ignorance and evil. Lord Shiva has two common forms of dance: *Lasya* and *Tandava*. *Lasya* is a gentle form of dance that is associated with the creation of the world, and *Tandava* is a violent, fast dance that symbolizes the destruction of the world.