

Frequently Unasked Questions

Why Embodied Creativity?

In many shamanic societies, if you came to a medicine person complaining of being disheartened, dispirited, or depressed, they would ask one of four questions.

When did you stop dancing?

When did you stop singing?

When did you stop being enchanted by stories?

When did you stop finding comfort in the sweet territory of silence?

These four universal healing salves were once so normal that when they became absent in a person others knew there was a loss of soul. These paths of creativity are today the much-needed pathways to peace making, stabilizing community and mental health. Increasing a sense of belonging and connection to the Source of Life, Higher Power, and a Spiritual Reality.

Why InterPlay?

To InterPlay is to bridge, mesh, and play between. As a practice, InterPlay is a good fit for spiritual leaders who help people move between body and soul, the individual and communal, I and thou, life and death.

The founders of InterPlay, captivated by the art, stories and wisdom within great spiritual traditions, knew the body had a vital role in how we live, and that creative art forms deliver liberation, healing, and contact with Mystery. They knew that each art form accesses a unique form of wisdom.

Discovering for themselves the joy of integration, they created InterPlay as a non-religious method to reclaim the fundamentals of body wisdom and creative practice that were previously imbedded in sacred cultures. These basics are not hard to access. When we do, the spontaneity and power we find feels like opening valves or finding buried treasure. This is perhaps why some bishops, clergy, rabbis, cantors, chaplains, and religious educators now claim InterPlay as a spiritual practice and find themselves adapting its practices to many a discipline, anywhere that people seeks to uplift body, mind, heart, and spirit.

Why Focus on Play?

Playfulness evokes the signature qualities of soul: spontaneity, freedom, wonder, curiosity, openness, depth of engagement, interconnection, passion, refined concentration, beauty, and unconditional regard.

"Will you play with me?" may be more important to know than "Do you love me?"

While play gets misunderstood as leisure, it is actually the highest form of spiritual presence. It is how we stay hospitable, light, open, resourceful, resilient, and creative no matter the situation.

An Ethic of Play shifts our work focus from financial reward and productivity toward higher purpose, teamwork, and regard for the earth. Play opens the way to synchronicity and innovation, desperately needed when antagonism and division are community norms.