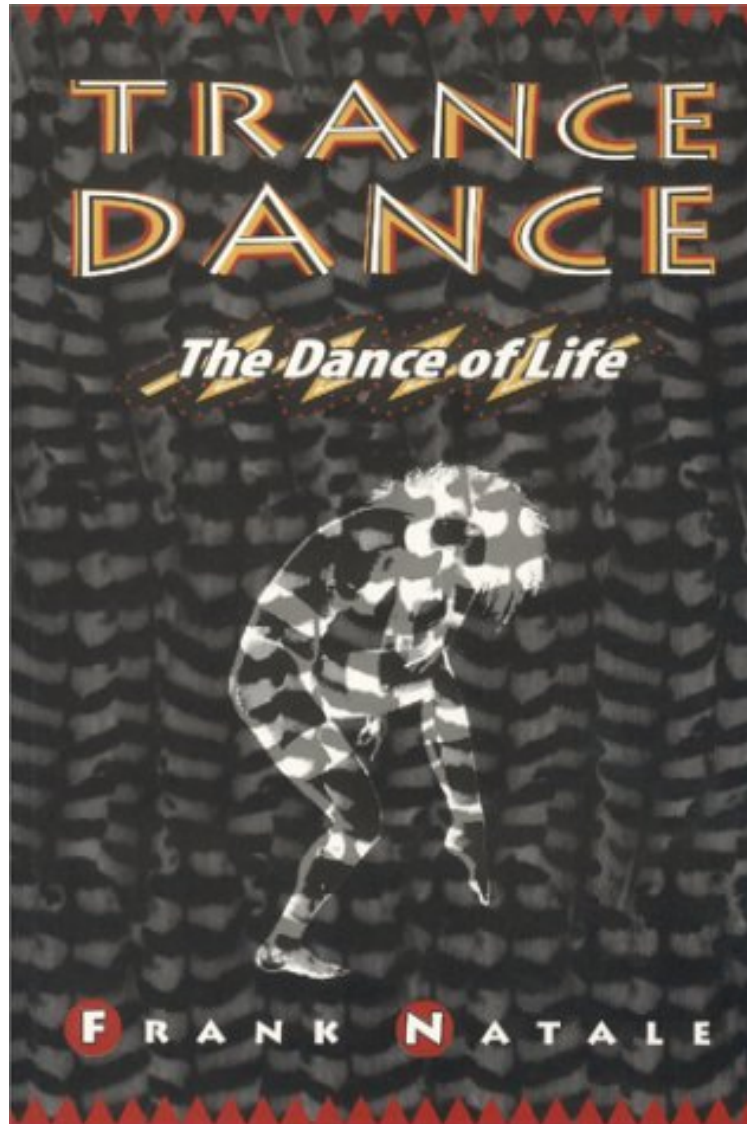


(Download free ebook) Trance Dance: The Dance of Life (Earth Quest)

Trance Dance: The Dance of Life (Earth Quest)

Frank Natale

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Frank Natale : Trance Dance: The Dance of Life (Earth Quest) before purchasing it in order to gage whether or not it would be worth my time, and all praised Trance Dance: The Dance of Life (Earth Quest):

0 of 0 people found the following review helpful. Interesting...By Priscilla StilwellIt's a passionately written little book, telling of the author's experiences and philosophies on the topic of dancing as a spiritual, trance-inducing exercise.Unfortunately, personal opinion and musings is where the book stops. There is some reference to different traditions, but they are sketchy at best. The reality is that Mary Magdeline from the Christian Scriptures, was not freed FOR indiscriminate sex, but freed FROM indiscriminate sex. It is that forgiveness (unheard of in that day) which

bonded her so deeply to Christ. Natale also makes other claims that trance is for the dancer, and not for those around. This statement is nearsighted, and while it might be the case in certain kinds of trance dancing, it is not the case in all kinds. This is the case in Haitian Vodou tradition where the chawl ("horse") is ridden by the spirit or lwa, but does not benefit directly from such possession. They are simply a servant of the community in order to provide a conduit or flesh through which the spirit world can communicate with humanity. These shortsighted omissions tainted the book for me. Of course, I am reading the book from an ethnomusicological and ethnodoxological perspective, so I am looking for more foundation rather than simple opinion. For those seeking themselves spiritually, the book might carry more meaning.

0 of 0 people found the following review helpful. Four Stars
By A Blearned what I needed to enroll in workshop
1 of 1 people found the following review helpful. Refreshing, Provocative and Transforming
By El Coyote
Mr. Dr. dance is an embodiment of love, power, clarity and fearlessness. He has a very empowering and personally very agreeable views on spirit, sex, love, power and of course illuminating information on the ancient technique of trance dancing. **HIGHLY RECOMMENDED!!!**

Close your eyes. Begin the 'Breath of Fire'. Relax and let your body move to the rhythm of the drums. Let go. The dancer disappears and you become the dance ... and your soul travels, absent of the limitation of time and space Here is your opportunity to experience trance dancing as shamans and indigenous peoples have done for thousands of years. This ancient transformative and healing technique is becoming ever more popular today with spiritual seekers and contemporary dance groups the world over. This comprehensive and authoritative guide gives clear step-by-step techniques. Now you can enter the world of the spirit, voyaging beyond time and space, experiencing the ecstasy of spiritual wholeness. - trance dancing's shamanic roots and origins - breathing, movements and rhythms - making a mask, dancing your animal - dancing for health and healing - achieving ecstasy and wholeness Frank Natale is Founder and President of the Natale Institute for Experiential Education, which runs seminars worldwide on trance dancing and drumming, as well as courses in communication, self-esteem and sexuality.