

## **Dance Then To Everything**

Music is everywhere  
music is in sound and  
music is in silence

Therefore I dance  
to silence I dance  
to tears I dance  
to laughter I dance  
to groans and moans

I dance to Rachmaninoff  
and Bach, to Beethoven  
and Dylan, to Carole King  
and Marvin Gay and to everything  
composed, harmonious and played

Dance then to birdsong and waterfall,  
to the spring scented forest and garden,  
to snow and the rain, to river and ocean,  
with desert or mountain, I dance

For the dancing mind can dance  
forward or backward in time and space also,  
indeed to outer and inner dimensions uncommonly known

I dance with my eyes,  
I dance with one hand,  
I dance clapping,  
I dance with one foot  
or one shoulder, my hair  
dances with wind

I dance to poetry while hearing it,  
I dance to poetry while reading it  
aloud to the tree for whom I wrote it

As I dance around the lovely thing  
with my hand or arm encircling

As Rumi danced his grief  
and finally his joy around  
the cool, smooth, sacred stone  
until he warmed it with longing~

As Rumi danced around the pillar of loss  
when his beloved teacher and friend  
called Shams, The Sun, had died—

He danced to call back the Light  
from the belly of darkness  
that had swallowed the sky,  
as now the Sufi dance after him

For Dance is the Song of the Body,  
and Songs are the Dance of the Voice~  
as both Move, Utter, Outer the Soul

I dance to the gospels  
I dance to the psalms  
I dance to a friend  
I dance mostly and always  
to God

Don't let the limitations  
of your body deter you,  
dance with your mind,  
dance with your soul

Feel free to join me  
across great distances  
of space and time  
and dance on your own

Dance all by yourself  
so no one will know  
but you and the Beloved,  
in whatever form you  
experience the Beloved,  
and let the Beloved  
dance with You

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