

Why do we dance?

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People have always danced. Originally we danced for worship and healing. Our ancestors viewed nature and all of its elements as an expression of God. To duplicate or mimic nature through movement and sounds was their first and highest way to connect with spirit, and I believe was the origin of dance.

In present times you can find spiritual dancing in every country in the world. There are dances based on animals and other natural things. People dance to alter their state of consciousness or become the spirit of the sun, moon, animal or plant.

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