

# "THE GIFT OF DANCE"

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If you are reading this article - you are no doubt, one of those fortunate people who already possess "The Gift". Dance may be as important in your life - as it is in mine! If that's a fact - I hope you are already aware of the magnitude of "The Gift." All of us have sent and received Birthday gifts, Anniversary presents - and numerous gifts for special occasions. Every once in a while, there should be moments of realization that startle you into realizing just how special we must be - to have been given this "Gift of Life" - this special gift called DANCE!

Think of all the times when the world was coming down around your ears and someone said "Let's go dancing." Didn't it change your day?

*"Dancing is a Gift that lifts the cares of  
the day and sets the Soul free."  
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I remember situations where I thought I could not make it through the day: Personal pressures - Car broke down - Someone broke a window in the studio - My wallet got "misplaced" (with a cashed paycheck in it)! But - that would have to wait because I had a class to teach and people were expecting me. The music starts - The class lines up - Someone asks an interesting question - and there we go - **"Off and dancing."** The problems of the day disappear - Dancing allows us to "take a break" from the cares of the day.

We've known all along that "Dance" is a gift. But sometimes we get so caught up in the dance itself, that we forget to treat it as a gift! Don't let yourself be the one to spoil someone's evening. Don't forget to take a deep breath and "Share the gift." Someone out there needs a smile and quiet assurance that they are "progressing as they should." Someone out there has had a bad day and really needs someone to tell them that they are OK. (Not in words - simply by sharing a dance) Each of us has the opportunity to feel the glow that comes from sharing the gift. You can feel the blessing every time you take the time to dance with someone a little less talented or someone a little less experienced.

Being involved in the dance, allows us to grow as human beings. We learn how to give back some of the treasures that life has given us. Those who dance have been truly Blessed. It only takes a moment to "Share the Blessing."

The years pass swiftly. Many wonderful experiences lie behind us - and many, more wonderful experiences lie ahead. **However, today is the most valuable day in our**

**lives.** Close your eyes: Take a deep breath - and Smile. Take a moment to become aware that **"It really is later than you think."** Every time we do something for someone that brightens their day - more joy returns than one can imagine. One warm "Hello" - one sincere "Thank you for the dance" - one small, unexpected token of friendship, can really make somebody's day.

AND - if you're out there thinking that nobody cares about you - or that you can't really do anything for someone else until somebody does something for you - think about this: **I care About You.** Whoever you are, and wherever you are, **I care about you.** So go ahead and get yourself out there. Show that you care about the people around you. Does all this sound like I've had a really emotional day? You bet. I've spent several days thinking about the wonderful people I've come to know, simply because of the dance. **Many of them are no longer with us.** They have gone on to higher ground. They are up there blazing new trails, gathering musicians, "DJs" and dancers - getting ready to welcome each of us, as it becomes our turn to "graduate."

Meanwhile, I am eternally grateful for all of the wonderful people who have been part of my life. My constant prayer is that somehow, the whole world could experience the exhilaration, that sense of "renewal" that takes place when we first discover that "Life is a dance!" Live the experience. "Share the Gift."

***God Bless and Much Love to all dancers everywhere,  
Skippy***