

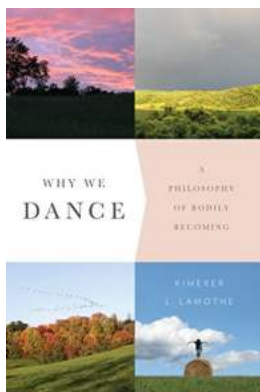
# Why We Dance: The Philosophy of Bodily Becoming



Dance is an art form that transcends cultural boundaries, allowing individuals to express themselves in ways words simply cannot. While it serves as a means of entertainment for many, dance holds a deeper significance – it embodies the philosophy of bodily becoming.

## The Language of Movement

Unlike other forms of communication, dance relies solely on non-verbal expression. Through fluid movements, intricate footwork, and captivating gestures, dancers convey emotions, stories, and ideas. Dance embraces the inherent human desire for self-expression and connection, tapping into the fundamental essence of our existence.



### Why We Dance: A Philosophy of Bodily Becoming

by Amanda Brice (Kindle Edition)

★★★★☆ 4.5 out of 5

Language	: English
File size	: 1468 KB
Text-to-Speech	: Enabled
Screen Reader	: Supported
Enhanced typesetting	: Enabled
Word Wise	: Enabled
Print length	: 306 pages
Paperback	: 281 pages
Item Weight	: 14.1 ounces
Dimensions	: 5.51 x 0.98 x 8.86 inches



The philosophy of bodily becoming posits that our bodies are not static entities but a continuous process of transformation. Dance embodies this philosophy by allowing individuals to explore and unleash the potential of their physical forms. Whether through ballet, contemporary, or hip-hop, dance enables us to transcend the confines of everyday life and fully immerse ourselves in the present moment.

### Dance as Self-Discovery

Engaging in dance can be a transformative experience, both physically and mentally. The act of dancing demands self-awareness, discipline, and

perseverance. As individuals move their bodies, they become intimately acquainted with their strengths, limitations, and unique qualities. Dance encourages self-discovery by providing a platform for individuals to explore their physicality and express their innermost thoughts and emotions.

## **Celebrating Cultural Diversity**

Across the globe, dance serves as a representation of various cultures and traditions. Each dance form carries distinctive movements, rhythms, and historical significance. When we engage in dance, we not only connect with our own bodies but also with the cultural traditions that have shaped humanity throughout history. Through this form of artistic expression, we learn to appreciate and celebrate the diversity of our world.

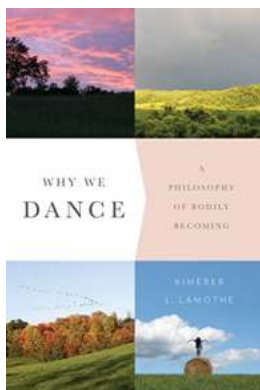
## **The Healing Power of Dance**

Dance has long been recognized for its therapeutic effects. It offers a refuge from the stresses and anxieties of daily life, allowing individuals to establish a deep connection with their physical bodies. Movement has the power to release endorphins, reduce pain, decrease stress levels, and enhance overall well-being. By immersing ourselves in dance, we tap into our innate capacity for healing and personal growth.

## **A Call to Action: Embrace the Philosophy of Bodily Becoming**

In a world where we often overlook the importance of connecting with our bodies, dance invites us to break free from the fast-paced, digitally-driven society. It encourages us to embrace our physical selves, forge deeper connections with others, and embark on a journey of self-discovery. Dance presents a unique opportunity to cultivate self-expression, celebrate cultural diversity, and find solace in the healing power of movement.

So why do we dance? We dance because it allows us to tap into our humanity – our desire for connection, self-expression, and personal growth. Through the philosophy of bodily becoming, dance transforms us into not only skilled dancers but also more fulfilled individuals.



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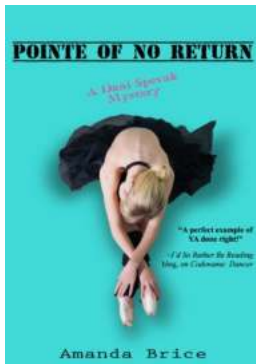
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Within intellectual paradigms that privilege mind over matter, dance has long appeared as a marginal, derivative, or primitive art. Drawing support from theorists and artists who embrace matter as dynamic and agential, this book offers a visionary definition of dance that illuminates its constitutive work in the ongoing evolution of human persons.

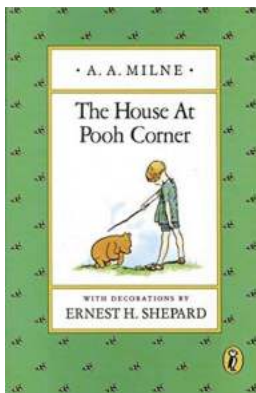
Why We Dance introduces a philosophy of bodily becoming that posits bodily movement as the source and telos of human life. Within this philosophy, dance appears as an activity that humans evolved to do as the enabling condition of their best bodily becoming. Weaving theoretical reflection with accounts of lived experience, this book positions dance as a catalyst in the development of human

consciousness, compassion, ritual proclivity, and ecological adaptability. Aligning with trends in new materialism, affect theory, and feminist philosophy, as well as advances in dance and religious studies, this work reveals the vital role dance can play in reversing the trajectory of ecological self-destruction along which human civilization is racing.



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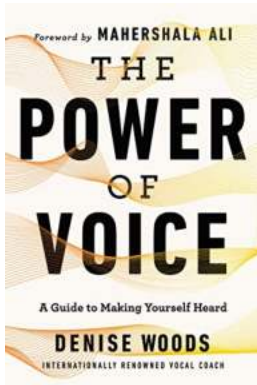
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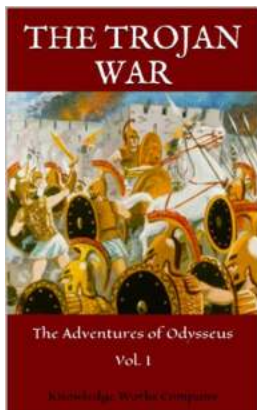
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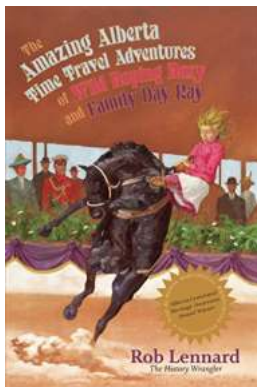
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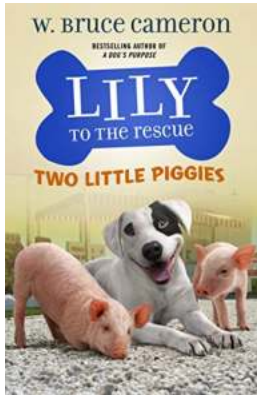
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