



## Devika Mehta Kadam: 'Kalpa' - Folk Rituals: Tapping into

### Community-Based Indigenous Rituals as a Pathway to Developing the Self



Devika is a Dance Movement Psychotherapist who has integrated indigenous practices and movement forms with psychotherapy and neuroscientific evidence. She is also the co-founder of Synchrony, an organization that provides mental health services and training through creative arts. Explore with her the world of movement and rituals as tools of development.

**TOP EMBODIMENT TIP:** Don't forget to play. The only way to go from one season to another is through your body.

#### Sakhya: Coming together in a community

- **Folk** means 'of the people'.
- **Folk forms:** *"rhythms of a million rural feet"* (Khokar, 2003). In folk forms, people don't dance for an audience. Here, dance doesn't have a performative quality but instead serves as an expression of life's transitions and nature's cycles (seasons), and as a prayer to nature and the gods.
- Dance is more about the collective, not the technique. The focus goes towards connection, to the **collective experience**.

#### Dance Therapy Aspects:

- **Symbolism:** Movement represents something to each person (eg: being barefoot as a connection with the earth, or as an invitation of the divinity towards the movement that you are doing).
- Intersubjectivity: Getting to know who we are by movement (the social self) and the socialization of our experiences.
- **Creation:** Of movement, community, and who we are in the community.
- **Translation into everyday life:** Connection with the pose, and usage of resources acquired in therapy, to cope.

#### Kalpa (rituals): Meaning and components

- Ritual doesn't necessarily have to do with religion, but with symbolism.
- Components: *rhythm* (brings safety), *repetition* (gives regulation), and *play* (allows you to be in the present moment; spontaneity is the key to tap into vitality and life form).

#### Dance Movement Therapy (DMT): Dancing as a tool for personal development

- Dance by itself creates spaces for healing, but DMT adds some psychological components:
  - 1) Sharing experiences / symbolisms in the group to help people process their experiences.
  - 2) A psychological comprehension of emotions.

#### Shariribhavati (Reflection and Embodiment): Structure, Creation, and Embodiment

- There are many unconscious biases that we are conditioned to follow, and our constant work is bringing those biases into awareness so that we can work with them.

#### Resources

- Email: <u>devikamehta.synchrony@gmail.com</u>
- Website: <u>www.synchronyindia.com</u>
- Social: Instagram: <u>@synchronyindia</u> | <u>@expressiveartstherapyindia</u>





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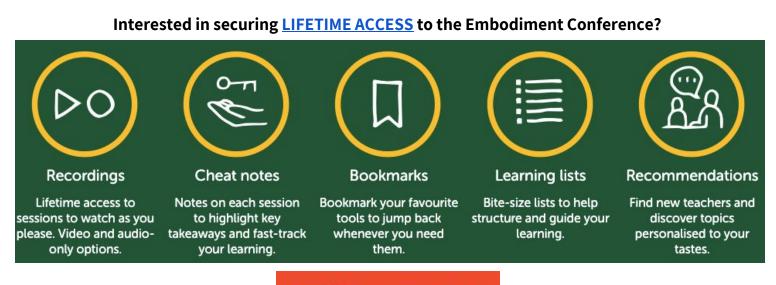
### **Forests Without Frontiers**



Forests Without Frontiers is a non-profit CIC dedicated to planting trees and reforesting degraded landscapes with support from a network of artists and musicians, as well as businesses and individuals working to become carbon-positive.

The initiative was founded by Nicoleta Carpineanu (aka Nico de Transilvania), a Romanian, UK-based DJ/Producer who grew up in the forests of Transylvania. We began our first key project in Romania in April 2019 and in our first year planted over 25,000 trees. We reforest land that has been clear-cut, where natural reforestation would not occur. We only plant native, biodiverse species, grown locally and cared for until maturity in legally protected areas, adjacent to existing natural forests. Our aim is to plant one million trees in the Carpathians and beyond by 2025.

**OUR MISSION** is to preserve our forests and the people and wildlife they nurture, and to promote connection with nature through music, art, and culture.



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