

5 WAYS TO DANCE

There are five basic ways to do this practice, and to have a well-rounded experience you need to include them all. If you just go to a weekly class or the occasional workshop without any further intention (which is the first practice style) you'll get some benefit, but nothing like what will happen if you balance yourself with all five:

1. *Just show up.* Get on the dance floor, whether it's your front room, your local class, or a nightclub, and follow your feet wherever they go.
2. *Be specific.* What exactly do you choose to practice? What's going on, and what needs attention? In your body? In your heart? In your mind? Where are you blocked? What needs to grow in you? What is your edge right now? Create movement practice that addresses your next steps. Focus on one rhythm, or all of them in a specific way, or one emotion, or one area of your body. Be specific.
3. *Surrender.* You can't plan this one or make it happen, but it comes more frequently if you practice at level 2 as well as the first level. Just like Staccato paves the way for Chaos, getting specific with your practice clears the way for total surrender. Keep doing the first two levels — grace will come — something vast sweeps you away like a tsunami so that the dance becomes a profound prayer, a communion with the One. Show up, pay attention, and be willing to go with it when it comes. Blessings.
4. *Give something.* There's such a wealth of experience in the practice of the rhythms. Many times a day there's a moment where you have the chance to give something to the world from this experience. Whether it's a major creative project, a smile to a stranger, or a moment where you break the spell of 'normal' for someone. Creativity happens in many little ways if you choose.
5. *Breathe.* Every moment of every day you can tune in. Become aware of the aliveness of your body and the silence inside your breath. Loosen up, wake up, let go, do the dishes, it's all a dance.

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