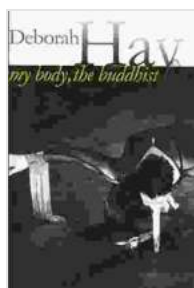


My Body The Buddhist Deborah Hay: A Revolutionary Exploration of Embodiment and Dance

In her groundbreaking book, *My Body The Buddhist*, Deborah Hay offers a revolutionary exploration of the intersection of embodiment, dance, and Buddhism. Through a series of beautifully written essays, Hay shares her insights on the nature of the body, the practice of meditation, and the creative process. This book is a must-read for anyone interested in the mind-body connection, the art of dance, or the philosophy of Buddhism.



My Body, The Buddhist by Deborah Hay

★★★★☆ 4.5 out of 5

Language : English
File size : 1782 KB
Text-to-Speech : Enabled
Screen Reader : Supported
Enhanced typesetting : Enabled
Word Wise : Enabled
Print length : 130 pages



Embodiment and Dance

Hay begins her book by exploring the concept of embodiment. She argues that the body is not merely a physical object, but rather a living, breathing, and sentient being. The body is the vehicle through which we experience the world, and it is through the body that we can come to understand ourselves and our place in the universe.



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Hay's approach to dance is based on the principle of embodiment. She believes that dance is not about performing tricks or impressing others. Rather, dance is about expressing oneself authentically and connecting with others on a deep level. Hay's dances are often slow and meditative, and they focus on the subtle movements of the body. Through her dances, Hay invites us to slow down, pay attention to our bodies, and experience the world in a new way.

Buddhism and the Creative Process

Hay's work is also deeply influenced by Buddhism. She has been a practicing Buddhist for over 40 years, and she has found that the principles of Buddhism have helped her to understand the nature of the body and the creative process.



Deborah Hay teaching a workshop

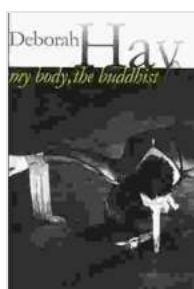
Buddhism teaches that the world is impermanent, and that everything is in a constant state of change. This teaching has helped Hay to let go of her attachment to outcomes and to embrace the uncertainty of the creative process. Hay also believes that the practice of meditation can help artists to develop their creativity. Meditation helps to calm the mind and to focus the attention. This can lead to new insights and ideas.

My Body The Buddhist: A Must-Read for Artists and Dancers

My Body The Buddhist is a groundbreaking book that offers a unique perspective on the intersection of embodiment, dance, and Buddhism. Hay's insights are invaluable for artists and dancers of all levels. This book is a must-read for anyone who is interested in the mind-body connection, the art of dance, or the philosophy of Buddhism.

Free Download Your Copy Today!

My Body The Buddhist is available now from all major booksellers. Free Download your copy today and begin your journey of embodiment, dance, and Buddhism.



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