



# Maps to Ecstasy: A Healing Journey for the Untamed Spirit

*Gabrielle Roth*



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In this revised edition of Maps to Ecstasy, Gabrielle Roth expands on the themes that have guided her — ways of transforming daily life into sacred art. Her work in teaching movement has been described as a marriage of art and healing.

Each chapter initiates readers into one of the five sacred powers necessary for survival and reveals the five life cycles that lead to enlightenment. The creative process brings readers in touch with these five sacred powers by freeing the body to experience the power of being, expressing the heart to experience the power of loving, emptying the mind to experience the power of seeing, and embodying the spirit to experience the power of healing.



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