

## OD and Dance (ODance)

OD is a way of life! OD is compared and drawn parallel to/with many other fields.

### ***I draw a parallel to Dance.***

Dance & OD are metaphorical for me.

1) Dance made me experience ambiguity and chaos better

2) OD made me experientially to experience "here and now" and to become a better dancer

1) In dance it was difficult for me to turn around many times without practice and still at times get confused whether to turn over my right shoulder or left J

So was my personality towards ambiguity and chaos before OD. The more I became aware in my body, acknowledgment was much easier than cognitive defense.

2) For a dancer it is,

"Yatho Hasta thatho Drishti, Yatho Drishti thatho Manah

Yatho Manah thatho Bhaava, Yatho Bhaava thatho Rasa" – Natyashastra.

(Meaning – Where the hands are there goes the sight, where the sight is there lies the mind, where the mind is feelings arise, and where the feelings are emotion is evoked)

For an OD practitioner it is "Here & Now"

When I think what is the next step, I am sure to miss it and as I embody it I flow! This is very similar to here and now.

\*In both OD & Dance "Self is an Instrument for change". **Content becomes process and process becomes content.** In a process consulting space, I feel the oneness with everyone and in dance I melt in that space which is again oneness with the source!

\*It is an analogy for me because both are **process of refining human behavior.**

-What are your perspectives on OD and Dance? Do you find any similarities / differences / co-relation? Or even nothing at all!

Inviting you to share your perspectives!

Published in LinkedIn – 14 July 2020

By

V.Lakshmidēvi

Professional classical dancer & Dance movement therapy practitioner

