

## Feel Free, Dance A Little More

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### Talk: Osho

Start living this moment and you will see that the more you live, the less problems there are. Now that your emptiness is flowering and living, there is no need. When you don't live, the same energy goes sour. The same energy which would have become a flower is stuck; not being allowed to bloom, it becomes a thorn in the heart. It is the same energy.

If people can dance a little more, sing a little more, be a little more crazy, their energy will be flowing more, and their problems will by and by disappear. Hence I insist so much on dance. Dance to orgasm; let the whole energy become dance, and suddenly you will see that you don't have any head – the energy stuck in the head is moving all around, creating beautiful patterns, pictures, movement. When you dance there comes a moment when your body is no longer a rigid thing, it becomes flexible, flowing. When you dance there comes a moment when your boundary is no longer so clear; you melt and merge with the cosmos, the boundaries are mixing.

Watch a dancer – you will see that he has become an energy phenomenon, no longer in a fixed form, no longer in a frame. He is flowing out of his frame, out of his form, and becoming more alive, more and more alive. But only if you dance yourself will you know what really happens. The head inside disappears; you are a child once again. Then you don't create any problems.

Live, dance, eat, sleep, do things as totally as possible. And remember again and again: whenever you catch yourself creating any problem, slip out of it, immediately. Once you get into the problem then a solution will be needed. And even if you find a solution, out of that solution a thousand and one problems will arise again. Once you miss the first step, you are in the trap. Whenever you see that now you are slipping into a problem, catch hold of yourself, run, jump, dance, but don't get into the problem. Do something immediately so that the energy that was creating the problems becomes fluid, unfrozen, melts, goes back to the cosmos.

Those who live close to nature don't have many problems. I have come across indigenous groups in India who say they don't dream at all. Freud would not be able to believe that it is possible. They don't dream, but if sometimes somebody dreams,

it is a rare phenomenon; the whole village fasts, prays to God. Something has gone wrong; something wrong has happened...a man has dreamed.

It never happens in their tribe because they live so totally that nothing is left in the head to be completed during sleep. Whatsoever you leave incomplete has to be completed in your dreams; whatsoever you have not lived remains as a hangover and completes itself in the mind – that's what a dream is. The whole day you go on thinking. The thinking simply shows that you have more energy than you use for living; you have more energy than your so-called life needs.

You are missing real life. Use more energy. Fresh energies will be flowing. Don't be a miser. Use them today; let today be complete unto itself; tomorrow will take care of itself, don't be worried about tomorrow. The worry, the problem, the anxiety, all simply show one thing: that you are not living rightly, that your life is not yet a celebration, a dance, a festive – hence all the problems. Ancient Music In the Pines, courtesy Osho International Foundation, [www.osho.com](http://www.osho.com)

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