

CHAPTER

CYLCH SGWENNWYR WRITERS CIRCLE

Col Howarth responding to
SERAFINE1369: (my body / running wild / this animal) glorious
9 October 2025

Dance as protest. Dance as a response to the way things are. Dance as nature; organic; as vital as a heartbeat.

We are atoms, spinning, conversing and colliding, changing pace and shape and form in space.

Energy, synergy, symbiosis. Reassuring hands guide, haloed and shimmering at the edges. Connection requires space and patience, as monologue becomes dialogue becomes group expression. We can be different and yet move together with tolerance and the gentle touch of guiding hands.

They stagger and swagger and sway; turn and whirl like dervishes skirmishing; glitching, twitching silhouettes against the swirling mist. Their eyes are closed throughout, free from the clutter of external noise and influence; free from expectation, perception and value judgement; free from limitations imposed by others; free to turn and move and be.

CHAPTER

This is expression from deep within. Instinctive. Allowed to pulse and race and run. A narrative that celebrates individuality but where connection is beautiful, and togetherness is rich, and where the symphony of voices is celebrated.

When we see without bias. When we feel without perceiving. Express and accept without value judgement. We can exist freely for the good of the whole. We are the atoms in this life.