



# Dance is not only Recreation:It is A Form of Meditation

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## DESCRIPTION

We are all caught in a very whirlpool of non-stop activity. From dawn to dusk, our body, mind and soul is quashed under extreme pressures of clique work. This suggests extreme burnout of the three most beautiful gifts to mankind that leaves us exhausted as we retire to bed. The soul is often longing to be replenished. However this cannot be achieved by 8 hours of sleep. It needs quite just food. One thing which will put life back to a personality's being is dance. a novel sort of bringing back the zeal to measure. Money to survive and food to offer us energy to try and do work doesn't suffice enough. It's the soul that must be revitalized. Which will be done through different kinds of dancing?

As normal individuals, we infuse mind body, soul to maneuver in life. Dancing is like meditation which gets the body moving rhythmically. Through meditative dancing, hormones that bring us the texture good factor suddenly start moving rapidly and provide life to every and each cell within the body. It's as if the cells have suddenly started living. The outlook toward life is uplifted and that we feel energized while dancing.

It's also possible to achieve direct access in our own enlightened qualities: love, understanding, joy, openness, understanding and energy. A real feeling of affection and trust tends to encompass around us and positive vibrations are emitted from the body altogether directions while dancing freely. While dancing you tend to go away all inhibitions and have a tendency to maneuver freely like worship to God. It's as if you're submitting yourself to him forever. The love and compassion between you and also the supreme power is thereby beautifully seen here.

People often tend to lose themselves dancing in pubs and enjoying as till the wee house of morning. Dance is of no use if it's drained crowded smoke filled pubs or private parties. The essence of dancing within the real form is lost as you tend to maneuver per space and not your will. So, dancing mustn't be addicted to the space but by the power of the guts. It's only called meditative dancing if wiped out seclusion and in complete harmony with the mind body and soul.

Dance meditation is wiped out groups or alone counting on your choice. Enough space should be provided to allow you to lose and free. It's important to wear comfortable lose fitting clothes and shoes to maneuver and bend. For that matter bare feet and ballet shoes are best.

Believe it or not, dance has its unique benefits such as:

- It's an excellent stress buster
- It relieves stress
- It tones body and offers shape
- It uplifts your spirit
- It enhances your metabolism
- It gives a possibility to monotonous life
- It helps in losing weight