



SPIRITUALISM

DR UMA RELE

PRINCIPAL – NALANDA NRITYA KALA MAHAVIDYALAYA

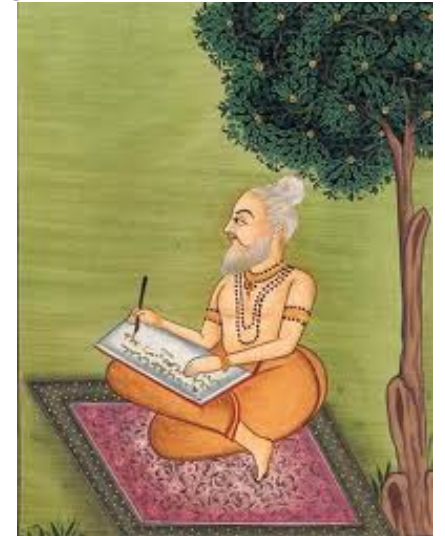


WHAT IS SPIRITUALISM?

- ⊠ A system of belief or religious practice based on supposed communication with the spirits of the dead.
- ⊠ The doctrine that spirits exist as distinct from matter, or that the spirit world is the only reality.
- ⊠ Queries like the nature of God, about the creation of the world, essential values and ethics of human beings are also included in the movement.

SPIRITUALISM IN INDIA

- ⊠ Large contributor in the field. A bedrock of the movement that is appreciated world over.
- ⊠ Spiritual tradition practiced and enjoyed from the Vedic times through “*Rishi*” or “Seer”
- 1. *Samhita* – collection of hymns, prayers, songs, magic, etc.
- 2. *Brahmana* – extensive prose texts discussing sacrifices and rituals.
- 3. *Aranyaka* – “forest texts” where meditation is emphasized.
- 4. *Upanishad* – interpreted as merging of Philosophy, Poetry and Religion.



ESSENTIAL TEACHINGS OF UPANISHADS



- ❑ Speaks about the Truth of Life – can be seen, felt and lived by the inmost mind and ultimately leads to joy and bliss – *Ananda* – leading to the realization of Self, God and The Universe.
- ❑ *“Tat Tvam Asi” “Aham Brahmasmi” “Vasudeva Kutumbakam”*
- ❑ *“Brahman”* – The Ultimate Cosmic Principle, all comprehensive and the source of the Universe. “The Ultimate Reality.”
- ❑ These concepts have permeated in all our arts, namely: **Sculptures, Fine Art, Ancient Indian Drama and Music.**

ROLE OF A PERFORMING ARTIST

- ❑ To create “*RASA*” – the emotion with our expressions.
- ❑ To create “*BRAHMANANDASAHODARA*” – an experience where the beholder transcends into a world of bliss, similar to the meditative experience of bliss. Every art form leads the beholder through this marvelous experience.



DHARMA, ARTHA, KAMA, MOKSHA



- ⌘ ***"Ruta"*** – Vedic Aryans believed maintaining cosmic law and order was perennial.
 - ⌘ ***"Purushaihi Arthyate iti Purusharthaha"*** - purposefully experience the journey of human life.
 - ⌘ This led to the concept of ***DHARMA*** : the right conduct of life OR righteousness. Solidarity of Society.
 - ⌘ Followed by ***ARTHA*** : Materialistic pleasure. E.g. wealth, fame.
 - ⌘ ***KAMA*** : Sensuous pleasure. E.g. Pride, internal selfishness.
 - ⌘ ***MOKSHA*** : Ultimate release from the material world, resulting in contentment and inner peace. Although, *Moksha* can be achieved through *Dharma, Artha and Kama* . Need not be attained only after death.
- "Sthitaprajnya"*** – a mind which is steadfast, unaffected in either positive or negative circumstances.

BHAGVAD GITA

☒ The importance of doing one's duties.

1. *Gnyana Marga* – path of knowledge.
2. *Karma Marga* – path of action.
3. *Bhakti Marga* – path of devotion.

All combined, it reveals that one must perform their duties without the expectation of its fruit or result. One must be calm and steadfast in every situation; unaffected by the outcome and rather, surrender oneself to the One and only Ultimate.

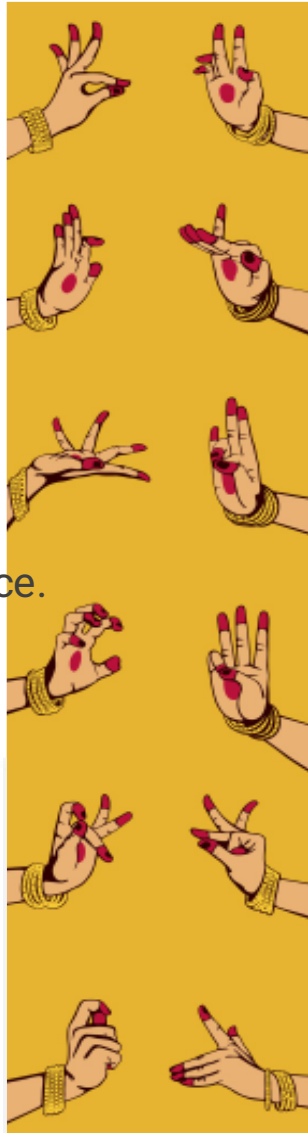


RELEVANCE TO ART AND DANCE

- ❑ *"Bhakti Marga"* has been practiced by great saints is appreciated all over India.
- ❑ Epic and Bhakti Literatures become a major chunk of content in performing arts, especially dance.

Similar content displayed through different body kinetics.

- ❑ *Madhura Bhāva Bhakti*.

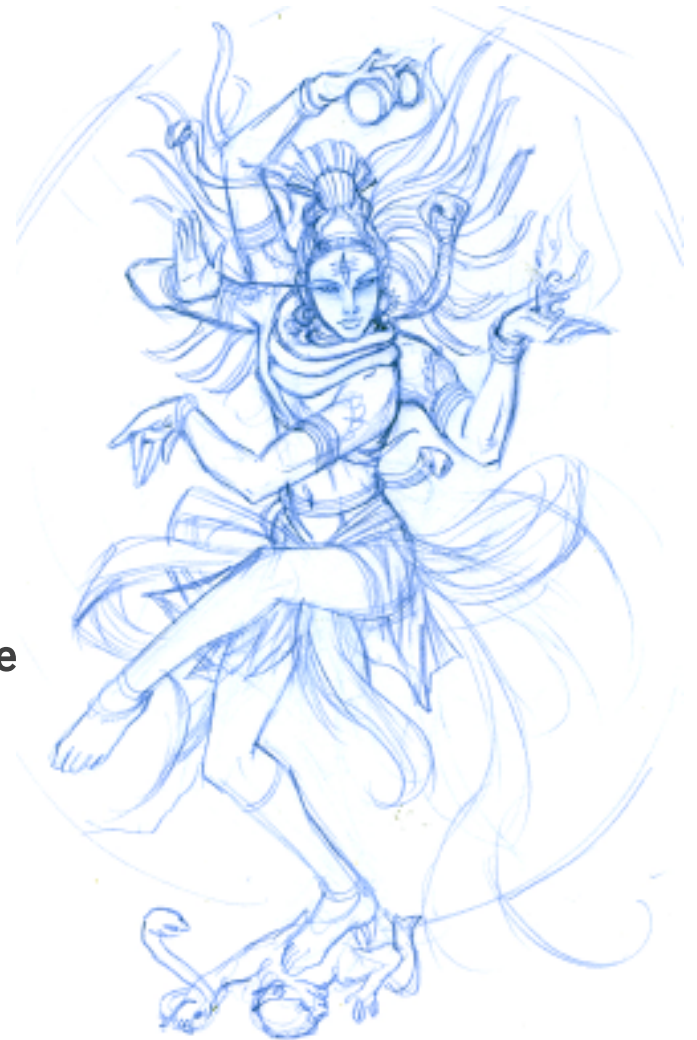


SHADDARSHANAS

- ❏ Darshana is derived from Sanskrit: “*drish*” means “to see” or “experience.” It can also be understood as a “point of view.”
- ❏ Circa 12th to 15th C. accepts that “*Atman*” exists and explores the relation between moksha, liberation.
- 1. **Nyaya** – explores the source of knowledge.
- 2. **Vaisheshika** – an empiricist school of atomism.
- 3. **Sankhya** - a dualistic theoretical exposition of consciousness and matter. *Purusa* and *Prakruti principles*.
- 4. **Yoga** – a school which emerged from *Sankhya*, emphasising its practical use and focusing on meditation, contemplation and liberation.
- 5. **Mimamsa** – deals with correct interpretation of verses from Vedas.
- 6. **Vedanta** – a section of knowledge. Referred in the end of the Vedic Era. *Dvaita*, *Dvaitadvaita*, *Vishisthadvaita*.

INTERPRETATION OF DANCE

- ❑ It is *Yoga* – meditation of the highest order.
- ❑ Requires a lot of internalization.
- ❑ Oneness of the art and the artist, similar to the self and the Ultimate



THANK YOU!

