

Why the Irish Dance



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Why the Irish Dance

Chapter 1



This is one of my favourite clips on the Internet. But in the understanding of it I find a deep sadness.

[3 guys Irish dancing around the world](#)

Of any people I have checked in history no people have suffered as much as the Irish under the English. No people in history.

Irish history is horrific. It is a history of genocide after genocide. Of holocaust and ethnic cleansing. Of enforced famine. Of serfdom. Of torture and of destitution. For century after century of English rule. It is so horrific that what happened to the Irish under Cromwell was worse than what happened to the Jews in the Second World War. This can be checked objectively. I will be explaining how in later documents. Five and a half million Irish died in the ten years that Cromwell was in Ireland. The population went from six million to five hundred thousand in the ten years under Cromwell.



What happened to the Jews in the Second World War was at rank of Holocaust. A very severe holocaust.

What happened in Ireland under Cromwell was worse.

In addition to what happened under Cromwell there were four other incidents in Ireland which had rank of holocaust and a further nine which had rank of genocide. All under the English.

In the 19th century alone Ireland suffered 19 famines. At rank of famine. That is less famines than the Irish suffered in each of the 18th and 17th centuries. Hunger was the main tool that the English used to suppress the Irish.

The history of the Irish under English rule is the most horrific history I know of for any people on earth.

Yet it forged a character which is unique, a character in the Irish that is unlike any other. It is to do with how we coped over these centuries.

The Irish rose against the English century after century, generation after generation, revolution after revolution. *La Résistance*. Until finally the English were defeated in 1921 in the War of Independence. The mastermind behind that war was Michael Collins. It is because of this victory that Ireland now has a tricolour flying over her, rather than a Union Jack.

To the Irish, I consider this man Lincoln. He freed us from slavery.

How is it that the will of the Irish was never crushed when so many other nations around the world succumbed to the British Empire? How is it that we continued to resist when others lost the will to keep fighting on?

It is because of the way in which the Irish deal with trauma. They say that if you do not laugh, you cry. And so, when the Irish are devastated, we write songs and poems. We play music. And we dance. It helps to ease the pain.

If one listens to Irish music, Irish music *in Irish*, rather than anglicised Irish music, there can be such a sadness that it tears at the heart. Songs of rape. Of loss. Of destitution. Songs of pain. Like *Mná na hÉireann*. This is where the haunting aspects of Irish music comes from. It comes from pain.

This rendition of *Mná na hÉireann* (Women of Ireland) is sung by a Breton woman. A French woman from Brittany.

[Nolween Leroy - Mná na hÉireann](#)

This idea of dealing with pain in music is also seen in the Soul music of black people which originated from slaves working in the cotton fields of America. This is why one can feel such a depth of emotion in soul music.

If a child is hit, the child cries. But if a child is hit repeatedly the child can have the opposite reaction. The child can go very quiet. This is a very, very serious sign indeed. When someone goes quiet, it is serious.

When a people stop singing it is a very serious sign indeed. It is a sign that the spirit of the people has been broken. This happened to the Sioux peoples after Wounded Knee and the Ghost Dance. The people stopped singing.

There are many, many sad stories in Irish history. But perhaps the one that saddened me the most was one a woman told me about the Great Famine of the 1840s. For years afterwards the land was silent. No one spoke. For years. The people lost their voice.

The Irish have a unique personality. A quirkiness. A quick wit. We are a nation of storytellers and musicians. Of poets and dancers. This character did not come easily. It was forged through century after century of coping with trauma. Many Irish are losing that character now which is very sad, for we are an ancient people. If the Irish lose that unique character then the world will be diminished by its loss.

Why do the Irish dance? It is a legacy of a coping mechanism to deal with extreme trauma. A coping mechanism that was developed over centuries and that has become an integral part of the Irish character.

If you understand this clip of three guys Irish dancing around the world, truly understand it, then you understand something very deep about the nature of the Irish.

It is to do with how the Irish deal with trauma.

On the Sioux

Chapter 1



Wounded Knee



*How does one know when a people are broken?
When the people stop singing, this is a troubling sign.*

How does one know when a people are healing? When they start to sing again, this is a good sign.

[Oldest Native American drumming video](#)

Why the Irish Dance

Chapter 2



They say that if you don't laugh you cry

If you understand this you understand something very deep about how to deal with trauma.

[Guardians of the Galaxy Vol. 2 Opening Scene / Dancing Baby Groot](#)

Why the Irish Dance



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