

Connection bursts life – part II.

*razlaga deflagracije: Delagracija povzroči **reakcije**, ki so enake tistim, ki jih ustvari **izgorevanje**: hitro se razvije oksidacijski proces, ki povzroči pojav plamena, a ni isto kot eksplozija. Ta plamen zaradi toplotne difuzije lahko napreduje.*

Elisa – I will do short recuperation of first part.

TO CONNECT WITH LOVE

→When the awareness of the strength of love will become clear IN US and confident - only than we would be able to change the course of history...with hundreds and thousands of lovers who caress themselves with their words and dancing bodies.

It is as each person would exhibit a mask to hide their inner beauty.

Sowith biodanza we are putting down the maskswhich are hiding our inner beauty.

BIOLOGICAL FOUNDATION OF LOVE

Rolando Toro studied various theories of astronomy and cosmology based on a vision of the universal unit of living things, to understand the biocentric principle.

He also takes into accountthe concept of autopoiesis of Humberto Maturana and the theory of Varela and Maturana, to propose the concept of unconscious life and the cell psyche. Humberto Maturana said that the **human beings are the fruit of cooperation for conservation, not the struggle for survival.**

'Bioevolutionarily, we are because we love.'

'Bearing in mind those millions of years of evolution that turned us in to beings that need to have PRESENCE; be SEEN, be HEARD.'

It is precisely our task to put the wisdom of science into action.To take time to re-learn ourselves and to encourage others to re-learn how to bond with other. With looking in each otherseyes, with listenin to with presence and attention. And with affective attitude.

So we are constantly re-learning to be present with each other. Because we all need to feel - appreciated and valued. As with accomplishment with words as also with heartfelt embrace.

Biodanza seeking to transform the world seem to be an utopia, but I think you have to understand utopias; and in that sense, it is not enough to love your neighbour, you have to dance with him, YOU HAVE TO GO HAND IN HAND WITH PEOPLE. We have to interconnect with our neighbours...and people around us. Creativity for creating additional ways of contact is our temporary solution in the last months on this beautiful Earth.

Let us finish and continue invigorated with the power of biodanza and with the Rolando's words in his notes from the time when he travelled from Buenos Aires to Madrid in 1982.

"... Contact is a political action.
Love and transcendence are the driving forces of social justice.

'Biodanza is the conspiracy of love.'
It's time to begin..."

Rolando Toro Araneda, 19th october

There is a strong need to promote life, to invigorates life in all of it's shapes – let us continue to burst life among people. We are creative beings, still alive and capable of transforming the space we are living in.

Rolando Toro Araneda

CONFERENCE ON DESIRE AND ITS EXISTENTIAL PROJECTION

Madrid 2002

Our primary task is to exercise the integration, and the main integration resource that the human beings have is AFFECTION. Dance raises a sense of CONNECTION that goes beyond the contact.

RTA said our desires are designing our existence. Tell me your wishes and I will tell who you are, and i will tell what will be the outcome of your existential labyrinth.

There is a classification of desires which is using semantics set and group them into four main branches:

- a. The desires of identity – the desire to be significant, to be valued, to have an established identity, which is expressed in the world
- b. The desire to love and to be loved, the desire to be deeply understood, and having traveling companions, friends, the desire for empathy and parenthood
- c. The desire to be able to express your potential, to say what you think, to declare your love
- d. The desire of ecstasy – as we must remind us frequently that the paradise is here. In your friend, in your near forest, in your garden.the desire for peace, the desire to heal others – the greatest healing power is LOVE. To be part of the whole, to be part of wonderful process.

THE WISDOM OF THE BODY - OPEN TO CONNECTS

Throughout our life, we are constantly learning to express and many times also to repress our emotions. That is a way we develop to survive in an environment where we are not allowed to express our passionate emotions and deep feelings. Repressing our feelings will sooner or later come out as one form of damage; as depression, anxiety, long term dissatisfaction, feeling of unfulfillment or even as a psychosomatic illness. There is a bridge between repressing emotions and illness, and sometimes it takes time before the illness comes out in a specific form. Therefore, it is necessary to build and renovate the connection between emotions, feelings, and expression. And we do it with a master help of our magnificent body.

There are many technics of mental adjustments, thinking oriented methods that promise to set our lives on the road again. Of course, we can influence our life with mind strategies, but in order to enter deeper into the ocean of a human being, we need to dive in - with the WISDOM OF THE BODY.

The human as a whole and all of his layers are constantly interacting with its surroundings and responding to it. Therefore, this interactive communication involves many areas simultaneously – in the vivencia of the moment. We have been touched and rewired with different kinds of hormones, signals, and processes of exchange. We are consciously unaware of these actions. However, all of the communication exchange is our reality.

Leo Buscaglia, 1924 – 1998

1. 'Living in love is living in the center of life,
And living in the center of life in living in love.'
2. 'To live in love is the life's greatest challenge. I encourage you to live in love.'

He was the first to state and promote the concept of hugs to 5 survive, 8 maintain and 12 to thrive-uspevati in rasti.

HOW THE MUSIC AT BIODANZA WORKS TOWARD CONNECTION?

RTA 'The sound is a movement that encourages LIFE.'

Dance connects the human being, creates a relationship with the cosmos, for this reason it sets in motion the processes related to the line of transcendence and affectivity. This concept was understood and acted upon by all primitive peoples

What is interesting in Biodanza is the **human quality of music** without intellectualisms and abstractions, music in Bd must arrive in a very short time and immediately reach the body and emotion.

Rhythm Melody Harmony are recognizable elements when we listen to music and the effect that the music arouses in us is due to them.

RHYTHM is a model of cosmic regularity and is manifested in all living systems: metabolic, sexual, hormonal, respiratory, cardiac rhythms. Rhythm of the heart is not a regular mathematical necessity and is governed at all times by emotions. Affective complexity modulates the regularity of the heart's electrical rhythm. For our goals, *rhythmic synchronization dance* in pairs is invaluable, because we learn to:

- ✓ Listen to the other's body and regulate the action /movement.
- ✓ Connect with the movement of the other by adapting and synchronizing to a different rhythm
- ✓ Abandoning the Ego as the primary impulse center. Get out of the inertia and loneliness of the ego for a few moments
- ✓ Be receptive to information that comes from outside
- ✓ Stimulate the capacity for bodily empathy until you lose consciousness of the individual body scheme and participate with a flexible body, at a single and common rhythm

In Biodanza, when we offer MELODIC dances, the search for an intimate relationship with oneself or with another person arises spontaneously. A sort of **musical empathy** is created between people similar to falling in love even if only temporary. This happens because, according to musicologists and neuroscientists, listening to music has an affective, social and evolutionary function.

In neurological terms, the passage from rhythm to melody is the passage from instinct to emotion. The vital force of the rhythm is shaped by the sweetness of affectivity.

Harmony -

HARMONY = bond, conjunction, connect ARMOZEIN = to connect, to bond, agreement

AR = join, unite, dispose

Is a concatenation of 'chords': notes played simultaneously.

- it is not a solipsistic phenomenon that is the search for solitary harmony, but it is a amorous phenomenon that seeks harmony even in human encounters and it is on this last statement that the concept of harmony in Biodanza is structured.

AT THE BIOLOGICAL LEVEL The search for harmony is an implicit and genetic fact that guides the birth, development and chemical transformation of every living being. **Biology has observed that living systems are regulated by the principle of unity and harmony.**

AT THE EXISTENTIAL LEVEL It is therefore natural that man is in constant search for the harmonious element that unifies, connects, integrates himself with the other and with life. Man aspires to increasing forms of harmony and resonance with the whole.

Rolando Toro Araneda:

<i>»The need for harmony for the human being constitutes the most intense form of nostalgia.«</i>

We can call it the infinite need for love.
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Biodanza aims to restore original harmony to people through the movement-love .
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Harmony arises from and in *chaos* intended as a path towards the unknown in which an attractor of unity and harmony is always contained. Man oscillates between the desperate search for *harmony* and the attraction for *chaos* that represents the challenge, the risk. Harmony should not be considered a category opposite to chaos. The relationship between the two is neither one of opposition nor one of cyclical dynamism. This is a procedural relationship in which harmony develops and evolves within chaos. **Chaos** is a creative temptation, **harmony** is fidelity to life and represents the manifest and occult order of the universe.

In human chaos, the **ATTRACTOR** that leads from chaos to order is **LOVE**.

So in the times of chaos in our life, the attractor factor called LOVE is to be recognised and allowed to bring some new harmony to someone's life.

Harmony in Biodanza is created through dance, connection, gaze, hugs and caress

Affective connection with life through contact with people and with nature

Integration

Contact – communication

In constant way, search toward the **gesture full of natural and authentic meaning** in harmony and synergy with the here and now.

Conclusion 'Biodanza and music'

* **Movement** Man starts from his personal and instinctive searches for successive harmonic relationships.

* **Vital agreement** that has the necessary energy to create, unite, pacify, integrate with oneself and the group.

CONCLUSION

During times of so much uncertainty, turbulence, and polarization, we are facing so many challenges. How can we help each other to connect to life with the wisdom of biodanza?



My first step after freezing in spring time, was to unmute myself. Was to overcome my personal borders as a biodanzafacilitator – or a ‘professor of biodanza’ as Rolando loved to say. I felt so much resistance to any internet interaction. Even on Facebook or Instagram. Everything went black for me ... but after summer time with some real **timanad** real space and real contact biodanza, reconnecting with people, talking with them about their needs and feeling ... something in me melted. Suddenly i felt enthusiastic again and we had a great start in september with regular groups...and when on 15.october second lock down happen in Slovenia and we went ON. Those who wanted, who needed to stay in affective, supportive connection.

And I learn day by day ways to keep biodanza LIFE-AFFIRMING and nursing for participants.

Ask yourself some questions:

- ✓ what is my strenght as a person?
- ✓ what is my streght as a biodanza teacher, professor?
- ✓ what can i DO and how can ifacilitate, create space that people - who want to and need to, can find a way to touch, comfort and inspire eachother and the most important to connect on a affective way
- ✓ can i join a group or somebody to do some social project together?

→ And then give yourself authenticanswers.

RTA – The great art – we have to learn TO LIFE, if we do not, all our knowledge, all our efforts are lost.

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