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Find Life's Answers Through Music and Dance

By Jamie L. Saloff

A unique method of meditation that relaxes the body and mind, stationary dancing allows the higher brain to access information, be it factual, problem-solving or spiritual in nature. Stationary dance may be used for inner-exploration or self-motivation. It also can help solve the how of a question by allowing access to the higher brain where the answers you seek reside.

This unique form of meditation works because it quiets the brain's ongoing right-side/left-side battle. In this struggle, the left brain categorizes and analyzes activities while the right brain constantly creates. The struggle results in blocked access to the higher mind. By occupying the left brain with the "mundane" activity of dancing (rocking back and forth) and appeasing the right brain with the creative response to the music, one is able to bypass the critical sentries and move through the brain's higher gate.

You may have noticed that some of your most brilliant ideas occur while you are driving a car, mowing the lawn, washing dishes or actively participating in some other simple activity. Stationary dancing allows you to be in control of that brilliance and to tap into it at will. If you have ever had to pull off the road to scribble down an idea on a napkin, then you will appreciate the 'at will' part.

How does it work?

It is simple. Try this:

1) Put on headphones to block out distracting noises. Set the music at a comfortable level (always be cautious and protective of your hearing). A pair of quality headphones is better than the "ear bud" type. For best results, set your player to "continuous play" on one song. On your first attempts, use an instrumental selection which lasts approximately 20 minutes. Movie soundtracks or hypnotic/dance-trance music often work the best.

2) Plant your feet! Your toes should not move or be lifted for any reason. (Thus the name "stationary dancing.") You can move any other part of your body including: heels, legs, arms,

hands or head. Choose a spot away from hazards, such as stairwells and fragile items.

3) Close your eyes and begin to sway and move along with the music. Think of yourself as a kind of metronome. Pick out the different instrument sounds and try to follow along with their rhythm. Listen for the music's "heartbeat." Try to see the instrument itself, such as a piano or guitar, and visualize or imagine the musician playing that instrument. Or just let your mind flow free and wander wherever it wants to go. Do not try too hard. If you are waiting and watching for something to happen, it may not because the more you focus on the experience itself, the more you will block the connection you are trying to create. Just relax and let the music take you up the mind's elevator to the top floor. (Warning: When in this near-hypnotic state, you will not hear outside noises, so you may want to alert others in the house. When your eyes are closed, remember to remain aware of your surroundings.)

4) Relax. Let go. Shut out everything going on around you except for the music. Use transitions in the music to change direction in your thoughts. It is okay if, from time to time, you open your eyes to check yourself.

5) Let your mind wander. Have conversations with imaginary friends, visit exotic places, set your mind free. Ask questions. Consider possibilities. Visualize talking with the people in your life. Need to stop to write something down? Go ahead. Then just pick up where you left off. The more you do this on a regular basis, the more you will find the answers that you seek.

7) Sit down if desired. If you have been standing for a long period of time and start to get tired, it is okay to sit down provided you keep your eyes closed and stay with the flow of thoughts. If possible, continue the motion by gently rocking back and forth in your seat.

You have successfully connected to the higher mind when you:

- temporarily forget the music is playing.
- receive insight about a problem at hand.
- notice particular lyrics become an inspiration.
- feel relaxed and happy.
- discover time passed differently than the expected speed.

Life can be a musical wonder on a daily basis. Dance can be a method of joy and finding fulfillment. The more you dance, the more you seek; the more you seek, the more knowledge and insights you will discover.



Jamie Saloff is the author of Transformational Healing: Five Surprisingly Simple Keys Designed to Redirect Your Life Toward Wellness, Purpose, and Prosperity. Her website is located at <http://www.icantransform.com>, and she can be reached by e-mailing info@saloff.com. To subscribe to her e-newsletter, e-mail ictf-ezine.lba@aweber.com.

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Balanced Living Magazine, LLC - 14414 Detroit Avenue, Suite 303, Lakewood, Ohio 44107


216-226-6094 fax: 216-226-6095 info@BalancedLivingMag.com

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