

Dissolve Into Dance, Be One With It

Discourse: Sadhguru

The cosmic dance is so perfect that we almost forget the Dancer. But there can be no dance without a dancer. We cannot see the Dancer because our vision, our attention has become superficial and our perception, anthropocentric.

To discover the Dancer in the dance, you must get immersed in the dance so that you also become the dance. You are no longer a spectator, you are it, you know the Dancer by experience; you are touched by Him. Or, if you want to know the Dancer in His full depth and dimension, to know the source of the dance, that which is the basis of the act, then you should pay absolute attention.

This may seem contradictory: on one level, i am saying you must plunge into the dance; on another level, i am saying you must be able to watch with utmost intensity. But the world is round – nothing contradicts anything. When you look at it in a fragmented way, if you cut it into pieces and then look at it, everything seems to be contradictory.

So, if you are totally involved in the dance, that is one way of knowing. Or, if you know how to keep away from that, if you are absolutely uninvolved and are able to observe the act totally, if you can decipher the difference between the act and the actor, the dance and the Dancer, that is another way of knowing. The second way requires much more awareness, sharpness, intensity and training; it is easier to become part of the dance. Slowly, as the rhythm picks up, as you get drawn deeper and deeper into it, you will not know which is you and which is the dance. Once you are a part of the dance,

you cannot miss the presence of the Dancer.

All of us have come with the same seed. Though every seed has come with the same possibility, between a seed and a tree, there is a journey to be made. If you want the seed to become a tree, you have to nurture it, protect it; there are weeds that you have to take care of. The same weeds have been bothering us since ages; still we haven't figured out how to handle them. Anger, hatred, jealousy, fear, doubt – the same silly weeds have lasted too long because weeds do not need nurturing, they need no protection nor cultivation. They just grow.



THE ■ SPEAKING ■ TREE

If you want a sacred seed to sprout and prosper, you have to clear the weeds, cultivate the land, add manure and provide for water and sunlight. If you are afraid of the harshness of the sunlight

and avoid it, you will also avoid its life-nourishing warmth. So do not waste your time by constantly going through the same nonsense that we have gone through for a million years.

If light has to dawn for you – i say “for you” as light itself has already happened – the simplest thing to do is to separate what is you from what is yours. Just an intellectual exercise will not do, though it may begin that way.

The seed of the Creator is in you, and it will not give you a moment of rest till it finds its original nature. You will never know real peace in your life, you will never know absolute ease in your life till you allow the Creator to find His way. Your constant longing to be something more than what you are right now, the basis of the very desiring process is just this: the source of Creation striving to find its boundless nature.