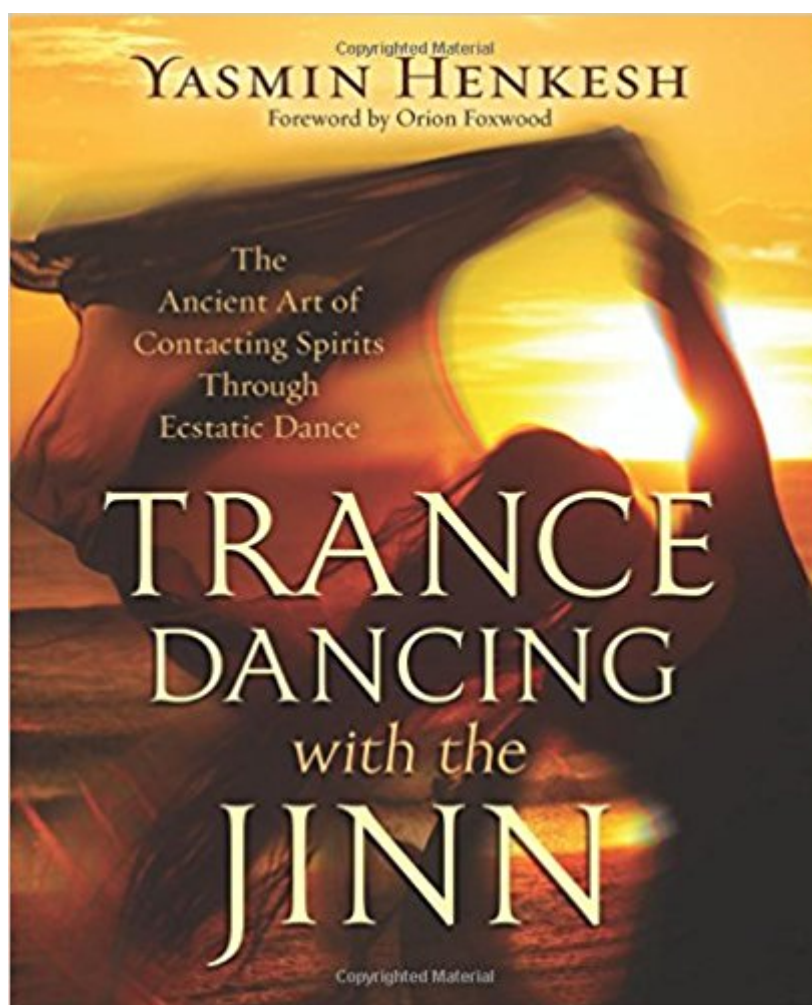


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Trance Dancing With The Jinn: The Ancient Art Of Contacting Spirits Through Ecstatic Dance



Synopsis

Explore the living tradition of trance dancing, the practice of connecting with the subtle energies and secret knowledge of spirits through rhythmic movement to music. Written by an expert teacher who has trained and performed with top dancers in Paris, London, and Cairo, this meticulously researched, hands-on book delves into the history and modern practice of ecstatic dance. Discover a range of religious and spiritual trance dance traditions from Egyptian zar ceremonies to Sufi whirling dervish techniques and the entities you can contact through them. You'll also find a detailed how-to section that provides a safe, effective, and fun way to connect with the Æthereal realm from within your own home. Praise: "This is a must-read book. Keep Ms. Henkesh's book in your reference library for the well-researched richness of its information and its understanding of the many types of zar." Sahra C. Kent (Saeeda), dance ethnologist and founder of Journey through Egypt "Yasmin writes beautifully and with great joy. She has done impressive research . . . into the mystifying corners of the supernatural and into the remarkable interfaces between body and mind." Robert Lebling, author of Legends of the Fire Spirits "Through a deep Æ exploration of myth and science, history and belief, [Henkesh] reveals a compelling insight into these unusual yet ancient practices. Definitely a valuable resource." Laura Tempest Zakroff, fusion and sacred dance pioneer, performer, instructor, Æ and author of Æ The Witch's Cauldron Æ

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Customer Reviews

Yasmin Henkesh (Washington, D.C.) has been a regular performer at Parisian cabarets Le Beirut and Le Yildizlar, London's Omar Khayyam, and The Auberge in Cairo. She teaches at a private studio and has helped bring the traditional music of the Middle East to the United States through her work with the Henkesh brothers.

Unique book with pictures, bibliography, wide range of concepts. I just read it today as an overview, I haven't yet gone through the system of exercises. Not even sure I want to zar, but many of the exercises are more general and good things to try for accessing other states. I like when a book has taken documented research from many sources. This one does that. I love folklore stories. I'm not where I can learn how to dance from a book, I can follow along with simple steps I watch in person, but for those who can, this book will really fascinate them. I give this five stars because few books are really worth buying and holding onto, partly as reference and partly because you know you may meet another for whom this will be even more precious. Bookmarked several pages for practice. (Breathing exercise, ex.) Thank you, Yasmin Henkesh

Incredible book! Yasmin is amazing - her passion, research, experience, love of dance and world dance history all shine in this fabulous book. Inspiring, Educational, awesome!! Thank you Yasmin!!!

All you need to know about trance dancing and more

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