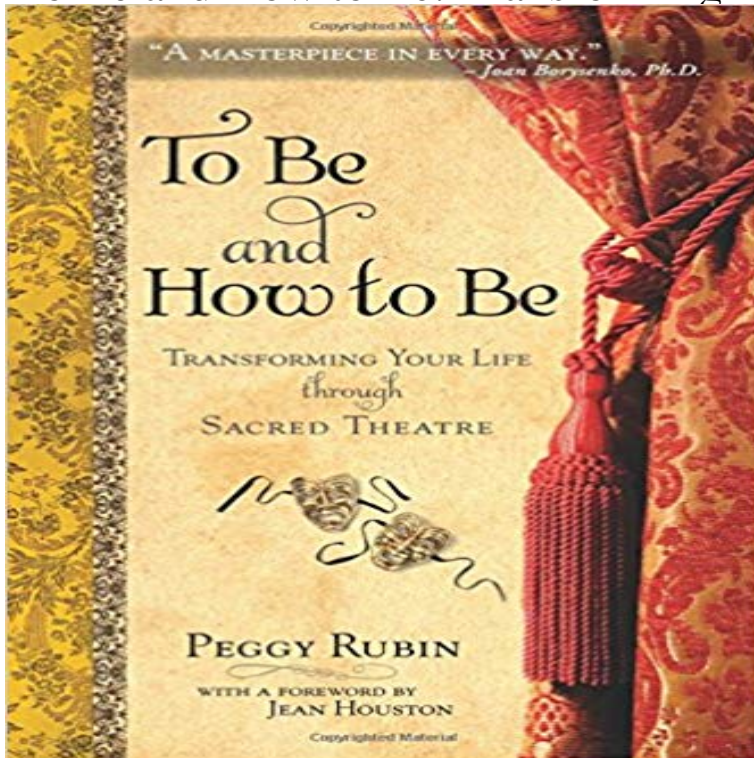


# To Be and How to Be: Transforming Your Life through Sacred Theatre



Life can be experienced as a great play -- sometimes a comedy, sometimes a tragedy, sometimes an epic, sometimes a satire, but always a play. We can think of ourselves as the main character in our own story. Author Peggy Rubin brilliantly uses traditional theatre as a metaphor for living life more authentically and joyfully. To understand our lives as a sacred art form, Rubin traces the roots of theatre to ancient rituals that celebrated the eternal nature of the soul. She provides the tools to tap into the nine powers of sacred theatre so that our lives can resonate with our highest purpose, including The Power of Incarnation, The Power of Story, The Power of Place, The Power of Now, The Power of Expression, The Power of Point of View, The Power of Conflict, The Power of Audience, and The Power of Celebration. Playing the play of life is a daring adventure, says Rubin. It takes courage, focus, excitement, and intention to stop just letting our stories happen and instead enact them with verve and delight. Here she invites readers to take the stage of life and play their story for all it is worth.

Welcome to the blog of Joan le Grande. I'm changing the blog to english so forgive me the dutch articles before. I already translated a few, keeping it up! Anyway, stay tuned for lifestyle articles and reviews about games or other nerdy stuff. Enjoy! Categories Comics Games Playstation 4 Wii U Lifestyle Posted by Joan le Grande in Games, Playstation 4 Leave a comment Tagsexperience, first look, Games, Playstation 4, Playstation VR review, ps4 VR review, virtual reality YES YES YES. I'm super hyped about the VR, but you obviously knew that already because of my last blogpost. There were a few hiccups because I ordered it online and I was working during the time it came. I stressed, freaked, jumped and finally gave up on the thought I got to play on the day it came out. But luck was on my side and when I got home, 20 minutes later the VR glasses arrived! In this post I will take you with me on my first experience with virtual reality. Was it as awesome as I hoped? Or is nauseating and not really my cup of tea? Read and find out!

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Publisher: Quest Books 1 edition (January 7, 2013). Author: **To Be and How to Be: Transforming Your Life through Sacred** To Be and How To Be: Transforming Your Life through the. Nine Powers of Sacred Theatre demonstrates how to transform these roles, bringing realization. **Transforming Your Life Through Sacred Theatre by Peggy Rubin** **To Be and How to Be : Transforming Your Life Through Sacred** Life can be experienced as a great play sometimes a comedy, sometimes a tragedy, sometimes an epic, sometimes a satire, but always a **Transforming Your Life Through Sacred Theatre in AZW3, AZW, TXT** Peggy Rubin, founding director of the Center for Sacred Theatre in Ashland, Oregon, is also the principal teaching associate of Jean Houston in **To Be and How to Be: Transforming Your Life through Sacred Theatre** Peggy has led Sacred Theatre workshops in many locations in the United States, To Be and How to Be: Transforming Your Life through Sacred Theatre.

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