

DYNAMIC MEDITATION IN SPORTS DANCES

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Annotation. *Purpose:* to elaborate methods for effective training of sport dancers with help of complex integrated person-centered psychological effect on base of dynamic meditation. *Material:* 20 dancers at age 40-50 years participated in this research. Duration of the research was 3 hours twice a week within a year. Requirement to the experimental group was ability to dig into condition of dynamic meditation. Psychotherapist initiated them into dynamic meditation. Dancing variations were composed with glance to increasing complexity and dancers' primary competence. In the state of the dynamic meditation the dancers of the experimental group concentrated their attention on their moving body parts and physical feeling. *Results:* Mastering new figures and variations process quickened in the experimental group in comparison with control group. Approximately 2-5 hours of the dynamic meditation were necessary for correction of the mechanical skills. The group consolidation with interrelations and friendship improvement was observed. Family and at-work atmosphere improved. Physical and mental activity increased. Soreness passed off. Psycho emotional stability appeared. *Conclusions:* the dynamic meditation use in complex with psychological methods in the dancers' experimental group showed its positive influence upon test subjects. The elaborated methods proved pedagogical effect for sports ballroom dances training of seniors category dancers.

Keywords: sports dances, dynamic meditation, training, mindset training, skills correction.

Introduction

Dynamic meditation is now widely spread in martial arts and can be a proto-type of dancing therapy [4]. Dancing therapy is a kind of psycho-therapy, in which movements are used for development of social, cognitive, emotional and physical human life [6,14,17,21].

Authentic movement is known as method of dancing-motion improvising. Authentic movement is a spontaneous dancing-motion improvising, originating from inner feelings. Patients dance their feelings of inner images.

In Freud technique of dancing therapy it is necessary to manifest feelings, which are hidden in non-conscious, thorough expression of these feelings in dance.

In technique of objective relations there are studied main problems of patient's life; emotions are expressed during dancing. With the help of dancing therapy patients, expressing their feelings, again sense them and are released from them.

Dynamic meditation is ability to concentrate on movements. Concentration is focusing of attention at one object or idea, with excluding of any other objects. This is main difference of dynamic meditation from dancing therapy, in which movements are spontaneous and reflect mental or somatic condition of an individual.

Osho's exercises include "dynamic meditations" (meditation in movement), "kundalini meditation" (based on kundalini-yoga), "Nataraj meditation" (variant of Shiva yoga), " gurisankar meditation" and other [10,12]. Yoga (in Sanscrit – integration, generalization, restriction, subdual, self-control, concentration) – means integration of body and mind, process of uniting of opposite body and mental forces, combination of different spiritual, mental and physical practices, which were developed in different branches of Hinduism and Buddhism and oriented on control of mental and physical organism's functions for achievement of enlightened spiritual and mental state by an individual [2,9,18,19] .

Osho Nataraj meditation is dance as total meditation. It is necessary to dance with closed eyes, in "obsessed" manner, without controlling of movements. Dynamic meditation of Osho was developed in 1970 and consists of 5 stages. But for its practicing it is necessary to be in sufficient physical condition. For example not everybody can breathe quickly through nose during 10 minutes, cry "hu-hu-hu" during 10 minutes and jump up to complete body exhaustion with spontaneous dance at the end.

In oriental martial arts meditation is understood as a state of complete attention to the least signal and alongside with it ability to perceive every such signal simultaneously with other signals.

Disciples of all styles indentified themselves with different animals, for example ninja used special spell and mentally identified themselves with one of mythic beings. For mastering of this method (identification of oneself with image of "ideal" warrior) modern martial art representatives require from 3 to 6 months of hard and many-hours work.

Urgency of the research is conditioned by demand in constant improvement of dancers' sportsmanship training [3]. Distinction feature off the offered by us methodic is complex, combined influence on sport dancers with psychological methods on the base of dynamic meditation.

Practical significance of our research implies that developed by the author methodic can be used in practice of sport training and sport improvement.

The work has been fulfilled as per plan of scientific & research works of School of higher sportsmanship.

Purpose, tasks of the work, material and methods

The purpose of the work is to develop methodic of complex, combined, personality-oriented psychological influence on those, who practice sport ball dances, for effective learning of choreography with dynamic meditation in the base.

It was stipulated that complex combined influence on organism of senior dancers with psychological methods based on dynamic meditation would permit to achieve significant effect in health improvement and improvement of sport ball dancing technique.

As an object of the research we chose representatives of sport ball dancing of category “seniors”.

The subject of the research is influence of dancing training on psycho-emotional, psycho-somatic state and sportsmanship of tested of elder age group with the help of psychological methods, based on dynamic meditation.

In order to achieve our target we had to solve the following *tasks*:

1. Work out dancing compositions, corresponding to dancers' level of fitness.
2. Carry out video recording of dancers' fulfillment at the beginning of the research and after it.
3. Train dancers to psychological methods of auto-suggestion for correction of mental condition.
4. Train dancers to methods of static and dynamic meditation.

The methods of the research: theoretical analysis of scientific literature, testing, pedagogic observation, methods of psychological influence.

Methodic basis of the research is the following:

1. Principle of “change of main activity” by P.Ya. Galperin (1976), A.N. Leontyev (1975), D.B. Yelkonin (1995).
2. Researching of non-verbal behavior as external manifestation of inner human being by M.Z. Vorobyova (2000), A. Megrabian (2000), O.A. Petrova (2001), Ye.T. Sokolova (2001) et al.
3. Conception of body-oriented approaches of V.Yu. Baskatov (1993), M. Feldenkrize (1994).

Organization of the research. The research involved 20 dancers of category “seniors” (10 persons – experimental group and 10 – control group) of 40 – 50 years old age. In the research there were used sport ball dances: slow waltz, Viennese waltz, figure waltz, foxtrot, tango, rumba, cha-cha-cha, jave and samba on the base of School of higher sportsmanship in Nikolayev. The dancers had two trainings a week during year; every training lasted for 3 hours. Experimental group should have been able to immerse in dynamic meditation. Training of dynamic meditation was carried out with the help of hypnotic suggestion. At lessons coach demonstrated figure of sport ball dances in the form of variations and compositions, which were formed considering gradually increasing complexity and initial dancers' fitness. During dynamic meditation experimental group dancers concentrated attention on mobile parts of body and body senses. Having reached spontaneous level, they concentrated attention to some personal problem of the tested. Operator carried out video-recordings of dancers at initial trainings for further their comparing with dancing technique at final stage of experiment. In order to improve dancing technique we used also video-records of high class dancers and dancing training programs. After dancing trainings there were practiced sessions of ideo-motor, hypnotic ideo-motor trainings, static meditations, Ha Tha yoga and psychological methods from our methodic [5,8,7,13,15,20,22]. All techniques of the applied methodic were offered to be remembered in order for trainees to be able to fulfill them independently at home. Psycho-training sessions were periodically repeated for their mastering of them and for their stronger influence on organism. Period of mastering of dynamic meditation was shortened owing to hypnotic suggestion. Immerse in dynamic meditation was practiced by also dancers, who could not master dynamic meditation; it was realized with the help of hypnotic suggestion. Psychological methodic were in verse form, in booklets; they were pocket manuals for experimental group. We used both modern and traditional (folk) methods. Methods of extra-senses were rejected as anti-scientific ones.

Example 1. Tested S. and G. made mistakes, when fulfilling slow waltz. Having analyzed their mistakes together with coach, they successfully used dynamic medication for correction of their technical level.

Example 2. Tested S. made mistakes in tango. With the help of hypnosis she was suggested that she had forgotten how to fulfill dance figures. Then coach trained her correct figures in dynamic meditation state, without mistakes.

Example 3. In dynamic meditation tested T. and K. imagined that their body was not their “self” (oriental principle “not self”). It permitted to significantly improve dancing technique in dynamic meditation, owing to gained belief in their abilities and releasing from initial contraction of muscles, which negatively influenced on motion functioning.

Example 4. Tested Tz. and Sh. made mistakes in fulfillment of rumba figures. Coach showed correct fulfillment. The tested tried to repeat the shown but were not lucky. In this case there was carried out video recording of movement of the tested and then video recording of the same movements, fulfilled by other dancer without mistakes. The tested analyzed their mistakes, then immersed in dynamic meditation without help and improved their technique in this state.

Example 5. Tested K. and N. danced cha-cha-cha in dynamic meditation, imagining dancing nearby highly qualified couple, and imitated them. In this process they corrected their mistakes, gained self-assertion that facilitated improvement of their dance's quality.

Example 6. Tested T., in dynamic meditation concentrated attention on one of domestic conflicts and danced until she solved this problem. Thought about this problem caused her negative feelings, which, having reached their peak, became decay up to completely normal level of psycho-emotional and somatic conditions.

Example 7. Tested Sh., K., S., G., Tz., Z., T. shall gaze at wall in sitting position, then close eyes and “see” it mentally. After it, they shall imagine themselves near this wall as they would like to see themselves, looking as if from aside. Then, mentally immersing in these imagined bodies, acquire their improved abilities and feel themselves from new point of view. After repeating this technique for several times the tested improved their mental and physical conditions.

Example 8. Tested S. felt increased anxiety during fulfillment of dances in f eyes of spectators. She was offered to close eyes and imagine herself in cinema, watching film of her imagined performance in front of audience. After repeating of such sessions for several times the tested released from her fear of public.

Example 9. Tested K. and Sh. made mistakes in composition of rumba; in dynamic meditation they identified themselves with dancers of higher class. It improved their dancing level.

Sessions of psycho-correction with application of hypnotic suggestion and psychological methods were conducted by specialist psycho-therapist. Evaluation of psycho-emotional and psycho-somatic state of the tested was carried out with the help of psychological testing and medical examinations; evaluation of sportsmanship was conducted by sport dances coach.

Results of the researches

In experimental group, in contrast to control group, the process of mastering of new figures and variations with correction of sportsmanship and general self-feeling accelerated. At every training 2-3 new figures were mastered. For correction of sportsmanship it was required to conduct 2-3 sessions of dynamic meditation. For the period of the research we noticed consolidation of group, which was expressed in improvement of relations and friendship. Mental and physical functioning improved Irritability disappeared. Psycho-emotional stability appeared.

We chose ball dances for researching because they harmoniously coincide with psychology of people of different age. Musical rhythms of these dances favorably influence on a person, have cure effect with psychic, psycho-somatic and somatic diseases. During dynamic meditations, during dancing there appear a state, when sensation of own body disappears, body as if dissolves in space, all attention is directed to positive emotions, which appear after releasing from problem of the tested. Spontaneous solution of problems is usually accompanied by negative emotions, which were caused by circumstances of the problem.

For improvement of dancing skillfulness concentration of attention on different elements of figures can result in the so-called “stoppage of mind”. As soon as mind “stops” on the fulfilled figure or some other object, body movement worsens, even remembering of next figure worsens technique for sa moment. Remembering of next figure causes ideo-motor act with the imagined figure. In dynamic meditation mind shall continuously move from one figure to other.

Psychological method of Kh. Aliyev was constructed on the base of training of known in oriental religious spontaneous, monotonous movements, executed with minimal effort, most often in different prayers. They are spontaneous head shakings, ideo-motor levitating movements of arms and so on [1]. However, dancers do not require such spontaneous, monotonous movements, because they have wide choice of different movements in combination with ideo-motor act.

Dynamic meditation is the best choice for ball dances. It develops concentration of attention on mobile parts of body, on musical rhythm with development of imaginative and space thinking, with fulfillment of compositions or separate figures, with development of associative links, with formation of reflex arches, with working out of certain stereotype; it improves coordination of movements, improves mood and renders powerful emotional influence on dancers. Simple repetition of movements by one of participants of the research, which is envisaged by some dancing methodic, can be uninteresting and can irritate ambitions of some tested, because many of them are interested in aesthetic feelings and under this condition they are ready to train new figures and compositions of sport ball dances.

During fulfillment of slow waltz dancers accentuated attention on count “one” that coincides with beginning of inhale, which continues on count “two” and finishes at count “three”. This breathing cycle is being repeated during all dance. Such spontaneous breathing favorably influence on whole organism.

During tango breathing becomes hidden, superficial that also positively influences on human health.

Application of mirrors. for improvement of dancing techniques, shall be realized cautiously, because it is possible even worsen skillfulness; the matter is that in mirror right side of body is perceived as left and on the contrary. It switches in work some “mirror” sells of brain, which direct bio-current to not required muscles. Just owing to this fact, in our research we used mirrors only at moments of spontaneous stoppage of movements for evaluation of different fragments of dancing figures.

During dancing eyeballs also move. If to concentrate attention on important problems, then effect, described by F. Shapiro, registered during treatment of his patients, appears [16]. Training continues about 2 hours; this time is quite sufficient to solve conflict situation or improve condition of any organ. Pleasant dancing music reduces negative emotions of dancers and does not permit them to develop. It permits to overcome psychological trauma, in contrast to method of F. Shapiro, that is a substantial advantage of our method. Ball dance gave emotional tint, smooth feelings, which are characteristic for patients with psychic disorders, ensuring effect of desensebilitation, analogous to the effect, registered by F. Shapiro.

It is purposeful to train dynamic meditation after hypnotic ideo-motor sessions for speeding up of meditation's training [11].

The applied by us psychological methodic and their modifications were presented by us in verse form and serve as pocket manuals for our trainees.

Conclusions:

1. Application of dynamic meditation in complex with psychological methods showed positive influence on trainees of experimental group, videlicet: their psycho-emotional and psycho-somatic conditions improved.

2. We developed complex combined personality-oriented methodic of sport ball dances' training for elderly persons on the base of dynamic meditation with the help of psychological methodic and their modifications.

3. Our methodic proved its pedagogic effectiveness in training of dancing technique of dancers, specializing in sport ball dances, of category "seniors".

4. On the base of pedagogic experiment's results we can recommend wide application of our psychological methodic as effective method of persons, who train sport choreography.

The further researches will be oriented on determination of our methodic's influence on representatives of different kinds of sports.

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