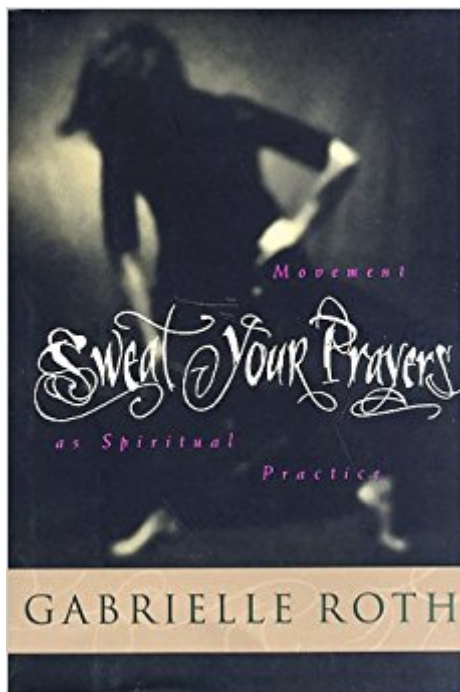


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# Sweat Your Prayers



## Synopsis

In *Sweat Your Prayers*, internationally acclaimed movement and theater artist Gabrielle Roth translates to the printed page the insights of her nearly forty years of teaching personal and spiritual development. Her workshops, attended by thousands around the world, teach us to realize our potential for ecstasy as we experience movement and ritual theater techniques. The book is a journey through five universal rhythms-flowing, staccato, chaos, lyrical, and stillness. These rhythms can free the body and spirit from ordinary consciousness and catalyze motion deep in the psyche. Each sacred rhythm is a teacher, a gateway to the soul. Flowing holds the feminine mysteries, staccato the masculine. In chaos, the challenge is to integrate these principles into the flow of one's personal energy, to find the magical blend of feminine and masculine energy that makes each person unique. Lyrical is the context of self-realization, the full expression of the soul. And in stillness, the mother of all rhythms, we find the emptiness of the uncluttered mind wherein we contemplate the mystery of it all. Practicing the rhythms frees the body and becomes a way to express the heart and clear the mind. Complete with personal stories and interactive exercises, *Sweat Your Prayers* reveals an ancient and contemporary method for unleashing a natural sense of movement, resulting in both personal power and presence of the soul.

## Book Information

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## Customer Reviews

Lest you think that spirituality is relegated to the higher mind, *Sweat Your Prayers* is a reminder that our bodies are indeed cradles of the soul. Physical movement can be a potent medium for spiritual

awakening, according to Gabrielle Roth, who has dedicated much of her life to teaching and exploring the holy rewards of dance. The soul has five natural rhythms, explains Roth: flowing, staccato, chaos, lyrical, and stillness. She teaches us how to identify our natural rhythms, but she also encourages us to practice dancing through all five rhythms in order to become more whole, evolved, and complete beings. Roth is also an acclaimed music producer who has released numerous compact discs that work as excellent dance companions to this energizing book.

"The soul can only be present when body and spirit are one," exclaims Roth (*Maps to Ecstasy*) in this amiably free-flowing spiritual autobiography. She goes on to explain how dance can be the path to soul or true self. Roth discovered dance as a means of self-initiation and integration through a career that began with a stint as a massage therapist at the wellspring of the human potential movement, Esalen Institute. There, Fritz Perls invited Roth to teach movement to his therapy groups. Prodding her physically frozen students to sense their bodies and breathe, Roth quickly discovered that "two hours of moving were as powerful as two years on the couch." She came to isolate five rhythms related to five archetypes or states of being. Roth claims that even terminally inhibited people can learn to enter these rhythms and sense how it feels to inhabit "mother, mistress, madonna, father, son and holy spirit." The three feminine archetypes follow a flowing rhythm, according to Roth, while the energy of the masculine archetypes corresponds to a staccato rhythm. Roth discovered that when the masculine and feminine fuse, a rhythm of fertile chaos results, as in acts of artistic creation or love. The resolution of chaos is the lightness and liberation of a lyrical rhythm, while stillness is the most profound rhythm of all. Roth's entertaining, appealingly conversational tale, full of breezy asides about Manhattan restaurants and scenes, will tantalize readers into believing that dancing is indeed a joyful way to "sweat" prayers, to seek our innermost truths as they are lived, in movement. 50,000 first printing; One Spirit Book Club alternate; author tour. Copyright 1998 Reed Business Information, Inc.

I think everyone can benefit from the experience of dancing the 5 Rhythms and I appreciate Roth's contribution to healing in the world. This book could have used an editor though. Way too preachy and new-agey for me. But still, worth the read.

So right on for me!

Great book that takes you deeper in to the 5rhythms lineage as well as a bit of self soul searching.

The book is super badly water damaged! It doesn't feel right to read the book in this way

This book has helped me sweat my prayers and speak to God and be heard. This is something we all struggle with and this book with help you with that problem.

"Sweat Your Prayers" provides a mind-opening experience into movement/dance as a spiritual outlet. Roth's writing style is easy, open, and touching, allowing the reader to become engaged in the book and its rhythms. I highly recommend it!

Good book. I like the different outlook it portrays about the body and the healing powers of dance

Loved the book and shared it with others

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