

## Spirit Dance

(c. 1990's or 2000's — In honor of Indigenous friends and loved ones)

It's a spirit dance  
It's a power dance  
It's a gifted dance  
Of the sky  
The ground  
The roots  
Pounding the rhythms  
To the heartbeat  
Of Mother Earth  
To honor the elements  
The water  
Air  
Plants  
And soil  
The toil of ancestors  
Aast  
Parents present  
And babies  
Yet to be born  
It's an ancient dance  
Of all relations  
Timeless tradition  
In motion  
Alive  
In biotic evolution  
And women  
Do sit at the drum today  
Ahey  
Tradition in motion  
A legacy living  
Alive and breathing  
And breathing new life  
And breathing fire  
A fiery dance  
Yes  
It's a smoke dance  
Smoking  
It's a spirit dance  
Of joy

Hear the drums  
Call all sisters  
And brothers  
Join  
And rejoice  
All daughters  
And sons  
In sacred celebration  
And union  
Of all beings  
As one  
It's a purification ceremony  
A sweat  
Sacred pipe  
The air alight  
With visitations  
Visions  
And quests

It's a sun dance  
A most sacred sobering dance  
Of purpose  
Of transcendence  
Of serious strength  
Of sacrifice  
Of flesh  
Of pain  
For the purpose  
Of the benefit  
Of all  
A solemn prayer  
To share  
It's an earth dance  
Great  
And grounded  
A ground dance  
The seed of strength  
A stone sound  
Survival dance  
Symbol of the indomitable spirit  
As they chant  
"We are still here "

A dance  
Of determination  
Clear intention  
As light and alive  
And stark and dark  
As the vivid night sky  
At full moon  
It's a raw dance  
Of ecstasy  
Ascending  
Rising  
Out of oppression

It's a power dance  
It's a playful  
Powerful dance  
And as serious as the wind  
The torrential tides

It's a fancy dance  
An entrancing dance  
A fancy shawl dance  
All dances of flight  
And wonders  
Whirling delight

It's a jingle dance  
A medicine dance  
Healing daughters  
Delicate steps  
Prancing and alive  
With the fresh blooming beauty  
Of womanhood emerging  
And giving  
And giving life

It's a wildfire frenzy  
A fiery dance  
A smoke dance  
We said  
Smoking  
Outbursts of exuberance  
And untamed abandon

It's a crow hop  
A no-stop  
Dancing from dusk  
Until dawn  
And on  
Until sunset  
Fireball  
Stick game  
They play  
You bet  
They bet  
All night  
That's right  
Untamed  
Reclaim  
The fire  
The power  
The pleasure

It's a 49er  
It's a fun and family thing  
It's a 2-legged  
4-legged  
And winged-thing  
It's a spirit dance  
A sky dance  
A dance of flight  
High and free  
As the eagle can soar  
And more

It's a giveaway  
A live that way  
A prevailing prayer to share

It's a keeper of the earth dance  
A powerful power dance  
An elevation of sacred spirits  
Dancing forever from sunset  
Until dusk  
Until dawn  
And on and on and on . . .