A photograph of Jonathan Horan, a man with short brown hair, wearing a black sleeveless shirt and black pants. He is in a dynamic, low-to-the-ground pose, leaning forward with his hands pressed against his chest. The background shows a dimly lit dance studio with other people in various poses, some sitting on the floor and others standing. The lighting is warm and focused on the foreground subject.

TENDING THE FLAME:
Jonathan Horan, 5Rhythms Global Executive Director and Director of the Moving Center New York, is the son of 5R founder Gabrielle Roth and was her closest collaborator throughout her lifetime. Immersed in the practice since birth, Horan has been a certified 5R teacher since 1988. As the designated keeper of Roth's 5R flame, he continues to be the key catalyst in its evolution and expansion globally. His path includes teaching her ground-breaking vision via the complete 5R workshop curriculum and overseeing all teacher trainings for certification worldwide with insight, passion, and precision.

The Son Also Rises

Interview with 5Rhythms' Jonathan Horan

PHOTO: MORGAN PAE BERK

Gabrielle Roth, cultural meme and founder of 5Rhythms declared her son the heart of 5R and heir to its spiritual fortune and flame.

Living a life immersed in collaboration with his mother prepared Jonathan Horan for his ultimate destiny: to be the current embodiment of 5Rhythms® and the conduit for its growth and evolution. Rising out of mourning and chaos in the wake of Roth's death last October, Horan carries the torch with courage and self-acceptance to fulfill the continuum of her work, her 500-year vision, and her final prophesy. He shares his plans to unite the masculine and feminine at the core of 5R and dance the movement to its modern fulfillment. **INTERVIEW BY LAURA CIROLIA**

You began dancing with your mother very early in life. What does a child learn dancing 5Rhythms?

JH: Doing 5Rhythms taps a child into the energetics of life. It's a wonderful way of seeing, experiencing, and feeling the world. The answers it provides are so compelling. You can see straight to the heart of the matter. You associate the difference between feminine and masculine, flowing and staccato and can see and play with how they fit into your thinking to create a new language. How you can speak into the world. Not just saying something predictable.

As a child, I discovered the physical is tied into a common language that isn't limited to just words and takes into account self-expression. And that validates the movement. It's not an intellectual understanding of what movement is. Even as children we formulate whether we are more mental or physical. Dancing 5R at an early age gives us more language and acceptance for the differences we see in people. Kids are in their imaginations and have not been cut off from their willingness to express by the limits of life.

I grew up around adults who were accessible to me. When I was on the dance floor, I felt a sense of equality. I had my dance and it was worth meeting and sharing and exchanging. As issues and challenges came up in life, I had a place to work them out. A great outlet. Supportive. I had my place in the circle regardless of my age.

I was led into the conversation very early. I clearly got that I could learn from my body. I could get the answers to my questions from my body. That was a giant piece in

my development. I answered a lot for myself. One of my long-term goals is to carry this work to children around the world at earlier ages – open the experience for them to grow up with this practice like I did. I absolutely loved being in the learning environment of 5Rhythms and I started my conscious awakening at an early age, seeing what life was going to be like as an adult, constantly being surrounded by adults in catharsis.

You're at the helm of a business that's also a calling and a community, as well as an evolving entity.

How does a person run a business like this?

JH: The first step is to build a sustainable foundation that is business. The goal Gabrielle and I set for my lifetime: Conscious Business. We are focused on purpose beyond profit. I find people are scared to put business next to 5R in the same sentence, like it doesn't belong or will taint the offerings. Business has the greatest means and resources to propel the greatest good. In the world we live in, one simply can't share this work without the work supporting them to eat and care for their families. It's a reality and I'm searching for a way to bring this symbiotic relationship into the light. It does not have to be all about shadows. It can be comfortable to talk about money and structure as long as money and structure is created where it's needed and it's the purpose for the work. 5Rhythms continues to improve our model where we use the business as a force for good, instead of doing good to put money in our pocket. Create public benefit. Purpose driven, not money driven. And be comfortable in that money. Earning a living to

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feed our families is what makes us able to deliver the purpose. There is some odd standard in our world. You go buy a book and learn from it and never think twice about the fact that you had to pay for the author to write the book, a publisher to print it, a store to sell it and that is the only way the words can make it to your hands and eyes and you can be a better person for all for that happening, supported by and supporting the business of it and being able to read it.

How are you stepping into a leadership role?

JH: In the empty space left by Gabrielle, a group of our elders naturally emerged in support of Gabrielle's vision to continue the unified field. We have been working together to create containers and clarity in our practice so the fluid and creative can expand to their greatest potential beyond people who knew Gabrielle. Gabrielle mandated me to put the structures in place that would move us forward in this respect. There is no set time-line on this. We follow the ultimate teaching. Sticking to the Feminine. Knowing the Masculine, allowing things to emerge naturally and fluidly. I have meditated deeply about how to be a conscious leader, keeping my focus on we, rather than me. A conscious leader inspires, fosters transformation and brings out the best in those around them. I feel there are many members of our 5R community whose talents have yet to be given the opportunity to shine and I am

slowly empowering them in support of Gabrielle's vision.

As we evolved into having teachers and different levels of teachers, it was clear a powerful structure was crucial to hold the vision's most positive potential. Gabrielle left us on the precipice of going mainstream. We are organized now in a way that includes rules and boundaries. I feel boundaries create more freedom not less.

There is an anchor holding the ship. Stability and guidelines for the greater good.

Gabrielle was focused on this during her final years. Her 500-year vision. She put her mind into feeling out how that was going to look. And it had to be about the practice and not the people. She left me no small task with my highly creative band of social outcasts.

We aren't scared to erase the pieces that didn't work. Gabrielle said this transition is the time for chaos. We are living in the age of chaos and chaos allows us to break free of what's not working for us. We must embody our own teachings, honoring the clear body of work Gabrielle created, following the 5Rhythms Maps with integrity in this transition and allowing the shedding of the skin. We are in the year of the Chinese snake and this is quite fitting for where the 5R community is at right now.

The 5Rhythms Reach Out™, a non-profit organization founded in 2007 by Gabrielle raised over one hundred thousand dollars this year through our teaching communi-



“Put the body in motion and the psyche will heal itself.” – GABRIELLE ROTH

Sometimes you have to take a leap of faith and trust that if you turn off your head, your feet will take you where you need to go.

All relationships are about seeing the Beloved in the other and coaxing it out. They are about maintaining awareness of yourself while giving your attention to the other.

Underneath it all we are tribal individuals. We seek connection because we need to know we are not alone on this planet.

What we need to do is let go of the attachments that we carry, whether they be physical, emotional or mental so that we can celebrate our existence here.

We all share the wound of fragmentation. And we can all share in the cure of unification. Healing is the unification of all our forces—the powers of being, feeling, knowing and seeing. — GR

ty worldwide and benefactors that have rallied around Gabrielle's vision to bring 5R back to the places that inspired the root of 5R – hospitals, schools, and under-served communities. Our board of directors will share the vision and vehicle for this in the next few years, building upon the Montefiore Albert Einstein School of Medicine program Gabrielle initiated before she died. Doctors, caregivers, interns, and patients all dancing 5Rhythms. Interns around the nation have inquired how to bring 5Rhythms to their hospitals and we are honored to shepherd this powerful healing. Having spent the last few years being held by doctors and caregivers around Gabrielle's cancer, I see this as a giant step forward in tending to those that tend to our families in our most critical moments.

What was the original transmission and origin of this cultural meme you're now the torch bearer of?

JH: Gabrielle's work started with children and mental patients, researching simple ways to get the inert and direction-less moving and the young to discover the power of their bodies and true sense of self. She was invited by Esalen and other well-knowns such as Fritz Perls, the founder of Gestalt Therapy, to bring what she created into their classrooms for those seeking other forms of healing.

How have you experienced 5R evolving?

JH: When I was growing up the entirety of the 5R world came to life only when Gabrielle held a workshop. There were no classes, no teachers, just her and her unpredictable, wild, off-the-cuff, inspirational embodiment of life in the moment. She always worked off the group in front of her. She was a true master in her late twenties and we hadn't really seen anything yet! It hadn't yet been broken down into the beautiful containers that she later mapped out that became the clear form of her work as she wrote in her book *Maps to Ecstasy: Teachings of an Urban Shaman*. Waves, Heartbeat, Cycles, Mirrors, Tribal Mirrors, Naked Soul, God, Sex, and the Body are the 6 workshop levels and compose the body of 5R work.

A little later the family and an amazing band of dedicated students came together at Tarot Farm in New Jersey for the deep investigations that would become the work as it's known today. The original Gabrielle Roth and the Mirrors Group served as the players and the dance was slow and steady with her perfect timing. Gabrielle's 'home' was

Flowing, a very feminine rhythm. It took many years and excruciating pain to come from the 80's to the present, to bring the masculine into the practice on an organizational level. She travelled the world teaching globally and was constantly asked to train others in her method. When I was 17, I remember an amazing moment in our apartment. My mother turned to me and asked whether I wanted to be the only 5Rhythms teacher in the world when her lifetime came to an end or whether we should have other teachers. She felt the pressures from the outside to have a training. I simply said, 'I can not stand alone. The 5Rhythms are too big and if these 5Rhythms are to reach as far as possible it can't be just the two of us.' I didn't want to be lonely in this world and I'm thankful for the support that surrounds me to this day. Thirty years of Gabrielle's research and advances in her distinct methodology, fifteen-plus albums and hundreds of thousands of dancers later I feel we walked the true path in this decision, holding the integrity and purity of 5Rhythms Maps above all else. Gabrielle made a clear decision in her lifetime to have all the teachers begin and grow along their teaching path from one entity. We continue to honor this direction by holding the work within 5Rhythms Global to ensure our future.

Dance and heal thyself. And for a teacher: healer, heal thyself. Gabrielle to the end told me to keep reminding everyone that teaching is a lifelong commitment to being a student. 5R is not about feeling safe. Being perfect. Holding hands. 5R is about being exposed. Being cracked open. Going somewhere that you've never felt before. Not being comfortable in being held and cradled. Seeking the edge. Learning, growing, co-creating with the divine happens only on the edge.

Gabrielle was very specific. While she loved her yoga practice, she didn't want her work to go the route of yoga or therapy. She didn't feel her 5Rhythms and her Maps layered on top were there to move around. Take this map and switch it with that one, moving pieces in out and around. Borrow only this part of the methodology and call it your own. She did not feel 5Rhythms were the same as yoga poses or to be generalized, intellectualized or borrowed from in the world of therapy theory. 5Rhythms has a specific order. The Wave, and each Map level has five very specific and clear teachings. These containers were simple yet extremely defined, fluid and spacious and she

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wanted her teachings to remain pure.

We Flow every time in class teaching us to respect our body and our instincts. In Staccato, we are given permission to have a full and expressive emotional world in our dance and also to honor that in our every day life.

The rhythm of Chaos teaches us the dignity of breaking down and crying and holding our heads high in who we are as we shatter. Lyrical rebirths us into our own sense of self. We can be our most connected selves to those around us and to the big dance of life. Stillness is truly our soul's dance. Our highest evolution. Our reminder to hold endings with integrity. We end our wave in the rhythm of Stillness, which allows us to dance in the subtleness of the divine intelligence that is always leading us through a deeper sense of integrity. This is Gabrielle's 5Rhythms. This together makes up The Wave. This is the practice and we carefully train our teachers how to hold and guide 5Rhythms. I was born into this and I'm grateful for learning this energetic language that allows humans to communicate on ever-deeper levels. This is the gift that Gabrielle has given us that we can deny or embody. I have always respected Gabrielle as a friend, a teacher, and a mother. She gave us a dynamic dancing practice to hold like we hold our own essence. She offered us the Heartbeat and Cycles work to fill in the gaps where our own society leaves gaping holes in our humanity. She gave me the mirror to hold, when dancers were truly ready to be on that edge. Willing to be completely naked in their own self and see their ego, and while impossible to fully get rid of ego characters, to learn to acknowledge when they are creeping



in and taking over. I did my first 10-day workshop at the age of seven. All of the teachings were passed on to me over 40 years on the floor with Gabrielle and within the inter-family circle. I have lived and breathed 5Rhythms for the entirety of my life. That is a gift; to take care of 5Rhythms and have 5Rhythms take care of me. Historically, my mother created one of the world's most powerful movement cosmologies and it is my prayer that it will be a launching board for its most beautiful and healing elements to move into more segments of society. To be a part

of the world of 5R from the very beginning is to give back. It is of being in service to the greater good. This starts with draining out our excess energy and emotional world on a weekly basis to being able to help thousands if not millions



in need internally and externally. Movement is our medicine on all levels. It also keeps us humble and connected to everyone around us instead of isolated and separate. We are the community. We are the sangha. Everyone dancing forward down the dancing path. Together, as one, in service to the greater good.

The Moving Center® community in NYC has always been the center of this body of work. For over 30 years it was Gabrielle's laboratory, providing the raw landscape that fed and was a catalyst in the philosophy that is 5Rhythms practice. She described NYC as a refuge of rhythm for those who are hungry to maintain a real self

within the creative pulse, urban edge, and tribal soul of Manhattan. She felt New York was most exciting place on earth as it perfectly mirrors the complexity and challenges we face when we look within.

What is the nature of change in a modality?

JH: The source of real change is from practice. The more we practice, the bigger the opportunity to evolve. Action leads to commitment and a sense of continuing one's life as we become embodied beings. When I was growing up, 5Rhythms was very different. Especially the rhythm Lyrical. It was a true reflection that people only danced a few times a year. The practice was evolving because people were practicing and as the practice evolved you saw people interpreting Lyrical a new way. The expression of Lyrical had complexly redefined itself. When 5R is available with the opportunity to practice, it creates new possibilities.

What do you feel is the purpose of your life as it relates to this legacy? How has your path been influenced by being the son of a visionary?

JH: When I was 21, Gabrielle held a special workshop at the Westerbeke Ranch. The students were wildly diverse and creative with their practices and projects. I was seeking my spirit animals. My vision quest led me to the hills of Sonoma, day after day, walking, chanting, speaking to the spirits around me that I could not see but I knew were guiding me. I received a vision. A wolf, an eagle and a dolphin and ran excitedly to Gabrielle. She instructed me to wait while she retrieved something from her bedroom. She met me face to face, with her hands behind her back and asked me to tell her what animals came to me. I proclaimed the wolf. She smiled and told me to pick a hand. I chose her right hand and in her palm lay a silver bracelet with a wolf howling at a turquoise moon. She simply said, "I've carried this for 10 years everywhere I've gone, waiting for you to receive your spirit animals." Later I danced my vision of myself as a teacher and a healer, proclaiming 'I wear my feathers down'. Then I danced my spirit animals.

Gabrielle wrote a letter to me a few years later.

On that same day, when the Creator showed me my spirit animals, the Creator also spoke to me about this important transition. He said clearly, "You are a wild son and this will be good for you. And there will be a time that I will ask everything of you."

Dearest Jonathan,

The pregnant white sky holds the promise of more snow, as does the cold inside my bones. Somewhere between heaven and earth a raven sits at her computer with an ancient wordless song singing in her heart. She remembers the evening her son came barreling through the trailer door in Sonoma filled with an excitement that charged the space around them with an electric intensity. He had been to the mountain and prayed for guidance and prayed for his third spirit animal to reveal itself. He drew the card WOLF - a person with wolf power is a born teacher, pathfinder and innovator. "Wolf medicine empowers the teacher within us to come forth and aid the children of Earth in understanding the Great Mystery and life. As you feel Wolf coming alive within you, you may wish to share your knowledge - help others better understand their uniqueness or path in life." Raven thinks this was the moment of his calling to the teaching path. A calling that is just now reaching his ears. The time is right. The place is right. She thinks of his other two spirit animals - the EAGLE " whose medicine is the power of the Great Spirit, the connection to the divine. It is the ability to live in the realm of spirit, and yet remain connected and balanced within the realm of Earth. Eagle soars and is quick to observe expansiveness within the overall pattern of life." And his beloved DOLPHIN " the keeper of the sacred breath of life. Manna is life force. Manna is present in every atom, and is Great Spirit's essence. Dolphin teaches us how to use life-manna through our breath. It revitalizes each cell and organ, and breaks the limits and dimensions of physical reality so that we may enter the Dreamtime." To know yourself my dear son is to know how the wolf, the eagle and the dolphin weave their patterns, their gifts and their rhythms into your soul. This will be revealed to you in your service to others. Teaching allows us to discover and integrate what we have learned in this lifetime. I'm very excited for you, as I know you have learned much more than you can imagine. And I'm excited for the lucky souls who will be in your classes for I've seen and felt your magic and know it will be a healing, a source of inspiration in a time of great need. I'm sure you would've loved to have been a waiter or some other thing but the Great Spirit seems to have other plans and anyway many people can wait on tables, serve the body so to speak but few can serve the soul. The most mysterious thing about power, real power that is, is that the most expedient way to receive it is to give it away. To empower others. The Calling. It's your legacy, your tradition, your turn.

WE ARE ONE

A RAVEN LOVES YOU MADLY.

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That time is now. Since my mother passed, I've been given the responsibility of caretaking 5Rhythms. The community takes care of each other on the dance floor, and my spiritual task is to hold the purity of 5Rhythms, the core work. My mother didn't want 5R to morph into a thousand different versions, mutations, outgrowths, or 'inspired bys'. She was always clear in the past and I'm following her lead right now by being quite clear. If and when a teacher's work truly takes on its own form, that they take their spiritual and honorable task of removing 5Rhythms from it. It's OK. That can happen and that is a maturation of a teacher to stand on their ground and offer their own body of work that has moved too far outside of Gabrielle's 5Rhythms. The 5Rhythms that I am tasked to hold are the 5Rhythms of Gabrielle's truest vision. Practical. Accessible. Life transforming. In order to ensure the integrity of the work, Gabrielle created 5Rhythms Global. Its chief mandate is to hold all of 5Rhythms' trainings, archives, maps, music, books and video which will fund the organization moving forward past any people who knew Gabrielle. In unity for those who never danced on Gabrielle's floors. Gabrielle disliked that she became an administrator towards the end of her life. Boggled down with emails instead of evolving her work. Imagine what we would have received as an evolution if she had not been answering emails constantly!

She asked me to promise to not become an administrator as I carry this vision. To get 5Rhythms Global set up with a good team in place so that I can step back into the creative. The Vision. Evolving the work and its offerings. I am working towards getting there.

You are living at the intersection of personal interest and biological connection to 5Rhythms, your 'parent' organization. How are you both an individual as well as organized within this biocentric body?

JH: Gabrielle always considered me the heart of the 5Rhythms work as a student and as a teacher. This is my bloodline. This is my family's work. Gabrielle and I grew up together in this and built it up. I've travelled the world for over 20 years teaching.

If you remove the clarity and integrity of the Maps of 5Rhythms, the purity and heart of Gabrielle's 5R is lost and the organism as it was intended will dilute into the world of

conscious dance. If you take the community and students out of it, the heart has nowhere to pump its blood. Symbiotic community and 5Rhythms is teacher to students; feet to person; teacher to 5Rhythms Teachers Association; heart to soul; beat to song; breath to movement and body to spirit. Lastly, about parents. I really feel the idea of being the egg quite literally – organized within and carried in the mother's body for years before 'human expression'.

On that note, as the heir you have literally and spiritually inherited the copyright to a cultural phenomenon. How are you 'living' history?

JH: I think I've always been living history. Gabrielle always said that it was through childbirth she pinpointed the rhythmic roots of our bodies. 'The Flowing through pregnancy, the Staccato contractions, the Chaos of the moment, the Lyrical of the child's first cries, the Stillness of mother and son seeing eye to eye for the first time in this lifetime.' This was my start and the beginnings of 5Rhythms. Forty-three years later, history continues as Gabrielle left me the keeper of the 5Rhythms flame with these words when she saw Stillness on her horizon having been diagnosed with cancer: "First and foremost, you are my greatest blessing and I love you profoundly and am deeply honored that you have chosen to dance in my footsteps. I invite you to think of yourself as the keeper and protector of 5Rhythms, how they move, how they stay true to their original intent (to create art that is healing, healing that is art) and that they reach as many humans in diverse situations and communities as is possible. Yes, you will own the trademarks of 5Rhythms. This means that no one can use the trademarks without your permission. It is an asset in that you can license products, trainings, and schools. It will be up to you how you choose to use this to support yourself and the work. It's a business asset to be used wisely. Certainly know you can't do this alone. You need a grounded team. As keeper and protector of 5R you have the responsibility to keep the world we have built together moving, changing, breathing essentially by inspiring and guiding people to do their best and by doing your best to be a living example of its principles. Part of the responsibility as keeper and protector of 5R is heading the board of 5RRO. This is where I see our future. I feel 5RRO is like the

Red Cross of creativity and healing.”

No small task. I'm honored to continue living and guiding 5Rhythms history.

What do you love about your parents and family?

And how do you imagine family in your future?

JH: I was lucky enough to have four parents. They gave me many blessings and some wounds that have shaped me too. I was an only child until I was seven and suddenly was bound for life to two younger sisters and three older step-brothers within a few months. Perhaps preparing me for the day when I rather quickly got hundreds of teacher brothers and sisters, all of whom are Gabrielle's "children". The spirit of my statement meaning this: in the sense of all the teachers being born from the source. Jonathan the person loves nature, takes refuge in the mountains and by the ocean, in the desert and the swamps. He likes to hike and fish and surf and skydive and ride horses and dance and look at the stars. He dreams of a beautiful family. He picks up his dog poo! I am a recovering alcoholic and my struggle in that will always be where I came from and where I could end up if I don't constantly work on myself. No one who

teaches this practice is faultless, a perfect person. I know this because Gabrielle would never certify someone that was perfect, or in actuality, perfectly hiding their faults. We all have our own unique challenges in this lifetime.

Each day we can wake up and hold ourselves to the highest standards. Yet none of us are perfect in this. Nothing is more exciting to me than living a beautiful, clear, sober life with nothing in the way of living my dreams. Gabrielle taught me that working on your faults is a heroic journey. I am well on the way on that journey to the best version of me possible. As I work on my faults I know there is no strength more powerful than the privilege she has bestowed upon me to carry her work. And I know no strength more powerful than the divine dance of life.

Being a wounded healer is exactly what Gabrielle was, knew I was, and encouraged 5R teachers to be. Empowerment derived from humanness. Each of us is given a spiritual challenge in life, for some it is alcohol, sex, power, money or body issues. We can turn those challenges into teachings on our dance floors. Sons and daughters growing up in the household of a famous person have a spotlight shining on their lives and I was no exception to that. I



**A farewell
missive from
the etheric
weaver of
5Rhythms**

My Jonny,

I had Miss Morgan type this for me to give to you 6 months after I'm gone.

This letter is for you and I feel these words will be heard by many. Let them fly.

I held one mirror.

I held this mirror facing myself to dig deep within.

I held this mirror facing others to dig deep within.

I held this mirror facing me and others to dig deep within together.

This mirror allows anyone to walk away from it.

This mirror allows anyone to walk back to it.

This mirror does not shatter.

I gave this mirror to you.

Hold this mirror as I did.

When you look into this mirror you will always see me.

We are one. I love you.



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choose to move through my personal challenges and find the wisdom to guide others through theirs.

Where do you find your answers or access divine guidance now?

JH: Minute by minute the question is not how or who, but that you do ask and wait for the answers. On a day-to-day basis I'm always asking the Creator for guidance and inspiration. Where I have my deepest full body encounters with the big dance of life is on the dance floor. Dancing so deep beyond the past and the future, plugging into the master vibration and feeling that deep sense of connectedness of all things. That's why I'm so grateful for my feet. Who would have known that these feet could be a direct pipeline to God.

It's been almost a full year since your mother's passing. Has grief been a doorway for you?

JH: Yes, we are coming up on the anniversary of her death. In the last 11 months, I've had to communicate on a level that is unprecedented in my life and the sadness that is letting go of Gabrielle has only served to help me love the man that I am becoming. Wonderfully clear, communicative, listening, and keeping true to my mother's vision.

Have you discovered new gifts recently?

JH: My newest gift is the art of teaching people to teach, realizing that the patience of my thirty-year apprenticeship journey with Gabrielle has matured.

Over the past year we have observed the typical and predictable aftermath of a great teacher leaving this world. Shedding and reforming and everyone finding their place in this new wave. I discovered in these moments that we all have our own timing, our own metronome, and that the greatest gift we can give ourselves is to trust our own timing, intuition and instincts and give others the permission to trust theirs. The gift of one of the major vibrations of the soul is humility and humbleness and I have found both within. It's a gift to have love in your life and I don't think I could have made it through this year without my amazing girlfriend at my side encouraging me to give permission to my feet to step me towards the man that I am becoming. The greatest gift has been accepting the gift from my mother, the place she gave to me in our circle, and standing tall in the permission she gave me to be Jonathan and not try to be anyone else.

Why do you feel 5R needs to be facilitated?

JH: People don't have the inspiration to do that for themselves. I've only met one person like that ever, and that was my mother. The definition of a teacher is someone who came before you to access the information and guide you in those teachings so you don't have to figure it out yourself.

Being a facilitator is a blessing and a curse. We make many sacrifices along the way. To be an inspiration and a positive feminine and masculine force whether you are a man or a woman is a tremendous gift to thousands around the world. Being a 5Rhythms teacher means keeping the feet moving under all conditions and circumstances, internal and external. Much of the world's people are so wounded that they enter the shadow realm of general inertia. Many people seek to escape themselves whereas 5Rhythms teachers engage students to find themselves.

Does a 5R class size matter?

JH: Fewer than fifty is best when you start working with themes. Upon entry into 5R, it's good to have a big class. You need a group to carry you along in moments of great doubt. Exuberant, creative, cathartic and passionate movement can sweep us past fear, inertia and resistance. All of my life I've given classes for different numbers of people, but if I was the only one to show up I danced my heart out alone! The day is also key, as well as the time of year and general age of the group.

My class after 9/11 was an intense moment. We were just fourteen blocks away from Ground Zero and I served to help move this community of all ages, races, genders, sizes through the fear, pain, anger, and judgment that surrounded us on the streets of NYC in those shocking times. I was amazed how many people came to move and be moved through that shock. That was a grounding moment when I truly knew the gift I was giving to the world to help move through the tough moments in life was real.

Are lifestyle changes and special commitments needed to get the most out of 5R's or be a teacher?

JH: I think there is only one. To stay moving regardless of your circumstances. We are limited if we just want to have a happy experience. Have the willingness to show up. Move it around. See what's there. Look for something deeper. Know from within. We can get the real powerful answers from our deeper moving and deeper realms of

our feeling self versus our thinking self. That is why this is Moving Meditation. Breath connecting us to movement, movement connecting us to life. Human beings are so complex. They grow and learn slowly over time whether it is physically, emotionally or mentally.

We have to be willing to give ourselves that time to break the chains of the past. And if we do, it's inevitable that we'll have much to give back to the circle that fed us. As a 5R teacher I let go of my own selfish needs and act in service to our dance floor. And we do not force anything, a dance, a relationship, a rhythm, whatever we want that day. We encourage our students to receive the rhythms.

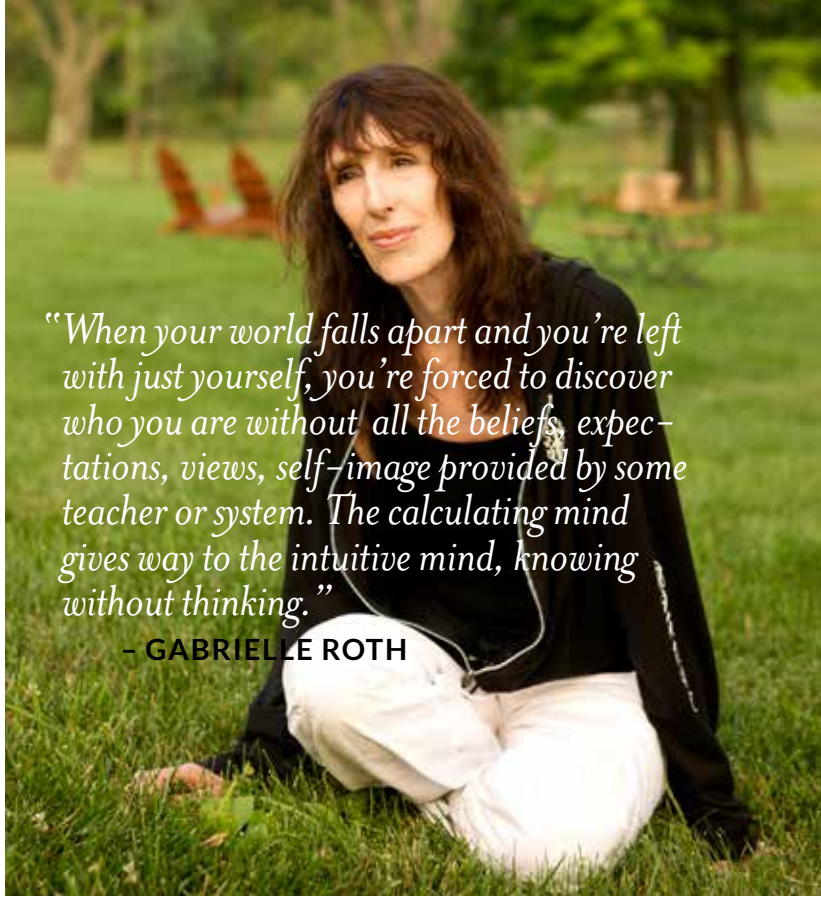
"I am nothing

I know nothing

I feel nothing

I receive everything." - Gabrielle Roth

"...as long as I'm moving." - Jonathan Horan •



"When your world falls apart and you're left with just yourself, you're forced to discover who you are without all the beliefs, expectations, views, self-image provided by some teacher or system. The calculating mind gives way to the intuitive mind, knowing without thinking."

- GABRIELLE ROTH

THE MOVING WORLD OF 5RHYTHMS

5RHYTHMS Gabrielle Roth's inspired vision and offering birthed in the late '70s. • Dancing 5R is a practice, yet it transcends dance. It is an initiation back into the wisdom of our bodies where we have the power to unleash movement's dynamic healing power. As a way to both work out and to meditate in the same breath, this profound experience of being in your body ignites creativity, connection, and community. It facilitates deep and unending explorations beyond self-imposed limitations and isolation. • Roth saw life as a series of waves to be moved through and realized that any music or mood can be categorized under one of the five rhythms. Each of the rhythms — *Flowing, Staccato, Chaos, Lyrical, and Stillness* — is interpreted by individuals in a personal way, enlivening the feeling of freedom. It can be exhilarating and deeply restorative, physically, emotionally, and spiritually. • 5R offers a container to creatively express a full range of feelings from aggression and vulnerability to anxiety, edges, and ecstasies. It has the potential to reconnect us to cycles of birth and death and hook us into humanity and the spirit of all living things. The movement is the medicine, the meditation, and the metaphor.

5RHYTHMS GLOBAL (5RG) Roth's map for the future of 5R. It is a foundational vision of the organization that connects and supports 5R communities worldwide. The archives of Roth's healing practice are maintained under this umbrella: the purity of each of the Rhythms, the Maps that make up The Dancing Path, and the integrity of the teachers. • 5RG's mission is to be the container for Gabrielle's offerings — holding the continuity of the full 5R workshop curriculum and the training of those seeking to embody a 5R dancing path. Continuing Roth's life goal: that 5R practice become accessible to everybody, bringing the opportunity to dance, putting the psyche in motion to unravel and heal itself. • The 5R community is a 21st century tribe bound only by the beat and the dancing path to freedom. History, culture, race, religion, gender or politics are irrelevant within their tribe of service-oriented, heart-based individuals who come together to embrace community.

5RHYTHMS REACH OUT (5RRO) A non-profit organization that offers 5R movement practice to diverse communities as a way to transform chaos and crisis into connection and creativity.

5RHYTHMS TEACHERS ASSOCIATION (5RTA) A professional organization for 5R certified teachers. It has regional administrators in the US, Europe, and Australia. 5RTA is a member of the International Somatic Movement Education and Therapy Association.

5RHYTHMS THEATER (5RT) Revolutionary theater that dissolves the fourth wall, the wall between performer and audience, and all the walls that separate us. • A rigorous, cathartic, heart-shattering investigation into the power of being real in the world. 5RT is Movement Theater that seeks to transform participants into an interactive explosion of rawness, originality, and tribal sensibility. 5RT events are crafted from the dojo of the body and the zendo of the mind. • Pieces are created in the moment, only to disappear back into the dance. 5RT labs are designed to develop actors into what the French playwright Antonin Artaud describes as "athletes of the heart."