

## **WORDS, MUSIC AND MOVEMENTS OF PANEURHYTHMY: RELIABLE METHODS FOR PROPHYLACTICS AND THERAPY**

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### **SUMMARY**

The therapy potential of Paneurhythmy is analyzed as a triple structure built upon words, music, and movements. Content analysis of the text reveals basic concepts and words with highest frequency. Music and its specific means of expression disclose Paneurhythmy as music therapy. The three main groups of exercises are presented with their composition, physical and spatial organization of movements. Music, dance, and drama are found all at once and turn Paneurhythmy into a synthetic and unique psycho-therapeutic method.

**Key words:** Movement, music therapy, content analysis, paneurhythmy, exercise

### **ÖZET**

#### **PANÖRİTMİDE SÖZCÜKLER, MÜZİK VE HAREKETLER: PROFİLAKSİ VE TERAPİ İÇİN GÜVENİLİR YÖNTEMLER**

*Panörİtminin tedavi edici potansiyeli sözcükler, müzik ve hareketler üzerine kurulmuş üçlü bir yapı şeklinde analiz edilir. Metnin içerik analizi en yüksek frekansla rastlanan temel kavram ve sözcükleri açığa çıkarır. Müzik ve onun özgün ifade şekli panörİtmiyi bir müzik terapisi olarak ortaya koyar. Üç ana egzersiz grubu içerikleri, fiziksel ve uzaysal yapılanmalarıyla sunulmaktadır. Müzik, dans ve drama hep bir arada*

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panörİtmiyi özgün ve sentetik bir psikoterapi yöntemi haline getirmektedir.

**Anahtar sözcükler:** Hareket, müzik terapisi, içerik analizi, panörİtmi, egzersiz

## INTRODUCTION

Paneurhythm is a system of exercises created in Bulgaria in the 1930s by the philosopher, scholar and composer Peter Dunov (1864-1944). Each exercise has its own text, music and movements. The word *Paneurhythm* consists of three roots *pan-*, *-eu*, and *-rhythm* meaning "universal cosmic rhythm". Paneurhythm improves physical and psychological health in harmony with nature. It is suitable for all ages. It is exercised in a group in the open and demands good concentration because people get engaged on emotional, mental and behavior levels.

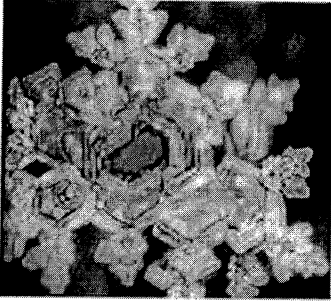
### Text

The text of Paneurhythm songs is analyzed with quantifying conceptual content analysis (2). A dictionary of the text is created and all words and categories are counted for frequency of occurrence. The words are 400 with 2536 repetitions. Basic text categories are: *Light* (frequency 273), *Positive Feelings and Emotions* (f 270), *Our Group* (f 120), *Nature* (f 401), *Life* (f 114). Words with highest frequency are: we (f 80), life (f 72), love (f 52), joy (f 46), new (f 45), Sun (f 44), light (n.) (f 37), rays (f 34), day (f 34), sing (f 26), our (f 25), light (adj.) (f 24), peace (f 23), alive (f 23), power (f 22), beauty (f 21).

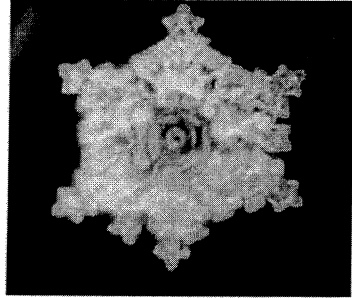
Every fifth word is about light or positive feelings, which creates positive psychological disposition. The words for Me as individual (f 30) are four times less than words for Us (f 120): the message is that we are together. Nature and life are basic concepts. The environment is dynamic and beautiful: people play, work, and sing. The effect of the text is intensified because it has no negative words or messages, it never changes and repeats every time. Content analysis reveals its positive therapeutic effect.

The Japanese scholar Masaru Emoto uses a special method to establish how classical music and positive words affect the water molecule. The crystal structure of frozen water molecule is studied in laboratory after the water has been processed with various types of music and words. The positive influences create beautiful crystals (Figure 1). Since the text of Paneurhythm abounds in positive words and its music is of the classical type we may assume that the effect is similar.

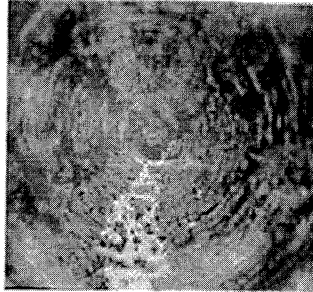
Words, Music and Movements of Paneurhythmy



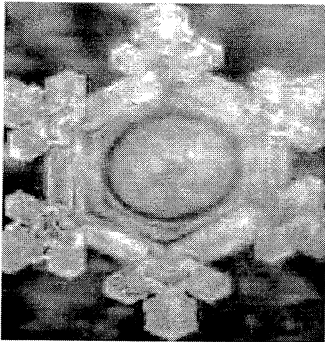
Bach "Aria in G"



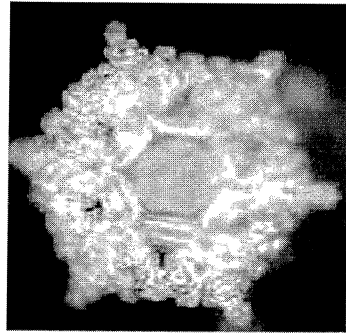
Beethoven "Pastoral"



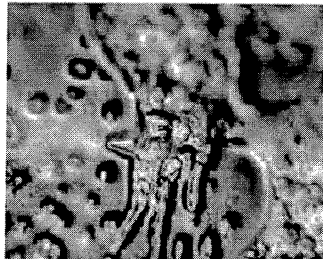
Heavy Metal



Thank you



Love and Gratitude



You are disgusting. I'll kill you

**Figure 1.** Music and word influences on water crystals.

## Music

Paneurhythm is music therapy because it combines music, art, dance and drama. The purpose of music therapy is to provoke people to express their ideas and emotions and to help them accept and understand the emotional state of others. In Paneurhythm we find the following aspects of music therapy:

- *Therapist*: Paneurhythm provides visual, auditory and verbal stimuli, which can be called "the hidden therapist". Paneurhythm is unique because there is no one officially in charge to guide the therapeutic workshop and yet we have a number of themes and the individual freedom to interpret them.
- *Spontaneous expression*: On an individual level, spontaneous expression comes by means of personal interpretation of the fixed music-choreographic model and themes of the exercises. The healing effect can be observed in the general behavior, facial expression, body posture, movements, psychological state and activity of the dancers.
- *Communication*: Paneurhythm achieves a social goal as well because its performance is possible only with the help of a partner and the whole group.
- *Listening to music*: Participants may listen passively to the flow of sounds.
- *Singing*: Paneurhythm can be sung. Singing has a deep healing effect.
- *Script*: Song writing is a method of music therapy. Paneurhythm with its texts, gestures and ideas provides rich choice of positive "scripts".
- *Spectacle*: Playing Paneurhythm is like participation in a great music spectacle. The actor awakens with the first exercise, accumulates various life experiences and finally becomes a ray of sunlight, bestowing light and joy on to others.

Psychotherapy through dance and exercise is based on the internal relation between body, mind, and emotions, expressed in the body behavior. Playing Paneurhythm we confide in one unique, invisible, perfect and delicate psychotherapist who leads us to the way to ourselves.

### Movements

Paneurhythmy consists of three parts. *The first part* is the main one and consists of 28 exercises. The performers line up in a circle, in pairs, while music and the musicians stay in the center. The circle is the optimal form for continuous walking in limited space. It also creates a feeling of equality between the participants and allows them all together to perform as if on a stage. Between pairs there is enough distance to provide the necessary space for everyone to perform (Figure 2).

The first 10 exercises make one cycle and their performance is close to gymnastics. The accent is on hand movements. Steps are small, while hands move in wide amplitude and in a plane perpendicular to the feet. This characteristic type of walking helps correction of spinal curvatures. Comparative analysis of 8 years old children suffering from spinal curvatures shows that at the beginning of the experiment the average deviation is 8.86 degrees. The average deviation decreases to 2.57 degrees (6) in six months training. The difference of 6.29 degrees proves that Paneurhythmy is a successful method for prophylactics and correction of spinal curvatures.

Will is exercised in the process of movement coordination and space orientation of the body. This is complemented by activation of the auditory analyzer, because each movement must be brought into line with a specific music phrase.

#### PANEURHYTHMY

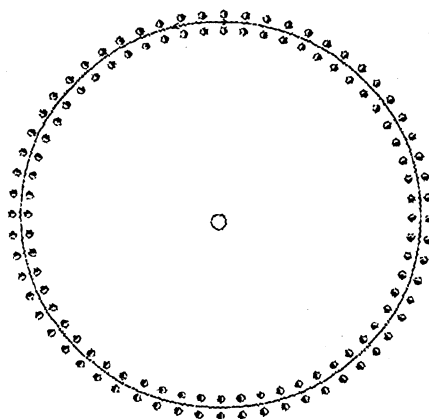


Figure 2.

In the remaining 18 exercises of the first part we have both dance elements and gymnastics. New directions and more complex movements are mastered up.

The second part of Paneurhythmy, called *Sun Rays*, is in the rhythm of Bulgarian rachenitsa dance. Seen from above the composition reminds a big, pulsating Sun (Figure 3). The dancers need to have more complex space orientation and better dance technique.

The third part of Paneurhythmy is called *Pentagram*. Participants are lined up along the radiuses (Figure 4). Along with the radius movement the pairs build up space pentagons. Pairs change their place and take each one of the pentagons apexes by going along its rays.

Analysis of the movements displays simplicity and lack of power elements of the exercises making them accessible to all ages. Mastering up of movement coordination and of the body is part of the therapy. Tasks are complicated by building up several movements into one and the same music phrase, and by the frequent change in hands' movements speed. The big effect is achieved by multiple repetitions in various combinations and accompaniment.

Paneurhythmy Association was founded in 2000 (In 2005 The Association will grow into Paneurhythmy Research and Application Institute; [www.panevritmiyabg.org](http://www.panevritmiyabg.org)) and together with the National Sports Academy they will create an education system "Healthy by exercising in

RAY OF THE SUN

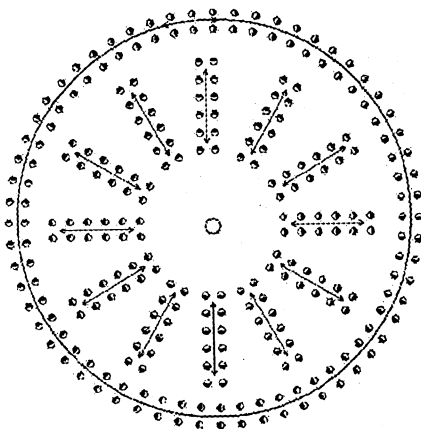


Figure 3.

PENTAGRAM

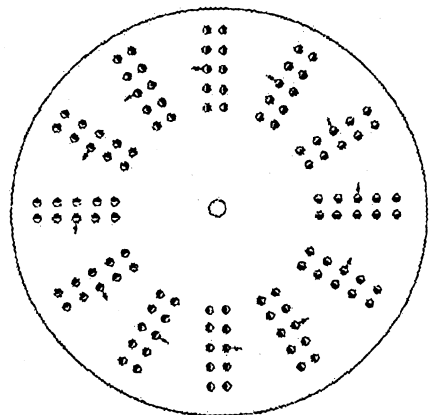


Figure 4.

nature". The effect of Paneurhythmy and the efficiency of the education model were studied and the results were announced in two scientific conferences: "Paneurhythmy as a system for the harmonious development of people and society":

1. Powerful positive influence on the psyche improving mood and self-confidence. Positive emotions become activated (joy, love, peace, bravery, love). Stress is reduced.
2. Intellectual development of children is improved. In adults there is improvement in working efficiency and activity.
3. Health improvement in general. In particular research shows correction of spinal curvatures and diabetes.
4. Paneurhythmy in school helps integrated training of normally developed children and children with disabilities and with impaired health.
5. Life style changes and the need for healthy way of life is activated.

In conclusion Paneurhythmy proves to be a reliable system for prophylactics and therapy.

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