

# DANCE

BY  
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Everyone should live creatively, that is, should produce something not previously existent, or make some contribution to life functions, By doing so one helps also oneself, for general creativity is increased and acts back on its initiator.

Freedom presupposes self-awareness. Emotions are personal and cannot be shared exactly as they occur in the individual, for each person is unique in some respect. Thus organised (generalised) religion is false. True religion is personal and each person experiences his God uniquely.

Conscious active creative imagination is peculiar to man. Unconscious passive imagination occurs in the animal and plant, and also in the masses of mankind. Conscious leadership requires development of conscious active creative imagination.

Trying to get something for nothing is wrong - Nature operates on laws of compensation, cause and effect, Karma. Efficient happy living means give and take, take and give. Self-sacrifice is self-benefit.

Health is essential to full living if it is to last.

True tradition is the creativity of the past. Today's creativity will be the true tradition of the future.

Basic mudras lie at the foundation of all schools of action, movement or art, From these basic mudras are developed progressively more and more complex ones by individuals in action.

To learn mudras use a mirror, or if two or more persons are studying them then face each other and study each other's mudras. The basic geometrical forms to group individuals into patterns, and to dispose limbs of individuals, etc, Study symmetry and asymmetry in space, time and power. Centripetal, centrifugal motion, translation, rotation, oscillation. Use opposition (true friendship) of individual's limbs, and between individuals. Study posture and movement as transition between postures, Use concepts of rope, chain, relays etc. Use competitive concept. Use open and closed groupings, with contact and without. Use contrasts and similarities, contra-posto etc. Simultaneities and serialities.

Use music to impart harmony to movements and significances to mudras. Acceleration-deceleration. Drums, percussion for rhythms. Melodic instruments for feeling relations. Mudras for ideational significance.

Use Yantra as ground map for movement patterns.

Improvisations are basic expressions of creative action. Use rhythms as basic stimuli and improvisation develops creativity and confidence and initiative, frees the personality, provides an outlet for intelligent self-expression, develops leadership and organising power. Each improvisation is unique to the individual improviser and educates him in the possibilities of his own being. Improvisation brings unconscious elements into expression.

Never move till impelled by the music or other stimulus. Let the stimulus call forth its reaction.

Personality is what flows through or from the person.

True personal expressions convince an observer of them of their truth. Sincerity allows truth of expression.

Solo expressions are freer than group ones.

Simultaneous and delayed mimicry. Move in time with the music, change direction at each phrase:

