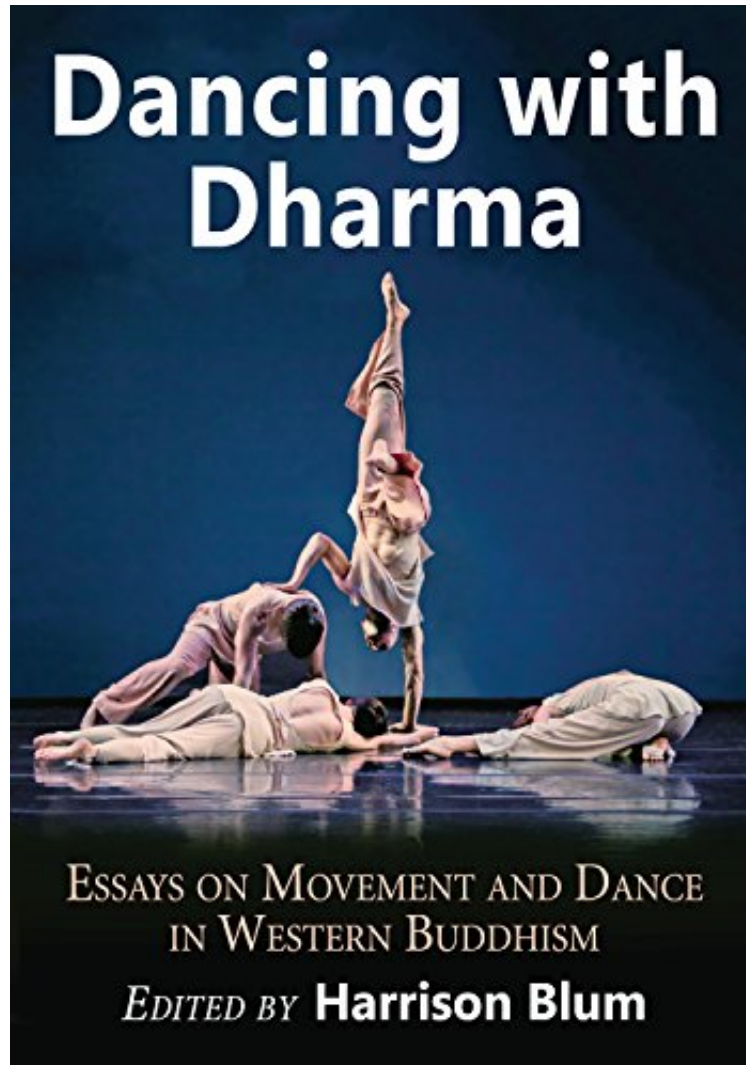


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# Dancing with Dharma: Essays on Movement and Dance in Western Buddhism

*Harrison Blum*

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**Harrison Blum : Dancing with Dharma: Essays on Movement and Dance in Western Buddhism** before purchasing it in order to gauge whether or not it would be worth my time, and all praised Dancing with Dharma: Essays on Movement and Dance in Western Buddhism:

2 of 2 people found the following review helpful. Dancing with Dharma is an especially informative and, for ...By Richard L. ShiffriDancing with Dharma is an especially informative and, for the most part eminently readable collection of essays that explore the conjunction of Buddhism, meditation and mindfulness on the one hand and dance and movement on the other. The contributors, some practitioners, some theorists, are knowledgeable and the anthology is well organized and comprehensive. The subject matter, however, is perhaps not for the neophyte. To fully

appreciate the pedagogic value or the inspirational effect of the book the reader would benefit from some basic grounding in the subject matter. Nevertheless, *Dancing with Dharma* is a valuable contribution to the scholarship in the area. 4 of 4 people found the following review helpful. Great to read a book that brings meditation and movement ...By Mrs Shirley E Tonkin Great to read a book that brings meditation and movement together. Allowing the freedom of movement to free the mind - as did earlier indigenous cultures. Great read 1 of 1 people found the following review helpful. This anthology brings two seemingly separate disciplines, Buddhist/Dharma practice ...By Daniel Litrownik This anthology brings two seemingly separate disciplines, Buddhist/Dharma practice and movement/dance, into alignment and highlights some of their fundamental similarities in a way that is both refreshing and exciting to me as someone who practices the Dharma and enjoys dancing and movement based practices. Some well known Dharma teachers (Charles Genoud, Reginald Ray, Willa Miller) as well as others offer insights and experiences via short essays that are grouped into different sections (eg Movement, Ritual, Guided Practice). With the encouragement and guidance of these essays, I look forward to continue weaving movement/dance, ritual, and Dharma in my own life as a way to discover what it means to be human and the possibilities that this human life have to offer.

Both Buddhism and dance invite the practitioner into present-moment embodiment. The rise of Western Buddhism, sacred dance and dance/movement therapy, along with the mindfulness meditation boom, has created opportunities for Buddhism to inform dance aesthetics and for Buddhist practice to be shaped by dance. This collection of new essays documents the innovative work being done at the intersection of Buddhism and dance. The contributors—scholars, choreographers and Buddhist masters—discuss movement, performance, ritual and theory, among other topics. The final section provides a variety of guided practices.

About the Author Harrison Blum, M.Div., M.Ed., is Director of Religious and Spiritual Life and Campus Chaplain at Emerson College, and is an authorized Community Dharma Leader in the Insight Meditation tradition. He lives in Somerville, Massachusetts.