

POEM: Dancing Into Light, Words & Healing

On Monday morning we find our way,
Steps in harmony, hearts in sway.
Freedom blooms in every beat,
Happy feelings, every week we meet.

Peace and bonding, a radiant start,
Kindness gives energy, fills the heart.
We arrive, we dance, we get inspired, feeling good,
In the rhythm we create, life is understood.

The music gets into my mind and soul,
Grounded, centred, becoming whole.
On we dance steady and strong,
Coping with life, and we belong.

In the circle, we feel at home,
Togetherness, no need to be alone,
Connectedness hums, inside our heads,
Good vibes flow, where kindness is spread.

A sense of wellbeing, calm and free,
At one with nature, the dance is key.
By exploring the images and words of Mackesy,
Remembering what's important is made easy.

In the circle we are at one with nature.
The dances refer to every creature.
Even the boy the fox the horse and the mole,
Show words are important and make us whole.

Mackesy says seek help when we need it,
All are connected mind, body and spirit.
Charlie says be honest be kind be calm,
And also, *'I'm enough as I am'*.

The gentle swaying brings peace and healing,
Each dance has a positive meaning.
Freedom in dance like the waves of the sea,
Helps us to let go and be free.

Each song and dance bring us to a different place,
Today's worry leaves us without a trace.
Theres always a glimmer of light and a letting go.
Bringing peace to ourselves helps us go with the flow,

Through chanting, singing, and gentle embrace,
We've found our calm, our sacred space.
There's always a glimmer, a spark so true,
In the dance of life, we are renewed.

Inspired by Circle Dance and the Words of Charlie Mackesy (2019)

Reference:

- Mackesy, C. (2019) 'The Boy, the Mole the Fox and the Horse', London: Ebury Press Penguin.
- Words & Reflections of the Dancing into Healing & Words (Circle Dance Literacy Group) Summer 2025, Waterford Women's Centre & St. Brigid's Family Resource Centre.