

# *The Sacred Dance*

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The enemy of awareness is the illusion of separateness that we create out of our own self-centered perceptions. Our perceptions are shaped and colored by the degree of awareness with which we analyze experiences and it is out of this that our illusions arise. The source of this deception lies in the illusion of the ego that we are separate from the Oneness of Creation. True awareness is nurtured when we accept that we are part of the Whole and release ourselves from the illusion of separateness.

From one's individual perspective, life is regulated by submission to the conception of the rules of life. The individual maintains an unnatural internal rhythm by the observance of certain inherent behavioral ideas of self-interest and self-centeredness, yet these very ideas of isolation and separateness are synonymous with madness.

Experiences and rituals that reinforce the connection with the "tribe" or community renew the recognition of the universal life force that flows within and unites all existence. On an intrinsic level this is reflected in the concept of the Sacred Dance. The harmonized movement to the rhythm of the Cosmos shatters the illusion of separateness and fuses the dancers into a shared state of consciousness that becomes an affirmation of being in Harmony with the One.