



# To Be and How To Be

## *Transforming Your Life through the Nine Powers of Sacred Theatre*

June 2010 • ISBN 978-0-8356-0853-4 • \$16.95 pb • 6x9 • 247 pages

By Peggy Rubin

[sacredtheatre.org](http://sacredtheatre.org)

“I have always been able to employ in real life what I've learned in my theatrical training. Peggy Rubin has now made that process available to anybody who reads this book. It's very readable and I highly recommend it.”

—**Ellen Burstyn**, Golden Globe and Oscar-winning actress

A star is born, and that star is you! Author and renown workshop leader Peggy Rubin brings her twenty years of experience coaching professionals in *Sacred Theatre* to deliver dynamic and creative visioning methods for perceiving your life as a grand and ever-changing play. Shakespeare's immortalized words "all the world's a stage, and all the men and women merely players" exemplifies the heart of this book's empowering message. Like characters in a play, each of us wears an assortment of costumes and embodies multiple persona. 'Parent', 'spouse', 'boss' and 'customer' are a few of the many familiar "parts" the average person might play through the course of a typical day. *To Be and How To Be: Transforming Your Life through the Nine Powers of Sacred Theatre* demonstrates how to transform these roles, bringing realization and adventure to your divine purpose.

These nine powers of *Sacred Theatre: 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* are explained in detail with rich personal testimonies, artistic exercises and uplifting poems, allowing the reader to realize and engage life's deeper purpose. Exercises such as *Explore Who You Really Are* and meditations from Buddhist greats like Thich Nhat Hanh enable readers to view their lives with greater clarity and to become champions of their own destiny. *To Be and How To Be* also offers vivid descriptions of theatre's eight most prominent plots, demonstrating how these plots are so often played out daily life. Understanding scenarios such as the classic story of seduction *The Spider and the Fly* and trying relationship entanglements such as the infamous *Triangle* allow the reader to identify and resolve personal real-life patterns. We all enact a sacred plays fit with drama, antagonists, props and plots. This book directs us how *to be* in the midst of them. *To Be and How To Be* is an enlivening visioning guide for the individual and group work alike!

**Peggy Nash Rubin** is Director of the Center for Sacred Theater in Ashland, Oregon. Her professional theater career includes working in New York and Los Angeles and 14 years as staff member, actor and education and public relations director for the Oregon Shakespeare Festival. Since 1986 she has participated in Jean Houston's world-wide multicultural workshops as her principal associate as well as her U.S. based workshops such as Mystery School and the Human Capacities Program. Among her awards, Peggy says she remembers as most exciting having been chosen one of three float judges for the 1977 Tournament of Roses parade in Pasadena. She holds a BA from the University of Texas at Austin in Theater.

**Xochi (sōchē) Adamé** *Quest Books Publicist*



*I have always been able to employ in real life what I've learned in my theatrical training. Peggy Rubin has now made that process available to anybody who reads this book. It's very readable and I highly recommend it.*

—**Ellen Burstyn**, Golden Globe and Oscar-winning actress

*Peggy Rubin is a master of theater and the art of becoming. Her book-- a masterpiece in every way-- will hold you spellbound as you discover the drama of your soul and the purpose of your life. The unique expression of your essence--the Divine theophany that you are--emerges almost magically as you read this clear, penetrating, and insightful book and work with the exceptional exercises. Brava, Peggy!*

—**Joan Borysenko, Ph.D.**, author of *Your Soul's Compass* and *A Woman's Journey to God*

*Peggy Rubin has written a wonderful book full of theater history and mystery. Her love of theater and wisdom about life brings the reader right onto the stage and into the essence of their own story and how they fit into the great drama of life. Bravo!*

—**Michael Meade**, Author of *The World Behind the World* and *The Water of Life*

*If you are needing to clarify and manifest your life's purpose "To Be and How to Be" is a great guide. This profound book, filled with wisdom and compassionate understanding, offers you empowerment and the inspiration to live your true purpose in this incarnation. Learn through inquiry and practical exercises to be a fully awake sacred actor in the sacred theatre called life.*

— **Judith Cornell, Ph.D.** [Rajita Sivananda], award-winning author of *Mandala: Luminous Symbols for Healing*, *Amma Healing the Heart of the World* and *Drawing the Light from Within*

*There are times when something you read has the power to stop your life in its unconscious rush forward: this book does that, and then again and again, it coaxes something more genuine to take shape. To take seriously these often deceptively gentle instructions, to give them the real chance to do their great work, just may be to find oneself suddenly, and quite radiantly, at home in the moment. Read, in other words, only if prepared to loosen yourself from the tight grip of your old stories and know your birth-right: the vast stage is always arriving right under your feet.*

—**Sensei Bonnie Myotai Treace**, Gristmill Hermitage, founder of Hermitage Heart & Bodies of Water Zen

*From Sacred Theatre to sacralizing your life's story, Peggy Rubin takes you through an engaging and wonderful process that will expand your perspective in a myriad of ways and enrich your journey forever. We love this book.*

—**Donna Eden and David Feinstein**, authors of *Energy Medicine*

*For those who seek lives of awareness, passion and purpose, Rubin has distilled a series of spiritual practices from her profound understanding of the theater and her knowledge of world myths and cultures. In *To Be and How to Be*, she provides us with a framework for sacred empowerment, a way to become creative directors in the narrative play of our lives. Rubin presents a rigorous, wise and deeply nurturing challenge. It is an immense gift.*

—**Karen Ellen Johnson**, artist/teacher, New York City

*Each of the arts offers models for the composing of lives, but, as Peggy Rubin demonstrates, theater perhaps most of all. This effervescent description of sacred theater should inspire us all as composers of our lives and caring actors in the world.*

—**Mary Catherine Bateson**, author of *Composing a Further Life: The Age of Active Wisdom*

*This is a groundbreaking book in human and spiritual development.*

*With her knowledge and love of theater as well as human life, Peggy Rubin has created a new guide to enable you to move through the dramas of your life, searching the ground of your being, exploding energy, aware, imagining and ever moving forward.*

*By transposing the nine elements of theater into a guide for human life, the author has brought us not just the richness of theater but ancient as well as modern knowledge.*

*From the first fires lit in ancient times, from Shakespeare to molecules, you are inspired to be the star of your own play, to recognize that your life is a sacred event necessary to you as well as the planet.*

*This book is wisdom, don't miss it.*

—**Elaine de Beauport, Ed.D.**, author of *The Three Faces of Mind*,  
Director of the Mead Institute for Human Development

*Peggy Rubin's brilliant elucidation of the nine powers of sacred theatre propels us away from any impoverished tunnel vision about our lives that we may have slipped into in the face of changing times. We find ourselves in a vast new landscape, a place where we recognize our lives for their full power and wonder, as a lifelong performance of sacred theatre. Rubin gives us tools from the best in theater tradition translated into effective life skills for sustaining and guiding us. We find the potential for a grand new future for us all.*

—**Trish Broersma**, author of *Riding into Your Mythic Life, Transformational Adventures with the Horse*.

### 2011 Winner of Awards:

**Living Now Book Awards:**  
Motivation/Inspirational Gold



**Two Nautilus Silver Seal Awards:**

- Writing/Creative Process
- Personal Growth/Self-Help/ Psychology