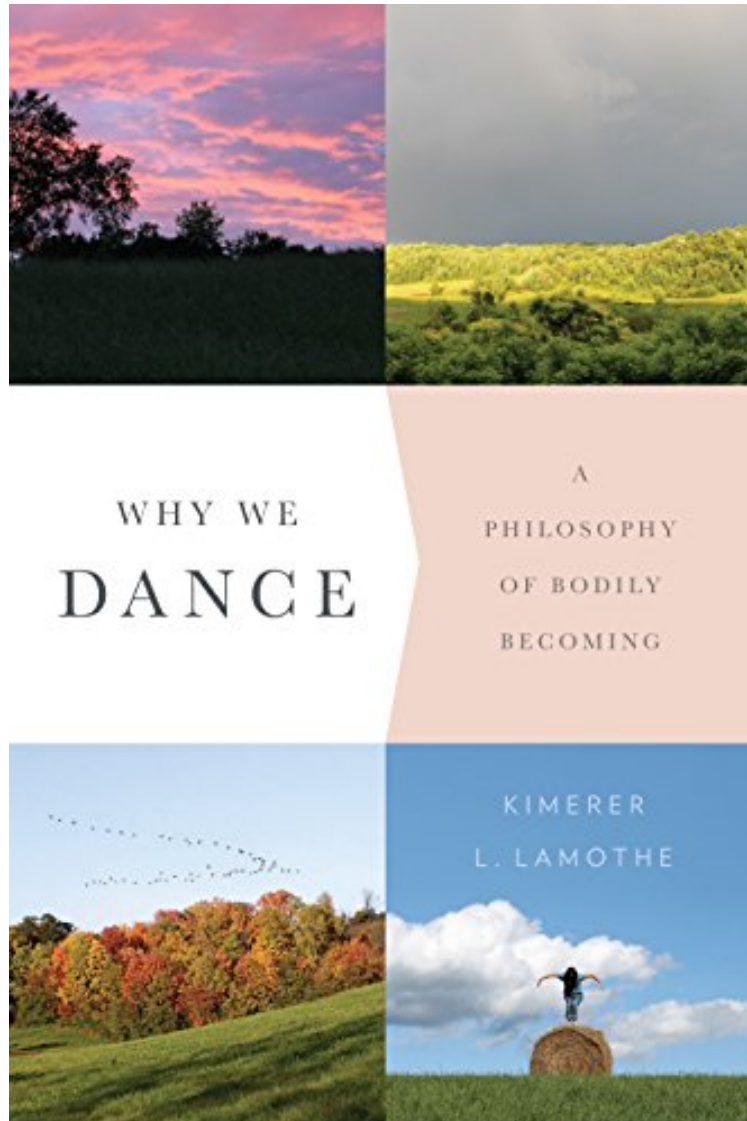


(Download) Why We Dance: A Philosophy of Bodily Becoming

Why We Dance: A Philosophy of Bodily Becoming

Kimerer L. LaMothe

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Kimerer L. LaMothe : Why We Dance: A Philosophy of Bodily Becoming before purchasing it in order to gauge whether or not it would be worth my time, and all praised Why We Dance: A Philosophy of Bodily Becoming:

1 of 1 people found the following review helpful. (Karin Stevens writing on my husbands account.) This ...By Michael Stevens(Karin Stevens writing on my husbands account.)This book is one of the most important books on dance of our time! In fact, it is FOR our time. LaMothe draws from science, philosophy and religious studies to make a clear case that dance matters at the most fundamental understanding of existence; and that movement is the building block of life and "the currency of evolution." Our only way through this 11th hour time for our planet and our species is to return to the movement of nature and the body, understanding that the movements of nature and the body are

connected. *Why We Dance* is as much a book about the epistemological and ontological meaning of movement as it is a proclamation of hope for this planetary time. It should be required reading for all dance students in undergraduate and graduate level work and therefore propel these dance-advocate humans out into all sectors of life beyond the traditional places of concert stages and dance classrooms. My hope and vision is that then someday this book will be required reading for studies in philosophy, medicine, anthropology, environmental studies...etc!

1 of 1 people found the following review helpful. Lamothe is a rare voice in the conversation about dance. She blends a tri-fold vision of personal experience to deepen what she believes is the philosophy of bodily becoming. Lamothe is a dancer, a farmer, and a mother. She understands what becoming of the body means as she has grown a child within her womb. She understands what becoming of the body means as she has worked the earth to grow nutrients from the soil. She understands what becoming of the body means as she has danced her life, every aspect of her life. By viewing each moment that makes up a life through the lens of dance we deepen our perception of what it means to be whole. The body-mind-spirit connection is an intricate web of knowledge. As we create an interplay between these three entities we become more movement oriented which increases the ways in which we come to know ourselves. Her writings and insights to this process traversed between daily life and philosophical ponderings creating an interesting experience while reading.

1 of 1 people found the following review helpful. The philosophies and interests of *Why We Dance* are though-provoking ...

By Jodie Randolph The philosophies and interests of *Why We Dance* are though-provoking, captivating, and crucial. A return to our basic human needs and values in a world that has been overcome with distraction, technology, and isolation. We need each other, we need movement we need to dance. With a focus on bodily becoming, how movement shapes who we are, and how humans relate to each other and to the world, this book encompasses ground-breaking philosophies. Movement is at the core of our being and what makes us human. From LaMothe, "the task in becoming an ethical human involves learning how to draw close enough to others so that we are moved by one another to unfold our capacity to give to one another in mutually life-enabling ways" (p.135).

Within intellectual paradigms that privilege mind over matter, dance has long appeared as a marginal, derivative, or primitive art. Drawing support from theorists and artists who embrace matter as dynamic and agential, this book offers a visionary definition of dance that illuminates its constitutive work in the ongoing evolution of human persons. *Why We Dance* introduces a philosophy of bodily becoming that posits bodily movement as the source and telos of human life. Within this philosophy, dance appears as an activity that humans evolved to do as the enabling condition of their best bodily becoming. Weaving theoretical reflection together with accounts of lived experience, this book positions dance as a catalyst in the development of the brains, compassion, ritual proclivities, and ecological adaptability characteristic of human beings. Aligning with trends in new materialism, affect theory, and feminist philosophy, as well as advances in dance and religious studies, this book argues that dancing has a vital role to play in reversing the trajectory of ecological self-destruction along which human civilization is racing.

A brilliant, pioneering work. Readers join a rich, deeply informed, erudite conversation and are rewarded with LaMothe's original insights and vision of the purpose and promise of dance to transform individuals, communities, and the world we create together. (Miranda Shaw, author of *Buddhist Goddesses of India*) A rare and welcome book. LaMothe offers a view of the world from one who has woven together three experiential bodies of knowledge crucial to gaining insight into the terrible fractures eroding human life. A dancer and a scholar of dance, she is also a mother and a farmer. Her writing has the feel of the kinds of wisdom cultivated in older cultures, through rituals rooted in the ancient patterns of the cosmos. She brings her considerable experience of moving to bear on the basic questions that engage us all: mattering, meaning, connecting, healing, loving, and caring for the earth. (Don Hanlon Johnson, author of *Body, Spirit, and Democracy*) LaMothe gracefully reminds us that every part of our life is in motion and that when we dance we are healed, renewed, and made whole by the natural movement of our moving nature. This book brings an extraordinary wake-up call, an energized jolt reminding us that all professions and practices need to give birth to 'movement-oriented ways of knowing.' *Why We Dance* holds a moving answer that will touch the heart and intellect of all. (Bradford Keeney and Hillary Keeney, coeditors of *Way of the Bushman: Spiritual Teachings and Practices of the Kalahari Ju/'hoansi*) LaMothe's book breaks new ground.... Philosophers interested in writing about dance may find this book as a source of thoughtful provocation. (Edyta J. Kuzian *Metapsychology*) Highly recommended. (*Journal of Dance Movement and Spiritualities*) Kimerer L. LaMothe has danced her way into the creating of an ambitious and important book that answers the question of why we dance. (*Journal of Religion*) The author supports her argument for embodied scholarship by employing experiential and reflective writing throughout the book. Every chapter punctuates nuggets of theoretical reflection with rich descriptive accounts from her lived experience in ways that tinge this philosophical treatise with personal investment. (*Dance Chronicle*) From the Author From the moment we are conceived, we embark a movement journey exploration in our mother's womb. And as we continue to grow through the next nine months and the rest of our lives we learn to acclimate to movement. Kimerer L. LaMothe's book reminds the reader that movement exists in us, it's always present, and permanent. But throughout the time we get accustomed

to this constant movement making us forget that it exists at all times, even when we stay still. LaMothe explains that movement exists within our bodies, with what we do, is an action, a pattern, the universe, energy, transformation etc. Movement is everything we are and everything that exists in the world. About the Author Kimerer L. LaMothe is a dancer, philosopher, and scholar of religion who lives in upstate New York. She is the award-winning author of five books, including *Nietzsche's Dancers* and *Between Dancing and Writing: The Practice of Religious Studies*.