

The ways of Dance

07/08/06

Dear friend,

There are two ways to dance. One is the way we generally see around us, the dancer dances for others. The Dancer is concerned with the opinion of others and the applause. Steps are mastered, skills are sharpened, hand and body movements are synchronized and in traditional dances emotions expressed through gestures. The ego remains though not rock like as when conducting your daily affairs. The mind activity continues.

The other way is the meditative way. The other is not needed as such. No memorized steps, no skills, no worries of self recognition or rebuke.

Perhaps nobody is looking, everyone's eyes are closed or half closed or if opened not concerned.

The music enters your cells, your body begins to move and dance happens to you. The body begins to talk in dynamic action tuned to the music.

You begin to witness. With this change in attitude the parade of thoughts begin to subside. The ego commences to melt like ice to water. You become fluid and natural.

This cyclic effect continues to a point when the mind attains a restful or a tranquil state. From this point your inner pilgrimage starts its journey to the oasis of absolute silence. Meditation has happened.

To this purpose the Dance meditate program has been devised. Nothing new but a different package for the select few.

These moments of joy that is treasured during such participation are like drops of ecstasy with the potential to become the ocean of bliss. Bliss is bliss.

It has no opposites. It is perennial joy.

Whether anyone of us may experience such a state is matter of experiment and experience.

In colloquial terms now hat you know where I am coming from, you can now consider where you wish to go.

More in store!

In love

Daduzen