Once upon a time the world was at one with itself and with all. Creatures lovingly danced together. There was no East and no West, no North and no South - or, if there was, no one noticed. Such a time can come again.

If that sounds fanciful it is because I am writing this in India at an ITI Festival and Seminar on Theatre, Dance and Martial Arts. Here everyone naturally speaks of the need to prepare and centre the mind as well as the body, to work on and to control the inner as well as the outer and to do this by honouring and hallowing the spirit. Here many demonstrate it in their dance and in their lives. Delegates from all continents are going home determined to do likewise, for many of us from elsewhere admit we no longer do this.

Last year our International Dance Day Message looked forward to more dialogue and cooperation and to including wider geographical regions. This year I use the example of one ITI Dance event to show how we are interpreting this and to look far further forward to a time when each of us finds our own equivalent to what has been demonstrated here in India. Then our dancing can improve and holistic dance can once more act as a healing agent in our society. ITI can show the way.