

DRAMATIC DANCE-SING JOURNEYS:

Voyages beyond limits

I didn't know how to start this voyage. Where do I start a journey that would have been interactive and face-to-face? Then I suddenly realised that I had the perfect voyage to start with: having to change an interactive journeying workshop into a narrative. The narrative can go anywhere and can transcend all limits. How exciting - and I am going to allow that process to develop and grow.....

How do we know we are journeying through life's landscape without constant confinements, but with arms, ears, hands, minds all stretched out to horizons further than what we can see? Horizons where social, educational, community life all come together to support well-being and healing - where the arts all come together so that we can dance-sing through life..... Our song and dance can be joyous, it can be a lament, it can take us to new landscapes.

When life presents you with profound experiences that change your inner world into turmoil, you start thinking of ways of finding purpose again - for yourself and for others. That is how my own journey into the expressive arts started expanding. I first had to do my own explorations and then I took voyages into unknown landscapes of people with trauma, terminal illness and brain damage. Music, drama, story-telling, poetry, dance, movement and puppetry became multi-modal ways of exploring and expressing. Mind, body and senses all became involved. Unlimited improvisational combinations became available, s-t-r-e-t-c-hing capabilities and possibilities. Every aspect has its own way of evolving, helping us to make meaning of the world and how we communicate in this world.

As we are doing a more theoretical exploration now that we are not in actual Galway Bay for the Conference, I hope that my examples will bring to life what I am trying to convey. For me practice and research are never separated out. In fact, through our practice we are researching ways of communicating through the arts. I am particularly interested in Education and its place in social, political and community life. Hopefully this paper will reflect some of my experiences in a way that will trigger practical ways of navigating your own journeys.

Read the following poem I have written and reflect:

PEBBLES IN A POND

To be a pebble thrown in a pond

PLOP.....

Hearing the sound waves of the ripple effect

Submerging into the bigger waters

Slowly descending

To gently nestle

In the multitude of sand grains.