

Dancing with New Possibilities

by Bernice Maslan

*"All peoples in all places at all times are always dancing with new possibilities for life."**

This beautiful quote from an online article caught my attention with that sweet turning of a phrase: dancing with new possibilities for life. This brought to mind how we are always making little adjustments to better our situation, whether it is trying new things in an attempt to improve our current strange lives or doing something as basic as cleaning up a sticky spot on the kitchen floor.

My search for a definition of dancing yielded many expected results: moving one's feet or body or both rhythmically in a pattern of steps, especially to the accompaniment of music; leaping, skipping, etc., as from excitement or emotion; moving nimbly or quickly; bobbing up and down; leading someone in a particular direction (as dancing someone out the door). Not every dance requires music - boats can dance on the waves.

With the lack of in-person folkdances and doing much more zumba than folkdancing on zoom, I found that mirror-imaging had become my default. To remedy this, I made a small tweak to treat zumba dancing as folkdancing: now when the teacher goes to her right, I go to mine! With virtual classes, the only one affected by this is me. This challenge improves my mental acuity and also keeps those dancing mind-muscles sharp.

Dancing with new possibilities for life seems to me to involve moving nimbly, gently exploring options, seeking a pathway of smooth stones to cross a little stream. It implies optimism and uplift, looking in a positive way for options. People dancing with new possibilities are not held down for long. The dance will go on!

Here's wishing us the best of new possibilities as we dance our way forward during these challenging times.

**The quote is from an article on RollingStone.com entitled "The Unraveling of America" by anthropologist Wade Davis on how COVID-19 signals the end of the American era.*