

Hello everyone,

This month's inspiration comes from quotes about dancing I have come across in my eclectic reading. Sometimes a juicy phrase just grabs me. Here are several examples.

From Mistress of the Art of Death (a mystery set in 1011 in England) by Ariana Franklin:

"The mead in her body vaporized and was replaced by the intoxication of cooperative movement."

The intoxication of cooperative movement -- wow, what a way to sum up that rich feeling of moving well together with another person, a line, a circle, a whole room! Let's make sure we have plenty of this in our lives. Tom Deering had a saying "Dance every day of your life." We are so lucky in the Pacific Northwest where dancing in community every day is possible! If you lack dances to attend, dance in your own space.

From Throw out Fifty Things: Clear the Clutter, Find Your Life by Gail Blanke:

"My father always said, "Stay light on your feet and ready to dance. The world is spinning too fast for you to be caught flat-footed. Fall in love with change."

I love this, not stay light on your feet so you can run away or be ready to fight or defend yourself, but stay light on your feet and be ready to dance, ready to welcome something new.

This is also a nice reminder of an attitude toward the change that is everywhere. We might as well embrace it. I see adaptation to change at dances, with people who modify dances to fit their current capabilities. A friend whose feet don't allow him to hambo anymore created another dance so he can dance to hambo music. Another friend doesn't choose to do sashaying steps, so she replaces that with something that fits the music, the dance, and her body.

From Oprah Winfrey in her book What I Know for Sure:

"... I received a package from my friend and mentor Maya Angelou—she'd said she was sending me a gift she'd want any daughter of hers to have. When I ripped it open, I found a CD of a song by Lee Ann Womack that I can still hardly listen to without boohooing. The song, which is a testament to Maya's life, has this line as its refrain: When you get the choice to sit it out or dance, I hope you dance.

What I know for sure is that every day brings a chance for you to draw in a breath, kick off your shoes, and step out and dance—to live free of regret and filled with as much joy, fun, and laughter as you can stand. You can either waltz boldly onto the stage of life and live the way you know your spirit is nudging you to, or you can sit quietly by the wall, receding into the shadows of fear and self-doubt."

Oprah said it so well. Let's step out and dance!

