



**She is the fire that ignites you into action, into dance. Once ignited, she connects you with the airy map of star consciousness and you flow in waves of surrender to the trance.**

#### Who is Ecstatica?

She is the cosmic dancer. She takes you into the realm of ecstasy through dance. She opens the portals through trance states, and aligned surrender. She expresses herself through ecstatic dance, in many cultural forms and beyond into pure energy. She loves to get into the ecstatic vibration and share it with others.

She is present in the energy fields of Shamanic dancers from Africa, Bali, Sufis, to the ultra futuristic zones of black light and psychedelia of the new trance dance and rave culture.

#### Location/Sphere of Influence

Dance floors all over the planet/in any trance dance.

#### Allies

Dancers and the dance of all beings, right down to the dancing molecules and in the dance of the air in the trees, the wind on the waves...

#### Nature & Description of Dakini

The portal of Ecstatica opens, an interdimensional rave, a black light dance floor built from her being.

Ecstatica is seen in different forms as she merges with and emerges out of the dance, each taking their turn on the dancefloor. The dancefloor is open to the sky and the party extends out into the starry firmament beyond.

She uses the vehicle of her dance to connect with the consciousness of the stars and offer her ecstatic energy to them. Different dances relate to different star portals. She is shown bathed in starlight and moving light waves as she dances. She is a kinetic black light painting. She is another stitch in a Huichol Indian trance tapestry.

Ecstatica is here to harvest all that energy that gets built up on the dance floor with nowhere to go. She says if you offer it to her, as representative of the Great Goddess, then you will be eligible for the blessings that naturally shower back down.

She helps weave together with her movements the energy of all dancing molecules that dance the dance of life.

She is present on every dancefloor. She moves around. Look for her.

### Divinatory Meaning

You need, you deserve to have more ecstasy in your life.

Check out Ecstatica and experience how she gets herself into the zone.

Do you dance? Ecstatica is here to invite you onto the dance floor. Her dance floor is the portal to Ec-stasis (to stand outside of oneself).

A need to just get out of your ego and your sense of self, of who you think you are once in a while.

A need to forget yourself by surrendering to something that takes you over and dissolves you. Find what kind of music and what situation will allow that to occur.

Ecstatica's portal is very action orientated. She wants you to wake up in your body, to feel her in your movements. She wants your very cells to dance and remember they are stardust, dancing with the stars.

Explore different approaches to your trance dance. Many indigenous dance forms use the power of the collective dance pattern, where all the participants share the same set of movements which are repeated over and over, often for long periods of time. The merit of this approach is that the participants find themselves entering into a collective trance, where they find themselves part of a wave, insignificant, yet vital. They feel the importance of their participation, that it is only by each individual fulfilling their role that the great harmonic wave of existence can continue to be. They are both lost and found, surrendered to the whole, but acutely aware of each and every being's vital role.

Contemporary society tends to favor individual expression. Find your dance. Try out anything.

No one is judging. Ecstatica loves it all.

Ecstatica loves how the heartbeats of those on the dance floor synchronize with the music...

Treat life as a dance and move gracefully through it.

If you are in a crowded situation, hear music in your head and move through the crowd fluidly as if dancing. People don't generally bump into each other on the dance floor.

Dance as release. If you have a lot of emotional energy bottled up – (have you?) Ecstatica shows the way for you to channel and release this energy. Dance it out.

Ecstatic dance as the means for working through blockages of a physical and/or psycho-somatic nature. Much illness, on a bodily level and on mental and emotional planes too, is caused by stagnant energy, energy that gets stuck and won't move through. Ecstatica wants you to shake it all out and shake yourself free.

Spin like a dervish, like a whirling molecule.

Everything in life dances their dance. The wind dances through the trees and the leaves quiver rhythmically in response, the waves dance in their patterns and formations, my fingers dance across the keys as I write these words...

See yourself as a dancer in all your actions and you will acquire an aura of grace.

Surrender your thoughts when you dance. Forget everything. Just be in the moment of the dance and lost in it.

Your kind of dance, your way of 'getting into the zone' and out of the constricts of your 'normal' persona may not look like what we understand as dance. It may be a sports activity, an exercise routine, cooking as therapy... Whatever it is that you choose to lose yourself in and find your bliss, treat it as a dance.

Dance as you make love, it is the ultimate couples' dance. Put on music in the bedroom, dance the dance of love with your partner until the dancers disappear into the dance...

You are dancing the Dance of Life at every moment.

### Indications

Simply put, you need to dance.

Taking things beyond the normal limitations you may place on yourself and do it in a safe space.

### Practices

Dance. In a public or a private place, dance until you lose yourself to the dance.

Take all the stresses and emotions you are, and have been, experiencing and bring them all up.

Use any negative energy as fuel to energize your dance, whatever source it comes from, whatever its nature, you can use it as energy. Dance through the emotions, act them out, dance them out until they are spent.

Keep dancing until your limbs tremble.

When the experience peaks, offer the energy of your ecstatic feelings to Ecstatica.

Use your dance to communicate:

1. With yourself. Let your body lead, let it take control as it synchs up with the music. Listen to your cells and dance with them as they dance in you.
2. With others. Let dance be a means of communication. Express how you feel to someone else or to others through the medium of dance.
3. With life. Imagine yourself, as a stalk of corn in the wind, a frond of seaweed, a dancing molecule. See yourself dancing in time with all the other cells and molecules, see yourself as part of a field of corn, part of the dance of the sea... You are part of the bigger dance, but an intrinsic part of it. You must keep dancing.

4. With the Divine. Let your dance be an offering to the Dakinis, an offering to the Goddess, to the celestial bodies and let them dance through you...Dance with and for Ecstatica. Dance as Ecstatica.

Use your dance to attune you to the rhythms of life and to cosmic vibrations.  
You have to feel it to get it says Ecstatica.

NB If you have any kind of physical condition that prevents you from dancing, there is still going to be some part of you that can dance, even if its just in your mind. Ecstatica is a very action orientated Dakini, so the physicalisation, the actual experience in the body, is very important for her.

### Dakini Transmission

I release from my heart  
All the starlight  
As I spin and twirl  
I do unfurl  
Myriads of paths  
Between me and the stars  
As I dance  
On celestial dancefloors

### Affirmations

I can dance  
Through my dance  
I can access  
Realms beyond  
My own limitations  
I am capable of ecstasy  
I am open and I am eligible to receive ecstatic feelings