

# **GIDDHA FOLK DANCE: AN EMBODIMENT OF HEALING THROUGH CREATIVE ARTISTIC PUNJABI DANCE CULTURE AND CONNECTION WITH SOMATIC DANCE THERAPY & PRACTICE**



Giddha is a form of folk dance from the land of five rivers called Punjab in North- Western part of India. So many rivers in one place signifying fertility and precious land for cultivation and farming. Punjabi culture is filled with vibrancy and fun loving loud people. They believe in expressing themselves with full power and intensity. Punjabi dances are based around energy and happiness. This form has freedom, expression, dramatic voice, facial and body dialoguing. It is a kinaesthetic, preperceptive and muscular activity with elements of clapping and voicing emotions. It is an act of body, mind and emotions.

Clapping helps to release toxins and also can be related to acupressure, as this triggers the points that effect major inner body organs. This form of movement exploration is therapeutic and has the ability to heal from a holistic perspective. Healing here is not when one goes into hospital and finds external source of therapy but from this perspective it simply means uniting the wholeness of being. This supports body, mind and spirit energy, bringing many people together to perform in a sacred circle; thus helping socialising to become artistic and motivational. It allows women of small knit family

structures, villages and controlled environment societies to voice their inner feelings and releasing painful toxins through singing, dancing and bodily expression. It gives time to people to release everything in a joking fun loving manner and especially in a non-judgmental circle.

This form of dance has its rituals like the sacred circle, the authentic movement of women or men who form that circle in to-fro manner, expressing movement and supporting movers within the circle. It also allows women or men to dress up and look beautiful for a social occasion and this gives them a great sense of empowerment and feel good factor.

Giddha is Somatic in nature, as Somatic dance therapy practice resonated with these principles. It is dance of embodied consciousness that awakens feelings, sensations, visions, perceptions, dreams and freedom through the moving body experiences. It values body; mind and soul connect through body awareness and release of inner emotions and toxins. Somatic dance practice has wider context but Giddha resonates with its vital principles of Authentic movement practice which was started by a Somatic Dance Pioneer called Mary Starks Whitehouse.

**Some examples of Bolis (Songs and poetic expression) with somatic Giddha embody translations will be expressed below:**

• The expression of daughters love and expectations from her brothers regarding taking care of her father and giving her token of love. This is also very heart touching and emotional:



harrey harrey ghaah utey sapp fookan maarda ...  
harrey harrey ghaah utey sapp fookan maarda ...  
bhajo veero ve baapu kallha majhan chaarda ...  
bhajo veero ve baapu kallha majhaan chaarda ...  
harrey haarey ghaah utey udan bhambhirian ...  
harrey haarey ghaah utey udan bhambhirian ...  
bhajo veero ve bhaina mangan janjirian ...  
bhajo veero ve bhaina mangan janjirian ..

**Giddha and Somatic Dance Translation of above Boli:**

Dear Brother please bring your awareness to the beautiful green meadow in the tropical rich land of our fathers village. Look at the beautiful black snake with silver texture releasing its tongue outward and kissing the air, feeling the taste of the scrumptious atmosphere. There is a beautiful bird who dances with the same atmosphere, making music in solace. Look at our Father working very hard day and night just for us, giving fodder to the animals in need, you must go and help him now as he is getting older for our needs. Dear brother also if you can please gift me some ornaments that make me look beautiful for my lover as well.

☪ This is an expression of explaining that dance and enjoy your life till you get married:



Nach lo ni kurriyo,  
Hass lo ni kurriyo,  
Nach lo ni kurriyo,  
Hass lo ni kurriyo,  
Nachna Khedna reh jaouga,  
Koyi gabru shoukeen munda lai jaouga....  
Koyi gabru shoukeen munda lai jaouga....

**Giddha and Somatic Dance Translation of above Boli**

Oh Beautiful women, dance with all your innocence, laugh with all your purity, these are the days at your parents house, where you can enjoy the flower of freedom in childhood, as you grow older, a young handsome man will sweep you off your feet and take your hand in marriage one day. After that you will have so many responsibilities that you will have no time for this.

✎ This is an expression of every woman's dream to have an independent home of her own where she can rule:



asa ta mahiya ghar de samne, ucha chaubara pauna...  
asa ta mahiya ghar de samne, ucha chaubara pauna ...  
vakhre ho ke marzi kar ni, apna hukam chalauna ...  
vakhre ho ke marzi kar ni, apna hukam chalauna...

**Giddha and Somatic Dance Translation of above Boli:**

Dear lover or husband, we must design a big house outside our family house. I want it to be unique and royal and I will live like a queen in my house and my rules will be obeyed in this space where I get empowered and feel important as well.

• An expression of woman's love for man in her life:

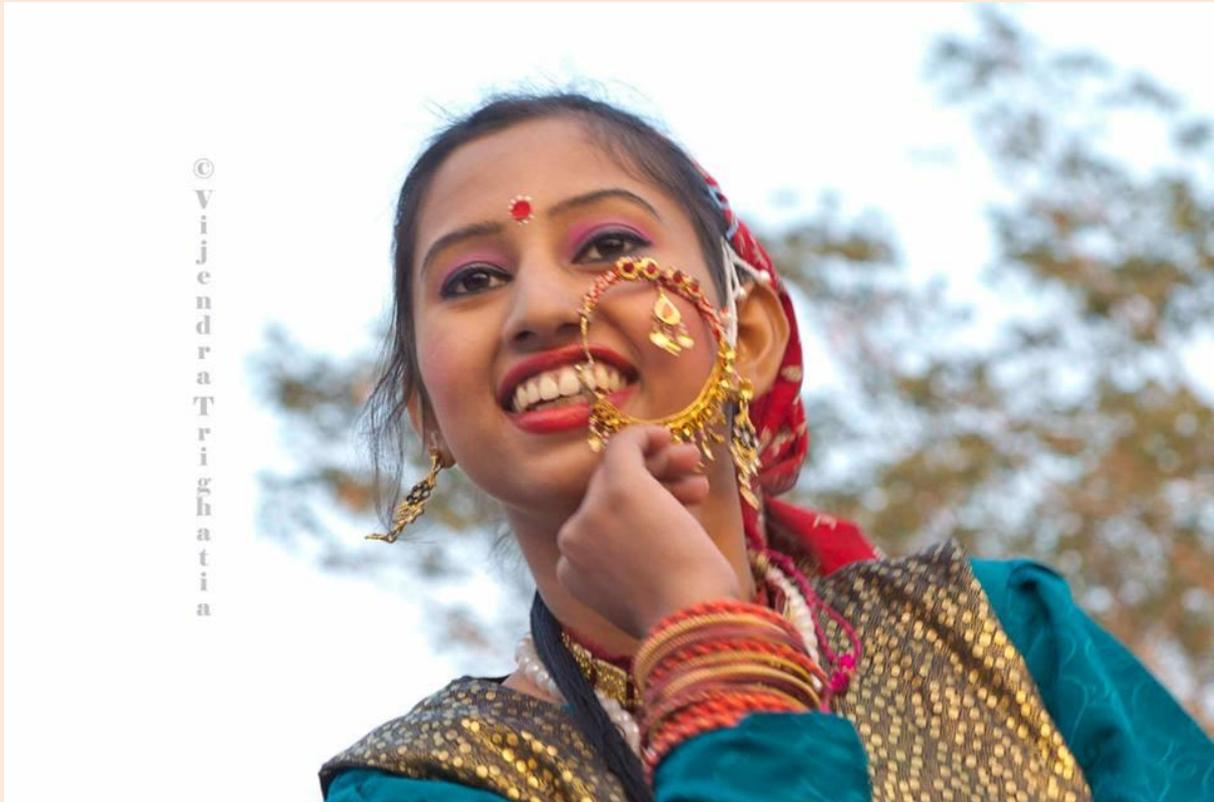


Jogiyān De Kanna Vich Kach Diyan Mundran,  
Mundran De Vichon Tera Muh Dikhda,  
Ve Mein Jehde Paase Dekha Meinu Tu Dikhda.!

**Giddha and Somatic Dance Translation of above Boli:**

A saint who is very handsome and loving walks the lonely sacred path of life, he is wearing a beautiful glass earring that is round in shape, as I look through the whole of that ornament, I see your face clearly, the truth is I love you so deeply that wherever I look I only see you my dear lover.

• These are blessings of a sister to her brother and his wife:



Chan Wargi Bharjayi Meri Veer Viah Ke Leyaya..  
Hathi Ohde Chaapan Challe..  
Mathe Tikka Laya..  
Jug Jug Jee Bhabo, Tenu Veer Viah Ke Leyaya..  
Jug Jug Jee Bhabo, Tenu Veer Viah Ke Leyaya..!!

**Giddha and Somatic Dance Translation of above Boli:**

My sweet loving brother married a beautiful woman who is my sister in law. Her face is as beautiful as the moon light and her forehead has a lovely Golden Tikka or Bracelet and her wrists have Chaapan Challe or soft Peacock Golden Jewellery. Blessings and prayers shower you both forever and ever.

• A daughter in laws feelings about her mother in law and expressing it to her husband:



Teri maa badi kupati  
mainu paoun na dendi jutti  
mein vi jutti paani hai  
mundiya tu raazi reh ya gusse  
teri maa khadkaani hai.

**Giddha and Somatic Dance Translation of above Boli:**

Dear Husband your mother is very mean to me, she does not let me wear my favourite sandals, I feel that she should not stop me, you like it or not I don't care but I wish to fight with her, as I am upset.

• A woman is explaining to man that if he wants to live with her then he should not be scared of his mother:



Je Mundeya Ve Meinu Naal Lejana,  
Maa Da Dar Tu Chak Mundeya,  
Ve Meinu Reshmi Rumaal Wangu Rakh Mundeya..

Giddha and Somatic Dance Translation of above Boli:

If my lover, you want to marry me and take me with you, you must get over fearing your mother, I am as precious as a velvet silk satin cloth and you will only get me, if you deserve me. You will need to learn to keep me like a queen.

• **Daughter in law is complaining to her mother in law about her husband's illegal affair and misbehaviour:**



**Sasse Ni Samjhala Putt Nu,  
Ghar Ni Begane Janda,  
Ni Ghardi Shakkar Boore Wargi,  
Gurh Chori Da Khaanda,  
Ni Chandre Nu Ishq Bura,  
Bin Poudi Charh Janda..**

**Giddha and Somatic Dance Translation of above Boli:**

**Dear mom- in law, you should teach your son, that it is not good to go to another woman's house. For him as I am available like as servant, he takes no notice of me and is interested in a woman outside. He is interested in having affair with another woman; his attraction towards her is bad for me and your family.**

☪ A woman is explaining sadness in her life, after her husband left her:



Ungli Meri, Mundri Teri,  
Utte Tera Naawa,  
Ve Hijjar Gama Ne Khaa Leya Meinu,  
Sukkdi Sarhdi Jawa,  
Ve Dukhan Vich Peh Gyi Jindri,  
Kade Takkre Taan Haal Sunawa.

**Giddha and Somatic Dance Translation of above Boli:**

Dear Lost love of my life, on my finger, I have a ring of your name. I feel sadness has eaten me since you left me alone in this world. I feel weak in my body and bones and deep emptiness in my heart. After you have abandoned me, if you ever meet me in this life, you might understand.

• This talks about change in society:



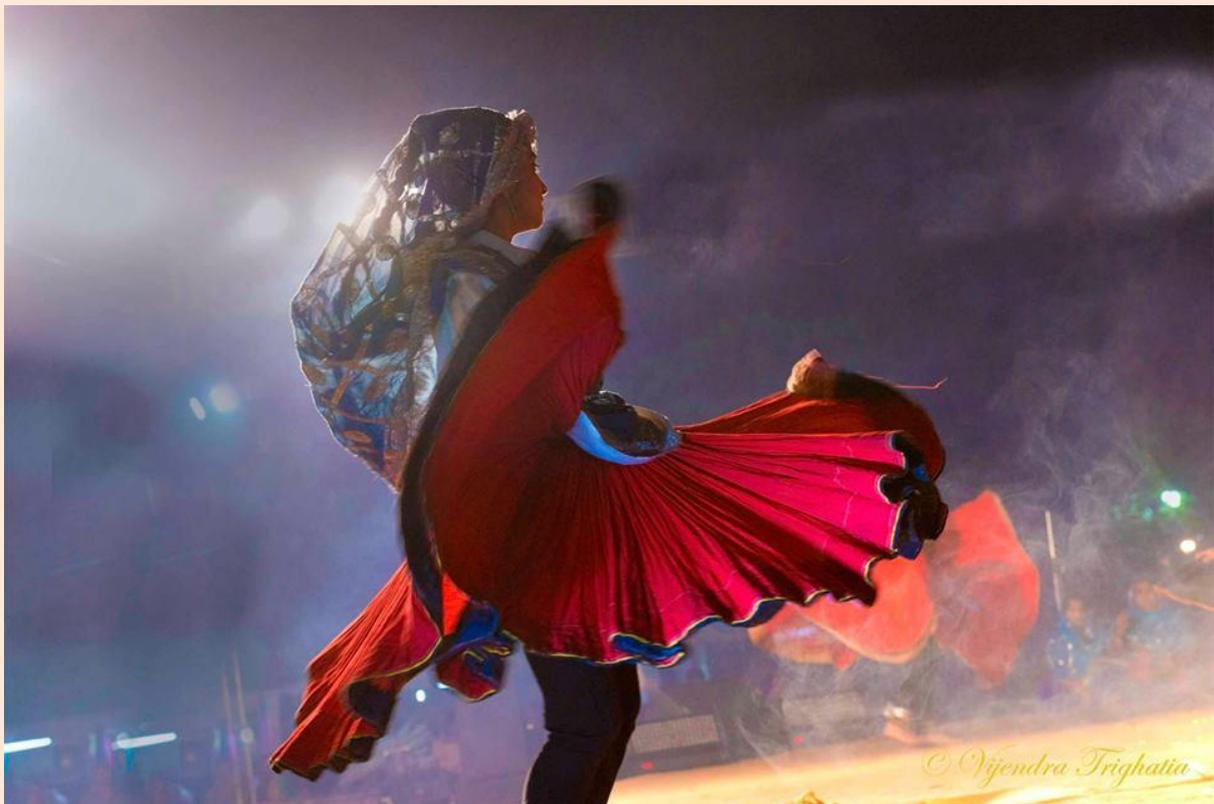
Oh Zamane Gye Jadon Si Chaa Di Reet Niyari,  
Mauran Wale Sandook Hunde Si, Rangle Palang Niwari,  
Hathin Dariyan Bunnke Kudiyan, Kardiyan Si Teyari,  
Chadran Utte Tote Kadne, Launde Si Udariyan,  
Hun taan Sab Kuch Arificial, Kehda Butiyan Pawe,  
Sab Kuch Mul Vikda, Kehda Reejhan Lawe..!!

**Giddha and Somatic Dance Translation of above Boli:**

That time zone is dead when tea was given with sacred emotions, peacock design suitcases were weaved and beds were created with hands and care. Mattresses and carpets were also crafted and created by women for families. Beautiful crows were crafted and embroidered beauty was made with creativity and artistry. But now everything is artificial and everything is bought and sold in a market of selfish energy.

As the above Giddha poetry Bolis, translations and somatic dance fusion expression demonstrates visions, feelings, emotions and sensations. These are few examples that show diverse variety in human relations, politics and societal set up. This is best expressed through movement creativity and released in a playful manner. It further leads to letting go of inner feelings that lead to serious illnesses if they become toxic and start by affecting the stomach as it is sensitive. This dance is therapeutic and healing in nature.

It is somatic in nature due to its body consciousness and awareness that comes to light in this process. Dance that fuses with life and meaning making makes stronger forces of art and creativity. Giddha folk dance is one fine example of this nature of dance art. It is embedded in the roots of culture, society and creativity.



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