



Trance Dancing with the Jinn: The Ancient Art of Contacting Spirits Through Ecstatic Dance

Yasmin Henkesh

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Explore the living tradition of trance dancing, the practice of connecting with the subtle energies and secret knowledge of spirits through rhythmic movement to music. Written by an expert teacher who has trained and performed with top dancers in Paris, London, and Cairo, this meticulously researched, hands-on book delves into the history and modern practice of ecstatic dance. Discover a range of religious and spiritual trance dance traditions—from Egyptian zar ceremonies to Sufi whirling dervish techniques—and the entities you can contact through them. You’ll also find a detailed how-to section that provides a safe, effective, and fun way to connect with the ethereal realm from within your own home.

Praise:

“This is a must-read book. Keep Ms. Henkesh’s book in your reference library for the well-researched richness of its information and its understanding of the many types of zar.”?Sahra C. Kent (Saeeda), dance ethnologist and founder of Journey through Egypt

“Yasmin writes beautifully and with great joy. She has done impressive research . . . into the mystifying corners of the supernatural and into the remarkable interfaces between body and mind.”?Robert Lebling, author of *Legends of the Fire Spirits*

“Through a deep exploration of myth and science, history and belief, [Henkesh] reveals a compelling insight into these unusual yet ancient practices. Definitely a valuable resource.”?Laura Tempest Zakroff, fusion and sacred dance pioneer, performer, instructor, and author of *The Witch's Cauldron*

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Amber Orlowski:

A lot of people always spent their own free time to vacation or go to the outside with them household or their friend. Did you know? Many a lot of people spent they free time just watching TV, or playing video games all day long. In order to try to find a new activity that is look different you can read a new book. It is really fun to suit your needs. If you enjoy the book that you read you can spent all day every day to reading a reserve. The book Trance Dancing with the Jinn: The Ancient Art of Contacting Spirits Through Ecstatic Dance it is very good to read. There are a lot of people that recommended this book. These were enjoying reading this book. If you did not have enough space to develop this book you can buy the actual e-book. You can m0ore quickly to read this book from a smart phone. The price is not to fund but this book offers high quality.

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