## **International Theatre Institute ITI**

**World Organization for the Performing Arts** 

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## Mats Ek 2003

What is dance? If you answer that, you are not trustworthy. But let me try, anyway: Dance is thinking with your body.

Is it necessary to think with your body? Not for survival, perhaps, but for living. There are so many thoughts that only the body can think. Other things, like peace, might be more important than dance. But then we will need dance to celebrate peace. And to exorcise the demons of war, like Nijinsky did. Emma Goldman, the anarchist, maybe said it best: A revolution that does not allow me to dance, is not worth fighting for.

The god Shiva created the universe with his dance. But dance is the opposite to all divine pretensions. Dance is an everlasting attempt, like writing in water. Dance is not life, but it keeps alive all the little things that the big thing is made of.