

BIODANZA AND THE I CHING, 20 February 2021

The I 'Ching, called "Book of Changes", is a Chinese Oracle that is almost five thousand years old. It is a masterpiece of Chinese culture and contains profound wisdom about human life. It was translated and spread to the West by Richard Wilhelm and has been commented by Carl Gustav Jung.

The book has the quality of an Oracle that can be consulted in moments of doubt and during periods of existential crisis. Its answers and prognoses should be interpreted by people who understand the symbolic language and who have a cosmological vision.

The reading of the I Ching involves a change in the way of looking at the world: it requires willingness to refrain from using our Western logic and linear reasoning, and our analytical science.

The I 'Ching brings together 64 existential situations, arranged in a system of hexagrams. The person who consults gets a random answer based on the hexagram, which generates an "image of the moment".

The I 'Ching is consulted by a special method: using three coins which, tossed at random, make up the hexagram of answers to existential questions. The answers are cosmic metaphors. Dancing the I 'Ching makes it possible to "incorporate", through dance, the meaning of the answer to the existential enigma.

This is the introduction by Rolando Toro Araneda.

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Carl Gustav Jung for him the sixty-four hexagrams of the Changes were excellent examples of his notion of "archetypes," just as the

seemingly accidental occurrences of the I Ching illustrated his idea of "synchronicity." Jung saw the Changes as a powerful tool for "exploring the unconscious."

John Cage American artist and philosopher produced "Music of Changes".

Among the many famous artists touched by John Cage's creativity was the dancer and choreographer Merce Cunningham. One characteristic feature of Cunningham's performances is that he often used the I Ching to determine the sequence of his dances.

Bob Dylan American singer-songwriter. Much of his most celebrated work dates from the 1960s, with songs such as "Blowin' in the Wind" and "The Times They Are a-Changin' "

Dylan used the I-Ching, for his wisdom and amazing poetry for his lyrics

And it inspired Rolando Toro who created the extension Biodanza and Dancing the I Ching.

The aim of Biodanza dancing the I Ching is the same; it is the integration of Identity. The integration of identity is the pursuit of our essence, the awareness of what we were born for. We know that identity is always the same, but also constantly changing, because I am who I am after my first moment of conception.

The structure of the I 'Ching is based on a dynamic model of existence. It is an ontocosmological proposal 'onto' comes from the Greek and means "being" Cosmological is being part of the cosmos.

In terms of Identity it means Rolando said: "Being you, is the integrated expression of all" The theoretical model of Biodanza is in reality a model of the "cosmic human".

When questioning the oracle, it is so important that the question comes from one's inner needs and not from the stimuli of the

external environment. Rolando said: "Man loses his Tao (the meaning of life) and can only regain it by getting in touch with himself.

It can happen that I deny my path, and lose sight of it, but since this identity is unchanging, I can return to it ...even after I have lost it."

Returning to the hexagram: we have the six lines whole (means yang) interrupted lines (means yin)

This Yin and Yang principle is the basis of Chinese thinking, and are the elements used in the composition of the hexagrams, which offer about 4,096 different situations. Their different combinations generate everything that exists: The Supreme Ultimate. By consulting the I 'Ching we become attuned to this Supreme Ultimate: the ultimate and inexplicable truth.

Each hexagram is made of two trigrams. The trigrams of which there are eight. These eight fundamental signs are "transition states" or fundamental ways energy moves.

They represent tendencies to move, to mobility. They are not symbols but forms of transmutation. "Their movements respond to cosmic movement patterns which also include the human being.

Therefore, Rolando said:" we can dance the combination of the fluidity of the wind, its penetration and agility, and the joyful rest of the lake, with the serenity and the silence of the mountain.

These archetypes allow us to unconsciously construct our own version of the response. Which is absorbed or integrated (in-corpora) into the body as an experience.

To conclude a few words about SYNCHRONICITY. Jung defined synchronicity as "significant coincidences of an external event connected to a (meaningful) internal experience".

Albert Einstein, in his special theory of relativity, stated that it is not possible to speak of space and time as two separate entities, but that

there is only one entity, spacetime, which contains all past, present and future events in our universe.

"The hypothesis underlying the oracle is that the hexagram obtained at a given moment coincides with that moment in both quality and time. The hexagram is thus the interpreter of the moment at which it was cast, which does not correspond to the time of our watch but is the indicator of the essential situation that prevailed at the moment of its creation.

For Rolando: "Synchronicity and resonance with universal patterns give human existence its cosmic dimension, it's transcendent unity and coherence with life.

Biodanza stimulates the emergence of new states of consciousness through the synchronized action of music, movement and evoked vivencia. It works on an unconscious level (in a dynamic field) - synchronized with the forces of life. Dance is therefore the perfect act of synchronicity with the forces of life. And as Rolando said: "To dance one's own existence is to give back to the cosmos, through movement, the immense answer.

Working with the I Ching became a passion. It gives me great pleasure. Certainly, it was and is for me a deepening and giving me a better understanding of the exercises and dances proposed by Rolando.

Also, the music, suggested by Rolando, the music tuned and connected to the Oracle. I am constantly amazed by the power and integrating effect of the dances and the wonderful vivencia of the participants.

The combination Biodanza with the archetypes of the I Ching is rich. Anyway, for me is it a great opportunity to understand the methodology of Biodanza and the Biocentric Principle on a deeper level.

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