



Amara Pagano: New Discoveries of the Body's Intelligence That Support Conscious Dance As A Healing Art



Amara Pagano is a leader and innovator in the world of conscious dance. She is the creator of the School of Azul and the co-founder of [OneDanceTribe](#). She facilitates and trains others to create psychospiritual movement experiences as a path to the heart. Explore some of the new scientific discoveries that support the healing that happens through Conscious Dance.

TOP EMBODIMENT TIP:

Walk down the street, feel your feet and through that connection, feel the wholeness of your being.

Science shows us that we are living in a connected universe

- Science is coming closer to being able to give credibility to what spiritual paths have been saying.
- We are indeed living in a connected universe. The feeling of separation we have is one level of reality.
- We are intimately connected to all life.

The body

- Science tells us that our bodies have hundred trillion cells which communicate in perfect harmony to create you.
- Enormous amounts of information are communicated in a highly structured way.
- Separate from that intelligence we are a part of a field.
- Our bodies are basically emerging from and collapsing into that field from the information in the field every second in a beautiful intimate dynamic dance.

Space

- Science is now also able to understand that our bodies are really made up of a lot of space.
- Though we experience our bodies as dense, there is also a quality of spaciousness.
- Space is full of information. It is alive and we exist in its feedback loop.
- We transmit and communicate through space. Dance supports the way that the information rises into awareness.
- There are magic moments where we receive something important for us.
- When we clear something in us, that is maybe very old, we create a different possibility for our children by sending a different message into that feedback loop.
- Feeling something in the present moment affects our future or the past.
- When we are dancing together we communicate through space and perceive through the intelligence of the body.

There are many minds in the body

- There is a growing understanding of the many brains in the body: the belly, the heart and the brain.
- Information is often received from the belly first, then the heart, then from the brain.
- There is an enormous amount of information received through our feet and skin via neural intelligence.

Resources

- ◆ **Website:** pathofazul.com/embodiment



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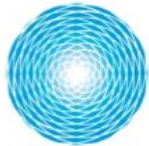
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Amara Pagano is a leader and innovator in the world of conscious dance. She is the creator of the [School of Azul](http://SchoolOfAzul.com) and the co-founder of the global conscious dance community [OneDanceTribe](http://OneDanceTribe.com). Azul is a path of personal transformation that supports the awakening of consciousness and recognizes that, as we transform ourselves we create the conditions for our world to transform.

The **Path of Azul** is a map for life designed to take participants through a journey of healing and self-realization utilizing dance and the body as vehicles for exploration. Azul has three gifts for all Embodiment Conference participants.



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