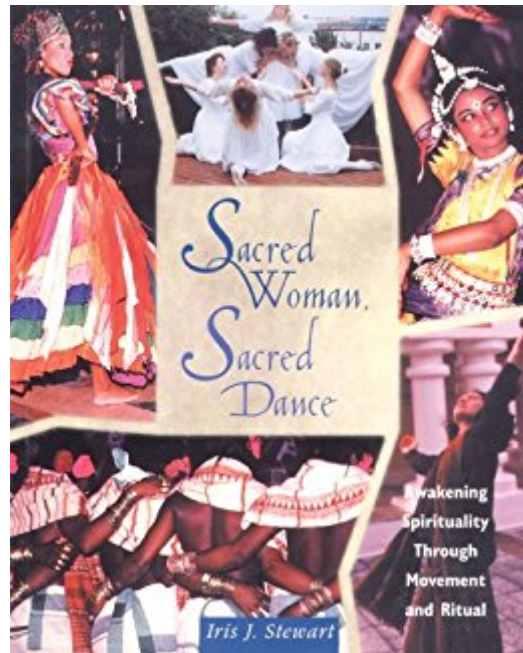


The book was found

# Sacred Woman, Sacred Dance: Awakening Spirituality Through Movement And Ritual



## Synopsis

Shows how dance, the highest expression of spirituality in cultures and traditions all over the world, is being integrated into the lives of women today. The first book to explore women's spiritual expression--women's ways--through a study of dance. Investigates how dance came to be excluded from worship, and reveals how dance is once again being brought into spiritual practices. Includes resources for further instruction in sacred dance. Today we primarily think of dance as a form of entertainment or as a way to exercise or socialize. There was a time, however, when dance was considered the way to commune with the divine, a part of life's journey, celebrating the seasons and rhythms of the year and the rhythms of our lives. Dance is a language that reunites the body, mind, and soul. While the role of women's sacred dance was most valued in goddess-worshipping cultures where women served as priestesses and healers, dance was once an integral part of religious ritual and ceremonial expression in cultures all over the world, including Judaism and Christianity. In this book the author investigates how dance came to be excluded from worship and reveals how dance is once again being integrated into spiritual practices. Sacred Woman, Sacred Dance is the first book to explore women's spiritual expression--women's ways--through a study of dance. It describes sacred circles, birth rituals, ecstatic dances, and dances of loss and grief (in groups and individually) that allow women to integrate the movements of faith, healing, and power into their daily life.

## Book Information

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## Customer Reviews

Many years ago when I first realized in a crystalline moment that I was one with the Universe, I was alone in a dew-wet field at sunrise with a very large old tree, and I suddenly and gently perceived that the tree was dancing with the Universe and I allowed myself to join in the dance. Ever since that time dance has been an important part of my spiritual expression and discovery. I am pleased to have come across this wonderful book by Iris J. Stewart because it is a treasure for any dancing soul. It is filled with inspiring illustrations from ancient to modern times of dance as a soulful pursuit of sacred knowledge. The author, herself a dancer, has written beautifully about her own experiences awakening to the spiritual aspects of movement as well as the history and applications of this creative and feminine form of spiritual expression. She introduces the reader to the dancing Goddess and the dancing Priestesses. She introduces us to some of the pioneer dancing divas like Isadora Duncan and Martha Graham and Mata Hari. We meet women from many cultures dancing evocative and colorful prayers to the Goddess. She inspires and invites us to allow ourselves to be moved and to follow that impulse into movement. She shows some of the many applications of the dance in theology, and in the art of healing, expressing lament, and in celebrating the coming of age among other creative uses. She has fresh and moving ideas for creating rites and offers descriptions of dances one can perform for moon rites and labyrinth meditations. She discusses the role of costumes and drumming. There is a brilliant chapter on the Dance of the Elements with lively and clear instructions for each of Earth, Air, Water, and Fire.

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