

The Dance of Our Sacredness

By Leela Francis

We are, always dancing. Though our steps may vary in cadence and combination, the dance is always, afoot, no pun intended. The music of life, it's notes and melodies inundating our sensibilities is always surrounding and permeating us. The way we respond, the way we navigate through those cords and crescendos, is our dance.

What differentiates one dance from another? The steps may be the same, the timing, the music and the costume. But what is different is the sacredness of the dance; the degree to which the dancer is *being the dance*, as opposed to doing the dancing. When we witness a pelican soaring, or dolphin playfully swimming, we are party to a sacred dance. She is flowing with the rhythms and tides of her environment, tossed and tumbled at times, while at others she's gliding effortlessly on the wind beneath her wings.

Life happens in the most extraordinary and unpredictable of ways. Learning how to both surrender to and utilize what happens is what we call being in the flow, essential to the dance of our sacredness. Rather than fight against the current, we utilize it.

We have so much to learn about this sacred flow from our own body. Perhaps more time listening to it and noticing it's natural tempos and the lyrical symphony of sensation that is always reciting itself will awaken and sensitize us to the sacredness of our dance.

The sacred dance of each moment has many different faces; our presence with each breath, the way she enters and lands, her circuitous route and generously integrated offering is only one of the sacred dances that is perpetually dancing itself. Our thoughts and feelings are another, and how they inspire sensations at the body level is a subtle and sometimes not so subtle rendition of a sacred jig. Our relationships with other beings in our lives can be a dance of intricate technical application, demanding choreographed care, improvisational innovation and intuitive timing.

Always in progress, ever changing yet remarkably recognizable, the dance of our sacredness invites the wings of our heart, mind and spirit to open wide with aerodynamic like ease and execution. When the body dances to meet this sacred flight, we are indeed in sacred union with what it is that is always dancing us, the very dance itself, the dance of our sacredness.

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