

Blending Somatic movement therapy and Krishna Wisdom

By Nehmat Kaur Dhillon

Blending **Somatic movement therapy** with the wisdom of **Shri Krishna**, as found in the **Bhagavad Gita** can be a profound approach to holistic healing, well-being and personal growth. This growth can further support transpersonal realms of human development and future relationships as well.

One can look at various aspects that support and participate in this practice and educated understanding.

- 1- **Awareness of Breath:** Somatic movement therapy and the wisdom of Shri Krishna highlight the significance of breath awareness. Incorporating Pranayam (breath control) techniques from yoga science, as mentioned in Bhagvat Gita (Holy Scriptures), this can enhance therapeutic benefits of somatic practices.

“Beyond the power of sword and fire, beyond the power of waters and winds, the spirit is everlasting, omnipresent, never-changing, never-moving, and ever free (Shri Krishna).”

- 2- **Self Exploration:** Somatic therapy encourages self exploration through movement and body awareness. Gita written by Krishna encourages self- realization and introspection, thus combining these approaches can lead to a deeper understanding of one’s true self and purpose.

“One who has control over the mind is tranquil in heat and cold, in pleasure and pain, and in honor and dishonor; and is ever steadfast with the Supreme Self (Shri Krishna).”

3- **Mindfulness and Meditation:** both practices emphasis on mindfulness and meditation as the core of a healthy lifestyle. Combing these methodologies can lead to a more profound and healing intelligence through the human body.

“One gradually attains tranquility of mind by keeping the mind fully absorbed in the Self by means of a well-trained intellect, and thinking of nothing else (Shri Krishna).”

4- **Emotional Healing:** Somatic therapy and movement can aid in processing and releasing stored emotions in the human body. Integrating Shri Krishna’s teachings on emotions and devotion can provide a spiritual growth and this can support individuals to achieve a balanced and harmonious state of being.

“A Karma-yogi performs action by body, mind, intellect, and senses, without attachment (or ego), only for self-purification (Shri Krishna).”

5- **Stress reduction:** Bhagvad Gita offers guidance on how to deal with stress and life’s challenges through detachment and equanimity. Somatic movement therapy can compliment these teachings by providing practical tools to reduce stress and release physical tension.

“Finite bodies have an end, but that which possesses and uses the body is infinite, illimitable, eternal, indestructible (Shri Krishna).”

6- **Mind and body connection:** Somatic movement therapy focuses on the mind-body connection. The teachings of Shri Krishna

emphasize the importance of controlling the mind and senses. Combining these concepts can help individuals to better understand and manage their emotions, thoughts, feelings, sensations and physicality.

“Action is greater than inaction. Perform therefore thy task in life. Even the life of the body could not be if there were no actions (Shri Krishna).”

7- **Yoga Asanas:** incorporating yoga asanas or postures along with somatic movement can promote physical flexibility and balance, as well as inner peace and spiritual growth in line with Krishna’s teachings.

“Perform work in this world, Arjuna, as a man established within himself – without selfish attachments, and alike in success and defeat. For yoga is perfect evenness of mind (Shri Krishna).”

Some essential writings by somatic movement therapy professionals, relating to Shri Krishna philosophy:

- **“The body says what words cannot”(Martha Graham)**
- **“In yoga, the nature of the mind and the body is explored as a means to self- realization” (Dona Farhi, yoga teacher and author)**
- **“Dance is the movement of the universe concentrated in an individual” (Isadora Duncan)**

- **“Dance is the hidden language of the soul”- Martha Graham**
- **“The body is your instrument in dance, but your art is outside that creature, the body”- Martha Graham**
- **“The body is our first home. Breathing is the way we live in it” (Mary Starks Whitehouse (founder of authentic movement)).**

Thank you

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