

# Meeting Global Health through Dance Creativity in Developing world

Dance here is referred to as movement that surpasses the realms of conventional Dance Knowledge. It is beyond the idea of choreography, performance and styles of Dance. It is explained as a process that begins from the conscious body into mind and spirit understanding. The tools here are soul, ego and body. The idea is to set up a dialogue between all these tools through movement vocabulary. This experience has to come from the body. It is not knowing but feeling sense perspective. In order to work with dreams only from the head, its ending up with knowledge that will not support the creative understanding. This will help to learn from experience only as it leads to learning with embodiment. This kind of acquisition supports the development at a larger level.

This is a process where dreams, images and sensations are processed and interpreted through Dance expression. This gives wholeness and totality to life through conscious and unconscious meeting further leading to harmony. It is an energy where the masculine and feminine energy meet, merge and foster unity. This is not patriarchal from world perspective but an approach that leads to spiritual knowing through the body. The equilibrium of two energies is necessary for presence, reflection and processing.

The feminine energy is a quality that contains; process, presence, being here and now, receptivity, resonance, recognizing the brightness of something and in the way of knowing from the body. Masculine energy defines characters like; discernment, discrimination, honoring the feminine and creative energy that works with feminine energy. It is essential that both sides are working together for new life and knowing. It is essential to love your good and bad side and understand that as a human we are having imperfections and that is normal. The human side is not perfect and that great energy will come out in the form of ill health. The dark side is present and needs to be honored as it is beautiful too. The feminine can be very cruel if it is not honored and so can the masculine energy. Being a human being that loves to be in the body and taste the glory of good food. It is important to know what it is like to be a humane and love that, not just thinking of ourselves as a spirit who will take up in a UFO, leaving the body behind as an empty shell.

There is evolution of consciousness. It is what supports the new thoughts, ideas and visions. The archetypes that come in our dreams can give vision to understanding and acceptance. When people are not honoring the body, creative arts, dreams and imaginative energy within; where the soul is given a chance to expand and to be alive is not present, this can lead to sickness in health, emotions and well-being. In broader perspective, the sense of being some one is feminine and masculine is what takes that energy into creativity and dance. The entire world needs to honor the Earth. This Ether present within our bones, blood and veins, connected with Organic Heart and movement that is Authentic. It gives life to holistic approach towards health and well-being.

UNICEF has been working towards promoting Gender Equality for Women and Children in Developing and Under-Developed countries. This is a major issue in the world today and the Global Development as well. Till the time feminine energy is not honored in any society the world will not be a well-being place in totality. It is the Equality of Womanhood that defines the future of generations and family life. Educated girls grow up to be productive, become empowered, they are more healthy and children become more aware as well. This helps to build confidence and positivity in the entire family. The women with HIV and other sexual transmitted diseases suffer, but UNICEF supports that at a large scale worldwide. But girls and women in the world need protection and equality at a much larger level. More than 30 million women and children endure this problem. The challenges women face in developing nations are much more than developed countries, but they are open to learn, grow and change. This is the good news as they can learn, grow and prosper with time. It is a process that will take shape one step at a time. This requires vision, commitment and perseverance for one to start working towards the goals.

Dance can provide immense tools to support this process as it gives way to new learning and understanding that helps these ideas to be valued and restored in societies. Firstly in most of the developing and under- developed nations, Art, Culture and Expressive arts are very rich, deep rooted and practiced till date with full vigor and passion. Some cultures use it to express emotions, ideas, thoughts, religion, societies and spirit. Others use it to promote, relate and invest into the global market. The only difference is that some use it for authentic goals and others use it for monetarily purposes. The same art and culture that they all relate to in their own respective space can become the language for this learning. The essential wisdom that will support each person to find ways into feminine equality will come through the artistic creativity of dance and other creative healing arts. This is essential as any other field of development because it is one way to promote positivity, encouragement, confidence and strength in young girls, boys and women to understand and value respect as a quality for all and not just men in the society.

Dance vocabulary supports humanity, which is an essential facilitator for eradicating all the sufferings present in Developing nations. It gives birth to new road-maps for holistic awareness and compassion towards others. When one starts to work with their own living body with sensitivity and kindness, then it is natural for them to be humanistic towards others. Every art is a way to get more close to our authentic selves and this automatically creates transformation at conscious and unconscious level. Dance or Art creativity can support employment and provide essential support for living and surviving. There are various ways in which employment can be respectful and useful. It is important to understand the difference and if there are motivated ways provided to families, women or young adults towards using Dance as a profession to support families can be helpful. It can give birth to new artistic creativity. Even the governments should work towards supporting these methods of employment for respectful living. This can support in economic and financial realm also helping to eradicate poverty.

Physical exercise and activity supports health and well-being as it provides better ways to deal with difficult situations. The body becomes more active and productive as well. The

human nature is to express and release. This can give health sufficient food to thrive and prosper. It also provides constructive support for aging problems and eradicating loneliness. Now even in Developing countries older population is getting ignored as their children do not have time for them due to their life stresses and style. This is a major problem for older generation to get into depression and in some cases they are even thrown into old age homes and other places for suffering. The truth is that aging population can transform and change the world but they are ignored the most because they are not valued.

The UN article on Old age, expresses that, “Since 1950, the world’s old-age support ratio has been declining continuously, meaning that there are increasingly less people in the working ages to support every person aged 65 years or over. The ratio went from 12 working-age persons for each older person in 1950 to 8 in 2013, and is expected to drop to 4 in 2050. The differences in the old-age support ratio across development regions are quite large. In 2013, there were 16 persons of working age for each older person in least developed countries, compared to 11 working-age individuals per older person in the less developed regions and just 4 in the more developed regions”. Looking at this ratio, it is clear that more support is provided to older generation in developed countries, due to social and economic security, but developing and under- developed nation struggle immensely to cope with the large ratio of older people and there is more suffering on everyone due to economic pressure on both children and older people. Thus further leading to frustrations and loss of human relations.

It is very important for Dance Creativity and Artistic tools to bridge the realm of this confusion, as it provides tools for compassion and understanding in the young Adults and self- management with self- care tools for older people with which they can become less dependent and adults can become more aware of the Older generations issues as well. There has to be a bridge that can be developed through Creative Arts understanding.

There is no country in this world that can proudly admit that there is gender equality and their Older Generations are truly happy. This is because feminism is not honored in any society and is completely misunderstood in my opinion. I feel I am a blessed person to get opportunity, chance and space to value and understand myself beyond being female in a society. I have valued and honored everything nature has bestowed in me with full compassion and wisdom. I have valued the voices of my healed pain and songs of soul present in me to express and because of this I feel it is my duty to express and share the voice of Feminine Wisdom. This is misunderstood because the masculine spirituality is not valued in society as well. If men don't have to be controlling, aggressive, assertive and bossy, then women wont have to be submissive, controlled or tortured in the society of the Global world either. This is an issue that goes beyond females and males, it is a serious plague that can destroy generations, lives and essential structure of the worlds well-being.

Developing Countries can benefit from this Artistry and Creativity at a much faster rate, because their Character is build around the language of Dance and Art. It feeds their soul and provides them with essential skills to thrive and understand basic ideas for health and

well-being. This conscious shift at a basic level, can lead to bigger changes with time.

As an Expressive Arts and Creative Dance Professional I believe it is my essential duty towards the world to spread awareness of this truth that is possessed by these Arts and how they can be used for well-being and health of the world. This goes beyond anyone or anybody, as it goes into defining unity and integrity in full essence with authenticity. There is no path that can teach loyalty, as it only comes naturally with conscious shift and awareness and once anyone learns it then there is no looking back, as it lives in the soul forever. The same way it is only through presence and reflection of the lived body consciousness or somatic being that we can taste the glory of being humane and only this awareness and experience possesses the powers to heal or eradicate ignorance. This is the dance of awareness and life required for any country to prosper.

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