



How Dance Can Bring About A New World

As my teacher Gabrielle Roth says in her book *Connections*,

“When you practice shaking yourself up, you don’t have to get thrown when the universe shakes you up.”

by Deborah Jay-Lewin

For many, the word ‘dance’ conjures up visions of technique and performance by taut, tight, toned bodies with a certain beauty and grace. For me, the word ‘dance’ implies sanity – a way of being that is as much about movement of my soul as it is about movement of my body.

I have spent the last 25 years immersed in dance and movement as a form of creative holistic expression of Self. I have worked with adults with learning difficulties of the right brain variety, corporate strategists, parents and their toddlers, and ‘nice, normal, new-age neurotics’, to quote my teacher Gabrielle Roth.

When I move my body, I energise the very cells of my physical structure. Energy that may have been frozen and trapped anywhere in my body, is freed up. My physical cells breathe and my

emotional and mental states are themselves liberated.

At this time of great uncertainty, when all the structures of the world are crumbling and changing all around us; from the tsunamis of the ocean to the quakes of the earth, from the Twin Towers to banking institutions, then knowing in my body that Chaos truly is an important part of the reinvention of the planet can be very reassuring, whilst acknowledging how terrifying it can also be. As my teacher Gabrielle Roth says in her book *Connections*, “When you practice shaking yourself up, you don’t have to get thrown when the universe shakes you up.” When I feel overwhelmed by the enormity of what is occurring, whether in my own life or the lives of those around me and in the media, I can usefully question: what

supports me in creating more stability in my life, nourishment that sustains my body? What structures/schedules are needed that help me keep focused and moving forwards in what sometimes feels like a daily maelstrom? And from a Buddhist perspective, as Pema Chodron might say — can I take the time to sit, breathe and just be with the utter hopelessness and groundlessness that I feel? Not fight or resist it, but just make space for it to quietly exist.

My worldview is greatly informed by two dominant influences in my life since the late Eighties. Firstly, the spiritual principles absorbed through over 24 years of being involved with the Findhorn Foundation Community, Eco-village and Centre for Spiritual Education, Demonstration and Trans-



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formation in the North-East of Scotland. Secondly, through my studies and training with Gabrielle Roth; theatre director and artist in New York, founder of The Moving Center, home for the body of work known as 5Rhythms® or The Wave®.

Chaos is the third of these 5 Rhythms. Preceded by Flowing and Staccato and followed by Lyrical and Stillness. What I love about this practice and find deeply reassuring is that Chaos is only part way through. There are still two more Rhythms to follow. When I reference Chaos here, it is from what I have come to know through dancing, teaching and living this practice.

To dance is to drop from the thinking, linear, rational brain that tries (sometimes desperately) to figure everything out, into the intuitive, lateral, creative

and radical aspects of ourselves. In these changing times, accessing this more instinctive wisdom is essential. When nothing is so certain or predictable, other than unpredictably itself, the more wits and alertness I can have, the greater my capacity to listen and see with more than just my ears and my eyes. This awakens a new dance that can help me navigate successfully through this stormy, wild and hugely inspiring time to be alive on the planet.

www.vitalmoves.co.uk

Ref: *Connections* by Gabrielle Roth. www.GabrielleRoth.com

When Things Fall Apart by Pema Chodron www.pemachodronfoundation.org

Change is Complex In Our Dynamic World

The shift from a dominant materialistic paradigm to a dominant humanitarian paradigm is enormous, comparable to the industrial and scientific revolution, and it cannot happen overnight.

By Laurence James Lucas

The good news is that the world is changing; the uncomfortable fact is that the world is changing. Change is never wholly comfortable – how I wish it was – but change is liberating and when it is time, change we must. How is the world changing?

The developmental model of human society, which is directly interconnected to individual development, suggests that we all grow and evolve through stages. These stages are relatively steady states that come complete with their own truths, perceptions and value systems. Individuals and the collective both evolve incrementally one stage at a time, although all stages co-exist simultaneously in the world.

The current dominant world value system is that of materialism. This comes with an emphasis on striving to master the external world, gaining and

maintaining status and membership in the social and economic market place.

In contrast, the emerging consciousness is moving towards an awareness of the need for a more egalitarian society, a revival and re-expression of spirituality, a need for quality of life and a reconnection to the natural environment and the body, with its innate instinctive wisdom. The shift from a dominant materialistic paradigm to a dominant humanitarian paradigm is enormous, comparable to the industrial and scientific revolution, and it cannot happen overnight.

The developmental perspective, often termed the integral movement, recognizes the interconnection between personal and species evolution and reveals that the planet and we human beings who live within its energy field are interlocking, complex dynamic systems, interdependent upon each other.



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An understanding of this model reveals why, for example, China’s pragmatic business model is in many ways a positive element of global change. For whatever you think about its politics, China is providing real and useful infrastructures with some environmental benefits in third world countries.

Nothing is perfect in a complex reality and change can appear confusing within our paradoxical world, but the evolutionary impulse will always win out in the long run.

Top: Laurence James Lucas speaking at the Glastonbury Symposium, July 2008

www.mystic-cyber-crow.blogspot.com/p/enchantments-101.html

www.change-your-life-ljl.com/



Metamorphosis

When one awakens, we all do.

by Adele Leung

When we travel for a new experience, a rebirth happens. When we confront new situations, time has a new quality to it; we become open like a child, inviting wonder, enchantment and transformation into our lives. Metamorphosis is such an experience of a woman, Rosa

Wong, who re-discovered herself again, especially in her travels to the Findhorn Community. Questions of where home is, harmony with Mother Earth, a lifestyle based on cooperation and collaboration rather than competition are all issues which have surfaced during her pilgrimage.

When one awakens, we all do. A woman’s journey in discovering for greater meaning, and sharing through a travelogue with colorful illustrations and pictures, ultimately re-opens the door of our hearts collectively. And, a new world is possible.

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