

For me dance is the most unique and genuine way to explore my body and mind inside out, for me it's the source of life and is written down in the deepest layers of our consciousness.

As an oldest form of communication I believe dance itself is a tool for accumulating energy and cosmological wisdom and spreading it with energy curves itself.

Ancient power to enchant or to praise the world, nowadays serves as a tool for self expression. It's the creativity and magic itself.

I would say it's the most humane thing ever, which makes you feel alive and values the connection within the community, it has the power to cause enormous changes in society and in body and mind, It has an ultimate power to cause loyalty, kindness and sympathy, as well as serves as the form of consolation !

Some images from personal research:



Water from the Sacred Well

Further Explorations in the Folklore and
Mythology of Sacred Waters



by Gary R. Varner

Foreword by Richard Pederick
Editor of *Living Spring Journal*

