

Elements of Mastery: Embodied Spirituality

By Darvesha Victoria

This article continues our Elements of Mastery column in which we explore the art, craft and spiritual practice of Dance leading and mentoring. Mentors are invited to submit their reflections on this topic to the Guidance Council.

Gradually, after living the whole of my adolescence and young adulthood in chronic post trauma shock, I began to thaw.....as I slowly got an inkling of what Sufi Inayat Khan calls the "Inner Life", I felt probably what all those feel who have been redeemed, born again, or converted. Whether or not I had found THE Secret of Life, I for sure had found the secret of MY life.

Somewhere along the way I found the Dances and they became for me one vehicle to ride into the Inner life.....and then eventually a platform from which to teach this discovery.

The Dances call us home to the body, the senses and the breath. Coming to our senses and being present in the body may be impossible for most of us to sustain, but it can remain as a background aspiration. For myself, I only have glimpses.....moments. But it is here that I have learned about completion and satisfactoriness, peace and ecstasy. It is here where I've reconnected with this aliveness that I am, and where I've come to directly experience Life....this complex system that both sustains us and of which we are. When we can relax into this 'belonging', we intuitively know and understand life's rules.....how we must and want to behave. When we connect with our largest context, we begin to cooperate and know to water the root.

We receive the air that we breathe, the water we drink and the food that we eat. This is what we depend on, and that which we are. Everything matters. Everything is us. The more we are in touch with ourselves the more we will understand the natural morality that we are born into. The more ecstasy and peace we feel the more we will know what to do and how to do it in a good way. The Dances are not an end; they are a method that helps us discover the Inner Life. And once we know ourselves as Life itself, we spontaneously begin to cooperate and co-create with Life, uniting in perfect being.



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