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Darug Country–Western Sydney, 2019

Dance

Music vibrates through my heart—
I inhale love and the whole world becomes a sunflower
nodding in the wind.

As my body moves I become think-less.
Nothing matters expect the sound of my heels crashing on the ground.
I am a poem without words,
lyrics melt in my veins,
fear is replaced with love and kindness,
dark with light.

As my body moves my hips pulse
move into self realisation,
heart racing,
life becomes a clear sky,
and my brain is only a display
of anxiety and depression, questioning purpose.

Dance

As my body moves my ears block
shut,
blood freezes,
signals whisper into my mind
seeking existence.

When the dance floor fills with colour
I become a child,
forget the past
and feel I am not related to the future.

I listen to my body
Set it free,
beautiful, forgiving, forgetting.
I heal my soul,
I heal my body,
I heal my world.

Beats vibrate through my heart.
I inhale love.
The whole world is a sunflower nodding with the wind.
Nothing matters expect the sound of my heels crashing the ground.
My body navigates rhythm.
and lyrics melt in my veins.