



The Dance of Life

Follow the Voice of Your Spirit
Remember to Dream
Listen to the Wisdom of Your Soul
Dance to the Music in Your Heart

A Namaste Church Publication

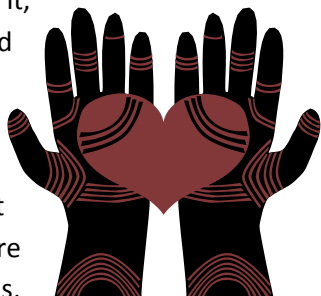
November 2010

Vol. I Issue I

The Dance of Life is a publication to help individuals live life fully, love wastefully, and be all they can be.

Practice Love

Isn't love grand? We sing about it, watch movies about it, read about it and it's absolutely wonderful when we experience it. There is a tendency to treat love as a compartment of our lives but it's much more than a compartment: love heals, love gives life, in fact, love seems to be the very essence of life. Scripture reinforces the importance of love by actually equating it with God:



Whoever does not love does not know God, because God is love. 1 John 4:8

When you think about it, the concept that *God is love* is profound and yet, if we truly adhere to this belief, shouldn't love be our primary goal in life? Granted, most Christians try to be loving and caring but rather than striving to be holy and close to God by obeying rules and doing all the right things, it would seem much more effective to exercise religious practices that focus on... [How to Practice Love](#)

You Are the Face of God



Are you able to believe that you are the face of God? Some people may be uncomfortable or even downright defensive when being likened to God but it is actually a very Christian concept. First of all, Jesus conveyed a message that recognized the worthiness of each individual, no matter what their status in life might have been. Secondly, it is asserted in Scripture that the Spirit dwells in us:

"Are you not aware that you are the temple of God, and that the Spirit of God dwells in you?" 1 Cor. 3:16

The way this belief is expressed by Namaste Church is to acknowledge *the Divinity within you*, as is posted on our web site. If we are temples of the Holy Spirit, then...

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Jump Start to a Great Relationship

We have worked very hard to sustain a great relationship for almost twenty-five years and have given many workshops and talks on this topic. However, we recently discovered a relational tool that takes no preparation or discussion and yields instant results, as well as long-term success!

The objective is to stay as positive as possible. In other words, when interacting with one another, look at the glass... [read more](#)

Parenting with Love

Just how do parents decide on their approach to child-rearing? Read books? Attend workshops? Take courses? Perhaps... but when it comes right down to it, the strategy for parenting usually depends on the parents' particular values. Some individuals think it is most important to...

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BELIEVE IT OR NOT



WILL THE REAL JESUS PLEASE STAND UP

Each publication will feature a topic intended for those searching for Biblical truth. In this issue we have taken an overview of what is known about the life and death of Jesus from a Christian history textbook.

As you will see, this profile of Jesus does not portray him as a meek and passive man but, rather, as a radical who stood up for justice. Does this textbook account of Jesus' life and death concur with your view?

Two thousand years ago in the land of Israel in western Asia, a man named Jesus of Nazareth began to gather around him a small group of followers. For a short time (perhaps only a year or two) he carried on an itinerant ministry of healing, exorcism, and preaching in the region around the Sea of Galilee and in the vicinity of the city of Jerusalem. His message was directed primarily to the outsiders of his society, including... [read more](#)

Practice Love, Cont'd.

love. Sounds too easy? Hardly. Instead of simply *trying* to love, we would *practice* love, that is, we would make a deliberate effort to love in every area of our lives on a day-to-day, minute-to-minute basis. Just as we can develop any skill, we are able to develop our capacity to love and as *our capacity to love develops, our experience of God is bound to deepen.*

How does one go about practicing love? Well, it isn't just a matter of saying the words 'I love you' or 'I love all mankind.' Nor is it just an emotion. Though we may have loving feelings in any given experience, love goes beyond feelings and involves action. There are many ways to practice love but, generally speaking, it involves a positive perception of people. We appreciate the gifts of each individual and affirm their attributes. We accept people as they are rather than judging them. And above all, practicing love involves forgiveness and reconciliation, over and over again. Looking to Scripture for guidance, perhaps the most notable and helpful passage is I Cor. 13:

Love is patient; love is kind, Love is not jealous, it does not put on airs, it is not snobbish, Love is never rude, it is not self-seeking, it is not prone to anger, neither does it brood over injuries. Love does not rejoice in what is wrong but rejoices with the truth. This is no limit to love's forbearance, to its trust, its hope, its power to endure. Love never fails.

As one can see, it's much easier to obey rules. Nevertheless, when we choose to practice love, there is the opportunity to have the ultimate experience, an ever-increasing experience of God. [Back to Top](#)

Face of God, Cont'd.

It is not only acceptable but right and appropriate to perceive ourselves as the face of God. The imagery helps us to own our Divinity, as is stated in the above passage, and subsequently empower us to believe in ourselves, use our gifts, and be all we can be.

There is a song entitled 'Face of God,' and we have put together a slide show set to this music and placed it on the Home Page of our web site. [Check out the slide show](#)

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Jump Start, Cont'd.

half full rather than half empty. This simple dynamic creates what we call an upward spiral. Just as when we dwell on the negative, we create a downward spiral and become progressively more negative; conversely, if we are intent on keeping positive, we can create an upward spiral. Using this approach, a relationship can be life-giving instead of destructive and become more and more positive with time.

Does it miraculously fix all relational problems? Of course not, but it is extremely effective. It works because positive action and affirmation softens our perception and makes us more tolerant of one another: *"Love covers a multitude of sins"* (1Peter 4:8). Most people experience the effects of an upward spiral when we are in the courtship stage of a relationship. At first, we tend to

be very positive... either the flaws of our lover are not yet noticeable or they simply do not matter. However, as we become more familiar with one another, the imperfections become more vivid and we begin to think it is necessary to point them out. It may not seem like a big deal at the time but each little 'zinger' takes a couple down, down, downward. The good news is that you can decide to live in a downward spiral and tolerate the negativity or take the necessary steps required to live in an upward spiral and enjoy affirmation and positive feedback; the choice is yours.

This technique also works for us as individuals. If we focus on the positive in every aspect of our lives, we have the capacity to stay in an upward spiral and have a steadier sense of well-being. For more information about the upward spiral, visit the [Applied Neuroscience Institute](#). [Back to Top](#)

Parenting, Cont'd

train children to be well-behaved; others want their children to excel in sports; while some are adamant that their children get top grades in school. All of these values are valid and worthwhile but how does one go about instilling them?

It is certainly more direct to criticize a child's shortcomings or to try to shame him or her into doing what we believe will make them a better person but the end does not justify the means. No matter how we might attempt to candy-coat negative guidance, criticism 'kills.' Presumably, the objective of parenthood is to raise happy, successful children and our level of happiness is by and large connected with the level of our self-esteem. *Self-image is everything...* It is therefore imperative that parents find ways to instill their values in a positive, life-giving way.

Will you be 100 percent successful? Probably not. Yet if you do your best to validate the personhood of the little ones entrusted into your care, you have the capability of giving them an impressive sense of worth and helping them to grow up knowing themselves as the beautiful creations that they truly are.

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Believe It Or Not, Cont'd.

the poor and the disabled. They were to be first in the coming age when God would rule over all the earth, he said. At least some among those who heard him and became his disciples saw in him the fulfillment of their national hopes for Israel. They identified Jesus as the Messiah (Hebrew for 'anointed one,' later translated into Greek as 'Christ') whom they expected to come and set the people free. A demonstration he staged against the Temple in Jerusalem during the season of Passover led to Jesus' arrest by the authorities in the city. Like others around whom messianic expectations had swirled, Jesus was judged to be not only a religious deviant, but a political threat. He was crucified on the order of the Roman governor of Judea, Pontius Pilate, around the year 30 CE.

More about the life and death of Jesus in the next edition.

You are invited to read the book* and/or [visit our blog and offer your comments.](#)

*Dale T. Irvin, Scott W. Sunquist, History of the World Christian Movement (New York: Orbis Books, 2001) 1. [Back to Top](#)