Mandala Dance of the 21 Praises of Tara

Nov. 21st at 3 - 4:30 pm at Dorje Ling 3200 NW Skyline Blvd. PDX, OR.



Sacred dance is movement meditation. Just as we have rituals and practices to help cultivate our innate wisdom and compassion, linking those practices to dance and movements helps us to embody those qualities. You can even say that it helps us to awaken to the subtle channels of our body, and clear obscurations. Every culture throughout time has used sacred dance to connect with the forces of Nature that are bigger than the individual self. To have the intention to connect to the Sacred; that which is meaningful to us and helps us feel our deeper Nature, is a driving force for everyone.

To learn more go to: www.taradhatu.org includes the link to join the DailyZoom practices. Phyllis has been called to share these dances for the past 16 years. These practices help embody the depth of spiritual practices. Any questions: phyllisbmoses@gmail.com

No experience necessary! Open to all, and all ages. Donations gratefully received.