

## CHAPTER

# THE DANCER ON THE BEACH



If one decides to take the challenge of removing all fear, to face oneself in the mirror, to push life beyond the edges of our so called reality, to let go of 'thinking' and to free one's mind, then it is here one shall begin to truly grow.

Everything up to this point in my life was sort of like an accordion that has been stretched so far representing the experiences I've had and now it was squeezing all of the pain out, leaving the lessons learned and holding onto the only thing that ever mattered along the way. Love.

My time in Egypt taught me many, many things.



One day I decided, for exercise purposes, to start dancing on the beach. I pushed myself to go beyond the fear of what others would think of me because I realized, hey! I want to dance on the beach and why should I not do so because of anything or anyone? We all have them - insecurities. I don't want them anymore. I want to fly free in everything I do.

I was also consciously doing something else. As I danced I was very aware of the enormous responsibility humans have upon this planet as I looked out into the beautiful Red Sea and on the other side was the amazing Egyptian Desert. I began to focus my thoughts on peace and love, uniting the seas and everything within it to the land and all that resides on it and to the sky and everything that flies. I was calling out. It was a yearning for something that I wondered why it was ever necessary to ask for? Why must we ask for peace? It is innate. It should exist naturally to the whole of life. To live without fear.





So here it began. I put my music on and walked from my hut to the beach which was only 'just there'.

It was usually in the wee hours of the morning about 6:00 a.m., watching the sun come up over the water's horizon as I was dancing with this conscious focus for peace. Lost and far, far away beyond even my own mind. I could feel an energy whirling all around me. It was almost tangible and ever so powerful.

This is a very quiet beach with few people walking across it. I loved having it all to myself. Yet, when anyone would walk by I could peripherally see them looking, smiling, taking photos, filming, giving the thumbs up as I smiled back. It was almost as if they were picking up on the intensity of the love I had in my heart connecting to them and all of life in these dancing moments. It is very hard to describe. I was so happy and beyond elated! I was practically flying from one end of the beach to the other like a ballerina with wings.



It was emotionally massive and such a 'high' that I never wanted to stop. I would dance for hours. Sometimes as the sun was going down I would still be dancing in the dark in my own little world. I could almost see the waves of energy moving outward from my body like a ripple effect. It was amazing! We **are** pure energy and our thoughts transmit whatever we think and this is felt by all.

I did not realize the impact of what was happening until later. The eco-village and staff adopted a name and began calling me "The Dancer on The Beach".



I cannot stress enough how powerful it was. I went 'within' myself that had no attachment to this material world and as I danced it was having an impact on others. It confirmed for me how one person can cause change to occur by pure intent and "will".

The crew who worked supporting the divers in the early morning hours told me they would come out "*looking for Pamela*" to see if I was dancing on the beach and one of them actually

bought me a gift which was a skirt to dance in. I was humbled. The stir that was being created by this one act of doing something different, of breaking patterns, pushing life, removing fears and facing myself surprised me. But it was a good surprise!

I used to eat dinner in the corner of the restaurant because I like my privacy.

One night as I was having dinner looking out the window to the sea, a young European girl came up to me - leaned over and asked "*Are you the dancer on the beach?*"



At first I was taken aback. I looked up to her saying *“Well, I do dance on the beach so I guess I am?”* as I giggled. I asked her to please sit down as she proceeded to share her story with me. The words flowed from her mouth and it took all I had not to cry a flood of tears. She said she loves to dance but only dances in her room. At this moment she fell into my heart.

I shared with her how important it was to release fears and if you feel like dancing anywhere, then do so, inviting her to please come dance on the beach but she was leaving the next morning. I said dance wherever and whenever you feel to. There is no need to hide in your room. I too, was once afraid but not anymore. We hugged and loved and something passed between us that I have no words for.

One of the most profound moments was when a lovely elderly Frenchman, I would say in his seventies, was walking on the beach and caught my eye peripherally as I was dancing. It was dusk and the sun was setting. I slowed down because I could feel him watching me then stopped for he was standing there staring.

He asked for a picture, as he pointed to his camera.

After he took the photo he stood there looking at me and I he. A gentle man, he had a beautiful calmness about him.

Slowly, he walked up to me and asked in broken English; *“What is it that you do?”*

*“I am a filmmaker”* I said.

He said; *“Whatever it is you do, you must dance”*.

I was speechless and tried to hold back the tears. It was a very moving moment as he walked away.

Everything we do has an effect on all of life. As I venture I am witnessing changes in myself and others as I embrace the power of love and breaking free from the thoughtless 'programmed' way of living. One does not need to be robotic, even in a technological age and more importantly to lose touch with one's uniqueness as a human being connected with nature. It is time to wake up and change direction.

I wish the reader to know the power you have to break free from anyone or any system telling you to mindlessly follow orders or to stand in line without question, like a managed clone.

I wish in this beautiful tiny world that we all share, for a kinder, compassionate, peaceful, loving, respecting, free from fear existence. Our individual unique contributions to making this become our reality will happen. In dancing I planted a seed to be sown. You are the dream. You are the difference. You are the future. You are the NOW. May the choices you make allow beautiful intentions to grow.

It is time to do things differently.  
It is time to step out of line.  
Rip the chords that bind.  
Remove the balls and chains at your feet.  
Remove fear and free your mind.  
It is time to wipe the slate clean.

It is time to dance on the beach!



**Side Note:** This is the effect one can have simply by expressing their true freedom asking for love and peace.

I received an email from someone I met in passing as he was leaving the eco-village and gave him my card. To my surprise and humbled heart, yet very happy heart, he said:

*"I was laying on the beach yesterday and saw you dancing. You looked so "free". I'll remember that moment forever. It was beautiful."*



The beach and white sands of Shagra.