

## The Metaphysics of Sound

Toward the One, the Perfection of Love, Harmony, and Beauty,  
the Only Being, United with All the Illuminated Souls  
Who Form the Embodiment of the Master, the Spirit of Guidance.

Series I

Number 10

The first and last instruction for the spiritual guidance of dancers is that they find the center of their own being. This is in the heart, but as has been explained, this heart is really much greater than the physical heart. The dancer can benefit greatly by concentrating upon this heart center in all aspects. For instance, there is the physical aspect of regarding the heart as the center of gravity in movement. There is another physical aspect of regarding heart as above the center of gravity and using it as a center of attraction to elevate one. There is the use of heart as center of feeling, and most of all, as center for intelligence.

The great tragedy in the life of Isadora Duncan was that she thought she had found the center of her being in the solar plexus. She was right in seeking a center of balance within herself, even within her physical vehicle. She may have been correct in finding the actual physical center there, but the concentration thereupon always has deleterious, harmful psychic results, and continued concentration may produce an effect opposite to that desired.

Those who have found the center of being in the heart obtain the most joy in dancing. In younger people especially, it sometimes means a natural way for self-expression. Then more vigor and vitality manifest, and with them life, which is the essence of spirituality. Often without any profound metaphysical training, young people express body, mind, heart and soul in their dance; their whole being goes into its movements, they reveal their inspirations.

We read in the Scriptures that David danced for joy before the ark of the Lord. The ancient Greeks also considered the dance as a most important element in religion. Sufis have also recognized the dance as a legitimate method for devotion, holding that the body is the temple of God; and in the sacred lilt, the whole being is surrendered to God in rhythm and harmony.

When we consider the nature and meaning of life that life is movement, then that movement is best which best expresses rhythm. But there must be a purpose in life also, an object without which all would seem monotonous and useless. This purpose of life may even be called the melody of life, and for each person there may be a different melody; indeed everyone may have several melodies, all of which may be different from the melodies of others in some respects. The concordance of these various melodies produces harmony.

And how is this harmony attained? By all persons involved having a common ideal, a general concentration, the same leader, just as the musicians in the orchestra follow a particular person. So in the highest sense, every activity of life might become a dance, and the dance fulfills life's purpose in revealing those laws by which the universe was made and has been preserved through the aeons.