

Welcome to this conference,

I thank Aipob and Silvia for inviting me to give this conference.

I want to greet all of you and I also see many people I know, some comrades from the VII cycle of the Milan School. Before starting I make a brief presentation of myself and Biodanza in Slovenia, especially for those who do not know me.

My name is Nataša Kern, I am from Slovenia and I started studying and practicing Biodanza 18 years ago, in 2002 in Milan. I traveled for 6 years to Milan every month from Slovenia with my friend Gitta, to complete the training and then also for other courses, tutors, teachers and other specializations.

We started the first cycle of training in the School of Slovenia in 2010. It was an excellent start because the first cycle was for 18 students and some of them are now operators, tutors and teachers.

I share with you this short power point that I have prepared.

I don't want to dwell on it but I can briefly tell you that in the school in Slovenia we have hosted many didactic teachers from the Milan school and also other new didactic teachers from other countries.

Now we also have some of our first cycle students in the school who then took the tutor course organized here in 2019 so we can now start working with the tutor network. We are aware of the importance of staying connected and staying up to date so last year we invested a lot of effort to achieve this goal of connection and updating.

We offer various events including in spring, since 2016, we celebrate the day dedicated to Rolando on April 19th. This year we had to have a special celebration, due to the covid situation, we did a videotape organized by Claudia who is here with us even today, a videotaping where every Biodanza teacher had the opportunity to participate.

We are really working a lot in this last period, to improve teamwork, to improve the connection also with various associations such as Aipob, Unipib, BRT and other associations from different countries because I think being connected is very important. Normally you are often caught up in your own things but then nurturing connections with others is just as important.

Now we can immerse ourselves in today's theme which is: Connection bursts life.

As we all know, the human being is made for relationships, he is tuned for relationships. The structure and functionality of our body, our physiology corresponds to the necessity of the relationship, it is made to enter into relationship with others.

And thanks to this original force that belongs to us, we can successfully connect to the life that is all around us and in other human beings. It is life itself that urgently needs to touch another life.

What does connection mean?

First of all it means a state of connection, a being in connection. But connection also means everything that creates connection, one part with another: for example the bond.

Connection also means association, forming part, connecting in a group, for example in an association, in a group, such as a group of friends. Be connected to others.

We have explored a bit the meaning of connection and we can say that today it is no longer a secret, rather it is something we all know, that having good connections, good bonds, good relationships, such as having good friends of that we can trust and with whom we can open our hearts is vital for our health and our life. It is now known, also thanks to numerous studies, that having good social relationships, having a good number of friends who support us, produces a longer life and a better quality of life.

And this social support, this cure that we can have in a group of friends is a social medicine, a decisive element for our good health.

I am referring in particular to those relationships in which we are open with our hearts and in which we do not feel judged.

It may happen that some of the relationships we have do not burst, they do not support our life but the opposite can happen, that is, they break down, they destroy life.

Perhaps we remember Rolando talking about toxic relationships, where the disqualification of one another and the continuous struggle are in force: here, this kind of relationship does not sustain life, it does not make life explode but rather it destroys life on both sides.

If the person constantly lives in a climate of criticism and disqualification with the feeling of not being able to do anything to improve this situation, a very high production of cortisol is generated in the body with an imbalance that is harmful to our health and our life.

I remember very well Rolando speaking passionately about many important things, including this: if a person is constantly exposed to this disqualification, to this attitude of criticism from another person, this impacts very clearly in a negative way on his life because it destroys his identity.

Disqualification, criticism points directly to the person's heart and when the person experiences this we can say that the person's ontological death manifests itself.

What happens to the person in this situation? The first thing is that the person withdraws from the relationship, no longer tries to enter into a relationship, no longer searches for the relationship, withdraws into himself.

And we can say that the person slowly begins to take the first steps towards the disease.

With the work with Biodanza what we do is to create an affective and protected space and starting from this affective and safe space we begin to redesign, to rebuild constructive relationships and then we begin to nourish and reinvigorate life so that it bursts even more life.

And in the group, in the Biodanza space, we can experience so much support that it can be the presence of someone in the group, being seen and exchanging hugs, for example.

Now I will tell you a bit why I chose this word BURSTS which can also refer to something destructive.

Life takes on and manifests many different forms and I have identified this term to express the explosion, the form of the blossoming of life as it happens in nature that I love very much, I love nature and its movements.

I put as an example this rose from my garden that blossomed in late October or even early November and I chose it thinking about how much Rolando also loved roses, this is a connection.

A meaning is also related to change, to the process that leads from the past, from the old to the present, to the new. It refers to the power or rather to the empowerment (making it possible, feasible) that connections bring with them.

All, each of us, are part of the force, of the vital movement that generates life. Each in its own way, each with its own uniqueness. It is the same for us humans, for animals and for all living forms around us.

Life itself is multiform, takes on different forms, organizes itself and is constantly changing, transforming the elements and continuously expressing the bond, the connection.

Biodanza invites us intensely, strongly to involve ourselves with life, to involve ourselves emotionally, with our body with emotions and thoughts, going beyond the boundaries of ourselves.

Because situations in which we feel misunderstood, situations in which xenophobia occurs, situations of loneliness, situations in which closures and misunderstandings occur, can happen to us in life.

This means we have to work hard to get involved with life.

We can take the time, use our time, to involve ourselves in an affective way and to experience the relationship with others in a more emotional and affective way.

With Biodanza and Biodanza we can almost magically experience the art of life and connection.

More specifically with Biodanza we can simultaneously experience the involvement with ourselves and the involvement with others.

A first action, a first pro-active movement that we can adopt is to get involved, to connect deeply with nature, with the natural environment that is around us.

We can also say that every time there is reciprocity, that reciprocity manifests itself successfully, there is connection and then life is released, bursts, life has the opportunity to flourish.

Living with individualistic solipsism, self-centeredness, without involving ourselves with the rest of life, is no longer possible.

When we deny ourselves the possibility in our life to connect with others, we go in the direction of individual solipsism and self-centeredness, we think we can be enough for ourselves. When, on the other side, we experience the connection and give ourselves the opportunity to enter into an emotional and affective relationship with others, then these extremes of solipsism and self-centeredness drift away and life flourishes.

I refer both to the connection with others and also to the connection with nature and with the environment in which we live.

I am emphasizing the importance of connecting with nature around us, how important it is for our rehabilitation, for our creativity ... and there are many studies on the importance of relating and connecting with nature and the environment around us.

It can easily happen in our lives, also due to so much noise around us, that we forget about the nature around us, that we disconnect from the nature that surrounds us.

Here in Slovenia we have proposed 7 times the specialization of Biodanza in Nature with Eliane Matuk and I remember very well that the most important thing I learned in the first Biodanza training in nature is that if we lose the connection with nature we also lose the connection with life itself.

Thanks to a good connection with nature we can be healthier, more creative and more compassionate. And thanks always to the connection with nature around us we can become even more capable of connecting with the world around us and with each other.

I also think it is important to underline that this nature that surrounds us must represent a small challenge for us. Not too small but not too big. It depends on our ability, on our possibility.

And why? Because the nature around us needs, asks for our attention and if we are present, if we experience being attentive to nature we discover that we feel better and more connected.

I read a very nice book about 6 months ago on this topic and I give you the title: "the nature fix" I read it in Slovak, my language, but the original is in English. It was written in 2017 by an American science journalist, as well as editor, named Florence Williams

(P.S.

Note on the book: our brain rejoices when it feels the harmony of nature ☺

The book is an extraordinary investigation into the beneficial effects that nature has on us. The constant stress of urban life changes the brain in ways that can increase our chances of schizophrenia, anxiety, and mood disorders. In other words: the world of office towers, traffic jams and emails is not suited to our brain's perceptual and cognitive systems. It is proven. At the same time, natural environments and the outdoors are one of the few scenarios in which we put our five senses into play and therefore, by definition, we are completely, physically, alive. Nature has a beneficial impact on human beings .....

Buddha, Jesus and Reese Witherspoon went to the desert in search of wisdom. Florence Williams follows in their footsteps and brings with her a large number of neuroscientists. The purpose: to study the effect of something as beautiful and complex as nature on something as beautiful and complex as the brain.

Florence Williams came out to unravel the science behind the positive effects nature has on our brains).

<https://www.youtube.com/watch?v=BFi9K8WRs8w>

The question now is do we run around the world or is the world spinning around us?

The evolution of the human being has led to many important achievements, at a social, organizational, technological level, artificial intelligence, etc.

but I ask the question that perhaps you already foresee, if there has been so much evolution why are we humans still so dysfunctional and destructive? We are so destructive to life and to nature.

I want to take a moment to see what some past thinkers have written on this subject.

Freud tried to give an answer to the question why human beings are so dysfunctional and so destructive, saying that the animal instinct in the human being is something to blame, to be ashamed of.

As well as the internal contradictions of our unconscious.

Other thinkers speak of the instinct within us to dominate or speak of the wrong pattern of "self-affirmation". Or they refer to the wide range of mental illnesses... and it hasn't been that long since these answers.

A more empathic attitude towards the human being was the contribution of a psychological humanistic movement of the 1920s. In summary, their thought was that "there is nothing wrong with being human". But only that it can often happen to people to live in an environment where the positive part of their personality is underestimated.

Another area of thought, another thought pattern, then began to manifest itself and take hold and it was individualism.

We have been and maybe we still are in a frame, in a situation where we think too much about ourselves and only about ourselves.

In this way of thinking, people don't care and don't think about others. They show an attitude that comes from thinking that only they and their group are the most special, better than others.

And even more they think that their thoughts and beliefs are right while those of others are wrong.

We can easily imagine how this attitude leads to the egocentrism of the person and the group.

We understand that all antisocial behaviors derive from this attitude, such as terrorist actions, egocentrism, thinking of being enough in oneself. And also the different types of hate, when you hate someone or something. I discovered a group calling themselves INCEL which is an example of a group of men who hate women and who cannot have relationships with women.

Thanks to this long reflection and to this dwelling on history and these thoughts we can on the one hand realize how many steps forward the human being has made and therefore the evolutionary part but on the other we can also realize how much there is still to be done, how we can still be destructive and can bring hatred.

This is a bit complex because by thinking about ourselves and the human being in general we can both see and experience the evolutionary aspect and also think about the destructive aspect.

Emerging from this reflection I would like to quote the phrase of a professor, a social personality psychologist Dr. Mark Larry. His conclusion is that most of the problems we cause ourselves and others are because we are too busy with ourselves.

So what can we do? We are aware of many aspects of the human being, of the biology of the human. We can refer to the studies of Biodanza and the importance of vivencia. The importance of practicing the vivencia. To practice good Biodanza, which works.

And slowly we can get closer to the solution for our time, for today's time.

I now propose a summary, a summary with 4 points:

1) First of all we can live our life by creating connections with others and with nature. These connections must be constructive and affective.

2) The second point is to take the time to feed our awareness and connection with the present moment, in the here and now and with the environment around us, to educate ourselves to connect with the environment in which we are immersed.

3) The third point is to rediscover the feeling of modesty. This doesn't mean having low self-esteem but it does mean not always putting ourselves ahead of others, before others.

4) The fourth and final point is how can we facilitate the connection process? We can do this by taking into account what we have in common and what makes us similar and not what differentiates us.

Biodanza somehow offers access to the experience of ecstasy through the stimulation of the body's chemistry and maintain, supports the connection with our inner strength and certainly reinforces the joy of being alive and being alive together with others and with nature.

Our time has come to an end and perhaps we will have to organize another conference because I have only reached the middle of my conference. I realized that the theme I have decided to bring is very vast and the second part I have prepared is about how to create a connection with love.

I brought you a 40-second video made in Milan in 2006 during the didactic training course when Rolando Toro Araneda among other vivencia did that of the dance of maximum extension shot in this video.

Now I propose to you to do this exercise all together, each in his own home... if you want to do it because I know that it is not nice to spend too much time in front of the monitor. You have the option of doing or not doing the exercise, doing vivencia or even just doing a little stretching to relax, each one as they prefer, they can leave the video on or off ... if you prefer remain sitted and watch Rolando's video ... everything is fine.

Nataša: Thank you for your participation, for your presence, for your movement

All: Thant you, thank you, thank you ☺

Viviana: I would just like to make a final comment because I was really impressed by Nataša, I know her and I know the quality of her theoretical and methodological preparation, but I was impressed and I thought about doing this feedback because I feel a continuity in these Aipob conferences. Marcelo Mur in his conference had underlined the importance of finding new personal languages, capable of communicating our work and in this conference I saw on the one hand a great consistency and in-depth knowledge of the theory of the Biodanza System and at the same time a language that I found always fresh and completely original and almost nothing seemed to me already heard. Yet there was this total adherence to the system, method and theory, so thank you Nataša, I wanted to thank you publicly.

Thanks to Nataša, the translators, Aipob and everyone present.