

Circle Dance Dancing The Sacred Way

Circle Dance is a powerful and ancient form of movement that transcends cultural boundaries. It can be seen as a metaphor for life, symbolizing the cyclical nature of existence, the interconnectedness of all beings, and the unity between body, mind, and spirit. Dance has been a sacred practice for centuries, allowing individuals to express their deepest emotions and connect with something greater than themselves.

Circle Dance, also known as Sacred Circle Dance or Sacred Dance, has its roots in various cultural traditions, including Native American, Celtic, African, and Middle Eastern. It is characterized by participants forming a circle and moving together in harmony. This communal dance form has been used in ceremonies, celebrations, and rituals to invoke spiritual energy and create a sense of belonging and connection.

One of the key aspects of Circle Dance is the use of music and rhythm to guide participants. The music ranges from traditional folk songs to contemporary compositions specifically created for circle dancing. Participants respond to the music intuitively, allowing their bodies to be guided by the melodies and beats. It is through this surrender to the music that the magic of the dance truly comes alive.



Circle Dance - Dancing the Sacred Way

by Sally Pinhey(Kindle Edition)

★★★★★ 5 out of 5

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The dance movements themselves are often simple and repetitive, making it accessible to people of all ages and abilities. Hands may be held or linked, creating a supportive and nurturing environment. As the circle continues to move and evolve, participants experience a sense of unity and oneness that transcends individual differences. It is in this shared experience that the dance becomes a transformative and healing practice.

Circle Dance can be a deeply personal experience, allowing individuals to express their emotions, release tension, and connect with their inner selves. Through the dance, participants tap into their creative energies and unleash their spirit within. It can be a powerful tool for self-discovery, self-expression, and personal growth.

Moreover, Circle Dance also nurtures a sense of community and connection with others. As individuals move together in harmony, they create an energetic field that radiates outwards, bringing people closer and fostering a sense of belonging. In a world increasingly characterized by isolation and disconnection, Circle Dance offers a space for individuals to come together, support one another, and experience a deep sense of unity.

Within the sacred circle, individuals can explore various themes and intentions. Some dances are dedicated to celebrating the cycles of nature, reflecting upon the changing seasons and the interconnectedness of all life forms. Other dances may focus on specific emotions or qualities, such as love, joy, gratitude, or

healing. Through these intentional dances, participants can channel their energy and intentions, amplifying their impact on a personal and collective level.

Circle Dance, when practiced with presence and awareness, has the potential to expand consciousness and awaken the dormant energy within. It allows individuals to tap into their own spirituality, connecting with something greater than themselves. In this sacred space, participants can experience a deep sense of peace, harmony, and inner alignment.

The benefits of Circle Dance extend beyond the individual level. The collective energy and intention created within the circle ripple out into the wider world, spreading love, healing, and unity. Circle Dancing has the power to create positive shifts in individuals and communities, fostering a greater sense of compassion, empathy, and connection.

, Circle Dance Dancing The Sacred Way is an ancient and powerful practice that brings individuals together in a harmonious and sacred space. Through the use of music, rhythm, and simple dance movements, participants can tap into their inner selves, unleash their spirit, and connect with something greater. Circle Dance is a transformative and healing practice that nurtures personal growth, fosters community, and enhances our sense of belonging and connection to the world around us.



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THIS IS A BILINGUAL EDITION, THE TEXT IN ENGLISH IS THE SECOND HALF OF THE BOOK.

Foreword to the Brazilian Edition by Renata C. L. Ramos

Sacred Circle Dance came into my life in 1992 as a clear and precise ray of light, unveiling a wonderful possibility of a life filled with intense learning and continuous work developing consciousness within myself and others. Thus my soul found the path it had been searching for here on earth to express its divinity. My deepest appreciation goes to Anna Barton, author of this book much anticipated by Sacred Dance circles throughout the planet, and to the Findhorn Foundation, that welcomed Bernhard Wosien and his work with Circle Dance more than 30 years ago.

Anna Barton was the person who dedicated herself to registering and perpetuating the work brought to the Foundation by Bernhard Wosien, making it her life purpose to offer workshops of Sacred Dance with a Findhorn approach. For those who have not yet visited the Foundation, located in the north of Scotland, I must explain that the respect they demonstrate there to the center of a Dance Circle is the same respect one has to the center of oneself in connection with the center of the universe. In the Findhorn Foundation we celebrate daily the silence within us, that special place where we find our source of energy.

Anna Barton first came to Brazil in 1995 to focalize workshops and training sessions, by invitation of TRIOM Centro de Estudos, Livraria e Editora, São Paulo, in partnership with organizers in Belo Horizonte and Salvador. She was the first international personality to officially represent Sacred Circle Dance in Brazil.

With her poise and knowledge, Anna Barton captivated the Brazilians who had the privilege of dancing with her. Sacred Circle Dance experienced with this dear person has a special flavor emphasized by her joy and the quality of her movements, which provides a perception of the different cultures and honors the expression of many different people.

Anna Barton, is considered a great master of Sacred Circle Dance. She was in direct contact with Bernhard Wosien, who started this movement that re-visited the Circle Dances of Peoples and wherever she goes, Anna leaves deep imprints on peoples' souls.

In Brazil, the Sacred Circle Dance movement is expanding throughout the whole country, and this book is the first of a series of publications meant to offer more resources to those who might wish to embrace this work which, more than being a work tool, is a mission of life and soul.

Dancing the Sacred Way tells Anna Barton's personal story, how she met Bernhard Wosien and how she gave herself entirely to the work with groups in circles. It describes Anna's connection with the Findhorn Foundation and shares important insights with those who are following the same path.

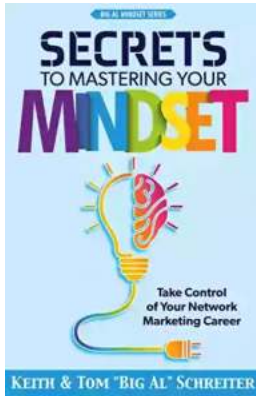
It is with great joy that TRIOM is publishing this bilingual Portuguese/English edition of Anna Barton's book and launching it during the celebration of the 30th anniversary of Sacred Circle Dance in the Findhorn Foundation, in the July Annual Festival.

Once again I thank our Sacred Dance master Anna Barton.

by Anna Barton

This book has asked to be written because of the great importance of dance at this time. As this impulse sweeps across the planet, the Sacred Dance group at Findhorn is enjoying a burst of new energy. If we are to play our part, we must all demonstrate how vital it is to dance with our total being and thus unite ourselves in joy and harmony, not only when we are dancing but in the whole of our living.

This joy is also being demonstrated in social dancing, where the dancers are more disciplined and more aware of themselves as part of the whole than dancers have been for many years. We need to recognize that once more we are being offered a gift, and perhaps this time we shall be able to ground the Dance sufficiently so that we do not spin off into the Darkness again and fumble around in time until the gift is offered once more.



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