

I feel yellow inside

I once read this story about the famous painter Vincent Van Gogh.

In this story was said that Van Gogh used to eat yellow paint because he thought it would get the happiness inside him.

Many people thought he was mad and stupid for doing so because eating paint is toxic, never mind that it was obvious that eating paint couldn't possibly have any direct correlation to one's happiness.

But then again, if you were so unhappy that even the strangest ideas could possibly make you feel better, like painting the walls of your internal organs yellow, then why wouldn't you?

So the story goes...

I believe everyone has their own yellow paint.

Even though I don't believe he ate the paint to make him feel happy. I'm pretty sure it was for other reasons (like trying to kill himself) but who am I to judge...

My yellow paint is dance.

Spiraling around myself has no direct correlation to my happiness. There is even the possibility of injuring myself while doing so. **Still this rotation makes me feel yellow inside.**

Like painting, dancing is an art – a performing art. While dancing, I develop the capacity to think creatively and to explore selfexpression. **This makes me feel yellow inside.**

Living in modern society often leaves us feeling disconnected from our bodies, because we spend so much time sitting down, watching television, eating food, texting friends,... In my opinion dancing is all about allowing your body to move. It makes me feel good because it makes me feel so alive. **It makes me feel yellow inside.**

I feel like dancing with other people to the same music is a powerful way for human beings to connect with each other. **This connection makes me feel yellow inside.**

Of course there is always a negative side. Eating yellow paint can be seen as toxic. Just as dance can be seen as toxic.

I will never be the best dancer there is, I will never be able to learn everything, I will always have to work my ass off, I will never get exactly what I want, Injuries are inevitable so there may not be a tomorrow, I will never be able to control my body fully, there will always be people who don't like what I'm doing, I will have to work for free at some points in life, I will never feel a 100% ready to perform, I have a higher risk of body image problems and eating disorders, there is a big chance I will get obsessed with trying to reach the non-existing perfection.

Thinking about this makes me feel yellow inside.