



““When the body dances, silence opens up between the movements. In this space, every movement becomes a quiet connection with the past and the present.”

Brigitte Züger

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The magic of shared experience

As a Dance Movement Therapist, I repeatedly experience how movement opens up avenues that go far beyond the spoken word. When I move with my clients, a special space is created: a delicate web of impulses, moods, resonance, and mutual perception.

I often give instructions and then hear from my client: “That's exactly what I was thinking.”

In such moments, dance therapy and what some call quantum field awareness touch each other: an awareness that includes one's own body as well as subtle changes in the shared field.

Dance Movement Therapy, and quantum awareness emphasize in their own way that the body is a key to deeper perception. When I allow myself to feel my own sensations during a session—breathing, muscle tone, small movements, thoughts, moods—I also perceive more clearly the subtle, invisible information that exists between me and my clients.

Then intuitive insights arise within me. They feel natural, coherent, and almost like a kind of insight—even before my mind begins to classify them. This embodied knowledge is commonplace in dance therapy and at the same time is at the core of what is understood as quantum field awareness.

Science has so far been unable to explain exactly how such phenomena arise. Some speak of “frequencies,” others of atmospheric or relational dynamics. Even Rupert Sheldrake, who has researched such effects and observed them in studies, remains controversial in the academic world.

Regardless, these moments are a powerful tool in dance therapy for me. They surprise me again and again—and move me anew each time.

Takeaway:

We do not only meet each other in conversation, but also in shared feelings.

Do you have any questions or additional thought? Please contact us!

Warm regards from ZOE SCHOOL and happy holidays!

Brigitte Züger, School Director

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