

Dance With You



In Praise of Dancing

I praise the dance, for it frees people
from the heaviness of matter and binds the isolated to community.

I praise the dance, which demands everything:
health and a clear spirit and a buoyant soul.
Dance is a transformation of space, of time, of people,
who are in constant danger of becoming all brain, will, or feeling.

Dancing demands a whole person, one who is
firmly anchored in the center of his life, who is
not obsessed by lust for people and things
and the demon of isolation in his own ego.

Dancing demands a freed person, one who vibrates
with the balance of all his powers.
I praise the dance.

O man, learn to dance, or else the angels in heaven
will not know what to do with you.

- St Augustine -

Blessing

May the Spirit of God dance with you,
moving with you to the music of your experiences.
May you know God in step with you
through every change of rhythm and song, every dip and pirouette.

May you learn to follow God's lead
in your life and become a mentor and model
for those on the dance floor with you.

May you dance with the Spirit of God all your days.

- Maxine Shonk, OP -