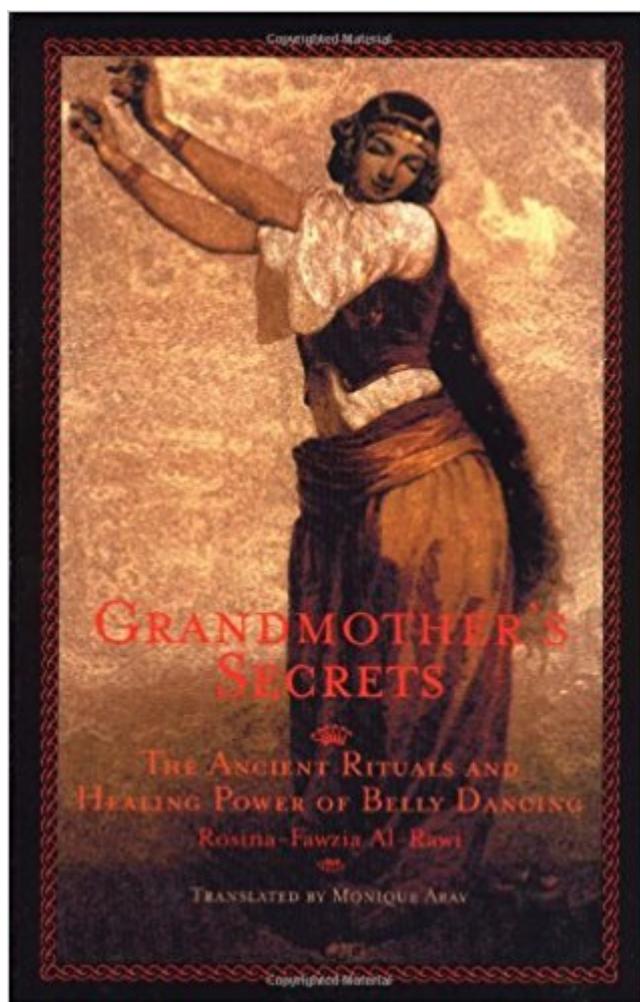


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# Grandmother's Secrets: The Ancient Rituals And Healing Power Of Belly Dancing



## Synopsis

Al-Rawi has written a strikingly graceful and original book that blends personal memoir with the history and theory of the dance known in the West as belly dancing. She conveys in this book not only the history and technique of grieving and mourning dances, pregnancy and birth dances, but the spirit of these age-old rituals, and their possibilities for healing and empowering women today.

## Book Information

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## Customer Reviews

After recounting her own childhood and coming of age in the Arab world, Al-Rawi reviews the history of women's dancing and reflects on the individual movements used in this ancient art form. In a section titled "Variations and Rituals," she describes nine different dances (e.g., the Wedding Dance, the Birth Dance) and sets them in context. Photographs evoke the mood of each dance, suggesting a general impression rather than step-by-step instruction. The narrative, however, supplies enough detail that the interested reader may wish to try a dance. Throughout, Al-Rawi relates movement to ideas and art to philosophy so that, in her words, "belly dancing becomes a source of inspiration, a means of collecting and strengthening oneself, and a clear and dynamic way of discovering...and understanding oneself." An interesting glimpse into a culture, an art form, and a means for women's healing and self-expression; suitable for most circulating collections, especially those whose readers are interested in Arab culture, dance, and women's studies. A Carolyn M. Mulac, Chicago P.L. Copyright 1999 Reed Business Information, Inc. --This text refers to an out of print or unavailable edition of this title.

Text: English (translation) Original Language: German --This text refers to an out of print or unavailable edition of this title.

Reading this Book helped me to make the decision that Belly Dancing is NOT right for me ....I had no idea that Belly Dancing was associated with so many Gods and Rituals !!!! to each it's own , however if you are trying to see if Belly Dancing is right for you this book will help you ...I give it 5 stars on how informative about the history it is and how it helped me to see it's not for me . I will be donating my copy to my local Library .

I just love this book. Part history, part personal story, & a lovely read about belly dance as well as becoming & simply being a woman.

I belly dance so this was a must. As a grandmother myself, I love the passing on of the things we love.

One of the most thoughtful, beautiful, and informative books on the ancient art of belly dance and the mysteries of being a woman. Every woman should read this book. It's that good.

I enjoyed this book but felt that at times it ventured away from dancing and focused a but more on the culture and ritual history (as noted by the title). I would have liked for it to always make the tie back to dance. Nonetheless, a good read, I will recommend this book to friends.

I love this book. I have been reading several books about the women in the medical field and how it has all developed. Quite interesting....

Hummmmm...I liked having this book on my bookshelf more than I liked reading it.It's less a book about belly dancing than it is a meandering journal of a woman's recollections of family life in the Middle East and how she was exposed to dancing...That said, there are nice passages about the spiritual center of a woman's body and how that is also the center of this dance...I'd recommend this book as a good read for those who like a more spiritual quest in their dancing...Gia

Fantastic book about dance AND culture. Very interesting read!

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