

# When The Call To Move Comes, My Feet Tap Into Ancient Mystery

[BY AUDREY WOJCIECHOWSKI](#)

I had to learn how to sway my hips.  
How to emanate from my heart to my fingertips.  
I had to learn how to embody my body as the temple that it is.  
Starlight radiating under my skin.  
Fire in my feet connecting me to the core of the earth with  
heat.  
Wind in my lungs to carry words into the world.  
Eternal rhythm in my heartbeat.  
Wood in my bones and a heart filled with vibrant stones.  
Wild rivers flowing through my veins.  
This was something I had to grow into.

My only vessel of vitality to make my presence known.  
Movements of soft grace carrying fierce intentions of my own.  
An art of bringing essence into experience with presence  
alone.  
A way to dance with the energy already existing in a space,  
fluid movement and a steady backbone.  
A body moving with meaning to bring texture and set the tone.  
Every aspect to be connected, revealed as time moves forward  
into the unknown.

Every movement I could ever possibly need stirring in a secret  
galaxy inside of me.  
When the call to move comes, I tap into ancient mystery to  
allow inspiration to flow through so you can see.  
A shifting of weight as my feet meet the solid ground, the  
rest of me sways and dances with space and gravity.  
A flow of freedom as I sprinkle love upon everything fierce

and sweet.

As I move my hips, my heart connects with my feet.  
The quintessence of creativity; this body will never know defeat.

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For more self-study, [The Urban Howl](#) recommends [52 Ways to Live a Kick-Ass Life: BS-Free Wisdom to Ignite Your Inner Badass and Live the Life You Deserve](#) .

*Sip a little more:*

***Ancient Heart, Release Your Bottomless Love &  
Let The Magic Be Known***

***How Does One Become Brave Enough To Bare It All?***

***Inhale & Exhale – When I’m Tired Of Unworthiness  
& Self-Doubt***

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