

BIODANZA

SCIENCE, ART, LOVE!



BIODANZA SOUTH AFRICA

CAROLINA CHURBA-DOYLE

WWW.BIODANZA.CO.ZA

carolina@biodanza.co.za

SKYPE: BIODANZASA

+27 (011) 8846403



SCIENCEARTLOVE

We all now know that physical and emotional trauma lodges in the body and that most illness has an emotional and psychosomatic basis. What we are now faced with is the possibility that joy, happiness and well-being can also be deeply embedded at a cellular level by the very same biological pathways. Biodanza, meaning to dance with life, is a method for doing just that. Dr Padraic Churba-Doyle reports.

The biological science behind Biodanza is only now reaching the public domain. *The Molecules of Emotion* by Candace Pert and *The Biology of Belief* by Bruce Lipton (see pg 28 of the February/March 2008 edition of *Odyssey*) provide the biological understanding and hard science of what Biodanza is about.

Rolando Toro, the founder of Biodanza, had a deep understanding of this cutting-edge biology decades ago. His genius was to create a means by which everyone can tap into their genetic potential and re-programme their biology to create chronic states of joy and well being – known as *vivencia*.

Biodanza's use of music and exercises evokes deep autonomic nervous system and hormonal change. Like many other health methods, such as yoga, the autonomic nervous system is brought into balance. This is designed to reduce the chronic levels of stress we all live under.

But it then goes further and works with deep seated hormonal

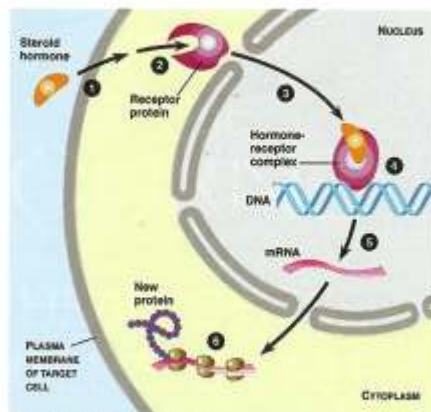
change that has the capacity to create change at a genetic level. You can imprint your cells with positive messages of affection, love and well-being.

In academic research literature, this biological pathway has been known for over 20 years. The steroid hormone mechanism is as follows:

- The music and exercises evoke hormonal change releasing, for example, steroid hormones;
- The steroids penetrate to the cells and they unite to a receptor protein in the nucleus of the cell;
- The activated steroid-receiver can then unite with the Y-chromosome in order to act on specific sequences of DNA;
- These specific sequences of the DNA contain glucocorticoid regulatory elements (GCRC);
- RNA polymers then unite with the GCRC;
- These new RNA molecules are then transcribed with the new

message or experience;

- New proteins are synthesised from this.



©1999 Addison Wesley Longman, Inc.

This is one of the biological pathways opened by Biodanza through the endocrine system to the nucleus of the cells, into the DNA and RNA, synthesising new proteins and transforming cellular activity. Just like trauma can be recorded at a cellular level, so too can positive experiences. And Biodanza is aimed at creating a 'chronic' cellular memory of joy and happiness.

ART & EMOTIONS

Biodanza uses music, movement and creativity to access your emotional world. According to Rolando Toro: 'The emotional world is less understood by psychotherapy and better explored through music, dance, literature and poetry. Those who work with emotions should know more about Shakespeare, Kafka or Virginia Woolf than psychotherapy.'

Music is the language of the soul. It can evoke the strongest, joyous experiences and can elevate you into transcendent states of ecstasy, joy and well-being – all aiming to imprint at a deep cellular level.

How someone walks and moves is a reflection of their state of mind and well-being. Biodanza uses very simple exercises and movement to open your posture, to get you to move more freely, to meet people openly. This in itself has profound changes on how you feel about yourself, how you communicate and how you relate with others.

Human life can be viewed as a daily creative act – like a tree that, arising from a seed, becomes strong and fertile, nurtured by the sap of love. When nurtured sufficiently, it flourishes and bears fruit, so generously that its branches are broken under the weight of its fruit. Biodanza's intent is to facilitate your natural creative impulses until they flow into your daily life and you change your life for you and those around you.

A coherent life is not based around feeling one thing, doing

another and thinking something else. But how many of us live this way? Biodanza's intent is to increase emotional coherence in your life.

Toro says: 'Emotions can be expressed through healthy or pathological biological pathways. Without a doubt, healthy individuals spontaneously express their emotions in concrete circumstances, while dissociated persons stop them, disguise them, hide them, or discharge them onto innocent victims. The healthy way would then be that the individual has the spontaneity and necessary sincerity to react to each situation with the appropriate emotions.'

'Emotions that are not expressed accumulate in the vital organs. Many people are unable to express happiness, rage, sadness, eroticism or tenderness. Those chronically repressed emotions end up attacking the nervous system and the immune defences. Learning how to express our own emotions in a healthy way is necessary to maintain internal biological equilibrium.'

Biodanza exercises induce the emotions of happiness, kindness, tenderness, affection and many more. Just as a person can learn rage, fear, aggressiveness, and the tendency toward depression, he or she can also learn altruism, eroticism, and kindness. Learning does not only take place at a conscious level. There is also learning on the affective, emotional and visceral levels.

Biodanza works to reinforce positive emotions and, through coherent expression of emotions, to progressively achieve emotional coherence in your life.

LOVE

We all have a need for affection, to be held, to be loved. It is basically what makes us human. But its biological necessity for our very survival and personal development has been grossly underestimated.

As far back as the 1940s, the psychologist Renée Spitz studied human babies isolated from their mothers in institutional homes. Hygiene was impeccable. But without being held and loved, the immune resistance of these babies was lowered. Thirty-four out of 91 died. In other foundling homes, the death rate was even higher. In some, it climbed to a devastating 90%. A host of other studies have shown similar results. Babies can be given food, shelter, warmth and hygiene. But if they are not held and loved, they have an abnormal tendency to die.

Sue Gerhardt's *Why Love Matters: How Affection Shapes A Baby's Brain* (2004) gives us the science behind how our very neurological development is also deeply influenced by how we have been held, touched and loved in our early development.

Says Carolina Churba-Doyle: 'People need affection, contact, and love in their lives as much as they need water. Rolando Toro again took this basic biological necessity of life and created a system to bring affection, contact and love back into our lives.'



From affection, we have the basis for ethical behaviour. If you can relate to someone and connect with them, you will tend to be ethical in your relationship with them. If you do not have a capacity to connect and have no affinity for another, you will not be ethical towards them. At this fundamental level, we have the root source of dishonesty, crime and war – people without affection for their fellow humanity.

THE BIG PICTURE

Toro's objective was not small. In his view, we have suffered enough. It is time to replace these old patterns with new ones of affection, connection and pleasure. His intent is to assist humanity to reach higher levels of human evolution based on methods derived from the biological sciences. In his view, you have an opportunity to determine or influence your own human evolution and those around you.

From affection, we have the basis for ethical behaviour. If you can relate to someone and connect with them, you will tend to be ethical in your relationship with them. If you do not have a capacity to connect and have no affinity for another, you will not be ethical towards them. At this fundamental level, we have the root source of dishonesty, crime and war – people without affection for their fellow humanity.

Biodanza's answer is to get everyone evolving, relating, truly seeing each other, building affection and connection. Which route will win out – survival by tooth and claw or survival through affection, connection and love? The choice is ours.



What I'm noticing about myself is that I am happy to engage with humanity as a whole, to look people in the eye, whereas before I isolated myself. I notice I am happy to have fun with people, to be outgoing and give freely of myself.

months without Biodanza, the effect could be seen to have stabilised. It could be shown that regular, long-term participation in Biodanza had positive effects on the experience and behaviour of the subjects.' □

For more info on the upcoming Personal Development Course contact Carolina Churba-Doyle of Biodanza South Africa, see ad below.

WEEKLY CLASSES

Weekly classes have been found to induce significant improvements in people's lives. Research on the effectiveness of Biodanza in inducing personal and biological change has been on-going since 1998 at the University of Leipzig in Germany. Dr Marcus Stueck says: 'We have been investigating the influence of a 10-session Biodanza program on 150 subjects on various psychological (regulation of emotion, health, personal psychology), physiological (skin response, blood pressure) and immunological (immunoglobulin A) variables. Initial results from the experimental control group study in Argentina and Germany reveal significant changes in psychological health and personality variables after three months. After a further three

Personal Development



"Two kids, ten years of marriage and who was I? I found myself again."

"It ignited my passion for life. It led to incredible joy over the last four years."

"It opened places in my heart that had been closed tight. I fell in love with life again."

Biodanza!

"The most empowering process I have done in twenty years of personal work."

Twelve weekends of intense personal development! We work with your natural joy, strength and passion.

We access **YOU!** through music, movement and expression. You will blossom to the joy of life.

Classes starting in June 2008 in Johannesburg and July 2008 in Cape Town.

For further details contact:

Carolina, Biodanza South Africa, (011) 884 6403 or (082) 689 9705; carolina@biodanza.co.za; www.biodanza.co.za

