

Dancing Lesson

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Source: directed by Brad Cooper



<https://www.youtube.com/embed/LhNaLCn7b1Q>

V

For once,
This is easier done
Than said.

But only because
It is unsayable, unnamable,
Beyond language's latitude,
Outside word's jurisdiction.

Allow this.

VI

Collect all of your suffering,
All of the discomfort in your own skin,
The belligerent self-criticism,
Pain and frustration,
Righteous resistance to inequity,
Your distrust of self and others,
Every nagging memory.

Do not muck around in it,
The trick is simple acknowledgement.

Then,

Offer it up.

Hollowed out, now
Breathe, now
There is room for the sound to infuse you,
Rhythm resonating through
The earth,
Soles of your feet.

VII

Remember when you were
Very small?

In a very big room,
You were consumed by the music.
Spinning and jumping.
You let loose,
You were overtaken,

Your face,
In abject blissful expression.

Then you felt it happening,
Panicked.
You separated from the moment,
And sidestepped into observation.
You shut down the sensation,

Swallowed the smile whole.

This is the part
When your mind wants to fight you.

I promise it is worth the struggle.
I've yet
To have anyone regret
Passing through this gate.

Shame is a stubborn lock.
Pick it anyway.
The combination is inconsequential
Where we are headed.

Kick in the door if you must.
Bust.

Turn away from your reflection,
Expectation,
Your projections.

Know the glory of your physical instrument,
The infinite wisdom,
The shock absorption of hinges, cord,

The way your hips want to unfold in
Golden meaning,
How your arms want to spread
And your sternum wants to lead
And your head wants to throw
Back.

Know your sweetness,
Your purity,
Your innocence,

Know this is more than permitted.

VIII

All that is left:
Ineffable.