

## Be vulnerable and courageous

First, a correction. It turns out that the Seattle Folkdance Festival was presented by Judy Robare and Festival Folk Dancers for the 15 years from 1988 to 2003, and not by NFDI. Credit where credit is due. Those were fun festivals!

I heard the tail end of a radio show recently where the message to the audience was to be vulnerable and courageous. They were not talking about health risks with the coronavirus, but rather with our hearts and our lives. Dare to live and to be our best and true selves, not making ourselves small to keep safe.

A key example of being vulnerable and courageous is opening your heart to another person. Another is asking someone to dance with you or being the one who jumps in to lead a dance when the music starts and everyone is looking for someone to follow.

Think back to the very first time you asked someone to do a partner dance with you, or the first time you accepted. Look at how much richer this has made your life.

Is there an area in your life that could use a little burst of courage and vulnerability? Go courageously forth!