

I remember the first time I truly felt as one with the dance. It was as if I had been infused for so long that I couldn't help but unite with the energy. I let go, in perfect love and perfect trust, allowing myself to flow. I had become a vessel for divine female energy. What a joy and an honor...not to mention, an absolute kick in the pants.

I believe in a balance of the tangible and spiritual aspects of the dance. Technique and study help create a strong foundation. An earnest student never loses the thirst for knowledge, however experienced they become. When I am old and creaky-kneed I will still consider myself a student of Middle Eastern Dance.

My own challenge has been battling the darker parts of my being; I was forced to confront my primitive concept of self. I realized that role no longer served me, and began to embrace the person I was growing into. I am still becoming, and the dance has given me strength and grace to move along the journey.

I used to think my dance-self was separate from my born-self; some kind of alternate persona who was stronger or more magical than I. Through my journeys I have found that the separation was an illusion. I am all these things, and embody all these qualities.

It is heartening to see and meet others on the same path...learning to love and appreciate their bodies, beginning to refine their movements and expressing themselves through music. Together we learn, we practice, we work and we sweat. We dance not for our egos, but for our hearts. We are dancing for the sheer joy of it, celebrating the feminine, embracing the divine.

Sound forms

inspiration and vibration;
these notes call, pulling
the water of self within;
i can feel the ebb and flow,
enveloped in the peace of
this primordial sound

which stretches beneath my
heartbeat
drumbeat
rhythm drives my body
staccato and sharp
fluid and smooth
joyous and alive

i have tasted inspiration
from the great cauldron
i have been born, consumed
and reborn again
i will dance my destiny
along this beautiful trail;
with it i wander.

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