

Gabrielle Roth

Quotes

*Healing, Moving, Dance, Body, Self, Art, Heart, Prayer, Feet, People, Giving,
Space, Mean, Dancing, Spirit, Movement, Wise, Fall, Ifs, Medicine*

Energy moves in waves. Waves move in patterns. Patterns move in rhythms. A human being is just that energy, waves, patterns, rhythms. Nothing more. Nothing less. A dance.

~Gabrielle Roth

Don't be afraid to show your light.. If it ends up being too much for people.. tell them to wear sunglasses!

~Gabrielle Roth

The fastest way to still the mind is to move the body

~Gabrielle Roth

Between the head and feet of any given person is a billion miles of unexplored wilderness.

~Gabrielle Roth

You just have to determine to settle for nothing less than being FULLY ALIVE, to show up, be who you are, and share your gifts.

~Gabrielle Roth

Dancing, singing, storytelling and silence are the four universal healing salves.

~Gabrielle Roth

Put your body in motion and your psyche will heal itself.

~Gabrielle Roth

Anger is an integrity-producing response to the invasion of your personal boundaries.

~Gabrielle Roth

We dance to reclaim our brilliant ability to disappear in something bigger, something safe, a space without a critic or a judge or an analyst.

~Gabrielle Roth

The dance is not where we lose ourselves. But where we find ourselves.

~Gabrielle Roth

If you don't do your dance, who will?

~Gabrielle Roth

Sweat your prayers, dance your pain, and move on.

~Gabrielle Roth

Healing is movement. Disease is inertia. If you put the body in motion, you will change.

~Gabrielle Roth

Rhythm is our universal mother tongue. It's the language of the soul.

~Gabrielle Roth

Your body is the ground metaphor of your life, the expression of your existence. It is your Bible, your encyclopaedia, your life story.

~Gabrielle Roth

There is a dance that only you know how to do

~Gabrielle Roth

Mine is the art of inspiring people to turn themselves inside out, transform their suffering into art, their art into awareness and their awareness into action

~Gabrielle Roth

The spirit in motion heals, expands, circles in and out of the body, moving through the layers of consciousness from inertia to ecstasy. Open to the spirit, and you will be transformed.

~Gabrielle Roth

Each of us is a moving center, a space of divine mystery

~Gabrielle Roth

To shed the past, forget the future and fall into the moment feet first.

~Gabrielle Roth

If you have a body you are a dancer

~Gabrielle Roth

It takes discipline to be a free spirit.

~Gabrielle Roth

After you leap, before you land, is God.

~Gabrielle Roth

Freeing the body inevitably leads to freeing the heart.

~Gabrielle Roth

In many shamanic societies, people who complain of being disheartened... or depressed would be asked,... When did you stop dancing? ... This is because dancing is a universal healing salve.

~Gabrielle Roth

Ride the energy of your own unique spirit.

~Gabrielle Roth

The body is the womb of the soul, a begging bowl for spirit.

~Gabrielle Roth

We dance to fall in love with the spirit in all things, to wipe out memory or transform it into moves that nobody else can make because they didn't live it.

~Gabrielle Roth

We're constantly changing and any practice meant to serve our authenticity should reflect our fluid nature.

~Gabrielle Roth

We all share the wound of fragmentation. And we can all share in the cure of unification. Healing is the unification of all our forces -- the powers of being, feeling, knowing and seeing.

~Gabrielle Roth

If you just set people in motion, they'll heal themselves.

~Gabrielle Roth

Movement practice gets all your creative juices flowing. It doesn't just release your body, but it opens up your heart and empties out your mind, as well.

~Gabrielle Roth

When we give ourselves over completely to the spirit of the dance, it becomes a prayer

~Gabrielle Roth

Art is not just ornamental, an enhancement of life. It is a path in itself, a way out of the predictable and conventional... a map to self discovery.

~Gabrielle Roth

Life is sacred. Life is art. Life is sacred art.

~Gabrielle Roth

Your voice takes you to your heart.

~Gabrielle Roth

We have lost awe and wonder. In reference to the mystery of life itself,

we've lost respect for movement in our planet.

~Gabrielle Roth

Dance is movement, is action, and like all action, it reveals us to ourselves in the doing.

~Gabrielle Roth

Shamanic healing is a journey. It involves stepping out of our habitual roles, our conventional scripts, and improvising a dancing path.

~Gabrielle Roth

The self is a dance, constantly in motion.

~Gabrielle Roth

Dance has been my medium, my metaphor, my message and my meditation.

~Gabrielle Roth

My work is giving space - learning of its way and being in its service at the same time. We each have responsibility to express ourselves. And in this expression is the key to our healing.

~Gabrielle Roth

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