



To Be and How to Be: Transforming Your Life through Sacred Theatre

Peggy Rubin

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Life can be experienced as a great play — sometimes a comedy, sometimes a tragedy, sometimes an epic, sometimes a satire, but always a play. We can think of ourselves as the main character in our own story. Author Peggy Rubin brilliantly uses traditional theatre as a metaphor for living life more authentically and joyfully. To understand our lives as a sacred art form, Rubin traces the roots of theatre to ancient rituals that celebrated the eternal nature of the soul. She provides the tools to tap into the nine powers of sacred theatre so that our lives can resonate with our highest purpose, including The Power of Incarnation, The Power of Story, The Power of Place, The Power of Now, The Power of Expression, The Power of Point of View, The Power of Conflict, The Power of Audience, and The Power of Celebration. "Playing the play of life is a daring adventure," says Rubin. "It takes courage, focus, excitement, and intention to stop just letting our stories happen and instead enact them with verve and delight." Here she invites readers to take the stage of life and play their story for all it is worth.

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