



### **Natale Trance Dance ~ Dance of Life Experiences**

“Trance Dance was divine. I felt like I was radiating pure love. I found the same freedom, joy, bliss and love that I experience when I am serving others. It is what you wrote about, unconditional love. Connecting to our primal experience we see we are love and light encased in a form. Movement allows us to release, share and receive that love, light and life force. That was so opening. I see it’s healing powers. I experienced them. Thank you. Thank you. Thank you!”

~ Angela, Oklahoma City, Oklahoma

"It’s hard to put into words, but my trance dance experience was totally liberating, as if I left on a marvelous ecstatic trip. Without any outside distraction I was able to journey to new heights within my body and mind, that I could only dream of otherwise. It’s like reaching a wonderful altered state safely and enjoying it for a nice long while. The Natale trance dance is a perfect companion to my yoga practice. I experience a state of oneness, peace and elation with the breathing and ecstatic movements and can really let everything go."

~ Alyse, Woodland Hills, California

“When I Trance Dance I feel safe and secure, which allows me to turn off my mind so my body can flow with the music. As a yoga teacher I am well aware that we hold blockages (mental, emotional, physical) in our bodies and in these Trance Dance sessions I am able to dance and feel deeply so my body just moves with the music. After the final relaxation, I always feel like I had a delicious massage and feel cleansed and renewed. Children get how important it is to move the body and be in the flow and as adults we have forgotten. This is an experience I wish everyone would try.”

~ Celeste, Tulsa, Oklahoma

“Trance Dance takes courage. Blindfolded, you strip yourself of expectations and agendas and allow Frank Natale’s music to be the conduit for transformation. You slowly unwind, relax and let the beat carry you into a subconscious awakening. Time is suspended and the line between dreams and reality becomes blurred. In the most amazing way possible you are living the moment, yet watching it unfold from somewhere else. Your body moves to the rhythm and the chanting until you are no longer in charge. It is in there, in that dance, real freedom comes; true fearlessness with no judgment. Natale’s music is key to taking participants to that deep, deep level of being. And it is here that all possibilities for transformation and healing can and do occur.”

~ Jan, San Pedro, California

“My daughter was 10 when we had our first Trance Dance experience. I remember giving her a stern motherly look before we tied our bandanas around our eyes, as if to say, ‘Just because I can’t see you doesn’t mean I’m not watching.’ About thirty minutes into dancing and having a good time, I peeked – I had to – at my girl. I wanted to know if she was into it. And she was, crawling around the floor and in a completely different place than where I was and DEFINITELY didn’t need supervision! Later she said she liked being all the different animals. I didn’t know what she meant.

I did the Trance Dance Training a few months later, and I understood what she meant. In that intensive, I rode on a turtle’s back, I WAS a turtle, a wild boar ran at me and turned away at the last possible second, I was a human sacrifice dancing into a fire and completely unafraid. ‘Oh, The Places You’ll Go’ in Trance Dance! I was so grateful my daughter had such an opening, an experience of life beyond the boundaries of skin and rationality, or whatever, at such a young age. I know she’ll always remember being all the animals the same way I’ll always remember my experiences. What they mean, I’m not sure, but look where they lead – to liberation from limitation – a real EXPERIENCE of that!

Frank Natale and Ralph Cissne led that intensive. At one point we were practicing ‘soul hunting,’ and lying on the floor. A woman near me began crying hysterically and I was annoyed. I didn’t ‘believe’ her. I thought she was putting on some kind of show. Then Frank kneeled beside me and lightly pressed on my sternum. Tears and sobs came pouring out of me uncontrollably. His pressure didn’t hurt at all; it was just as if my sternum was labeled ‘Press here to make her cry.’ I asked later why he did that, and Frank said he was just led to.

Frank Natale knew what he was doing. I trusted him. He had no patience for ego. He’d get it out of you the way he was led to get it out of you. For me it was pressing on my sternum. I watched him use different techniques with others in

the room, and until it was your turn, it was hard to really understand what was going on, like the woman next to me, crying. But the trust had already been established, so you knew when it finally was your turn that you could completely let go and be who you were meant to be.”

~ Rosie, San Pedro, California

“I was introduced to Trance Dance by Frank Natale in 1991 when I was 21 and had a one year-old daughter. I discovered the value of letting my body move just the way it wanted, a relief to move without the need to please anybody. Total freedom! I participated in the Trance Dance presenters training in Amsterdam with over 40 others as Frank guided us for hours and hours of dancing. It was amazing! After phases of boredom, physical tiredness and annoyance my body totally took over and began to move in a way I had never experienced. My body became more relaxed and ongoing problems disappeared.

After a couple of days of breathing and dancing to the rhythms of all kinds of music my emotions and my mind also relaxed. It was such joy to dance and I felt like I never wanted to stop. And out of this experience suddenly an incredible power raised up my spine. My body was dancing wildly and then it was like an inner explosion of pure ecstasy! I felt totally uplifted, my whole body somehow transformed into energy. No sense of time or space, pure dancing, pure being. I had no idea how many hours had passed when Frank finished the session. I lay down to rest on the floor, totally still and silent without any movement, without any thought.

When the other participants returned I sat down for the group sharing. I felt totally happy, totally at ease and totally newborn, but was unable to speak. There were no words to express what I had experienced! Later I received a letter from Frank telling me that my energy had been awakened. Although I faced many different private problems by that time, whenever I danced, I got back into my power. Now, at aged 42, I still appreciate Trance Dance as one of the most powerful ways to reconnect with your life force. Thank you, Frank, for giving such a wonderful and enduring gift to my life!”

~ Katharina, Vienna, Austria

For more information visit [FrankNatale.com](http://FrankNatale.com)