



# Dancing with Dharma: Essays on Movement and Dance in Western Buddhism

*Harrison Blum*

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Both Buddhism and dance invite the practitioner into present-moment embodiment. The rise of Western Buddhism, sacred dance and dance/movement therapy, along with the mindfulness meditation boom, has created opportunities for Buddhism to inform dance aesthetics and for Buddhist practice to be shaped by dance. This collection of new essays documents the innovative work being done at the intersection of Buddhism and dance. The contributors--scholars, choreographers and Buddhist masters--discuss movement, performance, ritual and theory, among other topics. The final section provides a variety of guided practices.

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