

Fabiola Gallio

My most beautiful dance: the PregDancey¹

**Thoughts and intuition inspired by a wonderful
long dance lasting nine months (maybe more!)**

Illustrations by

Fabiola Gallio

Translation by

Manuela Taddeo and Susan Newman

¹ PregDancey: in the Italian language the word *gravidanza* means pregnancy which contains the word dance *danza*. Therefore, in order to remain true to the Italian word, the translation in English becomes “PregDancey”.

BIOGRAPHY

Fabiola Gallio is an economist. She achieved her degree in Economics at Bocconi University in Milan, working for several years within the diplomatic environment.

She started dancing when she was a child and over the years she has developed a growing interest for both somatic disciplines and holistic practices. The incredible experience she lived during her pregnancy has opened the way to a powerful new creative period, which took shape through the book ‘My most beautiful dance: the PregDancey’.

Today Fabiola is an entrepreneur in the ICT industry. She is a happy mother aiming at transforming her passions into professional projects.

REVIEW

Fabiola Gallio believes life is a wonderful dance probably because she started dancing when she was a child and continues to do so. Dance has always been within her and is an important part of her life.

This book is her wish to share with other women, in particular with pregnant women, the creative insights achieved through the wonderful adventure of pregnancy, which she considers as the most beautiful dance of her life.

Wonderful people she met throughout her life, a wise education she received and meaningful books she read, inspired all the thoughts contained in the book. Thoughts remaining a little bit disconnected but coming to a whole during the pregnancy, gaining full meaning.

A while after becoming pregnant, she discovered that the word pregnancy in Italian contains the word dance; an important revelation which gave her the strength to live with naturalness and serenity this wonderful creative adventure.

“It’s from the emptiness that EVERYTHING comes into being”². If a room is full of things and objects, there is no space to put anything else and there’s no room to move. If it’s empty you can see all its beauty and decide to fill with other things. To hold a beautiful creature in your womb you need to create an emptiness.

² Chapter II.

Also “the feminine that shows itself, in its glory, with no ropes that bind it, or plugs that prevent it from leaving the vessel”³, has to be free. The author was inspired by a scene in a movie by Wim Wenders, titled Pina, during her pregnancy, which was dedicated to the German dancer and choreographer Pina Bausch, who died in 2009. The scene involves a dancer in an empty room attempting to dance with one end of a rope attached to her belly and the other to the wall. This image impressed the author because she felt psychologically in the same condition: unable at that time to move freely and to dance the dance of life.

Fabiola took the concept of curandero from two writers, Vicki Noble⁴ and Patricia Martina⁵, and also from a dear friend, Yoanna. By curandero the author refers to the rediscovery and revival of the innate power, often forgotten by women, which directly derives from Mother Earth, whose biggest event is not only the power to nurture life and give birth but also the power of healing through its own inner medicine.

The surrender is a conquest by man; giving up means letting things go. Fabiola believes things requiring too much effort in our lives are never beneficial for us and should be released so that we can deliver the energy we hold back.

³ Chapter III.

⁴ Vicki Noble born in 1947, a feminist shamanic healer.

⁵ Patricia Martina born in Caraibi, also a shamanic healer.

She believes that to let go and to surrender must be a positive goal to achieve. She discovered this concept during childbirth through a wonderful midwife, Valeria Barchiesi⁶. Surrender and let it go, these two words helped her to deal with her labour and to have a natural birth, entrusting herself with confidence in nature and its processes. Letting go allows you to quieten your mind and be free of control. Like all those knots and ropes which, on one side, reassures you but, on the other, prevents changes and your evolution. This is why she considers a matter of courage to break down all those ropes, suggesting to go further, to look further becoming aware of coincidences and their synchronicity within life but without thinking too much about their meanings.

We can feel a strong sense of spiritual life throughout the book. The order of the chapters is random. Fabiola put together all the notes and writings she had in her diaries. She respected her internal “chronological order” relying on thoughts she experienced throughout her pregnancy.

Breathing is life. Life begins with a breath and life finishes with a breath. While without food we can survive a few days, without breathing we cannot. We must let go of things and accept that life is ONE and by accepting this we overcome the duality. By rejoining the opposites we can find the ONE.

⁶Valeria Barchiesi: midwife, living in Rome specializing in homebirth.

Life is an eternal flow; this is why the author ends the book with “(to be continued...)”⁷ because the life of dance continues.

The style

This is an autobiographic book, the author is inside the book and she deeply feels her thoughts and tries to live them in her day-to-day life.

She uses a very poetic language, very poetic images to describe the human soul and human behaviors. She uses a high linguistic code, although she also uses common expressions.

She is very concise but at the same time the words she uses are very powerful, intense and simple.

⁷ Chapter 15.

PREFACE

“Nothing is lost, nothing is created, everything is transformed”⁸. This is a basic universal rule, as defined by a certain wise old man! And this rule is true for all creation, from human creature to animal, to creative pieces of work (after all, doesn’t the word creativity contain the same root of create, isn’t it curious?)

This small book wants to be a simple way of sharing, with who so desires it, the creative intuition inspired by the wonderful adventure of “PregDancey”, which I love to define as the most beautiful dance of my life!

Dedicated to all the creatures who wish to remember they are wonderful creative creatures!

⁸ Quote by Antoine Lavoisier (1743-1794), famous French scientist.

♥ *With thanks to Niccolò* ♥

CONTENTS

- 1. WHILE EVERYTHING GOES FAST, I REMAIN STILL...“However (something) is moving”!** 16
- 2. THE EMPTINESS** 32
- 3. THE FEMININE THAT SHOWS ITSELF IN ITS FULLNESS** 34
- 4. TO GIVE UP ONESELF...Or the awareness of surrender, or the praise of passivity!**
Errore. Il segnalibro non è definito.
- 5. INTUITION AND CONFIDENCE...And a pinch of synchronicity!**
Errore. Il segnalibro non è definito.
- 6. THE BUTTERFLY...And the recovery of authentic power!**
Errore. Il segnalibro non è definito.
- 7. DANCING THE DANCE OF LIFE**
Errore. Il segnalibro non è definito.
- 8. ODE TO THE PREGDANCEY**
Errore. Il segnalibro non è definito.
- 9. THE WATER**
Errore. Il segnalibro non è definito.
- 10. TO BREATHE**
Errore. Il segnalibro non è definito.
- 11. BECOME A CHANNEL...But with the roots (like a tree)!**
Errore. Il segnalibro non è definito.

**12. THE DANCE OF DUALITY...Becoming a
“WHOLE ONE”!**

Errore. Il segnalibro non è definito.

13. THE CROSSING

Errore. Il segnalibro non è definito.

**14. AND FINALLY...A few pills of “light” dance,
or the “éveil”, or the “awakening”!**

Errore. Il segnalibro non è definito.

15. AND NOW?

Errore. Il segnalibro non è definito.

1. WHILE EVERYTHING GOES FAST, I REMAIN STILL

...“However (something) is moving”!

In these days so accelerated, where everything appears to be moving rhythmically faster as never before, something strange is happening to me, as if I was going against the grain.

I don't know why, but for some time I feel tired.

It's true it is winter and so we feel like staying at home, on the sofa maybe reading a good book or listening to a little music instead of going out into the cold.

But I am overtaken by a strange tiredness, a truly deep one for which I could sleep the whole day.

I wonder, what it is....it may be work (recently the rhythm at work has been rather intense)....or I just feel, as do all mammals, the call of winter hibernation...who knows?!

For the moment I am unable to achieve anything other than to go along with this need for rest; to have a long and deep sleep!

And then at once...

TOO MANY THOUGHTS!

TOO MUCH NOISE!

TOO MANY COLOURS!

TOO MANY IMAGES AND VISIONS!

TOO MANY WORDS!

TOO MUCH INFORMATION!

TOO MANY CONNECTIONS!

TOO MUCH OF EVERYTHING!

HELP I AM SUFFOCATING!!!

And suddenly ...



!! PUFFFFF !!

ALL OF THIS DISAPPEARS!

At this moment, just **BEING** in the
EMPTINESS

Here in the present

It's only silence and expansion

And I ask myself a question: is it possible to
be thus without undertaking anything?

2. THE EMPTINESS

Between a beginning and an end it's there

In the infinitesimal between the in breath
and the out breath

There, where it finishes and then begins

I allow myself to be inspired by the
nothingness and to the nothingness I return

How can you define something that is
indefinable?

It's the space – or non-space – between one
step and another

That suspension that surprises you before
you put your foot on the ground to move
forward (or backward)

And when your breath stops with
astonishment at the spectacle of nature

It is there between a thought that departs
and one that arrives

So why not allow him all the space between
thoughts?

Let it go without holding on

Observe the thoughts that go away

And be the emptiness

Because it's from the emptiness that
EVERYTHING comes into being!

3. THE FEMININE THAT SHOWS ITSELF IN ITS FULLNESS

It's the feminine that shows itself in its glory, with no ropes that bind it, or plugs that prevent it from leaving the vessel.

It's a beautiful light that emanates and spreads all around, without limitation, it's here for those who want, come and see it!

It's simple and spontaneous, authentic, pure and clean, like the fresh and crystalline water of a very pure spring.

It's the feminine *curandero*, which brings healing to those who want it.

It's free and does not expect anything in exchange, it's there available for those who want it with awareness and pure heart!

