

## **International Theatre Institute ITI**

### **World Organization for the Performing Arts**

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### **Chetna Jalan 1986**

International Dance Day 1986 brings to our attention the relevance of dance in our day to day life.

Dance is the expression as also the celebration of life. It is the orderly movement of life as opposed to the chaotic. And in imposing the order, man expresses himself, his emotions and his environment. Dance is life itself as opposed to the static. It transgresses all boundaries – national, linguistic and environmental, and communicates at the basic human level. And in this while it not only retains the uniqueness of the individual, but it also becomes universal.

Dance releases the surging energies choking inside individuals and also communities. A pretty damsel dancing in the wilderness in the woods and valleys under a shining sun, a communal swaying of aborigines to the beat of drums, both give vent to the deepest emotions nestling in their hearts. It attunes man to God and nature. Indian tradition has always associated the deepest philosophical and religious connotations with dance. The cosmic dance of Lord Shiva is developed from these associations and is now also being found to represent sub-atomic matter. The metaphor of the cosmic dance there unifies this ancient mythology, religious art and modern physics.

Let us bring a better understanding in the world and unite one and all, transcending all barriers of caste, creed and religion.