

I want to manifest something, I perform with my snakes. Like the symbols of the tarot, I am connecting to the elements via dance. There is so much music out there—and so much to connect to. There have been moments when I have felt compelled to create a choreography solely inhabiting an aspect of an element. I created a “Dust Storm” dance, in which I combined aspects of Aboriginal dance and the use of a veil, all to invoke the power of the element of air. It’s at these moments I feel connected to the power of nature through movement.

One aspect of dancing that I love is when I feel inspired—or more like taken over—by the spirit of a deity or higher being. I feel inspired to create and perform either a number dedicated to them or as them as a form of invocation. For the past three months, I have felt strongly connected to Pan. This coming

from a gal who is typically “all goddess” energy. How odd that I suddenly felt this strong masculine energy overtake me. Perhaps I was being reminded of the balance I needed.

Pan’s playful mischievous energy kept popping up around me, and I would feel constant urges to want to “frolick.” I also started finding, without thinking, that I was purchasing more and more jovial flute music. Pan also invoked a deep emotional feeling of happiness and joy that I would call upon whenever I felt down or anxious. Over the past month, I began forming a dance around his energy and eventually performed as Pan at the Samhain Festival hosted by Laurie Cabot and the Cabot Kent Hermetic Temple in Salem. It was, for me, a magical m



Throughout the performance, I felt Pan’s energy flow through me, and when Laurie exclaimed, “We had Pan here among us!” after my performance, I think I did a good job invoking the ancient god of the woods.

I have invoked many gods and goddesses over the course of my dance career, including Mami Wata, and Pythia, as well as a few fairies, demons, angels, and sprites. It’s deeply moving when I am able to transmit their energy through my performances; it’s almost like being an acolyte to their mysteries and having them coach me along the way. It’s more meaningful for me. It’s also a lot more work—costuming, music, and makeup all have to be perfect. It’s a lot more powerful, too, when the audience understands who I am without me having to even announce it!

Using dance as a magic is an old power. It can be as simple as turning on music and dancing around your room to create high levels of energy before spell or ritual work. Sometimes invoking that primal energy can help release any anxiety that you are feeling prior to spellwork and ritual—help cleanse your mind and prepare yourself for the work ahead. It can also help to induce a meditative trance-inducing state, much like the Dervish or zar. Dance in itself is cathartic, creating an atmosphere in which you can dance out your feelings. The best part is that you don’t have to be a trained dancer to let your body move to the rhythm—it’s allowing yourself to be moved physically by the music and being able to let go.

During ritual, one can even create a small performance as the particular deity to help call their power into the circle.

Dance is a powerful form of energy work. It is why it’s been used as a form of ritual for thousands of years. Besides, the gods and goddesses love when you sing and dance and be merry in their name!

