

CHAPTER

CYLCH SGWENNWYR WRITERS CIRCLE

Lucy Smith responding to
Natifah White: Shared Shelves and Bodies in Process: Opening
Roundtable, part of Reciprocal Gestures: movement in dialogue
13 June 2026

Nothing below

What can become possible when we sustain unsettledness?

Today I see
people talking with their hands, stretching their feet inside their shoes,
shaping their faces to express pleasure or interest, letting their faces
rest again when they think no one's watching

I would like to be in the dark, not even noticing myself move my body.
There is a bone shuddering rhythm that comes through the floor, that
beats my heart and moves my body for me. I want to step out onto air,
nothing below. I want to be one particle in a wave.

Sound shapes how we move, or don't move, how we navigate space.

CHAPTER

I need to realise I am already imagining the answer before I've even asked the question. To find something new, I first need to release everything to the currents.

What does it mean to dance backwards, as if your back is your front?

I imagine if I moved like I really wanted to it would feel like scraping my insides out, leaving the mucus of self-awareness in the corner.

What counts as dance?

Seek mystery; not answers. Leave it all on the floor.