

Anna Halprin Quotes

"Every experience I've had in my life is a resource in my body"

"When you're immersed in your chosen career, you've chosen it to change your life.
Dance has given my life meaning,
energy, interests, friendships, learning experiences, and most of all an appreciation for nature -
a connection with the processes of nature
and it became an insightful part of creativity.
It became the lens through which I look at life.
I'm part of this dance right now!"

"Just as the ancients danced to call upon the spirits in nature,
we too can dance to find the spirits within ourselves
that have been long buried and forgotten."

"A body is living art. Your movement through time and space is art.
A painter has brushes. You have your body."

"I imagine a future where many of us will call ourselves dancers
and collaborate to make an art which concerns itself with primary areas of life... For me
peace is a communal process, a collective vision,
the dance itself tries to exemplify a few of these methods
in a truly grounded and practical way so the people can say:
yes, there are prospects of survival. "

"Movement has the capacity to take us to the home of the soul,
the world within for which we have no name.
Movement reaches our deepest nature, and dance creatively expresses it.
Through dance, we gain new insights into the mystery of our lives.
When brought forth from the inside and forged by
the desire to create personal change,
dance has the profound power to heal the body, psyche and soul."

"Aging is like enlightenment at gunpoint.
Before I had cancer, I lived my life for my art. After had cancer, I lived my art for my life.
I've always said dance is the breath made visible. That covers about everything because once you stop
breathing and the breath is no longer visible, you stop moving."

"I'm very excited about dance and love it with a deep passion.
I also struggle, tire and become discouraged.
But what has always revived me...has been the rebirth of energy each time the creative process is
awakened and artistic activity begins to unfold even in some infinitesimal measure."

"This time in our history as a national community and a global community requires courageous acts of
imagination and creativity from us all.
Can we be artists of creativity itself, in all forms and mediums?
My prayer for the new year: let the healing arts and the creativity that lives at the essence of all
humanity continue to inspire and encourage each of us to make a contribution to the world."

"As we tap into the deep sources of bodily wisdom
through creative art expression,
we dance the renewal, recreation and healing
of ourselves and our world."