

is supported by songs

Quotes by Sri Sri Ravi Shankar

How does singing helps in meditation? Singing does help. Singing creates a vibrant atmosphere and increases the prana that helps you to calm the mind and go deeper into meditation. So singing is a component. Said Sri Sri Ravi Shankar

Everything happens because of vibrations. We are emitting vibrations all the time. If our vibrations are positive, then people around us are happy. If we are happy, then everything happens in accordance to our want. If our vibrations are negative, nobody wants to deal with us, and we are not happy with ourselves.

There is a way by which we can make our vibrations positive, and that is through breathing techniques, meditation, wisdom, and understanding of the layers of our existence, i.e., the body, breath, mind, intellect, etc. With a little bit of understanding and relaxing deep within ourselves, our negative vibrations turn around and become very positive.

When you are satisfied, when your heart is pure and clear, and you have no bad feelings for anybody, then you gain the power to heal and bless others. It is possible. Everyone can heal others, provided they can change their vibrations within themselves into totally positive energy.

When we find peace within ourselves, we radiate peace. What we think we know, is only a small portion of reality. There are so many secrets, there are so many levels of reality. If you take a little more time, we can go deep into knowledge. And when there is knowledge, nothing can take away your happiness.

Singing is essential. It should be a part of our life. Even before we started talking, we started humming. Every human being, every bird, and most of the animals sing because singing is part of the expression of life. Spending a few minutes with music every day is essential. That will stimulate the right brain activity. The whole day, from the time we wake up until we go to bed, we are only using the left brain – calculating, talking, logical reasoning, taking decisions. So our development is one-sided. So, for some time, we have to give rest to the left brain and swing to the right side, to be balanced! So, to be balanced, sometimes sit and listen to music and sing.

Q: What does dance express?

Yes, when you are happy, every step you take is a dance. You dance your way through your life. Wisdom makes you dance through all

situations.

A movement stretched in rhythm is dance. Sound stretched in rhythm is music. Life stretched is celebration! ***Purity, Clarity, and Contentment, is the formula for happiness.***

Dance for health: **Dancing** can be a way to stay fit for people of all ages, shapes and sizes. It has a wide range of physical and mental benefits including: improved condition of your heart and lungs. increased muscular strength, endurance and motor fitness.

<https://www.betterhealth.vic.gov.au/health/healthyliving/dance-health-benefits>

Summary

- Dancing can be a way to stay fit for people of all ages, shapes and sizes.
- Dancing can improve your muscle tone, strength, endurance and fitness.
- Dancing is a great way to meet new friends.
- See your doctor for a check-up if you have a medical condition, are overweight, are over 40 years of age or are unfit.

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There are many forms of dance, from ballroom to barn dancing and disco to Morris dancing. Dance has always been a part of human culture, rituals and celebrations. Today, most dancing is about recreation and self-expression, although it can also be done as a competitive activity. Dancing is an enjoyable way to be more physically active and stay fit.

Health benefits of dancing

Dancing can be a way to stay fit for people of all ages, shapes and sizes. It has a wide range of physical and mental benefits including:

- improved condition of your heart and lungs
- increased muscular strength, endurance and motor fitness
- increased aerobic fitness
- improved muscle tone and strength
- weight management
- stronger bones and reduced risk of osteoporosis
- better coordination, agility and flexibility
- improved balance and spatial awareness
- increased physical confidence
- improved mental functioning
- improved general and psychological wellbeing
- greater self-confidence and self-esteem
- better social skills.

Getting started with dancing

You can dance in a group, with a partner, or on your own. There are lots of different places where you can enjoy dancing, for example, at dance schools, social venues, community halls and in your own home. Dancing has become such a popular way to be active and keep fit, that most fitness clubs now offer dance classes in their group exercise programs.

Dancing can be done both competitively and socially. It can be a great recreational and sporting choice, because anyone of any age can take part. It doesn't matter whether it is cold or raining, as dancing is usually done indoors.

The gear you need for dancing will depend on the style of dancing you choose. For example, tap dancing will involve buying tap shoes, whereas ballet will need ballet slippers and ballet clothing. To get started, simply choose a style you enjoy, or would like to try, look in the *Yellow Pages* or online for dance schools in your local area and join a class.

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Types of dance

There are many styles of dance to choose from, each with its own attractions. Popular styles of dancing include:

- Ballet – mostly performed to classical music, this dance style focuses on strength, technique and flexibility.
- Ballroom dancing – this involves a number of partner-dancing styles such as the waltz, swing, foxtrot, rumba and tango.
- Belly dancing – originating in the Middle East, this dance style is a fun way to exercise.
- Hip-hop – performed mostly to hip-hop music, this urban dance style can involve breaking, popping, locking and freestyling.
- Jazz – a high-energy dance style involving kicks, leaps and turns to the beat of the music.
- Pole dancing – has become increasingly popular as a form of exercise. It involves sensual dancing with a vertical pole, and requires muscle endurance, coordination, and upper- and lower-body strength.
- Salsa – involving a mixture of Caribbean, Latin American and African influences, salsa is usually a partner dance and emphasises rhythms and sensuality.
- Square-dancing – a type of folk dancing where four couples dance in a square pattern, moving around each other and changing partners.
- Tap dancing – focuses on timing and beats. The name originates from the tapping sounds made when the small metal plates on the dancer's shoes touch the ground

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Choosing a dance style

When choosing a dance style, ask yourself questions such as:

- Do I want to dance to improve my fitness?
- Am I trying to improve my flexibility and coordination?
- Do I prefer fast dancing or slow dancing?
- Do I want to dance with a partner, or on my own?
- Do I want to join a group, or have private lessons?
- Will I enjoy competitions, or do I want to dance just for fun?

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General tips for dancing

If you are thinking of taking up dancing, suggestions include:

- See your doctor for a check-up if you have a medical condition, are overweight, are over 40 years of age or are unfit.
- Wear layers of clothing that you can take off as your body warms up.
- Do warm-up stretches or activities before you begin a dance session.
- Drink plenty of water before, during and after dancing.
- Make sure you rest between dance sessions.
- Don't push yourself too far or too fast, especially if you are a beginner.
- Wear professionally fitted shoes appropriate to your style of dance.
- Check with your dance instructor that you are holding the correct form.
- Sit and watch new dance moves first. Learning new moves increases your risk of injury, especially if you are already tired.
- Perform regular leg-strengthening exercises.
- Move as fluidly and gracefully as you can.
- Cool down after a dance session, including stretching.

Things to remember

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