



**LEAP BEFORE
YOU LOOK**
**72 Shortcuts for Getting
Out of Your Mind and
Into the Moment**

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LEAP BEFORE YOU LOOK

Devotional Practice: Dance with the Divine

Level of Difficulty ***

Close the door.
Switch off the ringer on the phone.
Latch the front door.
Leave the world behind for a while.
Put on your most beautiful clothes.
Put on some beautiful music,
Which fills your heart with gladness,
And reminds you of a gratitude that is not of this world.
As the music plays, let yourself dance with the divine.
Let yourself be danced *by* the divine.
Be taken over by the music,
And give yourself to the love than arises only out of silence,
Only where me and other have been left behind.
Do this practice every night for a while before you go to sleep
Or, if you have friends who can meet you here
Whom you can trust with your greatest tenderness,
You can do this practice together.

The great Persian mystic Rumi had his profound awakening with his teacher Shaams. He penetrated the deepest mystery, and came to know the place where the words "me" and "other" no longer had any meaning. But Rumi was above all a poet and a lover. He was not so interested in the truth of discrimination; he was interested in the truth of the heart. So he called out in his prayers, which also become his poetry, "I know that we are one, I know that there is no me, and no you. But please, let there be just enough separation remaining that I can love you, be loved by you, be devoted to you." Such is the heart of the devotee.

This current of love between the devotee and the divine is called prayer. It is a strange thing, because the different religions of the world do not agree about who has the right deity, or the right theology, or the correct maps of heaven. In fact they are willing to go to war over such differences. But in their means to reach out to the divine, they all converge. Prayer and devotion is a universal language. Everyone prays, everyone bows in surrender and devotion.

Prayer can have so many dimensions. It can be a begging for more stuff, even for support in victory in violent wars. It can be a bowing in shame and an asking for forgiveness. It can be a calling out in gratitude. But for prayer to really speak the language of the divine more than of the human psyche, it needs to go beyond mind and thinking. This is where music and dance are such a miracle. When your communion with the divine involves your whole body, when you are taken over by the music and by the devotion, you no longer exist as a separate me, and you are transported into the world of God.

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